



*St* HELEN'S CHURCH  
ABINGDON-ON-THAMES

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Sunday 21<sup>ST</sup> June, 2026

Trinity 3 / Discipleship

**Thoughts on “Discipleship”**

For some churches, life is all about challenge, commitment, making disciples. For others, it's more about conveying God's loving acceptance of people who struggle.

It's hard to deny: Jesus lovingly accepted struggling people AND asked them to take on the discipline (discipling) of following him.

I'm helped by a parable of George MacDonald that CS Lewis quotes in *Mere Christianity*. We are each like a living house. We know there are bits of us that need attention, so we may ask God's help to fix the drains or the roof – that is, our griefs, our neuroses, our addictions. But then we can find that God is knocking us about in ways that don't make sense: building extensions; flinging out a conservatory here; a whole new wing on the other side; rewilding the garden. God has ideas for us that we would never have dreamed of.

My old Stoke-on-Trent vicar used to say that Potteries people had a theology of survival: “I couldn't have got by if God hadn't helped me.” God in God's humility does give us help to survive when we need it. But God is not there to enhance my life, to fix my drains, fit in with my decor. On the contrary, if I believe in a real God at all, I must think I am servant, God is boss (see today's Gospel passage). The agenda must be God's.

Like Jeremiah (see today's first reading) we may feel God tricks us. We sign up to the call of Jesus thinking that our liabilities will be limited. In fact, Jesus' life shows us that following God means complete self-giving. Help! I struggle with this.

Thanks be to a God who lovingly accepts people who struggle.

**Gwen Bevington**

**WELCOME** to St Helen's this Sunday. 8.00am *Holy Communion (1662)*; 10.30am *Sung Eucharist*; 5.30 *Choral Evensong*. The 10.30am service at St Helen's today can be accessed on Zoom from 10.15am on: Meeting ID: 865 5159 6523; Passcode: 626891.

## FOR TODAY'S SERVICE

**Readings:** Jeremiah 20.7-13; Romans 6.1b-11; Matthew 10.24-39

**Service Setting:** Aston

### Hymns:

Processional: 558 Praise to the Lord, the Almighty

Gradual: 496 Lead us heavenly Father, lead us

Offertory: 501 Light of the minds who know him

Anthem: Lloyd, *View me Lord*

Post communion: 582 Take up thy cross, the saviour said

**Collect:** Almighty God, you have broken the tyranny of sin and have sent the Spirit of your Son into our hearts whereby we call you Father: give us grace to dedicate our freedom to your service, that we and all creation may be brought to the glorious liberty of the children of God; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

**Psalm 69: Response:** Christ Jesus became obedient unto death even death on a cross.

Save me O God:

for the waters have come even to my throat.

I sink in the deep mire where no footing is:

I have come into deep waters and the flood sweeps over me.

I am weary with crying out, my throat is parched:

my eyes fail with watching so long for my God.

**Response**

For your sake have I suffered reproach:

and shame has covered my face.

I have become a stranger to my brothers:

an alien to my own mother's sons.

Zeal for your house has eaten me up:

and the taunts of those who taunt you have fallen on me.

**Response**

### 5.30 PM CHORAL EVENSONG

Readings: 1 Samuel 24.1-17; Luke 14.12-24

Responses: Ayleward

Office Hymn: 156 Sing choirs of heaven

Psalm: 46

Canticles: Wood in D

Anthem: Hanel, *Lord I trust Thee*

Final hymn: 20 Saviour again to thy dear name we raise

## THE COMING WEEK AT ST HELEN'S

<b>ON WEEKDAYS</b>	9.10am <i>Morning Prayer</i>
<b>ON MONDAY</b>	9.30–11.00am <i>Babies &amp; Toddlers</i> in the hall 1.45-2.45pm <i>Volunteer Group</i> in the office
<b>ON TUESDAY</b>	5.00-8.30pm <i>Private booking</i> in the hall
<b>ON WEDNESDAY</b>	10.30am <i>Holy Communion</i> 5.15-6.15pm <i>Beavers</i> 6.30-8.00pm <i>Cubs</i> in the hall 7.30-8.30pm <i>DCC Standing Committee</i> in the lounge
<b>ON THURSDAY</b>	6.15–8.00pm <i>Private booking</i> in the hall
<b>ON FRIDAY</b>	4.00pm <i>Young Ringers Practice</i> in the church 5.30pm <i>Choir Practice</i> in the church
<b>ON SATURDAY</b>	9.00-11.00 am <i>Bell Ringing Course (silent)</i> in church
<b>ON SUNDAY</b>	8.00am <i>Holy Communion (1662)</i> ; 10.30am <i>Sung Eucharist</i> ; 5.30pm <i>Service of Healing and Wellness</i>

## PROGRAMMES, EVENTS & NOTICES

**Les Misérables, 24<sup>th</sup> - 27<sup>th</sup> June**, at Oxford High School. A production conducted by our own Peter Foster. Tickets available <https://oxfordhigh.gdst.net/our-community/our-events/>

**Albert Park Singers Summer Concert, Friday 26<sup>th</sup> June, 7.00pm** at St Michael's Church. Join us for an evening of choral favourites from West End Shows to traditional folk songs. Free entry and refreshments, donations to Sobell House and St Michael's Church

**Cream tea, Saturday 27<sup>th</sup> June, 2.30–4.30pm** at St Michael's Church. All welcome to an afternoon of delicious cakes and music. Tea with scone/cake £5. Proceeds to church.

