



# St Francis High Heaton

*Worship - Community – Service*

**Notices, Readings & Prayers**

**28<sup>th</sup> June 2026** *The Fourth Sunday after Trinity (Proper 8)*

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The hot weather has turned our beautiful grounds at Cleveland Gardens into a sun-drenched haven. We have noticed swifts and more sparrows, and I love hearing the call of the oyster catchers alongside the familiar seagulls and pigeons! The intense summer heat provides a striking backdrop for our life together at St Francis, High Heaton. It serves as both a joyful invitation to gather and a sobering reminder of our responsibilities. As we navigate this unusually warm season, our parish calendar continues to offer moments of profound spiritual transition, community celebration, and ecological reflection. This weekend, our attention turns to Newcastle Cathedral for the Petertide Ordinations. On Saturday 27<sup>th</sup> June and Sunday 28<sup>th</sup> June, the diocesan family gathers to witness the ordination of four new priests and two new deacons, including Katherine Vacher-Day. This marks an important moment in the life of the diocese as well as for the individuals concerned. We pray for them as they step into public ministry, and especially for Katherine and John and for their family. Their commitment to serve God's people is a sign of hope and it reminds us that the Holy Spirit continues to call, equip, and send workers into the vineyard, refreshing the church just when the world needs it most.

Meanwhile the celebration of our shared life continues right here in High Heaton next Saturday, 4<sup>th</sup> July, with the arrival of our highly anticipated Summer Fair. The fair is always a joyous highlight of our year, bringing together regular worshippers, neighbours, and friends from across the

community. It is a tangible expression of our mission to make Jesus Christ known through hospitality and service. Planning for the stalls, games, and refreshments is well in hand and we are very grateful to the team who are organizing the event. The fair offers a vital space to reconnect, share laughter, and celebrate the bonds that hold us together as a parish family. However, as an Eco Church, we cannot ignore the deeper message written into the soaring temperatures of this current heatwave. While we welcome the sunshine for our upcoming fair, we must look at this extreme weather through the lens of the climate crisis. The heat is a reminder of the fragility of our planet and the urgent need for environmental stewardship. St Francis of Assisi, our patron saint, famously saw all of creation as a deeply interconnected family. He praised God for "Brother Sun" and "Sister Mother Earth." Following his example, our commitment to being an Eco Church is not a side project; it is foundational to our worship and our lifestyle. This hot weather calls us to deepen our ecological action and care for the vulnerable. Extreme heat poses real challenges for the elderly, the isolated, and those with underlying health conditions. Our calling to love our neighbour means keeping a close eye on each other during these sweltering days. Through our regular community ministries - such as our Thursday Baby & Toddler Group and our weekly Place of Welcome - we continue to offer hospitality, care, and practical support to those navigating the challenges of the season. Our life together is a combination of prayer, action, and community celebration, so as we celebrate the new ministries beginning at the cathedral this weekend, let us renew our own vows to serve God's creation. As we gather in the sunshine for the Summer Fair next Saturday, let us do so with hearts full of gratitude and a shared determination to live more sustainably. May the Franciscan values of love, humility, and joy guide us through this hot summer, inspiring us to protect our planet and cherish one another in the coolness of God's grace.

## Scotland 100 (Ultra GB)



***Congratulations*** to John Abraham who recently completed the Southern Upland Way 100-mile ultramarathon in Scotland, from St John's Town of Dalry to Galashiels, with around 17,000 ft of elevation gain, finishing in just over 32 hours. ***John writes:*** Running has been a significant part of my life for many years, but I wanted to take on something that would stretch me physically, mentally, and spiritually. A number of years ago, I came across the Japanese concept of misogi:

undertaking something that pushes you beyond your comfort zone and helps define that season of life. The idea stayed with me, and this race became my misogi for 2026. Looking back, I am reminded of Isaiah's response to God's call: "Here am I. Send me." Although very different in scale and significance, there was something similar in choosing to step into the unknown and trust God through whatever lay ahead. The race brought many expected and unexpected challenges. Sleep deprivation was significant, especially during the night section, along with nausea, poor visibility, and the physiological effects of prolonged exertion, including ketosis. From around mile 50, I was supported by pacers at different stages: my brother Matthew, my partner Molly, and her father Tim. Their presence made a huge difference to pacing, safety, and morale through the second half. I was also deeply grateful for family support at key points, which helped ground me during the toughest moments. During the night section, when fatigue and isolation were at their worst, I became deeply aware of God's sustaining presence and strength when my own was depleted. Overall, it was a profound journey

of self-discovery, teaching me about endurance, limits, and perseverance. I am very grateful for the experience and for all those who supported me along the way, and I will cherish this race and the memories it gave me. I've now moved on to my next challenge of a very different kind: knitting a jumper.

