

## Reflection Trinity 3

Jesus says we need to fear God, that means to reverence God, not live in terror, not to cower from God in some dark corner out of sight. So he adds the balance of the fact that God values and loves us. "Are not 2 sparrows sold for a penny? yet not one of them falls to the ground without God noticing." Luke writes it slightly different, but follows a similar line. What Jesus is saying is that not one sparrow ... not one person, is forgotten in God's sight.

Then Jesus goes on to say that the very hairs on our head are numbered that God is interested even the slightest of our hair, even though we might consider it too trivial to worry about. So if God cares so much about each individual hair on our heads then he must care about the things that are much more important than hairs. We can approach Him confidently in prayer, no matter how trivial our concern may seem to others.

Fr Terry



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what3words  
///angel.gossip.digs



Together we will be making decorations for the  
**Love St Thomas Festival**

Everyone is welcome!

**FREE!** No craft experience or skill required  
All materials supplied – just bring creativity!

[www.stthomaschurchexeter.co.uk](http://www.stthomaschurchexeter.co.uk)



**NEXT SUNDAY 28.06.26 Trinity 4**  
10.30am in the Church



OT Jeremiah 28: 5-9  
NT Romans 6: 12-end  
GOSPEL Matthew 10: 40-end

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# St Thomas, Exeter

21st June 2026

Third Sunday after Trinity

10.30am in the Church

### Today

**Sung Eucharist**

*Hymn Numbers*

17 *All people that on earth to dwell*

465 *Take up thy cross, the Saviour said*

545 *When God almighty came to earth*

427 *Praise to the Lord, the Almighty*

### Wednesday 24th June

10am Holy Communion (BCP)

2-4pm Young at Hearts

### Thursday 25th June

9.30-11am St Thomas Tots

10.30-12noon Knit & Natter at Jenny

Tuckett's house

### Friday 26th June

9.30am Morning Prayers

10am Staff Meeting

### Saturday 27th June

12.30pm St Thomas Lunch at the Royal Oak.

All welcome



## Collect

Almighty God, you have broken the tyranny of sin and have sent the Spirit of your Son into our hearts whereby we call you Father: give us grace to dedicate our freedom to your service, that we and all creation may be brought to the glorious liberty of the children of God; 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**

## Jeremiah 20: 7-13

O Lord, you have enticed me, and I was enticed; you have overpowered me, and you have prevailed. I have become a laughing-stock all day long; everyone mocks me. For whenever I speak, I must cry out, I must shout, 'Violence and destruction!' For the word of the Lord has become for me a reproach and derision all day long. If I say, 'I will not mention him, or speak any more in his name', then within me there is something like a burning fire shut up in my bones; I am weary with holding it in, and I cannot. For I hear many whispering: 'Terror is all around! Denounce him! Let us denounce him!' All my close friends are watching for me to stumble. 'Perhaps he can be enticed, and we can prevail against him, and take our revenge on him.' But the Lord is with me like a dread warrior; therefore my persecutors will stumble, and they will not prevail. They will be greatly shamed, for they will not succeed. Their eternal dishonour will never be forgotten. Lord of hosts, you test the righteous, you see the heart and the mind; let me see your retribution upon them, for to you I have committed my cause. Sing to the LORD; praise the Lord! For he has delivered the life of the needy from the hands of evildoers.

## Romans 6: 1b-11

Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been

buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

## Matthew 10: 24-39

Jesus said to the twelve, 'A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household! 'So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows. 'Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven. 'Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-

law against her mother-in-law; and one's foes will be members of one's own household. Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.

## Post Communion

O God, whose beauty is beyond our imagining and whose power we cannot comprehend: show us your glory as far as we can grasp it, and shield us from knowing more than we can bear until we may look upon you without fear; through Jesus Christ our Saviour. **Amen**

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## Notices

**Today Fr Terry** will preach and preside at our service of Sunday worship. We are very grateful to Fr Terry for stepping-up to take many extra services during the interregnum.

On **Tuesday 30th June**, between 3:30 and 5pm in the church, we will hold a **Summer Crafternoon** session, making a display for the Summer Festival (on Saturday 4th July). Come along and develop your creative talents!

At the **Summer Festival** (on July 4th) we will be serving inexpensive refreshments in the hall, and selling homemade cakes, jams, etc. We are looking for volunteers to run this stall at various times between noon and 5pm—and you will also have an opportunity to join in the general activities. There will be a sign-up sheet in the hall on Sundays.

**Ian**, your Churchwarden, has completed his Hospiscare 100 Miles in May Challenge this year, and thanks everyone who has generously sponsored him. His online page will remain open for several weeks. <https://justgiving.com/page/ian-totterdell-4>

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