**Jonathan and Alison Oliver** are renewing their wedding vows during the morning service on **Sunday 28<sup>th</sup> June** and invite you to join them after the service for cake and fizz!

**Faith Forum, Sunday 28<sup>th</sup> June, 12.45pm** in the parish centre. Fr AKMA will speak on the use of symbol in the liturgy.

**Silent Reflections, Tuesday 30<sup>th</sup> June, 7.30-8.30pm** at St Michael's Church. Sue Sheppy will provide material on the theme: *Bear one another's burdens*. We meet initially in the church room. Parking permits are available for use in Park Road.

**Moving into Stillness, Thursday 9<sup>th</sup> July, 9.45-10.45am** at St Michael's Church. Circle dancing to Taizé chants with silent interludes, followed by the regular circle dancing session at 11 am. Elizabeth Mitchell will be the teacher. No prior experience/partner needed. Tea and coffee will be provided between the two sessions. Parking permits are available for use in Park Road.

**NB Irregular date for July; there will be no circle dancing of any kind in August.**

**Open Church Stewarding.** If you could do this to support the outreach of St Helen's church, please talk to Elizabeth Simpson, or email on [simpsonem123@gmail.com](mailto:simpsonem123@gmail.com).

The June edition of the **Parish Magazine 'A candle in the window'** is now available from [https://abingdonparish.org.uk/P\\_window.php](https://abingdonparish.org.uk/P_window.php) Do read and discuss!

Contributions are needed for the July issue of CiA News by 26<sup>th</sup> June please. Also needed are articles (max 300 words) for the Christian-Forum column in Round & About Abingdon for August onwards. Please send to Debra McKnight [dhmcknight@aol.com](mailto:dhmcknight@aol.com)

**Status of Team Vicar Recruitment:** Shortlisting for the post of Team Vicar took place on Monday 1st June. Interviews will take place on 29th June. Please continue to keep the process of finding our next Team Vicar in your prayers.

**Confirmation and admission to Holy Communion:** It has been over a year since we last had a confirmation service here in the parish. This notice is to ask that if you or your child would be interested in confirmation, please speak to Revd Jen or Fr AKMA so that we can begin to plan confirmation classes. We can also offer preparation for admission to Holy Communion if there are any children who would like to begin receiving Holy Communion prior to confirmation.

Intercessory prayer requests to [clairebolton@googlemail.com](mailto:clairebolton@googlemail.com).

**For your prayers:**

- for us to share God's heart for people who are struggling
- for an obedient heart to walk in the way of Jesus
- for members of ethnic minorities who feel intimidated
- for the healing of damaged relationships

Please pray for the residents of Ashgate, Ashmole Road, Aston Close, Audlett Drive.

**For health, consolation & wellbeing:** Colin Casemore, Annelise Dennis, Vanessa Madden, Ann and Ron Moss, Louise Siddle, Anne Smithson, Sarah Stevens, Katie Stuart, Alli, David.

**Next week's readings:** Acts 12.1-11; 2 Timothy 4.6-8,17-18; Matthew 16.13-19

<b>Team Rector</b>	The Revd Dr Jennifer Brown <a href="mailto:rector@abingdonparish.org.uk">rector@abingdonparish.org.uk</a>
<b>Team Vicar</b>	Vacant
<b>Associate Priest</b>	The Revd Dr A. K. M. Adam (AKMA) <a href="mailto:akma@sthelens-abingdon.org.uk">akma@sthelens-abingdon.org.uk</a>
<b>Wardens</b>	Ms Margaret Horton and Mr David Pope
<b>Director of Music</b>	Dr Peter Foster
<b>Assistant Organist</b>	Mr Andrew Shouler
<b>Parish Administrator</b>	Mrs Kate Burland
<b>Caretaker</b>	Mr Robin Day
<b>Parish Safeguarding</b>	Mrs Pat Hudson <a href="mailto:safeguarding@abingdonparish.org.uk">safeguarding@abingdonparish.org.uk</a>
<b>St Helen's Safeguarding</b>	Mr Emmanuel Chukwuma

The **Parish Office** is open Monday – Thursday, 10.00 am to 1.00 pm (closed on Fridays).

Phone: 01235 520144. Checked on Fridays, morning and afternoon.

E-mail: [administrator@sthelens-abingdon.org.uk](mailto:administrator@sthelens-abingdon.org.uk); Website [abingdonparish.org.uk/StH](http://abingdonparish.org.uk/StH)

**A copy of this Newsletter is posted regularly on our website.**