

# Trinity Methodist Church

Rev. J. Howard-Norman ☎ 07809686867



**SUNDAY 5<sup>th</sup> JULY 2026**

“What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!

So then, I myself in my mind am a slave to God’s law, but in my sinful nature<sup>[b]</sup> a slave to the law of sin.”

Romans Ch. 7 v 24-25

**10.00 am Rev. J. Howard-Norman - Sacrament**

Readings:-

Genesis Ch. 24 v 34-38, 42-49, 58-87

Romans Ch. 7 v 15-25a

Matthew Ch. 11 v 16-19, 25-30

**Prayer Diary:-** St. Francis RC Church, Children’s Groups, Youth Club and Group F.

**SERVICE NEXT SUNDAY 12<sup>th</sup> July 2026**

**10am – Rev. C. Hamilton**

**Daily Prayer at 9:00am every day** (except Sunday): This is now on Microsoft Teams. Just download Teams and you can go straight on to it or use this link  
<https://teams.live.com/join/9414857191536>

### **EcoShop**

The Eco Shop is **open on Tuesdays from 10am to 1pm** and we would love you to come along to try us out. You will be able to buy 10 items for £4. Please bring your own bag if you can.

There are 2 bins in the café area for donations (nothing perishable please) to be sold in the shop.  
***We look forward to seeing you at the Eco Shop – please support us.***

### **Trinity Methodist Church**

*Invites you to a*

### **SUMMER CONCERT**

Featuring the

### **MOSAIC LADIES CHOIR**

on

**SATURDAY 11<sup>th</sup> JULY at 6.30pm**

**Tickets £5**

**Available from Church and Choir members**

### **YEAR BOOK**

**I have started to prepare the Year Book for 2026/27. If anyone has any changes to their information please let me know as soon as possible. Thanks, Jean**

### **Pizza Oven for hire**

The church has a pizza oven for hire:

£10 a week including natural wood fuel.

Please contact Bernard to arrange hire.





**WORSHIP AT HOME** for week commencing Sunday, 5 July 2026 prepared by Ron Mapplebeck (with thanks to Vine at Home for the free use of their material)

**Hymn:** H&P no. 437/STF no. 465 - Guide me, O Thou great Jehovah

[https://www.youtube.com/watch?v=wT4n1hGjDDg&list=RDwT4n1hGjDDg&start\\_radio=1](https://www.youtube.com/watch?v=wT4n1hGjDDg&list=RDwT4n1hGjDDg&start_radio=1)

**Prayer:**

Father God, we are here today ,to praise you, to learn from you. Your wisdom, shown to us through Jesus, your most precious Son, is far greater than that of the world. It has the power to confound all our expectations. We approach you now as children, sitting at your feet, bathed in your love, hanging on your every word. Speak to us, Lord.

Please, Lord, forgive me for the times when my picture and understanding of you are far too small; when I try to fit you into that tiny box that I think I can cope with; when I'm frightened to let your power loose in my life. Forgive me, Lord, and make me whole. Amen.

**The Lord's Prayer:** Our Father ...

**Reading:** Matthew 11: 16-19, 25-30

<https://www.youtube.com/watch?v=Hoz6kb40J1g>

**Hymn:** H&P no. 803/STF no. 668 - Teach me, my God and King

[https://www.youtube.com/watch?v=N9ykXQ7euL8&list=RDN9ykXQ7euL8&start\\_radio=1](https://www.youtube.com/watch?v=N9ykXQ7euL8&list=RDN9ykXQ7euL8&start_radio=1)

## **Reflection:**

Matthew 11 contains two very different moods. In the first part of the passage, Jesus sounds frustrated. People criticise John the Baptist for being too severe and Jesus for being too joyful, too open, too willing to share meals with ordinary and questionable people. Whatever God does, some people refuse to respond. And perhaps that still feels familiar. There are always voices telling us that faith should look a certain way: more serious, more certain, more respectable, more rigid. Some dismiss joy as shallow. Others dismiss questioning as weakness. Some want a faith built on fear and control; others reject faith altogether because of how it has been misused or miscommunicated. Into all of this, Jesus speaks with honesty. He refuses to perform according to other people's expectations. He remains rooted in compassion, wisdom, and openness, even when misunderstood.

Then the tone changes completely. Jesus turns from frustration to invitation: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." These may be among the most tender words in the Gospels. Notice who Jesus addresses: the weary, the burdened, those carrying too much. He does not call first to the successful, the spiritually confident, or the morally perfect. He calls to ordinary people who are tired. That matters, because many people carry heavy burdens in life and in faith. Some carry anxiety, grief, or loneliness. Some carry impossible expectations. Some carry wounds caused by religion itself: shame, exclusion, fear, or the feeling that they were never quite enough. Jesus offers something different: "My yoke is easy, and my burden is light." This is another verse that is often misunderstood: it is important to remember that a yoke was something placed on shoulders for work. Jesus is not suggesting that discipleship is effortless or passive. But he is contrasting his way with systems that crush people under guilt, legalism, or endless striving: the work will not destroy you. This passage offers both challenge and comfort. It challenges us to ask whether our faith is becoming life-giving or life-draining. Are we helping people breathe more freely, love more deeply, and live more compassionately? Or are we adding burdens, to ourselves and/or others? At the same time, Jesus in this passage comforts us with the reminder that grace is not something we earn through exhaustion. God's love is not reserved for those who have everything together, or who do the hardest work. Discipleship is not about carrying the heaviest load possible to prove our worth. It is about learning the unforced rhythms of grace Jesus does not invite us into fear. He invites us into freedom. Intorest. Into a way of living shaped not by endless pressure, but by grace. May you find courage to lay down what weighs you down, wisdom to follow the gentle way of Christ, and rest for your soul in the embrace of God's love.

**Hymn:** H&P no. 68/STF no. 238 – Lead us, heavenly Father, lead us

[https://www.youtube.com/watch?v=OpkEeXWtWg0&list=RDOpkEeXWtWg0&start\\_radio=1](https://www.youtube.com/watch?v=OpkEeXWtWg0&list=RDOpkEeXWtWg0&start_radio=1)

## **Blessing:**

Rise from this space, go from this time and enter into a world crying out for grace, for peace, for love. May the Spirit be at work in your lives, today and always. Amen