

SELBY ABBEY

Welcome Worship Witness



Third Sunday after Trinity 6th July 2025

Reflection by Canon Richard Mitchell

If all else fails, follow the instructions!

If we're honest, I think we have all, on occasion, thought we can manage to do something without following the instructions and then realised that it might have been a better idea to have done so.

I suppose it can depend what it is. Getting an electrical item put together and working might be where we would definitely consult the instructions first. On the other hand, if it's using a kitchen knife sharpener for the first time (as I did recently) I reckoned I could manage without instructions, though the manufacturer would say I won't get the best out of it if I don't read them.

Anyway, the old paper instructions seem to be less common – just follow the instructions on the screen, it says on phones and TV sets and then leaves you to find your way around the labyrinth of options.

At the heart of the Christian life is the art of exploring life's journey with guidance and instructions that have been handed down to us from scripture and church teaching.

Like the 72 disciples sent out by Jesus in the gospel reading, we may, in the end, be very pleased with ourselves for following the guidance we've been given. It all worked out for them, just as instructed! Those disciples weren't to spend time in chattering to those they met on the road, or waste time with people who weren't prepared to listen to what they had to say. When they returned to Jesus it all seemed to have gone very well and they were commended for it.

By contrast, the Christians in Galatia were swerving away from Paul's instructions to avoid circumcision just to keep other Christians happy, who thought they ought to do it for the sake of the local Jewish community.

Just like them, sometimes we think we know better than the guidance or instructions that our faith calls us to follow and we get it wrong. That's where the promise of forgiveness and a new start that Christ offers is a real gift.

And sometimes even when we do our very best to follow the instructions, it still goes wrong. Not always because we got something wrong, but just because it didn't work out as expected. People we know or meet, or who have asked for our help, don't come with instruction booklets to tell us how they think, or have acted in the past, or what their heartfelt desires are and so how to best relate to them and get on with them!

Being sent out as Christ's disciples today we still take heart. In all that we do as we seek to follow Christ's divine instructions we have the Holy Spirit, our advocate and guide, reminding us of all that Jesus said and did. 'If the Spirit is the source of our life, let the Spirit also direct its course.'

A Prayer for the Third Sunday after Trinity:

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 30:

I will exalt you, O Lord, because you have raised me up and have not let my foes triumph over me. O Lord my God, I cried out to you and you have healed me.

You brought me up, O Lord, from the dead; you restored me to life from among those that go down to the Pit.

Sing to the Lord, you servants of his; give thanks to his holy name.

For his wrath endures but the twinkling of an eye, his favour for a lifetime. Heaviness may endure for a night, but joy comes in the morning.

In my prosperity I said, 'I shall never be moved. You, Lord, of your goodness, have made my hill so strong.'

Then you hid your face from me and I was utterly dismayed.

To you, O Lord, I cried; to the Lord I made my supplication: 'What profit is there in my blood, if I go down to the Pit? Will the dust praise you or declare your faithfulness?

'Hear, O Lord, and have mercy upon me; O Lord, be my helper.'

You have turned my mourning into dancing; you have put off my sackcloth and girded me with gladness;

Therefore my heart sings to you without ceasing; O Lord my God, I will give you thanks for ever.

Isaiah 66v.10-14: Rejoice with Jerusalem, and be glad for her, all you who love her; rejoice with her in joy, all you who mourn over her—that you may nurse and be satisfied from her consoling breast; that you may drink deeply with delight from her glorious bosom. For thus says the Lord: I will extend prosperity to her like a river, and the wealth of the nations like an overflowing stream; and you shall nurse and be carried on her arm, and dandled on her knees. As a mother comforts her child, so I will comfort you; you shall be comforted in Jerusalem. You shall see, and your heart shall rejoice; your bodies shall flourish like the grass; and it shall be known that the hand of the Lord is with his servants, and his indignation is against his enemies.

Galatians 6v.7-16: Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.

See what large letters I make when I am writing in my own hand! It is those who want to make a good showing in the flesh that try to compel you to be circumcised—only that they may not be persecuted for the cross of Christ. Even the circumcised do not themselves obey the law, but they want you to be circumcised so that they may boast about your flesh. May I never boast of

anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule—peace be upon them, and mercy, and upon the Israel of God.

