

THE WEEKLY LINK



St Wulstans Church

Sunday 7th June

10am Communion ~ Rev Sarah at St Barnabas

11.15 Communion ~ Rev Paul & Chris W at St Wulstans

12pm Family Baptism ~ Rev Sarah at St Barnabas

4pm iSingSUNDAY family activities at St Barnabas

Wed 10 June 10am Midweek Communion ~ Rev Sarah at St Barnabas



This Collect for this Week

God of truth,
help us to keep your law of love
and to walk in ways of wisdom,
that we may find true life
in Jesus Christ your Son.

Sunday 14th June

10am St Barnabas Day Celebration ~ Rev Sarah at St Barnabas

11.15 Café Sunday ~ Rev Rosie at St Wulstans

Come early this week for refreshments and time to chat together from 10.30

Tues 16 June 6.45 [Good Gym](#) ~ community project in St Wulstans grounds

Wed 17 June 10am Midweek Prayer at St Barnabas

Fri 19 June 12pm Wedding ~ Rev Sarah at St Barnabas

Sat 20 June 2pm Wedding ~ Rev Sarah at St Barnabas

Sunday 21st June

10am Something Else Sunday ~ SES team at St Barnabas

11.15 Together for Communion ~ Rev Sarah at St Wulstans

Mon 22 June 2.20pm Bishop Perowne School ~ Rev Rosie at St Barnabas

Wed 24 June 10am Midweek Communion ~ Rev Sarah at St Barnabas

Sunday 28th June

8am Traditional Language Communion ~ Rev Sarah at St Barnabas

10.30 Julie's Ordination Service in the Cathedral

2pm Family Baptism ~ Rev Sarah at St Wulstans



Summer Sundays: 31st May 2026 to 5th July 2026

The Good Life

Lessons in Living Sabbath Everyday

Isaiah 58

Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover them, and not to hide yourself from your own kin?

Then our light shall break forth like the dawn, and our healing shall spring up quickly; our vindicator shall go before us, the glory of the Lord shall be our rearguard. Then we shall call, and the Lord will answer; we shall cry for help, and he will say, Here I am.

If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday. The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong;

and we shall be like a watered garden, like a spring of water, whose waters never fail. Our ancient ruins shall be rebuilt; we shall raise up the foundations of many generations; we shall be called the repairer of the breach, the restorer of streets to live in.

If you refrain from trampling the sabbath, from pursuing your own interests on my holy day; if You call the sabbath a delight and the holy day of the Lord honourable; if You honour it, not going your own ways, serving your own interests, or pursuing your own affairs;

then we shall take delight in the Lord, and he will make us ride upon the heights of the earth; he will feed us with the heritage of our ancestor Jacob for the mouth of the Lord has spoken.

Sunday 7 June 2026 – Sabbath is a good meal

Matthew 9:9–13, 18–26

As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, ‘Follow me.’ And he got up and followed him. And as he sat at dinner in the house, many tax-collectors and sinners came and were sitting with him and his disciples. When the Pharisees saw this, they said to his disciples, ‘Why does your teacher eat with tax-collectors and sinners?’ But when he heard this, he said, ‘Those who are well have no need of a physician, but those who are sick. Go and learn what this means, “I desire mercy, not sacrifice.” For I have come to call not the righteous but sinners.’ While he was saying these things to them, suddenly a leader of the synagogue came in and knelt before him, saying, ‘My daughter has just died; but come and lay your hand on her, and she will live.’ And Jesus got up and followed him, with his disciples. Then suddenly a woman who had been suffering from haemorrhages for twelve years came up behind him and touched the fringe of his cloak, for she said to herself, ‘If I only touch his cloak, I will be made well.’ Jesus turned, and seeing her he said, ‘Take heart, daughter; your faith has made you well.’ And instantly the woman was made well. When Jesus came to the leader’s house and saw the flute-players and the crowd making a commotion, he said, ‘Go away; for the girl is not dead but sleeping.’ And they laughed at him. But when the crowd had been put outside, he went in and took her by the hand, and the girl got up. And the report of this spread throughout that district.

What Stands Out? If these moments from Matthew’s gospel were filmed for a movie, how many people would you need in the cast?

What Does It Mean? If sharing a meal was a sign of acceptance and belonging, what is making the Pharisees uncomfortable about the supper at Matthew’s house?

How Does It Connect? Sabbath is like a good meal where the boundaries that normally separate people are set aside and those who were pushed out are welcomed in. The stories that follow show this in different ways: a woman restored, a girl raised to life. In fact, in Mark and Luke, Jesus tells them to give the girl something to eat! As you sit with these three moments together, what connections begin to suggest themselves to you?

What Are the Deeper Questions? Purity laws from scripture are broken again and again in these three moments. How do you feel about that?

What Challenges You? If Sabbath is like a good meal where people are welcomed in, who would you find difficult to sit with, and whose absence would you feel the most?

How Will You Respond? Over the coming week, notice moments of welcome and inclusion. Ask God to open your eyes and your table to Sabbath in this summer season.

This Week's Intercessions

The Pharisees asked, “Why does your teacher eat with tax-collectors and sinners?” Yet the prophets tell us to share our bread with the hungry and bring the homeless poor into our house. We pray for your Church throughout the world. Where there is division, suspicion, or exclusion, loosen the bonds of injustice and break every yoke. Help your people welcome those who have been pushed aside. May your Church be a place of healing, mercy, and belonging.

Lord, in your light: **we see light.**

Jesus said, “Go and learn what this means, ‘I desire mercy, not sacrifice.’” The prophets tell us to remove the yoke from among us, the pointing of the finger, and the speaking of evil. We pray for the nations. Give wisdom to those who govern and courage to those who work for justice. Bring freedom to the oppressed, safety to the vulnerable, and hope to those who live under fear or violence.

Lord, in your light: **we see light.**

The Gospel tells us that many tax-collectors and sinners sat with Jesus and his disciples at dinner, for the prophets had said, “you shall be called the repairer of the breach.” We pray for our local communities, our families, neighbours, schools, workplaces, and places of gathering. Teach us to share what we have and remove the barriers that keep us apart.

Lord, in your light: **we see light.**

To the woman, Jesus said, “Take heart, daughter; your faith has made you well,” as the prophets promised that the Lord would guide us continually and satisfy our needs in parched places. We pray for those who suffer in body, mind, or spirit. We remember the hungry, lonely, grieving, and afraid. Bring comfort to the weary, courage to the fearful, and hope to those who struggle to see a way forward.

Lord, in your light: **we see light.**

The prophets promised that our light shall rise in the darkness, and Jesus, the light of the world, went with the grieving father and entered the house of mourning. We remember those who have died and those who grieve. We give thanks for all who helped raise the foundations of many generations. May they rest in peace, and may those who mourn find light in the darkness and a noonday hope even in the shadow of death.

Lord, in your light: **we see light.**

Merciful Father,
**accept these prayers for the sake of your Son,
our Saviour Jesus Christ. Amen.**