

# Thoughts and Prayers for the Week

Sunday 16th October 2022



## 18th Sunday after Trinity

God, our judge and saviour,  
teach us to be open to your truth  
and to trust in your love,  
that we may live each day  
with confidence in the  
salvation which is given  
through Jesus Christ our Lord.  
Amen

### Readings this week:

Genesis 32: 22-31

Psalm 121

2 Timothy 3: 14-4.5

Luke 18:1-8

## 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 121

A song of ascents.

*<sup>1</sup> I lift up my eyes to the mountains –  
where does my help come from?*

*<sup>2</sup> My help comes from the LORD,  
the Maker of heaven and earth.*

*<sup>3</sup> He will not let your foot slip –  
he who watches over you will not slumber;*

*<sup>4</sup> indeed, he who watches over Israel  
will neither slumber nor sleep.*

*<sup>5</sup> The LORD watches over you –  
the LORD is your shade at your right hand;*

*<sup>6</sup> the sun will not harm you by day,  
nor the moon by night.*

*<sup>7</sup> The LORD will keep you from all harm –  
he will watch over your life;*

*<sup>8</sup> the LORD will watch over your coming and going  
both now and for evermore.*



**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:**

<b>Sunday 16th Oct 2022</b> <b>18th Sunday after Trinity</b>	<b>10:00am   Morning Service in the Iona tradition</b>	<b>Morningthorpe Church</b>
<b>Sunday 23rd Oct 2022</b> <b>Last Sunday after Trinity</b>	<b>11:00am Group Eucharist</b>	<b>Topcroft Church</b>
	<b>6:00pm   Evening Service</b>	<b>Via Zoom</b>

**This week we pray for:**

- ◇ In the morning: the day and its tasks; the world and its needs; the Church and her life
- ◇ All who are sick in body, mind or spirit
- ◇ Those in the midst of famine or disaster
- ◇ Victims of abuse and violence, intolerance and prejudice
- ◇ Those who are bereaved
- ◇ All who work in the medical and healing professions
- ◇ 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 6TH NOVEMBER 2022. Any items can be left at**

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

**Please phone before arrival - 01508 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, Ian

**Hempnall:** Lesley and family,  
Phillip, Sophie

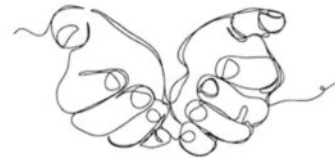
**Bedingham/Woodton:**  
Sheila, Hilary, Peter, Liz, Anne, Chris, Barrie

**Topcroft:** Gerald

**LONG TERM CARE:**

**Bedingham /Woodton:**  
Dennis, Shirley, Jacob, Myrtle, Rudolph

**Fritton/Morningthorpe:** Beryl



**RECENTLY DIED:**

Barbara Pechey, Dennis O’Leary, Patrick Stone

**Please ring us if you need:**

**Group Office: Mon-Thurs 9am-12.30pm**

**01508 498157**

**Email: [hempnallgroup.office@btinternet.com](mailto:hempnallgroup.office@btinternet.com)**

