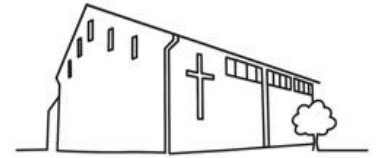


THE WEEKLY LINK



St Wulstans Church

Sunday 17th May

O GOD THE KING OF GLORY, YOU HAVE EXALTED YOUR ONLY SON JESUS CHRIST WITH GREAT TRIUMPH TO YOUR KINGDOM IN HEAVEN: WE BESEECH YOU, LEAVE US NOT COMFORTLESS, BUT SEND YOUR HOLY SPIRIT TO STRENGTHEN US AND EXALT US TO THE PLACE WHERE OUR SAVIOUR CHRIST IS GONE BEFORE, WHO IS ALIVE AND REIGNS WITH YOU, IN THE UNITY OF THE HOLY SPIRIT, ONE GOD, NOW AND FOR EVER. **AMEN**

10am Something Else Sunday — Chris & the SES team

11.15 Communion for the Ascension — Rev Sarah at St Wulstans

Mon 18 May

11am Funeral for Jesse-joe Faulkner at St Barnabas

Mon 18 May

7pm St Barnabas PCC meets

Tue 19 May

Rev Sarah is in school this morning

Tue 19 May

7pm Ministry team meets the Vicarage

Wed 20 May

10am Midweek Communion with Rev Sarah at St Barnabas

Fri 22 May

12.15 Easter ABIDE lunch at the Vicarage

Sat 23 May

St Wulstans in use all day

Sunday 24th May

10am Pentecost Sunday — Rev Nick & Rev Andy at St Barnabas

11.15 Pentecost Sunday — Rev Sarah at St Wulstans

SUNFLOWERS MAY HALF-TERM HOLIDAY AT ST WULSTANS ALL WEEK

Wed 27 May

10am Midweek Communion with Rev Rosie at St Barnabas

Thu 28 May

10.30 Funeral for Lesley Dixon at St Barnabas

Sunday 31st May

10.30 Trinity Sunday — Service for all at Christ Church

Wed 3 Jun

10am Midweek Communion with Rev Rosie at St Barnabas

1 Peter 5:6–11

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves; keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters throughout the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power for ever and ever. Amen.

INTERCESSIONS FOR THIS WEEK

Resurrection God, where people have stopped expecting life to change, surprise them with new beginnings.

Wait for the Lord,
whose day is near.

**Wait for the Lord:
be strong, take heart.**

Hopeful God, where the future feels closed down or frightening, open paths that people cannot yet see.

Wait for the Lord,
whose day is near.

**Wait for the Lord:
be strong, take heart.**

Holy God, keep reshaping us into people who are more truthful, more loving, and more alive.

Wait for the Lord,
whose day is near.

**Wait for the Lord:
be strong, take heart.**

God of Witness, let the way we live speak clearly of justice, mercy, and the love of Christ.

Wait for the Lord,
whose day is near.

**Wait for the Lord:
be strong, take heart.**

Suffering God, teach us how to remain faithful when following Christ becomes costly.

Wait for the Lord,
whose day is near.

**Wait for the Lord:
be strong, take heart.**

God of Community, make your Church a place where nobody has to carry life alone.

Wait for the Lord,
whose day is near.

**Wait for the Lord:
be strong, take heart.**

Strengthening God, teach us how to wait with patience, courage, and expectation.

Wait for the Lord,
whose day is near.

**Wait for the Lord:
be strong, take heart.**

Sending God, send your Church into the world ready to bring peace, hope, and good news.

Wait for the Lord,
whose day is near.

**Wait for the Lord:
be strong, take heart.**

Amen.



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

The Good Life

Lessons in Living Sabbath Everyday

Writer Rachel Held Evans once decided to spend a full day a week for a year keeping Sabbath in the Jewish tradition while living in a tent without electricity. She called it a “real Sabbath” and as a Christian, Evans was struck by how seriously Judaism treats Sabbath. She describes how observant Jewish families prepare food beforehand, avoid work completely, and treat Sabbath not simply as time off but as sacred time — a weekly reminder that human beings belong to God before they belong to work, productivity, or success. She quotes the Jewish writer Ahad Ha’Am: “More than Israel has kept the Sabbath, the Sabbath has kept Israel.”

Trying to enter into that practice herself, Evans switched off technology, stopped writing, and spent the day in silence and attentiveness. At first, she found it difficult. Used to measuring her worth through blog statistics, followers, comments, and online success, she realised how restless she had become. Yet slowly, ordinary things began to stand out again: birdsong, the smell of coffee, the taste of food, the sight of a small bird feeding its young.

The experience led her to reflect on something many Christians forget. Although Jesus challenged the harsh and joyless use of Sabbath laws, he did not reject Sabbath itself. Evans argues that Christians sometimes dismiss discipline and structure too quickly in the name of “grace,” forgetting that practices such as Sabbath can become gifts that restore exhausted people to God, to one another, and to themselves. By the end of the day, she realised that stopping work had not emptied life of meaning. Instead, it had made space to notice God again.

• **31 May — Sabbath in the Trinity.**

Matthew 28.16–20 — Jesus’ parting words to his friends

Sabbath begins with the life of God himself, drawing our hurried lives into the shared life of the Trinity.

• **7 June — Sabbath is a Good Meal.**

Matthew 9.9–13, 18–26 — the tax collector, the woman in the crowd and Jairus' daughter

Sabbath is a shared table of welcome, mercy, and restored life.

• **14 June — Sabbath is a Good Opportunity.**

Matthew 9.35–10.8 — the sending of the twelve

Sabbath helps us notice the needs around us and discover that helping others can give life rather than drain it away.

• **21 June — Sabbath is a Good Place to Stand.**

Matthew 10.24–39 — take up the cross and follow me

Sabbath gives people strength to stand in the middle of fear and pressure, reminding us that our lives are held in God's care.

• **28 June — Sabbath is Good Hospitality.**

Matthew 10.40–42 — whoever welcomes me

Sabbath creates space where strangers become neighbours and where giving and receiving belong together.

• **5 July — Sabbath is a Good Rest.**

Matthew 11.16–19, 25–30 — my yoke is easy, and my burden is light

Sabbath is bringing our weariness to Jesus, and allow him to help carry what has become too heavy for us alone.

Beginning on Trinity Sunday, our Sunday worship will draw us into an exploration of Sabbath. Scripture shows Sabbath drawing us back into right relationship with God, with one another, and with our own tired selves. Across these weeks, the readings show Jesus doing this work in the middle of everyday life. He meets people at tables, notices those others overlook, offers mercy where none is expected, gives people ground to stand on, and invites the weary to rest. He stands with ordinary people who are anxious, excluded, grieving, or worn down. He speaks peace into fear. He welcomes the outsider. He looks at people who are simply exhausted and says: come to me, and rest. These readings speak clearly to our own time. We live in a world that keeps many people hurried, distracted, and tired. Constant pressure can slowly drain joy from ordinary living and leave people feeling that their value depends only on what they achieve. The Gospels offer a different way. Again and again, they draw people back towards mercy, community, hope, and rest. The good life, it turns out, may not be found in constant striving, but in learning once again how to live with God and with one another.