**The next Taizé worship will be...** Monday 13<sup>th</sup> July at 6.30pm, a short meditative service with chants, silence, a reading and prayers.



### **Lent soup lunches!**

The next soup lunch will be on Tuesday 7<sup>th</sup> July 12.30pm - 1.30pm, supporting *Walking With* which help refugees and asylum seekers in North Tyneside.



### **Monthly Litter Pick**

**YOU ARE WARMLY INVITED TO JOIN ST FRANCIS ECO-CHURCH LITTER PICKERS** on the first Saturday of each month. The next one will be Saturday 4<sup>th</sup> July and then Saturday 7<sup>th</sup> August 10 - 11.30am, meet at church. All equipment provided, everyone welcome! (*children under 18 to be accompanied by an adult*).



### **Eco Tip**

### **Yet another swap to replace plastic**

Many of us have a drawer-full of plastic containers probably going back a very long way (think Tupperware). A container which is scratched, stained or smells of food is undoubtedly shedding micro-particles of plastic for us to eat with our food. This is especially the case if we heat things up in them in the microwave. Swap for glass containers with glass or wooden lids. Pro-cook on line has a good range of these and they are not expensive.

*Jenny Germain*

*If you have a green tip to share contact [jenny\\_germain@talk21.com](mailto:jenny_germain@talk21.com)*

# Worship & Prayers for The Fourth Sunday after Trinity

## Opening Rite

*If you're at home you might wish to light a candle, make sure you are sitting comfortably and take a few deep breaths to still yourself.*

The Lord is here  
**His Spirit is with us**

## Prayers of Penitence

When we cry out to the Lord in our trouble,  
**he will deliver us from our distress.**

God will bring us out of darkness  
**and out of the shadow of death.**

God be gracious to us and bless us,  
and make your face shine upon us:  
Lord, have mercy.  
**Lord, have mercy.**

May your ways be known on the earth,  
your saving power among the nations:  
Christ, have mercy.  
**Christ, have mercy.**

You, Lord, have made known your salvation,  
and reveal your justice in the sight of the nations:  
Lord, have mercy.  
**Lord, have mercy.**

May the Father forgive us by the death of his Son  
and strengthen us to live in the power of the Spirit  
all our days. **Amen.**

Let us give thanks to the Lord for his goodness,  
**and the wonders he does for his children.**

Let us offer him sacrifices of thanksgiving  
**and tell of his acts with shouts of joy.**

*cf Psalm 107*

## **The Collect**

*You might like to keep a few moments of silence*

O God, the protector of all who trust in you,  
without whom nothing is strong, nothing is holy:  
increase and multiply upon us your mercy;  
that with you as our ruler and guide  
we may so pass through things temporal  
that we lose not our hold on things eternal;  
grant this, heavenly Father,  
for our Lord Jesus Christ's sake,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. **Amen**

## **Jeremiah 28:5-9**

Then the prophet Jeremiah spoke to the prophet Hananiah in the presence of the priests and all the people who were standing in the house of the Lord; and the prophet Jeremiah said, 'Amen! May the Lord do so; may the Lord fulfil the words that you have prophesied, and bring back to this place from Babylon the vessels of the house of the Lord, and all the exiles. But listen now to this word that I speak in your hearing and in the hearing of all the people. The prophets who preceded you and me from ancient times prophesied war, famine, and pestilence against many countries and great kingdoms. As for the prophet who prophesies peace, when the word of that prophet comes true, then it will be known that the Lord has truly sent the prophet.'

## Psalm 89:1-4,15-18



R. Your love, O Lord, for ev - er will I sing.

My song shall be always of the loving-kindness of the Lord:  
with my mouth will I proclaim your faithfulness throughout all  
generations. I will declare that your love is established for ever;  
you have set your faithfulness as firm as the heav'ns. /R:

For you said: 'I have made a covenant with my chosen one;  
I have sworn an oath to David my servant:'  
"Your seed will I establish for ever  
and build up your throne for all generations." ' /R:

Happy are the people who know the shout of triumph:  
they walk, O Lord, in the light of your countenance.  
In your name they rejoice all the day long  
and are exalted in your righteousness. /R:

For you are the glory of their strength,  
and in your favour you lift up our heads.  
Truly the Lord is our shield;  
the Holy One of Israel is our king. /R:

## Romans 6.12-end

Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace. What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as

obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations.\* For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification. When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

## **The Gospel According to Matthew**

## **chapter 10.40-end**

‘Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.’

