



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 2nd August 2026
Ninth 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

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; 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: 1-5 (NRSV)

Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David.

See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the Lord your God, the Holy One of Israel, for he has glorified you.

Old Testament Reading from Psalm 145: 8-9, 14-22 (NRSV)

The Lord is gracious and merciful, long-suffering and of great goodness. The Lord is loving to everyone and his mercy is over all his creatures. The Lord upholds all those who fall and lifts up all those who are bowed down. The eyes of all wait upon you, O Lord, and you give them their food in due season. You open wide your hand and fill all things living with plenty. The Lord is righteous

in all his ways and loving in all his works. The Lord is near to those who call upon him, to all who call upon him faithfully. He fulfils the desire of those who fear him; he hears their cry and saves them. The Lord watches over those who love him, but all the wicked shall he destroy. My mouth shall speak the praise of the Lord, and let all flesh bless his holy name for ever and ever.

New Testament Reading from Romans 9: 1-5 (NRSV)

I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit—I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

Gospel reading from Matthew 14: 13-21 (NRSV)

Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.'

Jesus said to them, 'They need not go away; you give them something to eat.' They replied, 'We have nothing here but five loaves and two fish.' And he said, 'Bring them here to me.' Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

Post Communion Collect

Holy Father, who gathered us here around the table of your Son to share this meal with the whole household of God: in that new

world where you reveal the fullness of your peace, gather people of every race and language to share in the eternal banquet 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 9 th Aug	All Saints', Gurnard	09:30 Holy Communion 12:00 Baptism
	Holy Trinity, Cowes	09:30 Holy Communion
	St John's, Northwood	11:00 Holy Communion
	St Mary's, Cowes	11:00 Holy Communion
	All Saints' Gurnard	Taizé supper and 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	
1 st to 7 th 'Wind and Wonder' events ... Holy Trinity – “Beken on the Balcony” Holy Trinity Café – bacon sarnies and cakes	
Mon 3 rd Aug	No Cloud Tots this week No Garden Group. No Table Tennis this week 14:00-16:00 Scrabble Club, All Saints' Garden Room.
Thurs 6 th	10:00-12:00 Northwood Coffee & Craft <u>IN CHURCH</u> . 12:30-13:30 Wind & Wonder 'Midday Melodies', St Mary's Church with Iain and Tressa.
Fri 7 th	Friday fireworks from Holy Trinity
Sat 8 th	16:30 'Musical Afternoon Delight' at St John's Church, free (with a retiring collection).

BEKEN ON THE BALCONY, all week, 10am to 4pm, an art exhibition of Mr Beken's work. In addition, Holy Trinity are a part of Cowes Art Trail with paintings, cards and gifts for sale, refreshments and beautiful sea views. Free entry, all welcome!

HOLY TRINITY CAFÉ, 10:00 TO 14:00, bacon sarnies and cakes available all week, late opening on Friday for the fireworks.

COWES WEEK AT ST MARY'S CHURCH, 10:00 to 16:00 daily, Saturday 1st to Friday 7th August. serving light lunches and cream teas. There will be a display in the church from Sunday 2nd of two brand new UKSA boats. There will be live, 'Midday Melodies' music in the church on Thursday 6th from 12.30pm-1.30pm and Cowes Art Group will be holding a display of paintings in the hall from Sat 1st Aug to Fri 7th Aug from 10am - 4pm each day. Free entry.

NORTHWOOD COMMUNITY COFFEE, CRAFT & CAKE, Thurs 3rd, 10:00-12:00 IN NORTHWOOD CHURCH (just FOR August). You'll find a warm, friendly welcome at our Coffee, Craft & Cake gathering. Bring your projects to finish, share hints, tips & ideas with friends. Or come for a chat with coffee or tea and cake. Craft Magazine swap available too! Free entry and refreshments.

FOOD BANK DONATIONS, puddings, rice, fruit juice, tinned vegetables, tea and baked beans. Thank you!

RECYCLING INK CARTRIDGES, STAMPS, PENS AND BATTERIES: boxes are available in both Northwood and St Mary's Churches.

If you would like any information about any of our groups, clubs or events, contact CowesGroupMinistry@outlook.com or call 07472 358917.