Spirit of God, descend on me this day. Grant me the Spirit of joy, to lift me, the Spirit of hope to inspire me, the Spirit of love to surround me and the Spirit of truth to enlighten my path.

Holy Spirit, I pray for a new outpouring of your grace, so that I may grow in worship of your name in love of you in my prayer and in my actions towards others.

Come Holy Spirit into my life to guide me. Strengthen and defend me, so that I may be drawn ever closer to you. Help me this day and always to be a channel of grace in all I say and do and invite others into relationship with you.

Amen

Thought for the week 15th Sunday of the Year 11th July, 2021

This Sunday is Sea Sunday. My father worked for the Royal Navy as a teacher and he always had great respect for seafarers and the essential work that they do for us all, often spending months away from their families and sometimes in difficult conditions to help keep our global economy afloat.

Jesus and his apostles knew all about living on the water. As I thought about this Sunday, I reflected on the episode in the gospel when the little boat that Jesus and some of his disciples are in is caught in a storm. Pope Francis used that story so powerfully at the very beginning of Lockdown, and its image has stayed with me ever since. The Pope asked us not to be afraid as the first huge waves of Lockdown began to crash across us into our lives, darkening our skies. He reminded us that we must place our trust in God.

There is nothing more frightening than a storm. All our normal protections are stripped away; there is nothing left between us and God. Not only do we need to trust Him to keep us from harm, but He shows us then how our material safeguards are only that. And again and again He reassures us that He is a loving God and He will keep us from harm – we do not need all the things we build up around ourselves to make us feel strong and safe. If only we could just trust in Him.

So this Sunday, my prayer is for the brave seafarers away from all that they know and love, and for the example of faith and trust that they give us, and that like them, I might learn to navigate unexpected storms and the loneliness of being at sea, and focus on God's love. Just as St Paul's letter read this Sunday tells us: we were claimed as God's own, chosen from the beginning, the people who would put their hopes in Christ.



Prayers Please

Please pray for Jack Edwards

Please pray for Vivien Kear (Krissie's friend) who has a tumour on her right eye.

Please pray for Rita Lonsdale.

Maddy Sharman has asked for our prayers.

Vera Bird has asked for our prayers for her Great, Great Grandson Harry

Please pray for Cecilia Fung, the mother of Fr Jojo. She has had a stroke.

Prayers please for Antonita's nephew Peppin who has long covid and has entered a rehabilitation centre where he is being helped to learn to walk and feed himself again.

Please pray for Caroline Mikhail (daughter - in - law of Jane and Ramsay Mikhail) who suffered a stroke.

Please pray for Peter Halter's sister Jean who has macular degeneration and for Jean's great grandson Rogan who is 8 and has leukemia. Rogan continues to need our prayers.

Please pray for children under stress.

Please pray for the residents and staff at the two nursing homes in our parish, Abbeycrest and St Luke's.

Please pray for all victims of the Coronavirus.



Please also remember in your prayers those whose anniversaries occur at this time including;

Nartin Dougan, Alf Wade, Christohper Wade, Charley and Mary Ann Smith, Brian Stratmore Cleary, John Allison Frank Johnson, Jimmy O'Shea, Nan Oattes, Marjorie Wickens, Marsh Kirby, Claire Ryan, Catherine Cottrell, Nigel Drever, Ian Reid.