



# Welcome to St Botolph's Church

Jesus said "If anyone is thirsty,  
let them come to me and drink"

**Sunday 7<sup>th</sup> June 2026**

## **Welcome**

From the rising of the sun to its setting  
**the Lord's name is greatly to be praised.**

Give him praise, you servants of the Lord.

**O praise the name of the Lord!**

## **We say sorry to God and one another**

Sisters and brothers, as we prepare to celebrate, let us call to mind our sins

**Lord God, we have sinned against you; we have done evil in your sight.**

**We are sorry and repent.**

**Have mercy on us according to your love.**

**Wash away our wrongdoing and cleanse us from our sin.**

**Renew a right spirit within us and restore us to the joy of your salvation, through Jesus Christ our Lord. Amen.**

## **We are forgiven**

May God our Father forgive us our sins

And bring us to the fellowship of his table

With his saints forever. Amen

## **Hymn**

Praise him, praise him

Praise him in the morning

Praise him in the noontime

Praise him, praise him

Praise him when the sun goes down

Love him, love him

Love him in the morning

Love him in the noontime

Love him, love him  
Love him when the sun goes down

Serve him, serve him  
Seve him in the morning  
Serve him in the noontime  
Serve him, serve him  
Serve him when the sun goes down

### ***The church's prayer for today***

**God of truth, help us to keep your law of love and to walk in ways of wisdom, that we may find true life in Jesus Christ your Son**

***Gospel Reading*** - John 6:47-63 read by Alan Grimsey

Hear the Gospel of our Lord Jesus Christ according to John; **Glory to you, O Lord.**

Very truly I tell you, the one who believes has eternal life. <sup>48</sup> I am the bread of life. <sup>49</sup> Your ancestors ate the manna in the wilderness, yet they died. <sup>50</sup> But here is the bread that comes down from heaven, which anyone may eat and not die. <sup>51</sup> I am the living bread that came down from heaven. Whoever eats this bread will live for ever. This bread is my flesh, which I will give for the life of the world.'

<sup>52</sup> Then the Jews began to argue sharply among themselves, 'How can this man give us his flesh to eat?'

<sup>53</sup> Jesus said to them, 'Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. <sup>54</sup> Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. <sup>55</sup> For my flesh is real food and my blood is real drink. <sup>56</sup> Whoever eats my flesh and drinks my blood remains in me, and I in them. <sup>57</sup> Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me. <sup>58</sup> This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live for ever.' <sup>59</sup> He said this while teaching in the synagogue in Capernaum.

<sup>60</sup> On hearing it, many of his disciples said, 'This is a hard teaching. Who can accept it?'

<sup>61</sup> Aware that his disciples were grumbling about this, Jesus said to them, 'Does this offend you?' <sup>62</sup> Then what if you see the Son of Man ascend to where he was before! <sup>63</sup> The Spirit gives life; the flesh counts for nothing. The words I have spoken to you – they are full of the Spirit and life.

This is the Gospel of the Lord. **Praise to you, O Christ.**

### **Sermon**

#### **Response – We listen to Remembrance**

Oh, how could it be  
That my God would welcome me  
Into this mystery?  
Say, "take this bread, take this wine"  
Now the simple made divine  
For any to receive

By Your mercy we come to Your table  
By Your grace You are making us faithful

Lord, we remember You  
And remembrance leads us to worship  
And as we worship You  
Our worship leads to communion  
We respond to Your invitation  
We remember You

See His body, His blood  
Know that He has overcome  
Every trial we will face  
None too lost to be saved  
None too broken or ashamed  
All are welcome in this place

By Your mercy we come to Your table  
By Your grace You are making us faithful

## ***We declare our faith in God***

Do you believe and trust in God the Father creator of heaven and earth, the one for whom we exist?

**I believe and trust in God who made us.**

Do you believe and trust in God the Son who became like one of us, died for us, and rose again?

**I believe and trust in God who rescues us.**

Do you believe and trust in God the Holy Spirit who gives life to the people of God and makes Jesus known in the world?

**I believe and trust in God who helps us.**

This is the faith of the Church.

**This is our faith.**

**We believe and trust in one God, Father, Son and Holy Spirit.**

**Amen.**

***We are led in prayer*** by David Poppleton

Merciful Father, **accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen**

## ***The Peace***

Jesus came and proclaimed the gospel, peace to those who are far off and peace to those who are near.

