



**5 July 2026**

**Trinity 5**

Welcome to  
St Barnabas' in  
Pound Hill and St  
Nicholas' in Worth.

This sheet details the readings in today's  
services as well as notices for everyone.

## SERVICES TODAY

Certain services will still be available  
online (live or recorded)

08:15 Said Eucharist (BCP) Celebrant & Preacher	St Nicholas' Rev'd Gordon Parry
10:00 Sung Eucharist Celebrant Preacher	St Barnabas' Rev'd Sarah Upchurch Seb Pelissier
10:00 Sung Eucharist Celebrant Preacher	St Nicholas' Rev'd Gordon Parry Deborah Cowie

Please try our QR code to  
donate to Worth Parish.  
Scan this code with a  
smartphone to take you  
straight to a giving page.



### Payments to the Parish

If you possibly can, please transfer the money  
by electronic payment to: Parish of Worth  
Poundhill & Maidenbower, sort code 40-18-22,  
account 61223372.

If you need help, call the Office.

'What you see is what you get' is a slogan of our times, but we do not always live that way. Sometimes we see clearly, but we decline to take real notice of the things we observe because they could lead us to conclusions and commitments that we prefer to avoid. Jesus met precisely that type of response. Some people were offended by what they saw, and some were determined not to hear. The first part of today's Gospel is about excuses, evasiveness and resistance. It is full of gloom and warning.

But the second part is the other side of the coin, it is about warmth and invitation. Jesus has attracted opposition and misunderstanding, but he has also found people who want to follow him, and he welcomes them into the love and friendship of God.

This is a powerful message that speaks to our hearts in profound ways. Jesus contrasts the responses of people to his ministry; he calls out the fickleness of a generation that is quick to judge and criticize. Yet amid that criticism, he extends a gracious invitation to find rest in him and offers an easy yoke to his followers.

As we reflect on this passage, let us examine our own hearts. Are there judgements we need to lay down? Are there burdens we need to surrender? Jesus invites us to come as we are, to embrace the simplicity of faith and to find rest in his love.

*Deborah*

## Collect

Almighty God, send down upon your Church  
the riches of your Spirit,  
and kindle in all who minister the gospel  
your countless gifts of grace;  
through Jesus Christ our Lord.

**Amen**

**Reading** Zech. 9.9-12



Rejoice greatly, O daughter  
Zion! Shout aloud,  
O daughter Jerusalem! Lo,  
your king comes to  
you; triumphant and  
victorious is he, humble and

riding on a donkey, on a colt, the foal of a  
donkey. He will cut off the chariot  
from Ephraim and the warhorse from  
Jerusalem; and the battle-bow shall be cut off,  
and he shall command peace to the nations; his  
dominion shall be from sea to sea, and from  
the River to the ends of the earth. As for you  
also, because of the blood of my covenant  
with you, I will set your prisoners free from  
the waterless pit. Return to your stronghold,  
O prisoners of hope; today I declare that I will  
restore to you double.

**Reading** Rom. 7.15-25a

I do not understand my own actions. For I do  
not do what I want, but I do the very thing I  
hate. Now if I do what I do not want, I agree  
that the law is good. But in fact it is no longer I  
that do it, but sin that dwells within me. For I  
know that nothing good dwells within me, that  
is, in my flesh. I can will what is right, but I  
cannot do it. For I do not do the good I want,  
but the evil I do not want is what I do. Now if I  
do what I do not want, it is no longer I that do  
it, but sin that dwells within me. So I find it to  
be a law that when I want to do what is good,  
evil lies close at hand. For I delight in the law of  
God in my inmost self, but I see in my  
members another law at war with the law of  
my mind, making me captive to the law of sin  
that dwells in my members. Wretched man

that I am! Who will rescue me from this body  
of death? Thanks be to God through Jesus  
Christ our Lord!

So then, with my mind I am a slave to the law  
of God, but with my flesh I am a slave to the  
law of sin.

**Gospel** Matthew 11:16-19, 25-end

Now when Jesus had finished 'But to what will  
I compare this generation? It is like children  
sitting in the market-places and calling to one  
another, "We played the  
flute for you, and you did  
not dance; we wailed,  
and you did not mourn."



For John came neither  
eating nor drinking, and they say, "He has a  
demon"; the Son of Man came eating and  
drinking, and they say, "Look, a glutton and a  
drunkard, a friend of tax-collectors and  
sinners!" Yet wisdom is vindicated by her  
deeds.'

At that time Jesus said, 'I thank you, Father,  
Lord of heaven and earth, because you have  
hidden these things from the wise and the  
intelligent and have revealed them to  
infants; yes, Father, for such was your gracious  
will. All things have been handed over to me by  
my Father; and no one knows the Son except  
the Father, and no one knows the Father  
except the Son and anyone to whom the Son  
chooses to reveal him. 'Come to me, all you  
that are weary and are carrying heavy burdens,  
and I will give you rest. Take my yoke upon  
you, and learn from me; for I am gentle and  
humble in heart, and you will find rest for your  
souls. For my yoke is easy, and my burden is  
light.'