Luke 10v.1-11,16-20: The Lord appointed seventy others and sent them on ahead of him in pairs to every town and place where he himself intended to go. He said to them, 'The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest. Go on your way. See, I am sending you out like lambs into the midst of wolves. Carry no purse, no bag, no sandals; and greet no one on the road. Whatever house you enter, first say, "Peace to this house!" And if anyone is there who shares in peace, your peace will rest on that person; but if not, it will return to you. Remain in the same house, eating and drinking whatever they provide, for the labourer deserves to be paid. Do not move about from house to house. Whenever you enter a town and its people welcome you, eat what is set before you; cure the sick who are there, and say to them, "The kingdom of God has come near to you." But whenever you enter a town and they do not welcome you, go out into its streets and say, "Even the dust of your town that clings to our feet, we wipe off in protest against you. Yet know this: the kingdom of God has come near." 'Whoever listens to you listens to me, and whoever rejects you rejects me, and whoever rejects me rejects the one who sent me.'

The seventy returned with joy, saying, 'Lord, in your name even the demons submit to us!' He said to them, 'I watched Satan fall from heaven like a flash of lightning. See, I have given you authority to tread on snakes and scorpions, and over all the power of the enemy; and nothing will hurt you. Nevertheless, do not rejoice at this, that the spirits submit to you, but rejoice that your names are written in heaven.'

Final Prayer: O God, whose beauty is beyond our imagining and whose power we cannot comprehend: show us your glory as far as we can grasp it, and shield us from knowing more than we can bear until we may look upon you without fear; through Jesus Christ our Saviour. Amen.

A video reflection on the Sunday bible readings is available at <https://vimeo.com/dioceseforyork> or the York Diocesan website.

FOR YOUR PRAYERS: For all involved in the life of the Abbey, especially Paul Simpson (Chair) and the members of the Abbey Trust; Rachel Benson (High Steward), David Sherriff (architect); and the 'Origins' Project.

For local churches, including the support staff at the Diocesan Office.

For schools and colleges in the parish and especially this week for the staff and students at Staynor Hall Primary Academy & Rachel Ray (Headteacher) and the office and support staff at the Abbey School.

Those who are sick or in need: Stephen Bower, Audrey Clark, Sharon Cooper, Sheila Harris, Sheila Mason, Peggy Morrill, Varvara Prykhodko, Stephen Rigg, Tony Rock, Lynne Tebbet, Kath Vollans, Fraser, Martin, Sean, Joe, Jim, Deanna.

The departed: Hilda Stevenson, Paul Hopkins, Brian Newhouse, Dom Riches

THIS WEEK IN THE ABBEY

Sat 5	10.30	Read School Commemoration Service
	14.00	Piano Recital – Carl Leighton
Sun 6	08.00	Holy Communion
	10.00	Sung Eucharist
	13.00	Baptism
	15.00	Family Funtime
	18.30	Choral Evensong – Clerkes of All Saints
Mon 7	10.30	Guided Tour
	12.00	Holy Communion
Thu 10	10.30	Holy Communion
Fri 11	10.30	Bible Study Group
Sat 12	09.00	Men's Breakfast at Wetherspoons
	13.00	Wedding
Sun 13	08.00	Holy Communion
	10.00	Sung Eucharist
	14.00	Concert – Huddersfield Wind band
	18.30	Choral Evensong

The Abbey is open 10.00 – 16.00 daily. The Coffee & Gift Shop is open 10.30–15.30 (13.30–15.30 Sunday)

FOLLOW THE SUNDAY SERVICE AT HOME

For those not able to join us in the Abbey, the 10am Sunday Service is available to view online. Contact the Office for the Youtube link.

LUNCHTIME PIANO RECITAL – Carl Leighton

Saturday 5th July at 2pm A welcome return visit from Carl Leighton to play works by JS Bach, Mozart, Grieg, Scriabin and Chopin. Free entry – not tickets needed (donations welcome).

FAMILY FUNTIME: 1st & 3rd Sundays at 3.00pm

Fun crafts, trails, activities, bible stories & songs followed by free party food tea for ages 0-11 (accompanied by adults). Next one: **6th July**

VISITNG CHOIR: The 'Clerkes of All Saints' will be singing Evensong on Sunday 6th July at 6.30pm.

FRIDAY BIBLE STUDY: We will be meeting on the **11th July** at 10.30am in the St Nicholas Centre (and every 2nd Friday of the month) to continue our studies of Women of the Bible. If you are interested in joining, please speak to Lin Brown.

