

## Prayer for the Diocesan Vision

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 21st Sunday of the Year 22nd August, 2021

August is the month many families get away for a holiday, re-fresh, recharge and get a fresh perspective before the big return to work, school, college and University.

And in this pandemic year, unlike any other, most have been keen to seize the opportunity of a return to this pleasant ritual.

For our family, it has been an unusual August. We found ourselves gathered in Cheshire last weekend for the funeral service of a dear brother-in law, Malcolm. We knew Malcolm had cycled from Land's End to John O' Groats twice, first at the age of 60 and then at 70, raising thousands of pounds for charity. But in tributes from Malcolm's wife, son and daughter we learned much more about the good he did, quietly and modestly. Though numbers were restricted, most close family were gathered to share our mixed feelings of loss and celebration.

Malcolm stayed very much in our minds as we journeyed up the next day to the shores of Loch Long not far from the submarine base at Faslane, where our son Jack is currently undergoing training as a marine engineer. Deployment dates are uncertain as everything is on a 'need to know' basis, but within the next few weeks he is due to have his first 3-6 month deployment on a submarine.

The 10 mile hike we did, afforded us bird's eye views down to Loch Long and of the Loch Gareloch, including the submarine base. As we looked over at the mountain known as the Cobbler or Ben Arthur, 884 metres high, that figure resonated as I realised it was the depth that modern submarines can dive to.

Perhaps it's helped by a reconnection with my childhood, but walking in the mountains of Scotland brings me fresh perspective, hope and inspiration. And more so during this year of limits, curfews restrictions. Let all of us who've been lucky to enjoy the freedom of new landscapes, fresh horizons to celebrate with those we love, give thanks to the Lord, reminding ourselves

"It is the spirit that gives life  
the flesh has nothing to offer."

A parishioner



### Prayers Please

Please pray for Carmel Barker (Nee Rooke) who is in hospital

Please pray for Mary Haggar

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;  
George Crabb, Sr m. Audrey (Barbara Rebeiro),  
Winifred Eve James, Jude D'Souza, Deidre Keogh,  
Tony and Peggy Brennan, Jay Colley, Pam Marshland,  
Anthony Patrick.**