

Thoughts and Prayers for the Week

Sunday 30th October 2022



4th Sunday before Advent

God of glory,
touch our lips with the
fire of your Spirit,
that we with all creation
may rejoice to sing your praise;
through Jesus Christ our Lord.
Amen

Readings this week:

Isaiah 1: 10-18
Psalm 32: 1-8
2 Thessalonians 1: 1-12
Luke 19: 1-10

Stillness...

This lovely 'prayer poem' from David Adam – a former miner, priest and erstwhile Rector of Lindisfarne, who died in 2020 – illustrates two ways of reflecting about stillness.

Firstly it describes how we approach God in stillness:

*I weave a silence on to my lips
I weave a silence into my mind
I weave a silence into my heart
I close my ears to distractions
I close my eyes to attractions
I close my heart to temptations*

And then it describes how we can ask Jesus can make things still for us:

*Calm me O Lord as you stilled the storm
Still me O Lord, keep me from harm
Let all the tumult within me cease
Enfold me Lord within your peace.*

This two-fold approach to stillness – how we still ourselves and how we ask God to still us – can be further illustrated in the following poems.

The contemporary Christian writer and poet Ann Lewin offers this advice to 'Be Still':

*You do not have to look for anything,
Just look.
You do not have to listen for specific sounds,
Just listen.
You do not have to accomplish anything.
Just be.
And in the looking
And the listening
And the being,
Find
Me.*



And 150 years ago, in 1872, the American Quaker John Greenleaf Whittaker wrote this (which we now know as a verse in the much-loved hymn, 'Dear Lord and Father of mankind'):

*Drop thy still dews of quietness,
Till all our strivings cease;
Take from our souls the strain and stress,
And let our ordered lives confess
The beauty of thy peace.*

In stillness we can find fresh understanding. May peace be with us. *Amen*

~Liam Pilgrim~

(abstracted from her reflection at Hemptall Group Zoom service on 23 October 2022)



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 30th Oct 2022 4 th Sun before Advent	10:00am Group Eucharist Revd. Charles Read (Diocesan Co-ordinator of Licensed Lay Ministry Training)	Hempnall Church
Sunday 6th Nov 2022 All Saints Sunday	10:00am Group Eucharist for All Saints Revd Canon Richard Capper (retired clergy)	Woodton Church
	3:00pm Commemoration Service Revd Cate Turner (Assistant Curate, Bramerton Group Ministry)	Hempnall Church

This week we pray for:

- ◇ In the morning: the day and its tasks; the world and its needs; the Church and her life
- ◇ Local government, community leaders
- ◇ All who provide local services
- ◇ Those who work with young or elderly people
- ◇ Schools, colleges and universities
- ◇ Emergency and rescue organizations
- ◇ 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

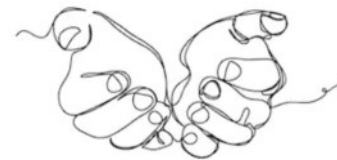
Bedingham/Woodton:
Sheila, Hilary, Peter, Liz, Anne, Chris, Barrie

Topcroft: Gerald

LONG TERM CARE:

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

Fritton/Morningthorpe: Beryl



RECENTLY DIED:

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

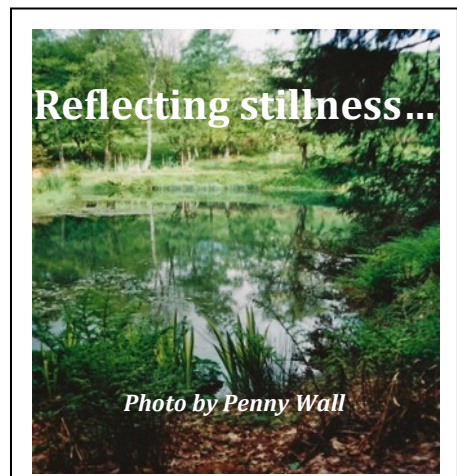


Photo by Penny Wall