The peace of the Lord be always with you; **and also with you.**

***We reflect on our giving during the hymn***

## **Hymn:**

I am the bread of life.

You who come to me shall not hunger;

You who believe in me shall not thirst.

No one can come to me

Unless the Father draws them.

*And I will raise you up,*

*and I will raise you up,*

*and I will raise you up on the last day.*

The bread that I will give  
Is my flesh for the life of the world,  
And if you eat of this bread,  
You shall live for ever,  
You shall live for ever.

Unless you eat  
Of the flesh of the Son of Man  
And drink of his blood,  
And drink of his blood,  
You shall not have life within you.

### **Communion**

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

Lift up your hearts. **We lift them to the Lord.**

Let us give thanks to the Lord our God. **It is right to give thanks and praise.**

Father, we give you thanks and praise through your beloved Son Jesus Christ, your living Word, through whom you have created all things; who was sent by you in your great goodness to be our Saviour.

By the power of the Holy Spirit he took flesh; as your Son, born of the blessed Virgin, he lived on earth and went about among us; he opened wide his arms for us on the cross; he put an end to death by dying for us; and revealed the resurrection by rising to new life; so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels, and with all the company of heaven, we proclaim your great and glorious name, for ever praising you and saying: **Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

Lord, you are holy indeed, the source of all holiness; grant that by the power of your Holy Spirit, and according to your holy will, these gifts of bread and wine may be to us the body and blood of our Lord Jesus Christ; who, in the same night that he was betrayed, took bread and gave

you thanks; he broke it and gave it to his disciples, saying: Take, eat; this is my body which is given for you; do this in remembrance of me.

In the same way, after supper he took the cup and gave you thanks; he gave it to them, saying: Drink this, all of you; this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Do this, as often as you drink it, in remembrance of me.

Great is the mystery of faith: **Christ has died: Christ is risen: Christ will come again.**

And so, Father, calling to mind his death on the cross, his perfect sacrifice made once for the sins of the whole world; rejoicing in his mighty resurrection and glorious ascension, and looking for his coming in glory, we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving, we bring before you this bread and this cup and we thank you for counting us worthy to stand in your presence and serve you.

Send the Holy Spirit on your people and gather into one in your kingdom all who share this one bread and one cup, so that we, in the company of all the saints, may praise and glorify you for ever, through Jesus Christ our Lord; by whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory be yours, almighty Father, for ever and ever. **Amen.**

### ***The Lord's Prayer***

As our Saviour taught us, so we pray

**Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power, and the glory are yours now and for ever. Amen**

We break this bread to share in the body of Christ; **Though we are many, we are one body, because we all share in one bread.**

### ***We share bread and wine together***

Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you. Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

*Everyone is welcome at the Lord's Table. If you would prefer to receive a blessing, please keep your hands by your side.*

### ***Prayer after communion***

**Holy God, we see your glory in the face of Jesus Christ: may we who are partakers at his table reflect his life in word and deed, that all the world may know his power to change and save. This we ask through Jesus Christ our Lord. Amen.**

### ***Notices and Banns of Marriage***

#### **Hymn**

Guide me, O thou great Redeemer,  
Pilgrim through this barren land;  
I am weak, but thou art mighty;  
Hold me with thy powerful hand:  
Bread of heaven, bread of heaven  
Feed me now and evermore.  
Feed me now and evermore.

Open thou the crystal fountain  
Whence the healing stream shall flow;  
Let the fiery, cloudy pillar  
Lead me all my journey through:  
Strong deliverer, strong deliverer  
Be thou still my strength and shield.  
Be thou still my strength and shield.

When I tread the verge of Jordan,  
Bid my anxious fears subside;  
Death of death, and hell's destruction,  
Land me safe on Canaan's side:  
Songs of praises, songs of praises

I will ever give to thee.

I will ever give to thee.

### **We are sent out**

Christ, who has nourished us with himself the living bread, make us one in praise and love, and raise us up at the last day; and the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be upon you and remain with you for ever. **Amen.**

We go into the world to walk in God's light, to rejoice in God's love and to reflect God's glory.

**In the name of Christ, Amen**

### **Closing Voluntary:** March in Scipio by Handel

*Please stay for refreshments in the hall (at the end of the corridor)*

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## **GIVING**

If you would like to make a one-off donation or support the work of St Botolph's Church regularly, the easiest and best way to do so is through the Parish Giving Scheme.

