



GRAPEVINE 6th Sunday after Trinity 12th July 2026

Prayer for the Day *by Revd Canon David White*

Lord Jesus Christ, Son of God, have mercy on me, a sinner

This short, simple prayer which invokes the name and mercy of Jesus, was developed in the deserts of Egypt and Palestine during the early centuries of the Christian faith. It has been practised in the Eastern Orthodox Church ever since. Originally it was a prayer of monks and nuns, known as the Desert Fathers and Mothers, but it was soon taught to an ever-increasing number of people. Over the last fifty years or so it has become known to a large number of Christians in the West and is practised by countless men and women all over the world.

This is a prayer that is inspired by St Paul's claim on all Christians to 'pray constantly' as he writes in his first letter to the Thessalonians (5.17). Its purpose is to tune our inner attention to the presence of God. The prayer is practised by sitting still, with our eyes closed and repeating the words slowly, gently, attentively, silently, over and over again, not so much with our lips as with our minds. Some teachers of the prayer recommend that the words are synchronised with the rhythm of our breathing ('Lord Jesus Christ' as we breathe in, and 'have mercy on me' as we breathe out. This helps, some say, to still the mind and allows the words of the prayer to flow in and out in a natural way. But maybe it's best not to worry too much about the breathing especially when we're getting started. The Desert Fathers and Mothers usually stood while praying, but some sat, knelt or prostrated themselves (i.e. laying face down on the floor). St Francis of Assisi often prayed lying on his back. We should choose the position that's best for us, that makes it easiest to stay attentive – so maybe sitting up straight is best. I have known of someone who prayed it while walking the dog!

The prayer is not intended as a way of reaching some 'higher' or more exalted spirituality or knowledge, rather, it is a way of helping us to find a real personal relationship with Jesus Christ.

SERVICES & OPEN CHURCHES FOR THIS WEEK

Sun. 12 th	10.00am	Holy Communion	South Scarle
	10.00am	Morning Worship	Collingham St John the Baptist
	10.15am	Morning Worship	Winthorpe
	10.30am	Morning Worship	Clifton
	10am-noon	Open Church	Collingham St John the Baptist
	10am-4pm	Open Churches	Besthorpe and Gorton
	11am-4pm	Open Church	Thorney
Tues 14 th	10.00am	Pause for Thought	Collingham All Saints
Thurs. 16 th	1.30-3.30pm	Open Church	Winthorpe
Fri. 17 th	1.30pm	Funeral – Raymond Cannon	Collingham St John the Baptist
Sat. 18 th	10am-4pm	Open Churches	Besthorpe and Gorton

Open Churches:

Collingham All Saints is open every day, whenever the "Church Open" sign is displayed.

NOTICES

On Sunday July 12th, 2.30pm at All Saints, Collingham, Collingham Singers will be celebrating 30 years of singing together. Tickets £10 from Gascoignes Newsagents or Di Smith 07467 064292.

The next meeting for Worship Leaders will be on Monday 27th July St Helena's Church, South Scarle, starting at 7pm, when we will be looking at the readings for August. Everyone is welcome to come along for a time of fellowship.

Churches Together in Collingham require a Minutes Secretary to record the minutes for 3 meetings a year (Jan, April & Sep) held at Collingham Methodist Church and to circulate the minutes by email afterwards. Please contact Mr Owen Yeomans (roandajyeomans@hotmail.co.uk) or Mrs Anne Massey (team.massey@btinternet.com) if you are interested or require further information.

Safeguarding: Val Watson and Sally Lee are our Parish Safeguarding Officers (PSOs). If you have any safeguarding concerns, please contact either of them – see Contacts below. More information about safeguarding can be found on our website, www.easttrentchurches.org.uk.

Churches Together in Collingham are holding two regular house groups in the village to share a time of fellowship, prayer and discussion every alternate week. Everyone is welcome – if you're interested and would like more information, please ring Duncan Smith on 07394 325675.

For information on the Newark Food Bank and the Collingham Area Pantry please see the Community Action page on our website (under 'About Us' on the menu).

NEXT SUNDAY 19th July – 7th after Trinity

10.00am	Holy Communion	Langford
10.00am	Morning Worship	Collingham All Saints
10.30am	Morning Worship	Thorney
10am-4pm	Open Churches	Besthorpe and Garton
11am-4pm	Open Church	Thorney

Readings for next Sunday:

Isaiah 44.6–8; Psalm 86.11-end; Romans 8.12–25; Matthew 13.24-30, 36–43.

PRAYER

Please pray for:

- ❖ Peace in the Middle East, Ukraine, Russia and all other countries where there is conflict.
- ❖ The players in the World Cup and Wimbledon Finals today.
- ❖ On Sea Sunday, we pray for all seafarers and their families.
- ❖ Members of the General Synod as they meet this weekend in York.
- ❖ Maeve, who will be baptised this afternoon (Sunday) at Collingham St John the Baptist.
- ❖ All those who are finding it difficult to cope with the current heatwave.
- ❖ Those who are unwell – Jenny Burton, Revd Canon John Smith.
- ❖ All those who have recently died – Raymond Cannon.
- ❖ In our year's mind – Albert Delaney, Dys Gold, Charmaine Evans, Sheila Hewson, James Burton, Dean Fleet-Chapman, Paul Vinnicombe, David Gilbert, Michael McCarthy, Ulla Bickel, Julie Barrie.

CONTACTS

PASTORAL ENQUIRIES ~ Please contact your church warden(s).

SAFEGUARDING – Val Watson (07815 644236) or Sally Lee (01522 778691).

ALL OTHER ENQUIRIES, INCLUDING WEDDINGS & BAPTISMS, AND ITEMS FOR GRAPEVINE ~

Please contact the East Trent Group Administrator, Mrs Christine Hasman:

Telephone: 01636 679105

email: admin@easttrentchurches.org.uk

GRAPEVINE ONLINE:

<http://www.easttrentchurches.org.uk/community/east-trent-churches-7910/grapevine>