

Thoughts and Prayers for the Week

Sunday 18th December 2022



4th Sunday of Advent

Eternal God,
as Mary waited for the
birth of your Son,
so we wait for his coming in glory;
bring us through the birth
pangs of this present age
to see, with her, our great salvation
in Jesus Christ our Lord.
Amen



Readings this week:

Isaiah 7: 10-16

Psalm 80: 1-7

Romans 1: 1-7

Matthew 1: 18-25

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 80:1-7

- ¹ Hear us, Shepherd of Israel,
you who lead Joseph like a flock.
You who sit enthroned between the cherubim,
shine forth ² before Ephraim, Benjamin and
Manasseh.
Awaken your might; come and save us.
- ³ Restore us, O God;
make your face shine on us,
that we may be saved.
- ⁴ How long, Lord God Almighty,
will your anger smoulder
against the prayers of your people?
- ⁵ You have fed them with the bread of tears;
you have made them drink tears by the bowlful.
- ⁶ You have made us an object of derision to our
neighbours, and our enemies mock us.
- ⁷ Restore us, God Almighty;
make your face shine on us,
that we may be saved.



Restore us, God Almighty;
make your face shine on us,
that we may be saved.
Psalm 80:7

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 18th Dec 2022 4th Sunday of Advent	9:30am Group Eucharist Revd Cate Turner (Assistant Curate, Bramerton Group Ministry)	Woodton Church
	6:30pm Carols by Candlelight	Fritton Church
	6:30pm Carol Service	Hardwick Church
Saturday 24th Dec 2022 Christmas Eve	4:00pm Crib Service	Topcroft Church
	4:00pm Christmas Celebration	Hempnall Church
	5:30pm Crib Service	Bedingham Church
	11:30PM Midnight Eucharist Revd Lynn Chapman (Rural Dean, Priest in Charge of Brooke Benefice)	Hempnall Church
Sunday 25th Dec 2022 Christmas Day	9:30am Carols and the Christmas Story	Hardwick Church
	9:30am Christmas Family Service	Woodton Church
	11:00am Family Communion on Christmas Morning Revd Coryn Stanforth (Assistant Curate, Tas Valley Benefice)	Morningthorpe 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 Church, that she may be ready for the coming of Christ
- ◇ The leaders of the Church
- ◇ The nations, that they may be subject to the rule of God
- ◇ Those who are working for justice in the world
- ◇ The broken, that they may find God's healing
- ◇ 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 8TH JANUARY 2023 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

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:

Geoff Moulton, Jim Pulford

Please ring us if you need:

Group Office: Mon-Thurs 9am-12.30pm

01508 498157

Email: hempnallgroup.office@btinternet.com