

Reflection for 9th Sunday after Trinity

Today's readings remind us of God's wonderful and limitless provision for us. The gospel gives us Matthew's account of the miraculous feeding of the 5,000 (that's 5,000 *men*, the women and children didn't count – literally – in that society). But it's not just the number of people provided for that is wonderful; we are told they were all filled, fully satisfied. What Jesus does (with the power from his Heavenly Father) is not just an exercise in making limited resources stretch further and more equitably; rather, he makes something out of nothing to feed all those people. And he is extravagant, with 12 baskets of left-overs remaining at the end. The sight of whole hillsides covered with bluebells in spring-time, not just a few clumps here and there, similarly reminds me that God's love for us and for the world he created is not restricted in any way.

We, of course, do have to have concern for what resources we have available: if we don't pay the electricity company (because we're short on funds, perhaps) then they will cut off our supply, quite rightly. (Don't worry, we can pay our bills!) But sometimes what limits us most is our imagination, our dream or understanding of what God can bring about in our community, working through us (and perhaps through others who believe and trust in him, but who worship in different congregations).

If we listen to God speaking to us (by prayer, by reading the bible, by reminding each other of what we have seen God do already in our lives, church and community) then we can be like those disciples who offered Jesus those 5 loaves and two fishes, seemingly with no vision of how he would use them to such great and glorious effect. And, with echoes of the first verses of the Isaiah passage, Jesus produced something which truly satisfied; and he can do that with what we offer him, too.

Ian Totterdell, churchwarden



NEXT SUNDAY 09.08.26 Trinity 10
10.30am in the Church



OT 1 Kings 19: 9-18
NT Romans 10: 5-15
GOSPEL Matthew 14: 22-33

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St Thomas, Exeter

2nd August 2026

Ninth Sunday after Trinity

10.30am in the Church

Today

Sung Eucharist

Hymn Numbers

188 *Guide me, O thou great Redeemer*

152 *Gather around, for the table is spread*

26 *Alleluia, sing to Jesus*

130 *Fill your hearts with joy and gladness*

Wednesday 5th August

10am Walsingham Mass

Thursday 6th August

9.30-11am St Thomas Tots

10.30-12noon Knit & Natter at Jenny
Tuckett's house



Collect

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; 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**

Isaiah 55: 1-5

Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the Lord your God, the Holy One of Israel, for he has glorified you.

Psalms 145: 8-9, 15-22

The Lord is gracious and merciful, ♦
long-suffering and of great goodness.
The Lord is loving to everyone ♦
and his mercy is over all his creatures.
The Lord upholds all those who fall ♦
and lifts up all those who are bowed down.
The eyes of all wait upon you, O Lord, ♦
and you give them their food in due season.
You open wide your hand ♦
and fill all things living with plenty.
The Lord is righteous in all his ways ♦
and loving in all his works.
The Lord is near to those who call upon him, ♦
to all who call upon him faithfully.

He fulfils the desire of those who fear him; ♦
he hears their cry and saves them.
The Lord watches over those who love him, ♦
but all the wicked shall he destroy.
My mouth shall speak the praise of the Lord, ♦
and let all flesh bless his holy name for ever and ever.

Romans 9: 1-5

I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

Matthew 14: 13-21

Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' Jesus said to them, 'They need not go away; you give them something to eat.' They replied, 'We have nothing here but five loaves and two fish.' And he said, 'Bring them here to me.' Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets

full. And those who ate were about five thousand men, besides women and children.

Post Communion

Holy Father, who gathered us here around the table of your Son to share this meal with the whole household of God: in that new world where you reveal the fullness of your peace, gather people of every race and language to share in the eternal banquet of Jesus Christ our Lord. **Amen**

Notices

Today we welcome the Ven Andrew Beane the Archdeacon of Exeter to preside and preach at our service

During the current heatwave our church building is staying open until the early evening as a cool space.

Rev Hannah Alderson, our new Rector, will be licensed to our parish at 7.30pm on **Monday 7th September**. Please continue to pray for Hannah and her family as they prepare to move into our community.

Tuesday 11th August at 7.00 p.m.

The Churchwardens and PCC of the Parish of St David, Exeter warmly invite you to come and welcome the Revd Mike Clark as Vicar of the Parish of St David, Exeter and the Revd Sarah Cumming as Associate Priest of St David Exeter at a service of Institution, Induction and Licensing by the Right Reverend Moira Astin, Bishop of Crediton.

Anyone who has an email can RSVP to

admin@stdavidschurhexeter.org.uk by the 2nd August. Or sign up at our Sunday service.

Ian will be away from Friday 7th August, back on Tuesday 25th August