

Thoughts and Prayers for the Week

Sunday 27th March 2022



Mothering Sunday

God of love,
passionate and strong,
tender and careful:
watch over us and hold us
all the days of our life;
through Jesus Christ our Lord.
Amen.



Readings for the Week:

Exodus 2: 1-10 or 1 Samuel 1: 20-28
Luke 2: 33-35 or John 19: 25b-27

Feeling angry...

'Anger' may seem to be an odd topic to be thinking about as we approach Mothering Sunday, an occasion when most people will feel very different emotions. But there are several triggers for reflecting this week on 'feeling angry'.

Firstly, among the strong emotions that many of us are experiencing as we listen to the daily news from Ukraine are real anger and rage.

Secondly, more locally, our speaker at last Sunday's Group Eucharist – Iain Turner of Norwich Foodbank – challenged us to feel anger about poverty levels in this country and the deficiencies in state support systems that worsen the situation.

Thirdly, in a church context, while for 500 years we've celebrated Mothering Sunday in this country at this point in the calendar, this is not universally the case: elsewhere, across the world, worshippers will be using the readings set for the 4th Sunday of Lent, including this year the parable of the Prodigal Son. This familiar story contains descriptions of the anger of the obedient, faithful older son who's upset by the lavish 'welcome back' given to his profligate younger brother.

The anger invoked in the first two references is what most would call 'righteous' or justified. In the third case, while many of us instinctively sympathise with the reaction of the older son, the parable tells us that his anger is misplaced and that a deeper truth is to be celebrated.

Being angry – a basic, human emotion – is therefore not always easy for us to deal with as Christians. We pray, frequently, for peace, for calmness, for an end to conflicts – all things where anger needs to be damped down, not ramped up. On a personal level we've probably all prayed at times for help in overcoming resentment about something that's going on in our lives. Yet sometimes, through prayer and reflection, we'll know that being angry is indeed the 'right' reaction to a particular issue or situation. And we'll know, too, that we then need to pray some more about how to channel it.

Of course, in that process, it matters what we're angry about. It matters how we express our anger. And it matters what we do as a result of it, so that it's not an

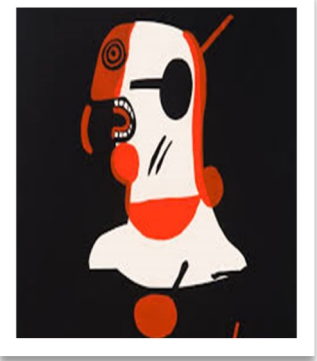


Image: 'Aggression II' by Mikalojus Povilas Vilutis (1979)

end in itself but a motivation to appropriate action. Let's pray, then, for the ability to curb and control negative, destructive anger – not good for ourselves or anyone else – but also for God's guidance to apply positive, constructive, 'righteous' anger which may lead to changes for the better. In the words of this Franciscan blessing:

'May God bless us with discomfort at easy answers, half truths, and superficial relationships, so that we may live deep within our hearts.

May God bless us with anger at injustice, oppression and exploitation of people, so that we may work for justice, freedom and peace.

May God bless us with tears to shed for those who suffer from pain, rejection, starvation, and war, so that we may reach out our hand to comfort them and turn their pain to joy.

**And may God bless us with enough foolishness to believe that we can make a difference in this world, so that we can do what others claim cannot be done.
Amen.'**

~Liam Pilgrim ~

Let us continue to support and strengthen each other

- ◇ Daily, by saying The Lord’s Prayer together, morning and evening
- ◇ Lighting a candle at home 10.00am on Sunday if we are unable to come to church

Our Services:

27th Mar 2022 4th Sunday of Lent Mothering Sunday	9:30am Family Service	Hempnall Church
	11:00am Family Service	Morningthorpe Church
	11:00am Family Service	Topcroft Church
	11:00am Family Service	Hardwick Church
	6:00pm Lent Evening Service with Julian of Norwich <i>Join Zoom Meeting:</i> https://us02web.zoom.us/j/84480050005? pwd=OXh5eU1JS3UrbnkrUjRCZGRVjJoQT09 <i>Meeting ID: 844 8005 0005</i> <i>Passcode: 429043</i>	Via Zoom
3rd Apr 2022 5th Sunday of Lent	10:00am Group Eucharist with Bishop Graham, Creation & Nature	Bedingham Church
	4:00 pm Family Praise	Hempnall Church
	6.00pm Lent Evening Service	Via Zoom

This week we pray for:

- ◇ In the morning: the day and its tasks; the world and its needs; the Church and her life
- ◇ Those preparing for baptism and confirmation
- ◇ Those serving through leadership
- ◇ Those looking for forgiveness
- ◇ Those misled by the false gods of this present age
- ◇ All who are hungry
- ◇ In the evening: peace; individuals and their needs

Food Bank

Items for our Food Bank are still needed; we are very grateful to all who continue to contribute during this difficult time.

Our next collections will be on:

Sunday 3rd April 2022

Any items can be left at

Hempnall Church Office Mon-Thu, 9am-12:30pm.

Please phone before arrival – 498157

URGENTLY NEEDED FOOD ITEMS

FRUIT JUICE ***URGENT***

TINNED TOMATOES

LONG LIFE MICROWAVEABLE SPONGE PUDDINGS

SMALL JAR COFFEE

PASTA SAUCE

COOKING SAUCE TO GO WITH RICE

WE REMEMBER:

Martin, Molly, Dennis, Ian, Vievenne

Hempnall: Lesley and family,
Phillip, Sophie

Bedingham/Woodton:
Sheila, Hilary, Peter, Liz, Anne, Chris

Topcroft: Gerald, Jane

LONG TERM CARE:

Bedingham /Woodton:

Dennis, Shirley, Jacob

Fritton/Morningthorpe: Beryl



RECENTLY DIED:

Jo Fleming, Quinton Ford

Please ring us if you need:

Liz Billett –Team Vicar 07891 854219

Group Office: Mon-Thurs 9am-12.30pm

01508 498157

Email: hempnallgroup.office@btinternet.com