

Thoughts and Prayers for the Week

Sunday 15th January 2023



2nd Sunday of Epiphany

Eternal Lord,
our beginning and our end:
bring us with the whole creation
to your glory,
hidden through past ages
and made known
in Jesus Christ our Lord.
Amen



Readings this week:

Isaiah 49: 1-7

Psalms 40: 1-12

1 Corinthians 1: 1-9

John 1: 29-42

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

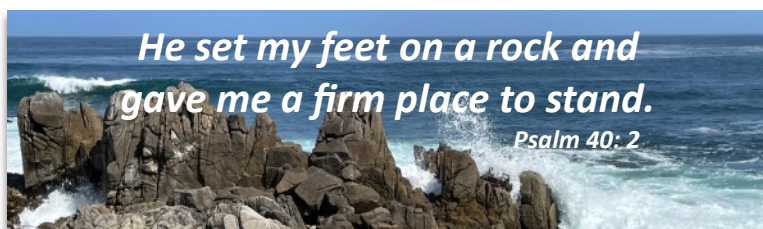
As you read the passage for the last time, ask God what he may be asking of you. What is it you may need to consider as a result of what God is saying to you in the word or phrase you noticed?

Waiting

In the quiet that follows the reading allow God to speak to you and plant this word in your heart.

Psalm 40

- 1 *I waited patiently for the Lord;
he turned to me and heard my cry.*
- 2 *He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.*
- 3 *He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the Lord
and put their trust in him.*
- 4 *Blessed is the one
who trusts in the Lord,
who does not look to the proud,
to those who turn aside to false gods.*
- 5 *Many, Lord my God,
are the wonders you have done,
the things you planned for us.
None can compare with you;
were I to speak and tell of your deeds,
they would be too many to declare.*
- 6 *Sacrifice and offering you did not desire –
but my ears you have opened; –
burnt offerings and sin offerings you did not require.*
- 7 *Then I said, 'Here I am, I have come –
it is written about me in the scroll.*
- 8 *I desire to do your will, my God;
your law is within my heart.'*
- 9 *I proclaim your saving acts in the great assembly;
I do not seal my lips, Lord,
as you know.*
- 10 *I do not hide your righteousness in my heart;
I speak of your faithfulness and your saving help.
I do not conceal your love and your faithfulness
from the great assembly.*
- 11 *Do not withhold your mercy from me, Lord;
may your love and faithfulness always protect me.*
- 12 *For troubles without number surround me;
my sins have overtaken me, and I cannot see.
They are more than the hairs of my head,
and my heart fails within me.*



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:

<p>Sunday 15th Jan 2023 2nd Sunday of Epiphany</p>	<p>10:00am Morning Service in the Methodist Tradition Join Zoom Meeting: https://us02web.zoom.us/j/81679841809? pwd=YlVlTlQW9lTkJkaXFkSXlKNzI1c0s0QT09 <https://us02web.zoom.us/j/81679841809?pwd=YlVlTlQW9lTkJkaXFkSXlKNzI1c0s0QT09> Meeting ID: 816 7984 1809 Passcode: 959003</p>	<p>Via Zoom</p>
<p>Sunday 22nd Jan 2023 3rd Sunday of Epiphany</p>	<p>10:00am Morning Service in the Celtic Tradition 6:00pm Evening Service</p>	<p>Woodton Church Via Zoom</p>

This week we pray for:

- ◇ In the morning: the day and its tasks; the world and its needs; the Church and her life
- ◇ The unity of the Church
- ◇ The peace of the world
- ◇ The healing of the sick
- ◇ The revelation of Christ to those from who his glory is hidden
- ◇ All who travel
- ◇ 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 5TH FEBRUARY 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

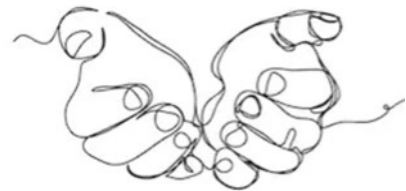
Hempnall: Lesley and family,
 Phillip, Sophie, Ross

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

Topcroft: Gerald

LONG TERM CARE:

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



RECENTLY DIED:

Cecil Lloyd

Please ring us if you need:

Group Office: Mon-Thurs 9am-12.30pm

01508 498157

Email: hempnallgroup.office@btinternet.com

