

# **Parish Communion**

## **St Swithun's, Martyr Worthy**

### **Sunday 5 July 2026**

#### **Collect for the Day**

Almighty and everlasting God,  
by whose Spirit the whole body of the Church  
is governed and sanctified:  
hear our prayer which we offer for all your faithful people,  
that in their vocation and ministry  
they may serve you in holiness and truth  
to the glory of your name;  
through our Lord and Saviour Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**Amen**

## **Next Week's Services**

### **Sunday 12 July**

8.30am BCP - St Mary's, Easton

6pm Patronal Evensong with Bishop Kelly  
St Swithun's, Martyr Worthy



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## **Romans 6.12-23**

<sup>15</sup> I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. <sup>16</sup> Now if I do what I do not want, I agree that the law is good. <sup>17</sup> But in fact it is no longer I that do it, but sin that dwells within me. <sup>18</sup> 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. <sup>19</sup> For I do not do the good I want, but the evil I do not want is what I do. <sup>20</sup> Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

<sup>21</sup> So I find it to be a law that when I want to do what is good, evil lies close at hand. <sup>22</sup> For I delight in the law of God in my inmost self, <sup>23</sup> 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. <sup>24</sup> Wretched man that I am! Who will rescue me from this body of death? <sup>25</sup> 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.

## Matthew 10.40-42

<sup>16</sup> ‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

<sup>17</sup> “We played the flute for you, and you did not dance; we wailed, and you did not mourn.”

<sup>18</sup> For John came neither eating nor drinking, and they say, “He has a demon”; <sup>19</sup> 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.’

<sup>20</sup> Then he began to reproach the cities in which most of his deeds of power had been done, because they did not repent. <sup>21</sup> ‘Woe to you, Chorazin! Woe to you, Bethsaida! For if the deeds of power done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. <sup>22</sup> But I tell you, on the day of judgement it will be more tolerable for Tyre and Sidon than for you. <sup>23</sup> And you, Capernaum, will you be exalted to heaven?

No, you will be brought down to Hades. For if the deeds of power done in you had been done in Sodom, it would have remained until this day. <sup>24</sup> But I tell you that on the day of judgement it will be more tolerable for the land of Sodom than for you.’

<sup>25</sup> 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; <sup>26</sup> yes, Father, for such was your gracious will. <sup>27</sup> 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.

<sup>28</sup> ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> For my yoke is easy, and my burden is light.’



## July Church Services

### Sunday 5 July

10am - Parish Communion - St Swithun's, Martyr Worthy  
4pm Café Church – Itchen Abbas Village Hall

### Sunday 12 July

8.30am Holy Communion - St Mary's, Easton  
6pm - Patronal Evensong - St Swithun's, Martyr Worthy  
*with Bishop Kelly*

### Sunday 19 July

10am Parish Communion - St Mary's, Easton

### Sunday 26 July

8.30am Holy Communion - St John's, Itchen Abbas  
10am Morning Worship – St John's, Itchen Abbas

Please check our website in case of any unexpected changes:

[www.itchenvalleychurches.org](http://www.itchenvalleychurches.org)

## July Activities

### Cameo

A short lunch time service followed by a light two-course lunch:  
12 noon on 3<sup>rd</sup> Tuesday of each month at St John's, Itchen Abbas

### Little Rainbows

For parents and carers with their babies and toddlers: 9.30-11.00am  
on Mondays (during term-times) at St John's, Itchen Abbas