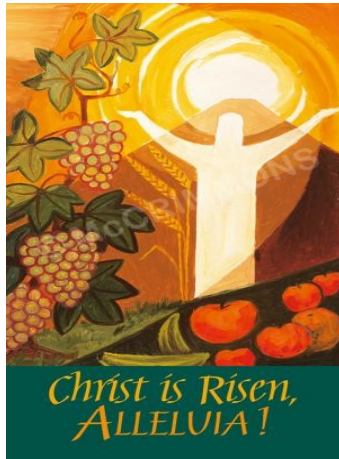


Thoughts and Prayers for the Week

Sunday 1st May 2022



3rd Sunday of Easter

Risen Christ,
you filled your disciples with
boldness and fresh hope:
strengthen us to proclaim
your risen life
and fill us with your peace,
to the glory of God the Father.
Amen.



Readings for the Week:

Acts 9: 1-6

Psalm 30

Revelation 5: 11-14

John 21: 1-19

Thought for the Week

It's not easy reading the bible, no wonder, we are reading ancient documents written over a span of 2,000 years, from different cultures and traditions. Yet as Christians, we are invited to trust in a God transcends time, place and culture and can speak to each one of us here and now in 21st Century Britain.

Perhaps a starting point is to see the bible differently, not as a problem to dissect but as a gift, a treasure waiting to be revealed. To find out what is inside any gift it needs to be opened, then, we take a good long look to savour what has been given.

Lectio divina is a prayerful reading of scripture, a way of spending time with the Word of God, reading it slowly and deliberately allowing it to resonate with our hearts and minds, to find meaning beyond the literal text. St Benedict in the 6th Century gave us this way. He saw the scriptures as a gift, to be read over slowly, chew over carefully and savoured in a fourfold rhythm of Listening, Pondering, Praying, and Waiting in this way.

LISTENING

During the first reading, the passage chosen may be read aloud. Gently look and listen for a word or phrase that attracts or draws your attention.

PONDERING

During the second reading, (of the same passage), ask yourself how or why this word or phrase has touched your heart, why it is speaking to you at this moment in your life. This is God reaching out to you.

PRAYING

As you read the passage for the last time, ask God what he may be asking of you. What is it you may need to consider as a result of what God is saying to you in the word or phrase you noticed?

WAITING

In the quiet that follows the reading allow God to speak to you and plant this word in your heart.



Here are some verses from Psalm 30, you may like to discover the gift waiting for you to find.

*I will exalt you, Lord, for you lifted me out of the depths
and did not let my enemies gloat over me.*

*Lord my God, I called to you for help,
and you healed me.*

*You, Lord, brought me up from the realm of the dead;
you spared me from going down to the pit.*

*Sing the praises of the Lord, you his faithful people;
praise his holy name.*

*For his anger lasts only a moment, but his favour lasts a
lifetime;
weeping may stay for the night, but rejoicing comes in the
morning.*

*Hear, Lord, and be merciful to me;
Lord, be my help."*

*You turned my wailing into dancing;
you removed my sackcloth and clothed me with joy,
that my heart may sing your praises and not be silent.
Lord my God, I will praise you forever.*

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:

1st May 2022 3rd Sunday of Easter	10:00am Group Eucharist	Woodton Church
	4:00 pm Family Praise	Hempnall Church
Thursday 5th May 2022	10:00am Holy Communion Book of Common Prayer	Hempnall Church
8th May 2022 4th Sunday of Easter	9:30am Eucharist	Hempnall Church
	11:00am A service with our animal friends	Shelton Church

This week we pray for:

- ◇ In the morning: the day and its tasks; the world and its needs; the Church and her life
- ◇ The people of God, that they may proclaim the risen Lord
- ◇ God's creation, that the peoples of the earth may meet their responsibility to care
- ◇ Those in despair and darkness, that they may find the hope and light of Christ
- ◇ Those in fear of death, that they may find faith through the resurrection
- ◇ Prisoners and captives
- ◇ 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 1st May 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:

John Styles, Jonathan MacRae

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

Sunday 1st May - 4.5 mile walk around quiet lanes and footpaths in Saxlingham Nethergate.

Meet at the Church car park at 2 pm.

Please let Daphne/John know if you will be joining the walk so we don't leave without you. Tea and cakes will be provided after the walk. Tel 01508 494318 or 07801329419