[www.parishgiving.org.uk/donors/find-your-parish/colchester-st-botolph-colchester/](http://www.parishgiving.org.uk/donors/find-your-parish/colchester-st-botolph-colchester/)

And if you pay tax, please ask for a Gift Aid form.

## **SAFETY AND SAFEGUARDING**

St Botolph's is a public space. Please note that CCTV operates throughout the building, and we kindly ask that you do not leave your valuables unattended.

### **Do you have a concern about a child or an adult at risk?**

You can report your concern to the St Botolph's Parish Safeguarding Officer:  
Emily Gooch - 01206 542307- [stbotolphssafeguarding@outlook.com](mailto:stbotolphssafeguarding@outlook.com)

Or you can report your concern to the Diocesan Safeguarding Team:  
01245 294444 - [safeguarding@chelmsford.anglican.org](mailto:safeguarding@chelmsford.anglican.org)

If you believe a child or adult is in immediate danger, please call the emergency services on 999 right away.

## NOTICES

### **Mid-Week Bible Study**

Wednesday, 10<sup>th</sup> June



10:30 am – Refreshments

10:45 am – 12:00 noon – Bible Study



### **Midday Prayer**

Wednesday, 10<sup>th</sup> June



12:00 pm – 1pm



*All are warmly welcome!*



### **Church Spring Clean – Thursday, 2nd July at 9.30am!**

Pop the date in your diary and come along for a fun morning helping to give our church a little extra sparkle!

Whether you can spare an hour or stay a bit longer, we'd love to see you.

There will be jobs for everyone, so no special skills are needed—just a willingness to lend a hand.

Many hands make light work, so bring your enthusiasm and help us make the church shine! We look forward to seeing you there!

**Wednesday, 10th June** the PCC will meet at 2.00 pm. in the church.

## SUNDAY SERVICES

7<sup>th</sup> June at 10.30am – Morning Worship led by Jo Jefferys

14<sup>th</sup> June at 10.30am – Holy Communion led by Chris Smith

21<sup>st</sup> June at 10.30am – Morning Worship led by Clive Joyce & Sara Humphreys

14<sup>th</sup> June at 10.30am – Holy Communion led by Michael Fox

## **A little something from the vicar...**

I recently visited Colin Nicholson, and as we talked, something he said made me stop and listen more carefully. When someone with decades of experience leading at St Botolph's gently challenges you about your faith, it tends to get your attention.

For those who have joined St Botolph's more recently, Colin and his late wife Gill have been at the heart of church life for longer than I have been alive — particularly through music, but also in their years of service as churchwardens.

During our conversation, Colin described the Holy Spirit as “the one who makes me smile,” and from that moment I was captivated. I love hearing Colin speak about his relationship with God, and there is something deeply compelling about listening to the wisdom of someone who is living their later years still animated by the life-giving Spirit of God.

As we continued talking, Colin smiled and said, “We cannot deny the presence of the Spirit - so we might as well relax and let him get on with it.”

There is real wisdom in that. It is so easy to treat faith as something we must constantly maintain or manage through our own effort. Yet Colin spoke with the calm confidence of someone who has spent a lifetime discovering that God is already at work among His people. Our part is to trust Him.

Of course, this is not an invitation to become passive, or a simplistic “let go and let God.” Colin's insight was much richer than that. He spoke about surrender, yes, but surrender with direction: “We can't manipulate; we need to let the Spirit show us which way to go.”

Trusting God and making room for the Holy Spirit is not passive at all. It is active. It means actively choosing to trust God, actively believing that He is at work within us through His Spirit, and actively listening for - and responding to - His guidance.

As our conversation drew to a close, Colin reflected on all that has been achieved at St Botolph's during his lifetime. He has seen so much, and yet his sense is that the Holy Spirit still has so much more for us.

And perhaps that is the challenge before each of us. Will we receive Colin's wisdom and encouragement? Will we open ourselves to the Holy Spirit and learn to smile with Him? And, more deeply still, will we allow the Holy Spirit to guide us as we seek to follow Jesus day by day?

What a wonderful challenge — and one I would be glad to explore with anyone who would like to.

If you have experienced the Holy Spirit at work in your life — or if you would like to — please do speak to me. I would be delighted to encourage you and pray with you.

Love,  
Chris

## **STAY IN TOUCH**

Visit our website or call the parish office for more information

**[www.stbotolpchs.org](http://www.stbotolpchs.org)**

**01206 542307**