

The Upper Nene Benefice

SERVICES SCHEDULE AND NEWSLETTER JULY 2026

Rector: Revd Stephen P Burrow 07415 691541

Wednesday 1st July

10:30am	Holy Communion	Weedon Church
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Sunday 5th July – Trinity 5

9.30am	Holy Communion	Church Stowe
9.30am	Family Worship	Weedon Church
11.00am	United First Sunday Service	Flore Church
11.00am	Holy Communion	Dodford Church
6.00pm	Evening Worship	Heyford Church

Sunday 12th July – Trinity 6

10.00am	Morning Worship	Flore Chapel
11.00am	Benefice Holy Communion	Dodford Church

Sunday 19th July - Trinity 7

9.30am	Holy Communion	Weedon Church
10.00am	United Service	Flore Chapel
11.00am	Holy Communion	Heyford Church
6.00pm	Holy Communion	Upper Stowe

Sunday 26th July - Trinity 8

9.30am	Sunday Worship	Weedon Church
10.00am	Family Service	Upper Stowe
10.00am	Morning Worship	Flore Chapel
11.00am	Holy Communion	Flore Church
4.00pm	Café Church	Heyford Church

Midweek Services

Thursdays

10.00am	Holy Communion (or Morning prayer)	Flore Church
2.30pm - 3.30pm	Church open for private prayer	Flore Church

Fridays

9.00am	Morning Prayer via Zoom All Welcome
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Contact the Rector by [email: s_p_burrow@yahoo.co.uk](mailto:s_p_burrow@yahoo.co.uk) to get an invitation that will enable you to connect.

Dear Friends

Jesus said “*Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.*” (Matthew 11:28-30 The Message)

As we approach the summer holidays, there is something especially attractive in Jesus’ invitation above, quoted here from The Message translation. Jesus offers us ‘real rest’ and invites us to learn the ‘unforced rhythms of grace’, both of which feel counter-cultural in today’s world.

When people go away on holiday – whether that’s in the summer months or not – there is often a particular moment several days into the break. Not at once – the first couple of days are spent travelling, unpacking and finding our bearings in a new place. But then a new sensation appears – relief. Thoughts become less crowded, everyday actions – mealtimes, conversations and so on – feel less pressured and take longer, our attention widens. We relax.

But then other feelings can arise, a sense of restlessness, a need for stimulation, a vague sense that something should be happening, even when there’s nothing that needs to be happening. The pace of modern life is often unrelenting, demanding our constant response: newsfeeds update by the minute, messages and emails arrive all the time, our attention is pulled from one thing to another at great speed. We feel the need to check our phones, scroll through our social media, unable to stay present with one thing for long before looking for the next. The speed of life today can conceal some of the most important parts of life – friendship, trust, faith and true meaning all take time. And anything that takes time is harder to notice in the rapidity of today’s world.

I pray that if you are taking a break over the summer, you will reach that moment of relief and relaxation and discover the ‘*unforced rhythms of grace*’, alert to the good things that surface when life slows down enough for us to notice them. And when the holiday is over, and the overflowing inbox reasserts itself, remember that Jesus’ invitation is not just for a week or two over the summer, but for all of life – keep company with Him and ‘*learn to live freely and lightly*’.

With every blessing for the summer holidays and beyond,

Rev’d Stephen (Tel 07415 691541)

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At **3:00PM on Sunday 12th July**, there will be a bring-and-share afternoon tea on the Rectory Lawn in Heyford to welcome and meet our new curate, Rev’d John Robinson. Please come along with a plate of sandwiches, scones, cake etc and say hello!

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On **Saturday 18th July 2-4pm**, Stowe nine Churches will be holding a Village Fete which will take place in St James churchyard Upper Stowe amongst the wildflowers, and everyone is invited. There will be a cake stall, tombola, bric-a-brac, books, toys, and lots of fun games.
Do come and support us, all proceeds in aid of our churches.

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Praying for our Villages by Street

During **July** we shall be praying for people living in Upper Heyford; Capell Rise, Collins Hill, Sears Close, Muscott Close and John Campbell Close in Flore; Francis Row in Upper Stowe and the Stables and Coach House in Brockhall. In Weedon Bec, we pray for people living on Cavalry Fields, Campbell Close and Equestrian Way, and for the businesses on the Cavalry Hill Industrial Park, and in Dodford we pray for those who live on Everdon Road.