



The Cowes Cluster of Churches

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



Weekly notices for Sunday 25th August 2024 13th Sunday after Trinity

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

09:30	All Saints', Gurnard	09:30 Celtic Holy Communion
09:30	Holy Trinity, Cowes	09:30 Holy Communion
11:00	St John's, Northwood	11:00 Morning Prayer (BCP)
11:00	St Mary's Church, Cowes	11:00 Morning Praise

Collect for Today

Almighty God, who called your Church to bear witness that you were in Christ reconciling the world to yourself: help us to proclaim the good news of your love, that all who hear it may be drawn to you; through him who was lifted up on the cross, and reigns with you in the unity of the Holy Spirit, one God, now and for ever. **Amen**

Old Testament reading from Joshua 24: 1-2a, 14-18 (NRSV)

^{24:1&2} Then Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, 'Thus says the Lord, the God of Israel: Long ago your ancestors—Terah and his sons Abraham and Nahor—lived beyond the Euphrates and served other gods. ¹⁴ 'Now therefore revere the Lord and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the Lord. Now if you are unwilling to serve the Lord, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the Lord.' Then the people answered, 'Far be it from us that we should forsake the Lord to serve other gods; for it is the Lord our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the Lord drove out before us all

the peoples, the Amorites who lived in the land. Therefore, we also will serve the Lord, for he is our God.'

New Testament reading from Ephesians 6:10-20 (NRSV)

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Gospel reading from John 6: 56-69 (NRSV)

Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.' He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, 'This teaching is difficult; who can accept it?' But Jesus, being aware that his disciples were complaining about it, said to them, 'Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.' For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, 'For this reason I have told you that no one can come to me unless it is granted by the Father.'

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, 'Do you also wish to go away?' Simon Peter answered him, 'Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.'

Post Communion Collect

God our creator, you feed your children with the true manna, the living bread from heaven: let this holy food sustain us through our earthly pilgrimage until we come to that place where hunger and thirst are no more; through Jesus Christ our Lord. Amen.

NOTICES:

CHURCH SERVICES HAPPENING THIS WEEK		
Weds 28 th Aug	St Mary's Church, Cowes	10:30 Said Holy Communion
Sunday 1 st September	All Saints', Gurnard	09:30 All Age Worship
	Holy Trinity, Cowes	09:30 Morning Praise
	St John's, Northwood	11:00 Holy Communion (BCP)
	St Mary's Church, Cowes	11:00 Holy Communion

EVENTS HAPPENING THIS WEEK	
Mon 26 th Bank Holiday	10:00-12:00 Garden Group, St Marys Church. 14:00-16:00 Scrabble Club, All Saints' Garden Room. 14:00-16:00 Table Tennis at St Mary's Church.
Thurs 29 th	14:00-16:00 Art & Craft Group at St Mary's Church, Cowes 14:00-16:00 Elephant's Singalong-a-Bingo (see below)
Fri 30 th	10:00 St Mary's Church Cleaning Group

Contact information

Main contact email address: Email: northwoodgurnard@gmail.com
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Church Wardens

All Saints' Church, Gurnard - Sandie Munt (Tel: 07814 876 583)
Holy Trinity - Tineke Rock (Tel: 296850), Carron Snagge (Tel: 293221)
St John the Baptist Church, Northwood -
 Peter Lambert (Tel. 526385), Pam Clements (Tel: 526220)
St Mary's Church - Janice Pearcey (293974), Barbara Winder (293103)

OUR PRAYER LIST

ALL SAINTS', ST FAITH'S & ST JOHN'S PARISHES

We pray for Betty B, Audrey R, Peter S, Sophie, Rosie L, Jane P, Mollie & Rob E, Rosemary & John, Sue A, Ruth C, Matthew M, Phil and Mandy, Suzanne L, Emily S, Nikki C, Jill F, Karen K, Arthur & Jane W & family, Ian M, Colin, Clisby & family, Paul and Val M, Athalie H, Clive M, Lee H, Wendy

H, Brian C, Rachel & her children, Graham & Pauline, Janet A, Ann H, Peter M-C, Brenda & Brian.

The bereaved families of: Patrick Humphrey, Mike Young and Marion Butt.

HOLY TRINITY & ST MARY'S PARISHES

We pray for: James, Martin, Richard G, Moira, Daisy, Brenda P, Gill M, Kevin, Peter L and Vivienne.

For all those who live and work in Charles Road, Churchill Close, Churchill Road, Winston Road, Union Road and the Parish of St Faiths.

ELEPHANT CLUB SINGALONG-A-BINGO. On August 29th Elephant Club is going to do something a bit different, Singalong-a-bingo! It's 2-4pm in the garden room as usual. No charge. It is a musical Bingo session with small prizes and an opportunity to sing along to the excerpted of 1960's music. Everyone welcome - no charge! Tea and refreshments are included, just come along and have some fun! For information contact Mandy on 07812 131 359.

NORTHWOOD RECYCLING We are recycling ink cartridges, stamps and batteries and Pens. Boxes are in Northwood Church for this.

IW FOODBANK DONATIONS FOR AUGUST. Please may we have donations of tinned vegetables, tinned fruit, tinned soup, tinned meat meals packets of rice. Toiletries such as toilet rolls, shaving gel and razors, shampoo and washing up liquid. Thank you so much.

ADVANCE NOTICE OF ...

COWES CLUSTER OF CHURCHES' "Ride and Stride" walking to each of our four churches - Saturday 14th September. More details to follow.

TUESDAY BIBLE STUDY From 3rd September onwards.

Come and join us on Tuesdays as we explore the Bible over an eight-week study. Between 10:30-12 noon in the All Saints' Church Garden room. Free and refreshments will be served.

Week 1. 3rd September. The big picture; why we should study the Bible and how it came to be.

Week 2. 10th September. Creation and Covenant.

Week 3. 17th September. Exodus and promised land.

Week 4. 24th September. Judges and Kings.

Week 5. 1st October. Exile and prophets.

Week 6. 8th October. Jesus and the Gospels.

Week 7. 15th October Acts and the Church.

Week 8. 22nd October Revelation and review