



The First Sunday after Trinity 7th June 2026

In the name of the + Father,
and of the Son,
and of the Holy Spirit.
Amen.

Grace, mercy and peace
from God our Father
and the Lord Jesus Christ be with you.
And also with you.

Prayer of Preparation

Holy God,
faithful and unchanging:
enlarge our minds with the knowledge of your truth,
and draw us more deeply into the mystery of your love,
that we may truly worship you,
Father, Son and Holy Spirit,
one God, now and for ever.
Amen.

HYMN

1 Thine for ever! God of love,
hear us from thy throne above;
thine for ever may we be
here and in eternity.

3 Thine for ever! O how blest
they who find in thee their rest!
Saviour, guardian, heavenly friend,
O defend us to the end.

2 Thine for ever! Lord of life,
shield us through our earthly strife;
thou the Life, the Truth, the Way,
guide us to the realms of day.

4 Thine for ever! Shepherd, keep
us thy frail and trembling sheep;
safe alone beneath thy care,
let us all thy goodness share.

5 Thine for ever! Thou our guide,
all our wants by thee supplied,
all our sins by thee forgiven,
lead us, Lord, from earth to heaven.

Kyrie Confessions

God our Father, we come to you in sorrow for our sins.
For turning away from you,
and ignoring your will for our lives;
Father, forgive us:

For behaving just as we wish,
without thinking of you;
Father, forgive us:

For failing you by what we do,
and think and say;
Father, forgive us:

For letting ourselves be drawn away from you
by temptations in the world about us;
Father, forgive us:

For living as if we were ashamed
to belong to your Son;
Father, forgive us:

Absolution

Almighty God,
who in Jesus Christ has given us
a kingdom that cannot be destroyed,
forgive us our sins, +
open our eyes to God's truth,
strengthen us to do God's will
and give us the joy of his kingdom,
through Jesus Christ our Lord.
Amen.

The Collect

O God, the strength of all those who put their trust in you,
mercifully accept our prayers
and, because through the weakness of our mortal nature
we can do no good thing without you,
grant us the help of your grace,
that in the keeping of your commandments
we may please you both in will and deed;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever. Amen

A reading from the Old Testament
Hosea 5.15 – 6.6

I will return again to my place
until they acknowledge their guilt and seek my face.
In their distress they will beg my favour:

A Call to Repentance

6 'Come, let us return to the Lord;
for it is he who has torn, and he will heal us;
he has struck down, and he will bind us up.

2 After two days he will revive us;
on the third day he will raise us up,
that we may live before him.

3 Let us know, let us press on to know the Lord;
his appearing is as sure as the dawn;
he will come to us like the showers,
like the spring rains that water the earth.'

Impenitence of Israel and Judah

4 What shall I do with you, O Ephraim?

What shall I do with you, O Judah?

Your love is like a morning cloud,
like the dew that goes away early.

5 Therefore I have hewn them by the prophets,
I have killed them by the words of my mouth,
and my judgement goes forth as the light.

6 For I desire steadfast love and not sacrifice,
the knowledge of God rather than burnt-offerings.

This is the word of the Lord

Thanks be to God

Psalm 50 7-14

7 'Listen, my people, and I will speak;
I will testify against you, Israel:
I am God, your God.

8 I bring no charges against you concerning your sacrifices
or concerning your burnt offerings, which are
ever before me.

9 I have no need of a bull from your stall
or of goats from your pens,

10 for every animal of the forest is mine,
and the cattle on a thousand hills.

11 I know every bird in the mountains,
and the insects in the fields are mine.

12 If I were hungry I would not tell you,
for the world is mine, and all that is in it.

13 Do I eat the flesh of bulls
or drink the blood of goats?

14 'Sacrifice thank-offerings to God,
fulfil your vows to the Most High,

A reading from the New Testament

Romans 4. 13-end

13 It was not through the law that Abraham and his offspring received the promise that he would be heir of the world, but through the righteousness that comes by faith. 14 For if those who depend on the law are heirs, faith means nothing and the promise is worthless, 15 because the law brings wrath. And where there is no law there is no transgression.

16 Therefore, the promise comes by faith, so that it may be by grace and may be guaranteed to all Abraham's offspring – not only to those who are of the law but also to those who have the faith of Abraham. He is the father of us all. 17 As it is written: 'I have made you a father of many nations.' He is our father in the sight of God, in whom he believed – the God who gives life to the dead and calls into being things that were not.

