

Thoughts and Prayers for the Week

Sunday 3rd July 2022

3rd Sunday after Trinity

God our saviour,
look on this wounded world
in pity and in power;
hold us fast to your promises of peace
won for us by your Son,
our Saviour Jesus Christ.
Amen.



Readings for the Week:

Isaiah 66: 10-14

Psalm 66: 1-8

Galatians 6: 7-10

Luke 10: 1-11, 16-20



Thought for the week

There are many ways to read the bible. Cover to cover, book by book, chapter by chapter or just sitting with a particular passage that seems to resonate and connect with your experience.

One way of reading, is to do so slowly, thoughtfully, reading the passage again and seeing what phrase or verses stands out, then, staying with that verse or phrase, ask God what he may be saying and then just wait for his response.

This way of praying the bible has a long tradition first established by Benedict of Nursia in the 6th century. It is called Lectio Divina:

Try reading these verses from Psalm 66:1-8 in this way

*Shout for joy to God, all the earth!
Sing the glory of his name;
make his praise glorious.
Say to God, "How awesome are your deeds!
So great is your power
that your enemies cringe before you.
All the earth bows down to you;
they sing praise to you,
they sing the praises of your name." [a]
Come and see what God has done,
his awesome deeds for mankind!
He turned the sea into dry land,
they passed through the waters on foot—
come, let us rejoice in him.
He rules forever by his power,
his eyes watch the nations—
let not the rebellious rise up against him.*

*Praise our God, all peoples,
let the sound of his praise be heard;
he has preserved our lives
and kept our feet from slipping.*

Listening

During the first reading, gently look and listen for a word or phrase that attracts or draws your attention.

Pondering

During the second reading, ask yourself how or why does this word or phrase has touched your heart, why it is speaking to you at this moment in your life.

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.

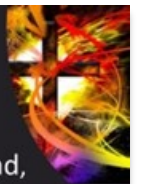
Psalm 66:8-12

[8] **BLESS** our **GOD**, O peoples,

And **SOUND HIS PRAISE** abroad,

[9] **WHO KEEPS US** in life,

And **DOES NOT ALLOW OUR** feet
to **SLIP**.



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:

Sunday 3rd Jul 2022 3rd Sunday after Trinity	11:00 am Group Eucharist	Hempnall Church
	4:00pm Family Praise	Hempnall Church
Sunday 10th Jul 2022 4th Sunday after Trinity	11:00am Group Eucharist (Service conducted by the Revd Lynn Chapman, The Rural Dean, Priest in Charge of the Brooke Benefice)	Topcroft 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 social services
- ◇ All who work in the criminal justice system
- ◇ Victims and perpetrators of crime
- ◇ The work of aid agencies throughout the world
- ◇ Those living in poverty or under oppression
- ◇ 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 July 2022. Any items can be left at Hempnall Church Office Mon-Thu, 9am-12:30pm. Please phone before arrival - 498157

URGENTLY NEEDED FOOD ITEMS

UHT MILK, MEAT SPREAD, SMALL COFFEE, FRUIT JUICE, PASTA SAUCE, SAUCE FOR RICE, TINNED FRUIT, SUGAR, CUSTARD, BISCUITS

NO PEANUT BUTTER PLEASE

HYGIENE—MALE & FEMALE DEODORANT
ANIMALS—DOG, RABBIT & GUINEA PIG FOOD (NOT CAT)

WE REMEMBER:

Martin, Molly, Dennis, Ian

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, Myrtle, Rudolph
Fritton/Morningthorpe: Beryl



RECENTLY DIED:

Robert Gray, Vieviene Miller, Pauline Atherton

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