MEN'S GROUP BREAKFAST: Saturday 10th July 9.00am at Wetherspoons (The Giant Bellflower) in Gowthorpe. Book your place now by email to: lauriebrown522@gmail.com or 07961992661. Choose your breakfast and pay on the day.

PRAYERS FOR THE WORLD: A short service to focus on praying for peace in our troubled world is held in the choir at 1pm, *normally* the 3rd Tuesday in the month: Next one: **15th July**

ABBEY TOTS: every 1st & 3rd Thursday of the month from 10.00-11.00 in the St Nicholas Room in the Abbey. Next one: **17th July**

SUMMER FAIR: Saturday 19th July

Donations for the Tombola, Gift Bag Stall, Hook a Duck, Baking or offers of help on the day would be much appreciated as we are very much in need for this event. Please leave any items in the Abbey Office.

DAY PILGRIMAGE 2025: Peterborough Cathedral

Advanced notice that this year's pilgrimage will be on **Saturday 25th October** to the magnificent, historic cathedral at Peterborough. For more info. and booking see flyers or contact office.

SELBY ABBEY JUNIOR CHOIR: Saturdays 9.00am

For any aged 6-10years who love singing to come and develop their vocal talents as part of a group.

ONLINE DONATIONS: There is a 'Donate' button on our website so people can give online.

ABBEY CHOIR: Any treble, soprano, alto, tenor and bass singers (adults/children 8+). If you are interested in joining a friendly community & making music in our great building with the famous Abbey organ, contact Oliver Waterer.

CONTEMPLATIVE PRAYER 1.00-1.30pm Mondays in the South Choir Aisle. An ecumenical group, we share any joys or concerns followed by 20min of silence. All welcome. *Janet Lawrence & Linda Courage*

SELBY FOODBANK: *Items can be left in the Abbey. Current needs: cereal, tea, coffee, biscuits, pasta, beans, tinned meats/vegetables/fruit, soup, spaghetti, custard, rice pudding, jam, tinned potatoes & instant mash, toilet rolls, shampoo, toothpaste, shower gel, deodorants, washing-up liquid, bin bags, antibacterial spray. We are also recruiting more volunteers to sort/pack food, meet clients and for collections from Supermarket donation points. info@selby.foodbank.org.uk.*

WELCOME PACK: If you are new to the Abbey (either as a volunteer or congregation member), please ask for a Welcome Pack containing useful info. about different aspects of Abbey life.

FORTHCOMING EVENTS JUNE-AUGUST

5th July Saturday 2pm Piano Recital

Carl Leighton

13th July Sunday 2pm Concert

Huddersfield Wind Band

14th July Monday 7pm Concert (Ryedale Festival)

Arcangelo, Sorayi Mafi & Iestyn Davies

19th July Saturday 10am Summer Fayre

22nd July Tuesday 12.30pm Organ Recital

Wayne Marshall OBE (concert organist)

26th July Saturday 1pm Recital/Meditation

Samuel Beddard & Jo Foote (Saxophone & Piano)

29th July Tuesday 12.30pm Organ Recital

Jeffrey Makinson (Lincoln Cathedral)

1st August Friday 18.15 & 20.30 Concert

Whitney Houston Tribute by Candlelight

5th August Tuesday 12.30pm Organ Recital

Geoffrey Morgan (Christchurch Priory)

9th August Saturday 19.00 Concert

Carlton Main Colliery Brass Band

12th August Tuesday 12.30pm Organ Recital

Alexander Woodrow (Leeds Minster)

13th August Wednesday 10.00 Living History Day

16th August Saturday 19.00 Concert

Adamas Voces Choir

19th August Tuesday 12.30pm Organ Recital

Francesca Massey (concert organist)

23rd August Sat-Mon 10.00 Photo Exhibition

Selby Camera Club

25th August Monday 10.00 Craft Fair

26th August Tuesday 12.30pm Organ Recital

John Hosking (Blackburn Cathedral)

29th August Friday 19.30 Concert

Luther Van Dross Tribute by Candlelight

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YORK DIOCESE www.dioceseofyork.org.uk

For a variety of news and resources.

CHURCH OF ENGLAND www.churchofengland.org

A range of resources inc. an online Sunday service