18 Against all hope, Abraham in hope believed and so became the father of many nations, just as it had been said to him, 'So shall your offspring be.' 19 Without weakening in his faith, he faced the fact that his body was as good as dead – since he was about a hundred years old – and that Sarah's womb was also dead. 20 Yet he did not waver through unbelief regarding the promise of God, but was strengthened in his faith and gave glory to God, 21 being fully persuaded that God had power to do what he had promised. 22 This is why 'it was credited to him as righteousness.' 23 The words 'it was credited to him' were written not for him alone, 24 but also for us, to whom God will credit righteousness – for us who believe in him who raised Jesus our Lord from the dead. 25 He was delivered over to death for our sins and was raised to life for our justification.

This is the word of the Lord
Thanks be to God

HYMN

Thou art the Way, to thee alone
from sin and death we flee;
and all who would the Father seek,
must seek him, Lord, by thee.

Thou art the Truth, thy word alone
true wisdom can impart;
thou only canst inform the mind
and purify the heart.

Thou art the Life, the rending tomb
proclaims thy conquering arm;
and those who put their trust in thee
nor death nor hell shall harm.

Thou art the Way, the Truth, the Life:
grant us that way to know,
that truth to keep, that life to win,
whose joys eternal flow.

Gospel Acclamation

Alleluia, alleluia.
I am the way, the truth, and the life, says the Lord.
No one comes to the Father except through me
Alleluia.

The Holy Gospel is from the 9th Chapter of the Gospel of Matthew 9. 9-13, 18-26
Glory to you O Lord

9 As Jesus went on from there, he saw a man named Matthew sitting at the tax collector's booth. 'Follow me,' he told him, and Matthew got up and followed him. 10 While Jesus was having dinner at Matthew's house, many tax collectors and sinners came and ate with him and his disciples. 11 When the Pharisees saw this, they asked his disciples, 'Why does your teacher eat with tax collectors and sinners?' 12 On hearing this, Jesus said, 'It is not the healthy who need a doctor, but those who are ill. 13 But go and learn what this means: "I desire mercy, not sacrifice." For I have not come to call the righteous, but sinners.'

14 Then John's disciples came and asked him, 'How is it that we and the Pharisees fast often, but your disciples do not fast?' 15 Jesus answered, 'How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.

16 'No one sews a patch of unshrunk cloth on an old garment, for the patch will pull away from the garment, making the tear worse. 17 Neither do people pour new wine into old wineskins. If they do, the skins will burst; the wine will run out, and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved.'

18 While he was saying this, a synagogue leader came and knelt before him and said, 'My daughter has just died. But come and put your hand on her, and she will live.' 19 Jesus got up and went with him, and so did his disciples.

20 Just then a woman who had been subject to bleeding for twelve years came up behind him and touched the edge of his cloak. 21 She said to herself, 'If I only touch his cloak, I will be healed.' 22 Jesus turned and saw her. 'Take heart, daughter,' he said, 'your faith has healed you.' And the woman was healed at that moment.

23 When Jesus entered the synagogue leader's house and saw the noisy crowd and the people playing pipes, 24 he said, 'Go away. The girl is not dead but asleep.' But they laughed at him. 25 After the crowd

had been put outside, he went in and took the girl by the hand, and she got up. 26 News of this spread through all that region.

This is the Gospel of the Lord
Praise to you O Christ

Reflection

The gospel this week presents such vivid images – we can imagine the accounts taking place. I am sure the crowd made way for Jairus, the leader of the synagogue and a man of some standing, who surprisingly falls at Jesus feet and begs for help. In Matthew's account Jairus says his daughter is 'near' to death, not died as Matthew has it. Which makes more sense in the context of his actions.

Jairus no doubt knew that Jesus broke religious laws to help people. But he is not bothered about any of that nor of his reputation or any embarrassment. Nothing is going to stop him; his twelve-year-old daughter is close to death. Jairus asks and Jesus responds but their way is slowed down by the crowd. It must have felt like being stuck in a traffic jam on a desperate journey to the hospital. The stress and frustration for Jairus must have been enormous.

To make matters worse a woman has touched Jesus, not his body just his clothes but Jesus has stopped and will not go on until he finds who it was. It is madness, crowds cannot help touching each other. We can imagine Jairus' increasing anxiety and frustration. But Jesus will not move. He asks again, "Who touched me?" Finally, this unnamed woman comes forward.

For twelve years -the whole lifetime of Jairus' daughter - she been regarded as unclean and excluded from society. Her persistent loss of blood meant a miserable and weakening life. She made all that she touched 'unclean' according to Jewish laws and now she has now made Jesus 'unclean' by touching him. Would he be angry, would she be publicly shamed again?