This is the Gospel of the Lord

**Praise to you O Christ**

### **Reflection**

Jesus ends this teaching section by drawing on the long tradition of teaching about hospitality. Abraham and Sarah welcomed their visitors and discovered they were entertaining God’s messengers; in the same way, those who welcome Jesus’ envoys will find they are welcoming Jesus. After the extended focus on hostility and suffering, these verses

highlight the likelihood that the disciples will also be warmly received, recognised as prophets, righteous people and apostles. Jesus highlights the interface between offering welcome to God's people and receiving God's blessing. The offer of a cup of cold water is paralleled in the rabbis' writings as an image of care for the most basic needs, offered here to one of Jesus' 'little ones' – not children, but those who open themselves to weakness and helplessness for the sake of the kingdom, as Jesus has been teaching his disciples to do.

### **Linking the readings**

Jesus encourages his disciples by reassuring them that people will recognise God's presence in them as they share the good news of the kingdom. Paul invites his hearers to recognise the difference between life under law and under grace and to shape their behaviour accordingly. The theme of seeing is strong in the story of Abraham and Isaac. At its end, Abraham recognises the alternative solution God offers, and perhaps God recognises his faithful obedience. The psalmist also calls out to God to recognise his plight. Human beings can recognise God in each other and seek God's recognition in trouble and joy.

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### **Prayers**

*Spend a few moments praying for the people you know and love, for the world, for peace and for the relief of refugees everywhere*

### **On the Fourth Sunday after Trinity**

Gracious Father,  
by the obedience of Jesus  
you brought salvation to our wayward world:  
draw us into harmony with your will,  
that we may find all things restored in him,  
our Saviour Jesus Christ. **Amen**

## **Praying for the Earth**

## ***Genetic modification***

From the beginning you have created plants and creatures of every kind. Help us, who have dominion over every living thing, to respect the integrity of each and every species. Enlighten the debate about genetic modification. May we be blinded neither by science nor prejudice. **Amen**

## **From the Diocesan Cycle of Prayer for the Church**

Porvoo Communion: Diocese of Lincoln, Diocese of Härnösand (Church of Sweden), Diocese of Lapua (Evangelical Lutheran Church in Finland)

Anglican Communion: The Anglican Church of Southern Africa  
Primate: The Most Reverend Thabo Makgoba

Diocese of Møre: Deanery of Southern Sunnmøre: Parishes of Indre Herøy and Leikanger

Newcastle Central Deanery: St Mary Magdalene & Holy Jesus  
Trust Chaplain: Malcolm Railton

## **For those ordained Priest yesterday**

Fran Bell (*Alnwick St Michael & All Angels*), Emily Emmerson-Finch (*Tynemouth Holy Saviour*), Phil Keates (*Prudhoe St Mary Magdalene*) and Andy Morsman (*Alston Moor*)

## **For those to be ordained Deacon today**

Katherine Vacher-Day (*Longbenton St Bartholomew & St Mary Magdalene*) & Lydia Padfield (*Walkergate St Oswald and Byker St Martin*)

## **From our Parish Prayer Cycle this week**

Pray for all residents of Patterdale Gardens, Cloverdale Gardens and Teviotdale Gardens

## **For the sick and those being cared for in hospital or at home**

Victoria Coates, Neil Walker, Sam Cole, Sheila Sidney-Wilmot, Shirley Collingwood, Lynne Dryden, Liz Clarke, Corinne Harris, Jo Whittam, Veronica Brown, Alan Trotter, Alastair Day, Jenny Freeman, Maureen Webster, baby Gianna Skye and Daniel Hassan

## **For those in residential care**

Doreen Richardson, Ida Smart, Deirdré Crowe, Irene Gibson, Tony Bartlett, Jacqueline Pearson, Pat Bell and Pat Hindmarsh

## **For those whose year's minds are this week**

Grace Taylor, Nancy Henry, Chrissie Laws, Doris Elizabeth Turner, Elizabeth Robinson, Mary Lightman, Kathleen Hope, Derek Lumsdon, Jane Ann Waugh, Joyce Robinson & Margaret Campbell

*You might like to end your prayers with The Lord's Prayer*

**Our Father, who art in heaven,  
hallowed be thy name; thy kingdom come;  
thy will be done on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.  
For thine is the kingdom, the power and the glory,  
for ever and ever. Amen.**

## **The Conclusion**

The grace of our Lord Jesus Christ, and the love of God,  
and the fellowship of the Holy Spirit,  
be with us all evermore. **Amen**

Let us bless the Lord!  
**Thanks be to God!**

# Parish Directory

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We're open every Wednesday from 2 – 4pm for visitors of all ages, some from the congregation, others from further afield. Whether you're regular or it's your first time you'll be welcomed with friendly conversation and free refreshments!

We are also very grateful to our team of volunteers who run the sessions and would welcome anyone who would like to offer help, whether that be in the form of helping to set up the hall, making and serving drinks, welcoming new people or just being there to engage and interact with people – whatever your strengths might

be, they will be highly valued! Contact Helen Swann  
[placesofwelcomehighheaton@gmail.com](mailto:placesofwelcomehighheaton@gmail.com) or 07487 842 820