**Post Communion**

Grant, O Lord, we beseech you, that the  
course of this world may be so peaceably  
ordered by your governance, that your Church  
may joyfully serve you in all godly quietness;  
through Jesus Christ our Lord.

**Amen**

## NOTICES

### St Nicholas' Julian Group

meets on **Wednesday 8 July at 12:00** for half an hour of silent prayer. Please feel free to join us - everyone welcome

### The Circle.

#### Wednesday 8 July 19.30

Cheese/Wine/Soft drinks, Strawberries and Cream

Please join us for an evening of relaxed conversation.

### St Barnabas' Julian Group

meets on **Monday 13 July . at 14:00** in St Barnabas'. Old and new friends very welcome

### Friday Lunches

The next lunch will be on **10 July**. Please book your place for the 10 July with the Office or the Café by **Wednesday 8 July**. We are still in need of some more cooks, so do let us know if you can help out (help and advice given).

### Messy Church

Come and see, a song and a prayer, followed by pizza and lollies.

In July Messy Church will be on **Wednesday 15 July and Saturday 18 July** 15:00-16:30, at St Barnabas'.

Theme: The "I am sayings" - New Testament Stories/Parables. Everyone welcome - mums, dads, grandparents, carers - come and have fun!



### Mothers' Union Afternoon Tea at St Barnabas' Café.

Wednesday 22 July 3.00 - 4.00pm. Tickets on sale now £12 per head. Plus extra for the

Raffle on the day. Contact Mary Fry 01293 410383 or Joan Tick 01293 884695.

In aid of Away From It All Holidays.

### Festival Choir rehearsals

The Festival Choir is a non-auditioning choir that rehearses for one hour, at 4pm, every Sunday afternoon in July and August.

The concert is on **Sunday 6 September**.

This year we're performing the Haydn "Nelson" mass. All welcome. No need to book. Music provided. No fee to sing.

### Saturday Market

The next Saturday Market is on **11 July**, 10.00-11.30, in St Barnabas Cafe. In aid of St Barnabas Refurbishment Fund. Please come and take a look, enjoy refreshments, etc.

### Magazine copy date

Sun 12 July

### Thursday 23 July - 5:30pm at Chichester Cathedral

The choir of St Nicholas' have been invited to sing evensong on **Thursday 23 July**. We will be joined by several of the choir of St. Alban's. Gossops Green, who sang with us at the Nine Lessons and Carols last December.

We hope that many people from the congregations of St. Nicholas', St. Alban's and St. Barnabas' will be able to come and listen. Ollie Salamon, St. Nicholas organ scholar, will be playing. Arranging to share a car journey works out substantially cheaper, and better for the environment, than travelling alone, so please bring friends. We will be singing an anthem by Rutter, canticles by Noble, versicles by Radcliffe, and Psalm chants by Parry and Eric Spencer, the former Director of Music at St. Nicholas in the late 1960s and early 1970s.

SERVICES THIS WEEK		
Tues 7 July	10:30 Said Eucharist	St Barnabas'
Thur 9 July	10:30 Eucharist	St Nicholas'
Sun 12 July	8:15 Eucharist (BCP)	St Nicholas'
	10:00 Sung Eucharist	St Barnabas'
	10:00 Sung Eucharist	St Nicholas'
<b>Sunday 12 July 2026</b> <b>Trinity 6</b> Isaiah 55.10-13    Romans 8.1-11 Matthew 13.1-9, 18-23		

**BAPTISMS, WEDDINGS AND GENERAL ENQUIRIES**



worthparish.org



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**CLERGY**



Rector  
Fr Michael Boag (Tuesday to Sunday)  
rectoreworthparish.org  
01293 882229

Vicar  
Revd Sarah Upchurch (Tuesday to Sunday)  
vicarstbworthparish.org  
01293 524804

Assistant Priest  
Fr Francis Pole  
francis.poleevirgin.net  
07764 752608

Assistant Priest  
Revd Gordon Parry  
gordoneworthparish.org  
07802 432398

Assistant Priest  
Revd Canon Penny Foreman  
michaelzannyabtinternet.cc

**CHURCHWARDENS**



St Barnabas' Churchwarden  
David Anderson  
stbwardeneworthparish.org

St Nicholas' Churchwarden  
Colin Smith  
01293 889894

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HOW COME JESUS  
DOESN'T LIKE  
PEOPLE WHO  
ARE WISE?



WWW.AGNUSDAY.ORG

OH JESUS LOVES EVERYONE,  
BUT FOLKS WHO THINK THEY  
HAVE IT ALL TOGETHER  
ON THEIR OWN OFTEN AREN'T  
OPEN TO HIS MESSAGE.



WELL, THAT'S A RELIEF!  
I DON'T BELIEVE I'VE  
EVER BEEN ACCUSED OF  
"HAVING IT ALL TOGETHER."



MATTHEW 11:25-30