Jesus has forced her into the open, haltingly she tells her story. From Jesus there is only compassion. Most importantly, in the hearing of the crowd he calls her "daughter" and assures her not only of her healing, "Your faith has made you well (lit. saved)" but of her restoration 'clean' into society. This will have turned her life around.

Unperturbed by the delay or the dismal news that the girl is dead, he 'holds' Jairus in faith, "Do not fear, only believe." He enters the house and removes all distractions. His words to the child are most tender "Little girl, wake up." He restores another daughter to life who, unlike the outcast woman alone in the crowd, had someone to speak for her.

These two women have no names. But Jesus knows them. Jesus noticed individuals in the middle of crowds or Zacchaeus hiding in a tree and Bartimaeus, blind, sitting on the ground. It is the extraordinary personality of Jesus that draws men to him. Courage, strength, boldness, determination, are balanced with an unselfconscious ease by which he meets all conditions of humankind; the great and powerful and those of apparent no account. All by him are noticed and treated equally.

In his teaching Jesus was at pains to tell us how much we are individually known. He uses extreme examples, the hairs on our heads numbered, all our needs known, our worth in the sight of God. It doesn't always feel like that, we can feel too small, or wretched, to be worth noticing. But so did the very people Jesus DID notice. Speaking of himself he says he was sent to "seek and save the lost". Who doesn't feel lost sometimes ...often?

Jesus frequently tells people not to fear – this week it appears again. This time directly to one man in great distress. "Do not fear, only believe." I think there comes a point where when we have 'feared' so much that we have worn out our 'fear' and can let go and just believe. It is more restful than 'fearing' which requires a lot of emotional input and is quite futile as it changes nothing.

What do you fear? Can you do anything about it? Can you let it go and believe in the loving purposes of God for you instead? Leave the outcome there – and rest?

‘Come unto me all who are heavy burdened, and I will give you rest....’

Intercession

Gracious God,
bring peace, justice and reconciliation throughout the world,
that the rights of all be honoured regardless of gender, race, or creed
and relief come to the oppressed and warfare cease.

Thank you for all that is gracious in the lives of men, women and children.
Look with mercy on your Church and renew her in faith, love and service.
Give wisdom to those discerning the next Bishop of Chichester.
Thank you for the gift of your word,
the grace of the sacraments
and the fellowship of your people.

Bless this local community
and all people in their daily life and work.
The young and the elderly,
for families, and all who are alone,
Thank you for human skill and creativity
and all that reveals your loveliness.

Be with those who are in need;
for the sick, sorrowful and bereaved.
Bless and encourage all who bring comfort, care and healing.
Thank you for human love and friendship
and for all that enriches our daily lives.
God of grace, may all your creation be held within your
merciful care and protection. Amen

The Lord's Prayer

Being made one by the power of the Spirit,
as our Saviour taught us, so we pray

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us.
Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours now and for ever.
Amen.

Creator God,
you made us all in your image:
may we discern you in all that we see,
and serve you in all that we do;
through Jesus Christ our Lord.
Amen

And the peace of God,
Which passes all understanding,
Keep your hearts and minds
In the knowledge and love of God,
And of his Son Jesus Christ our Lord;
And the + blessing of God almighty,
The Father, the Son and the Holy Spirit
Be with you, and remain with you always
Amen

HYMN

1 Lord, enthroned in heavenly splendour,
first-begotten from the dead,
Thou alone, our strong Defender,
liftest up Thy people's head.
Hallelujah! Hallelujah!
Jesus, true and living Bread!

2 Prince of Life, for us Thou livest,
by Thy body souls are healed;
Prince of Peace, Thy peace Thou givest,
by Thy blood is pardon sealed.
Hallelujah! Hallelujah!
Word of God in flesh revealed.

3 Paschal Lamb! Thine offering finished
once for all when Thou wast slain,
in its fullness undiminished
shall forevermore remain.
Hallelujah! Hallelujah!
Cleansing souls from every stain.

4 Great High Priest of our profession,
thro' the veil Thou enterest in;
by Thy mighty intercession
grace and mercy Thou dost win.
Hallelujah! Hallelujah!
Only sacrifice for sin.

5 Life-imparting heavenly Manna,
stricken Rock, with streaming side,
heaven and earth with loud hosanna
worship Thee, the Lamb who died.
Hallelujah! Hallelujah!
Risen, ascended, glorified!