



Cowes Group Ministry
All Saints' Gurnard with St Faith's,
Holy Trinity Cowes, St John the Baptist
Northwood and St Mary the Virgin Cowes.



Sunday 12th July 2026
Sixth Sunday After Trinity.

Welcome to our benefice! If you are visiting one of our churches for the first time, please introduce yourself to us!

Collect for Today

Merciful God, you have prepared for those who love you such good things as pass our understanding: pour into our hearts such love toward you that we, loving you in all things and above all things, may obtain your promises, which exceed all that we can desire; 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.**

Old Testament Reading from Isaiah 55:10-13 (NRSV)

For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it. For you shall go out in joy, and be led back in peace; the mountains and the hills before you shall burst into song, and all the trees of the field shall clap their hands. Instead of the thorn shall come up the cypress; instead of the brier shall come up the myrtle; and it shall be to the Lord for a memorial, for an everlasting sign that shall not be cut off.

Old Testament Reading from Psalm 65 (NRSV)

Praise is due to you, O God, in Zion; to you that answer prayer shall vows be paid. To you shall all flesh come to confess their sins; when our misdeeds prevail against us, you will purge them away.

Happy are they whom you choose and draw to your courts to dwell there. We shall be satisfied with the blessings of your house, even of your holy temple. With wonders you will answer us in your righteousness, O God of our salvation, O hope of all the ends of the earth and of the farthest seas. In your strength you set fast the mountains and are girded about with might. You still the raging of the

seas, the roaring of their waves and the clamour of the peoples. Those who dwell at the ends of the earth tremble at your marvels; the gates of the morning and evening sing your praise.

You visit the earth and water it; you make it very plenteous. The river of God is full of water; you prepare grain for your people, for so you provide for the earth. You drench the furrows and smooth out the ridges; you soften the ground with showers and bless its increase. You crown the year with your goodness, and your paths overflow with plenty. May the pastures of the wilderness flow with goodness and the hills be girded with joy. May the meadows be clothed with flocks of sheep and the valleys stand so thick with corn that they shall laugh and sing.

New Testament Reading from Romans 8: 1-11 (NRSV)

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Gospel reading from Matthew 13:1-9, 18-23 (NRSV)

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had

no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!'

¹⁸ 'Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

Post Communion Collect

God of our pilgrimage, you have led us to the living water: refresh and sustain us as we go forward on our journey, in the name of Jesus Christ our Lord. **Amen.**

COWES GROUP MINISTRY’S PRAYER LIST (group 2)

We pray for those struggling in one way or another: Darren S, Dave P, Den C, Rev Diana, Elizabeth K, Graham, Hayley, Helen S, Ian M, Ingrid B, Jane P, Janet A, Jay H, Karen K, Lee H, Liz, Margaret M, Matthew S, Mike B, Mollie & Rob E, Moira, Martin, Amy & Wendy H.

CHURCH SERVICES HAPPENING THIS WEEK		
Sun 12 th July	All Saints', Gurnard	09:30 Holy Communion and Youth Ministry Service.
	Holy Trinity, Cowes	09:30 'Sea Sunday' Service for the Mission to Seafarers.
	St John's, Northwood	11:00 Holy Communion
	St Mary's, Cowes	11:00 Holy Communion
	All Saints', Gurnard	17:00 shared supper 18:00 Taste of Taizé service

If you would like to contact any of our Clergy or Church Wardens please email ParishOfficeiow@gmail.com or call 07472 358917.

EVENTS HAPPENING THIS WEEK	
Sat 11 th	09:00 Churches Together in Cowes (CTiC) Prayer Breakfast at Holy Trinity, Cowes, all welcome! 10:00-12:00 Coffee Morning at St John's Church, Northwood. All very welcome.
Mon 13 th July	09:15-11:15 Cloud Tots' Noah's Ark event at All Saints' 10:00-12:00 St Mary's Garden Group. 14:00-16:00 Scrabble Club, All Saints' Garden Room. 14:00-16:00 Table Tennis at St Mary's Church Hall.
Tues 14 th	Julian Meeting CANCELLED this month.
Thurs 16 th	10:30 -11:30 All Saints' "Love Thursdays" online-quiz. 14:00-16:00 St Mary's Art & Crafts group, all welcome. 14:00-16:00 Elephant Club, Garden Room at All Saints'
Sat 18 th	13:30 Wedding of Benjamin and India at St John The Baptist Church, Northwood. 19:00 All Saints' Church hosting the Tritone Singers with pianos duets and harp.

CLOUD TOTS, a stay-and-play for the under-5's with a Noah's Ark theme. Mondays, 09:15-11:15 at All Saints' Gurnard. For info - CowesGroupMinistry@outlook.com

ELEPHANT CLUB, this free, monthly meeting provides a gentle, friendly group activity that helps exercise your memory muscles. Come along and have fun, Tea & refreshments included!

TRITONE SINGERS, PIANO DUETS AND HARP, 19:00 at All Saints' Church. Sat 18th July, Tickets £10 from TritoneSingers.com or on the door.

NORTHWOOD FELLOWSHIP FEAST will be on 26th at Cowes Community Club, 12:45. Sign the book with plenty of notice for catering planning.

FOOD BANK DONATIONS, bottles of squash, rice, tinned fruit, baked beans, puddings and soup. Thank you, every donation helps.

More details on the Cowes Group Ministry's July Events sheet. If you would like any information about any of our groups, clubs or events, contact CowesGroupMinistry@outlook.com or call 07472 358917.