

Reflection—Trinity Sunday

Did you ever as a youngster dig a hole in the sand on the beach then have a few trips down to the sea to get small buckets of water to fill the hole, then find that the water had disappeared. Then we'd set off again for more water, and then more, but the same thing happened again, and again. Meanwhile the tide would come in, and cover the hole completely.

We can be like that young child, try to fill our minds with ideas about God, only to exhaust ourselves. We talk too much, we need to learn to wait upon God, knowing He will come us.

Trying to understand the Trinity is like trying to pour the whole sea into a small hole. Let us just rest in the Trinity, enjoy the love of Father, Son and Holy Spirit.

Fr Terry



god eternal-
three
in one

NEXT SUNDAY 07.06.26 Trinity 1
10.30am in the Church



OT Hosea 5: 15-6: 6
NT Romans 4: 13-end
GOSPEL Matthew 9: 9-13, 18-26

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St Thomas, Exeter

31st May 2026

Trinity Sunday

10.30am in the Church

Today

Sung Eucharist

Hymn Numbers

212 *Holy, holy, holy! Lord God Almighty*

293 *Lead us, heavenly Father, lead us*

124 *Father of heaven, whose love
profound*

164 *Go forth and tell (Woodlands)*

Tuesday 2nd June

7.30pm House Group at Helen's house.

Wednesday 3rd June

10am Walsingham Mass

Thursday 4th June

9.30-11am St Thomas Tots

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

Friday 5th June

9.30am Morning Prayers

10am Staff Meeting



Collect

Almighty and everlasting God, you have given us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity and in the power of the divine majesty to worship the Unity: keep us steadfast in this faith, that we may evermore be defended from all adversities; 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 40: 12-17, 27-end

Who has measured the waters in the hollow of his hand and marked off the heavens with a span, enclosed the dust of the earth in a measure, and weighed the mountains in scales and the hills in a balance? Who has directed the spirit of the Lord, or as his counsellor has instructed him? Whom did he consult for his enlightenment, and who taught him the path of justice? Who taught him knowledge, and showed him the way of understanding? Even the nations are like a drop from a bucket, and are accounted as dust on the scales; see, he takes up the isles like fine dust. Lebanon would not provide fuel enough, nor are its animals enough for a burnt-offering. All the nations are as nothing before him; they are accounted by him as less than nothing and emptiness. Why do you say, O Jacob, and speak, O Israel, 'My way is hidden from the Lord, and my right is disregarded by my God'? Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Psalm 8

O Lord our governor, how glorious is your name in all the world!
Your majesty above the heavens is praised out of the mouths of babes at the breast.
You have founded a stronghold against your foes, that you might still the enemy and the avenger.
When I consider your heavens, the work of your fingers, the moon and the stars that you have ordained,
What is man, that you should be mindful of him; the son of man, that you should seek him out?
You have made him little lower than the angels and crown him with glory and honour.
You have given him dominion over the works of your hands and put all things under his feet,
All sheep and oxen, even the wild beasts of the field,
The birds of the air, the fish of the sea and whatsoever moves in the paths of the sea.
O Lord our governor, how glorious is your name in all the world!

2 Corinthians 13: 11-end

Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.

Matthew 28: 16-20

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of

the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

Post Communion

Almighty and eternal God, you have revealed yourself as Father, Son and Holy Spirit, and live and reign in the perfect unity of love: hold us firm in this faith, that we may know you in all your ways and evermore rejoice in your eternal glory, who are three Persons yet one God, now and for ever.

Amen

Notices

Next week, we welcome **the Venerable Andrew Beane** who will preach and preside at our service of Sunday worship.

Ian, your Churchwarden, is taking part in the Hospiscare 100 Miles in May Challenge again this year. He will be walking from Bude to Minehead on the Southwest Coast Path. He can be sponsored via <https://justgiving.com/page/ian-totterdell-4> but he is also happy to receive cash donations at services.

The Annual Accounts will be presented at An Extraordinary APCM on Sunday 14th June following the Eucharist service.

We are intending to hold a number of **Summer Crafternoon**s over the next few months. Full details to follow or speak to Liz.

We were very pleased to hear that **the Rev Hannah Alderson** has been appointed as our new Rector. Please pray for Hannah and her family as they prepare to move into our community.