

Reflection for Trinity 10

In Lifeboat Stations you often find a record of rescues, we have certainly read or heard of the countless acts of bravery of Lifeboat Crews.

Our God is our Lifeboat “standing by” always ready to help those who call upon Him. You will know of Julian of Norwich who lived through stormy times like the Black Death, the Peasants Revolt, the battle of Agincourt.

When she was a young woman she nearly died but she could write: He did not say “You shall not be tempest tossed; you shall not be work weary; you shall not be distressed “ but He did say “You shall not be overcome”. She was deeply aware that God is our maker, our lover, our keeper. Let us learn to put our hand into the hand of God who never leaves us.

Rev Terry



NEXT SUNDAY 16.08.26 The Blessed Virgin Mary
10.30am in the Church



OT Isaiah 61: 10-end
NT Galatians 4: 4-7
GOSPEL Luke 1: 46-55

CONTACT US

Ian Totterdell, Church Warden 07536 459096

ian.totterdell@cantab.net

Mary Daunton, Church Warden 07779742792

Phil Baker, Licensed Lay Minister 07970 216740

lionelbaker@outlook.com

Revd Terry Litherland, 07594 633195

tlitherland36@gmail.com

Liz Pioneer Community Worker & LLM

pioneerstthomas@gmail.com

Email: parishoffice@stthomaschurchexeter.co.uk

Facebook: www.facebook.com/sttexeter

Website: www.stthomaschurchexeter.co.uk

Office Tel: 01392 437486 Messages at any time.



St Thomas, Exeter

9th August 2026

Tenth Sunday after Trinity

10.30am in the Church

Today

Sung Eucharist

Hymn Numbers

114 *Eternal; Father, strong to save*

270 *Jesus is Lord!*

106 *Dear Lord and Father of mankind*

164 *Go forth and tell*

Tuesday 11th August

7pm Revd Sarah Cumming & Revd Mike
Clark's Licensing at St David's Church

Wednesday 12th August

10am Holy Communion (BCP)

Thursday 13th August

No St Thomas Tots

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



Collect

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; 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

1 Kings 19: 9-18

At that place he came to a cave, and spent the night there. Then the word of the Lord came to him, saying, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' He said, 'Go out and stand on the mountain before the Lord, for the LORD is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the LORD was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away' Then the LORD said to him, 'Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Eli-

sha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.'

Romans 10: 5-15

Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?"' (that is, to bring Christ down) 'or "Who will descend into the abyss?"' (that is, to bring Christ up from the dead). But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.' But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

Matthew 14: 22-33

Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But

when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.' Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

Post Communion

God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord. **Amen**

Notices

Today we welcome Rev Terry 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.

Ian is away from Friday 7th August, back on Tuesday 25th August.