

Thoughts and Prayers for the Week

Sunday 17th July 2022



5th Sunday after Trinity

Almighty God,
send down upon your Church
the riches of your Spirit,
and kindle in all who minister the gospel
your countless gifts of grace;
through Jesus Christ our lord.

Amen



Readings for the Week:

Genesis 18:1-10a

Psalm 15

Colossians 1: 15-28

Luke 10: 38-42

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 verse 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 15 in this way:

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

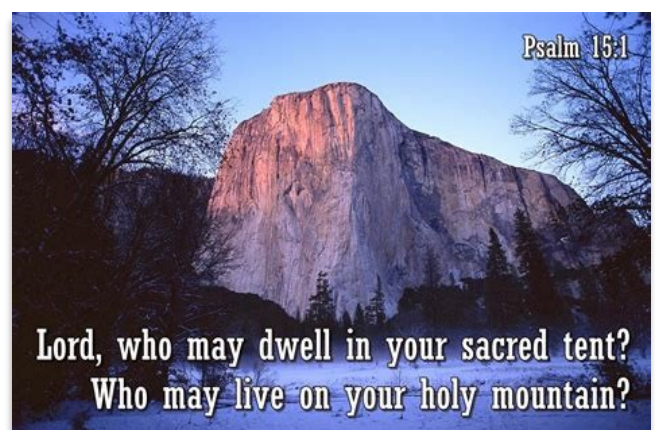
In the quiet that follows the reading allow God to speak to you and plant this word in your heart.

Psalm 15

A psalm of David.

- 1 Lord, who may dwell in your sacred tent?
Who may live on your holy mountain?
- 2 The one whose way of life is blameless,
who does what is righteous,
who speaks the truth from their heart;
- 3 whose tongue utters no slander,
who does no wrong to a neighbour,
and casts no slur on others;
- 4 who despises a vile person
but honours those who fear the Lord;
who keeps an oath even when it hurts,
and does not change their mind;
- 5 who lends money to the poor without
interest;
who does not accept a bribe against the
innocent.

Whoever does these things
will never be shaken.



Lord, who may dwell in your sacred tent?
Who may live on your holy mountain?

Thoughts and Prayers for the Week

Sunday 24th July 2022



6th Sunday after Trinity

Creator God,
you made us all in your image:
may we discern you in all that we see,
and service you in all that we do;
through Jesus Christ our Lord.
Amen



Readings for the Week:

Genesis 18: 20-32

Psalm 138

Colossians 2: 6-15, [16-19]

Luke 11: 1-13

Something old...something new...something borrowed... something blue....



This picture may look slightly familiar, since I used it to illustrate a 'Thought for the Week' three months ago, in the Easter season. However, I make no apologies for presenting it again, since it's such a vibrant, striking image.

And it's close to home... Only twenty miles or so to the west of us, it hangs above the south aisle altar in East Harling Church. The latter is much visited because its huge east window contains one of the best collections of C15th century glass in Norfolk. But I went there recently specifically to see 'The Harling Christ' – and I was not disappointed.

The work (commissioned as a result of private donations and the generosity of the artist herself) is relatively new, having been completed barely a decade ago. But its design honours the past and, very specifically, its setting in this particular place of worship.

The brief – originally for an altar cloth – was to address the universal theme of the Resurrection Cross in a fresh way, while reflecting local heritage. So on Christ's outstretched, accommodating arms, set against an amazing blueness, we have ten apostles (i.e. without Judas and minus St Peter,

The Harling Christ

by Maz Jackson (2007-2011, dedicated 2013)

Egg tempera on gilded oak panel, the Church of St Peter and St Paul, East Harling, South Norfolk

The artist Maz Jackson lives and works in South Norfolk. Her paintings have been exhibited worldwide, including the Venice and Florence Biennales. She has a particular expertise in the medieval technique of working in tempera, using mineral pigments, such as lapis lazuli, mixed with egg yolk and distilled water.

who has been brought to the foreground at the bottom of the picture, along with, to his right, St Paul, as the church's patron saints). The 'frail' in the centre - a basket for tools - is to be found in both the stonework and stained glass of the church: Maz Jackson said she wanted to acknowledge craft workers, reminding us that Jesus had been a carpenter. And in it sit a squirrel (heraldic badge of the family who sponsored the rebuilding of the church in the 15th century) and a lamb, the emblem of East Harling which hosted a lamb market until a century ago.

Both the former Bishop of Norwich (the previous Bishop Graham) and our Diocesan Adviser in Spirituality and Discipleship (the Revd. Susanna Gunner) have attested to the power of this painting, commenting in particular on the gilded stigmata, portraying terrible suffering which has now turned to gold.

Do visit East Harling and take a look if you can at this colourful, rich imagery – old, new, borrowed and blue. Something in it, something about it, will catch your eye and speak to you...

~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:

Sunday 17th Jul 2022 5th Sunday after Trinity	10.00am Group Eucharist (Service conducted by the Revd Liz Cannon, Retired Parish Priest)	Bedingham Church
Sunday 24th Jul 2022 6th Sunday after Trinity	9:30am Matins Book of Common Prayer	Hardwick Church
	11:00am Eucharist (Service conducted by the Revd Austin Uzoigwe, Team Vicar in the Tas Valley Benefice)	Morningthorpe Church
	6.00pm Celtic Evening Prayer	Via Zoom
Sunday 31st July 2022 7th Sunday after Trinity	10:00am Group Service Morning Prayer in the Iona Tradition	Woodton 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 Queen, members of parliament and the armed forces
- ◇ Peace and justice in the world
- ◇ Those who work for reconciliation
- ◇ All whose lives are devastated by war and civil strife
- ◇ Prisoners, refugees and homeless people
- ◇ In the evening: peace; individuals and their needs

Please ring us if you need:

Group Office: Mon-Thurs 9am-12.30pm

01508 498157

Email: hempnallgroup.office@btinternet.com

WE REMEMBER:

Martin, Molly, Dennis, Ian

Hempnall: Lesley and family,

Phillip, Sophie

Bedingham/Woodton:

Sheila, Hilary, Peter, Liz, Anne, Chris,

Topcroft: Gerald

LONG TERM CARE:

Bedingham /Woodton:

Dennis, Shirley, Jacob, Myrtle, Rudolph

Fritton/Morningthorpe: Beryl



RECENTLY DIED:

Pauline Atherton

To all our friends in the Hempnall Group

After 30 years in the Group (on and off) Ann and I have suddenly and very sadly been obliged to upsticks. So, if all goes to plan, within a week we shall be in Leicestershire, in Market Harborough to be precise, less than 30 minutes from Ann's sister in Leicester. We have both previously taught in the area, and we shall be closer to my own native neck of the woods in the Peak District.

In view of Ann's condition, the move, though daunting in itself and extremely challenging because of the minimal notice we were given, should, in time, be the best solution. It's a 2-bed apartment in a new complex of sheltered and supported accommodation, all very swish and shiny! Medical, social and practical support on hand, both Waitrose and Sainsbury's within minutes, and a Tesco Express literally round the corner. Could life ever be more exciting than this?

The imminent upheaval will be stressful, but we try to see beyond and remain optimistic. A priority, of course, will be to settle into a church community, though our experience with you all here will be difficult to replicate. Your friendships, your sense of fun, your commitment to the faith will stay with us. Thank you all so much for your welcome and continued support. And, it seems, some of you even appreciated my sermons! It's been a privilege to be amongst you. We'll try to revisit if we can.

~**Michael Pennington**~

From 25 July: 10, Elizabeth Place, 2 Trimbush Way, Market Harborough, LE16 7YH - Mobile 07935 132108