

Thoughts and Prayers for the Week

Sunday 21st August 2022



10th Sunday after Trinity

Lord of heaven and earth,
as Jesus taught his disciples to be
persistent in prayer,
give us patience and courage
never to lose hope,
but always to bring our
prayers before you;
through Jesus Christ our Lord.

Amen



Readings for the Week:

Isaiah 58: 9b-14

Psalms 103: 1-8

Hebrews 12: 18-29

Luke 13: 10-17

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 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 103: 1-8

- 1 *Praise the Lord, my soul;
all my inmost being, praise his holy name.*
- 2 *Praise the Lord, my soul,
and forget not all his benefits –*
- 3 *who forgives all your sins
and heals all your diseases,*
- 4 *who redeems your life from the pit
and crowns you with love and compassion,
who satisfies your desires with good things
so that your youth is renewed like the eagle's.*
- 6 *The Lord works righteousness
and justice for all the oppressed.*
- 7 *He made known his ways to Moses,
his deeds to the people of Israel:*
- 8 *the Lord is compassionate and gracious,
slow to anger, abounding in love.*



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 21st Aug 2022 10th Sunday after Trinity	10:00am Group Eucharist (Service conducted by the Right Revd. Bishop David Gillett, retired Bishop of Bradford)	Bedingham Church
Sunday 28th Aug 2022 11th Sunday after Trinity	9:30am Eucharist (Service conducted by the Revd Cate Turner, Assistant Curate, Bramerton Group Ministry, Thurton Benefice)	Fritton Church
	11:00am Harvest Thanksgiving	Topcroft Church
	6:00pm Evening Prayer—Celebrating Summer	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
- ◇ The media and the arts
- ◇ Farming and fishing
- ◇ Commerce and industry
- ◇ Those whose work is unfulfilling, stressful or fraught with danger
- ◇ All who are unemployed
- ◇ 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 4th September 2022. Any items can be left at Hempnall Church Office Mon-Thu, 9am-12:30pm. Please phone before arrival - 498157

URGENTLY NEEDED FOOD ITEMS

SUGAR, UHT FRUIT JUICE, INSTANT MASH

NO PEANUT BUTTER PLEASE

HYGIENE—MALE & FEMALE DEODORANT

ANIMALS—DOG, RABBIT & GUINEA PIG FOOD (NOT CAT)

WE REMEMBER:

Martin, Molly, Dennis, Ian

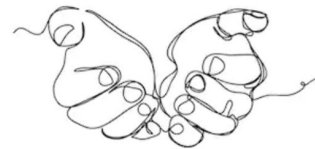
Hempnall: Lesley and family,
Phillip, Sophie

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

Topcroft: Gerald

LONG TERM CARE:

Bedingham /Woodton:
Dennis, Shirley, Jacob, Myrtle, Rudolph
Fritton/Morningthorpe: Beryl



RECENTLY DIED:

Robert Crawford

Please ring us if you need:

Group Office: Mon-Thurs 9am-12.30pm

01508 498157

Email: hempnallgroup.office@btinternet.com



Plant and Produce Sale in Aid of Garden Twinning

At Hempnall Church on Saturday 10th September 11.00am-3.00pm

There will also be a Garden Raffle,

Any donations of plants and produce will be most welcome

Further details from Jill Turner 01508 499344