

Thoughts and Prayers for the Week

Sunday 20th November 2022



Christ the King

God the Father,
help us to hear the call of
Christ the King
and to follow in his service,
whose kingdom has no end;
for he reigns with you
and the Holy Spirit,
one God, one glory.
Amen



Readings this week:

Jeremiah 23: 1-6

Psalm 46

Colossians 1: 11-20

Luke 23: 33-43

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 46

- ¹ God is our refuge and strength,
an ever-present help in trouble.*
- ² Therefore we will not fear, though the earth give way
and the mountains fall into the heart of the sea,
³ though its waters roar and foam
and the mountains quake with their surging.*
- ⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.*
- ⁵ God is within her, she will not fall;
God will help her at break of day.*
- ⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.*
- ⁷ The LORD Almighty is with us;
the God of Jacob is our fortress.*
- ⁸ Come and see what the LORD has done,
the desolations he has brought on the earth.*
- ⁹ He makes wars cease
to the ends of the earth.
He breaks the bow and shatters the spear;
he burns the shields with fire.*
- ¹⁰ He says, 'Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth.'*
- ¹¹ The LORD Almighty is with us;
the God of Jacob is our fortress.*



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 20th Nov 2022 Christ the King Sunday next before Advent | 10:00am Group Eucharist The Revd. Liz Cannon (retired clergy) | Bedingham Church |
| Sunday 27th Nov 2022 1st Sunday of Advent | 10:00am Group Eucharist The Right Revd. Bishop David Gillett (retired Bishop of Bolton; Honorary Assistant Bishop, Diocese of Norwich) | Hempnall Church |
| | 6:00pm Advent Evening Service | 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 universal Church
- ◇ Bishops, synods and all who lead the Church
- ◇ The leaders of the nations
- ◇ The natural world and the resources of the earth
- ◇ 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 DECEMBER 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

WE'VE GOT PLENTY OF

PASTA
CEREAL
SOUP

WE REMEMBER:

Martin, Molly, Ian

Hempnall: Lesley and family,

Phillip, Sophie

Bedingham/Woodton:

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

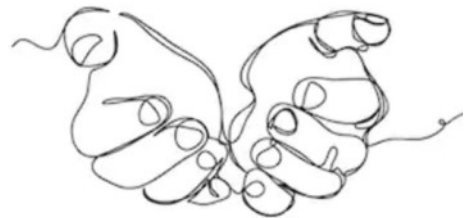
Topcroft: Gerald

LONG TERM CARE:

Bedingham /Woodton:

Dennis, Shirley, Jacob, Myrtle, Rudolph

Fritton/Morningthorpe: Beryl



RECENTLY DIED:

June Lloyd, Mary Peck, Geoff Moulton

Please ring us if you need:

Group Office: Mon-Thurs 9am-12.30pm

01508 498157

Email: hempnallgroup.office@btinternet.com

