

Thoughts and Prayers for the Week

Sunday 22nd January 2023



3rd Sunday of Epiphany

God of all mercy,
your Son proclaimed
good news to the poor,
release to the captives,
and freedom to the oppressed:
anoint us with your Holy Spirit
and set all you people free
to praise you in Christ our Lord.
Amen



Readings this week:

Isaiah 9: 1-4

Psalm 27: 1, [2-3] 4-12

1 Corinthians 1: 10-18

Matthew 4: 12-23

A great light ...

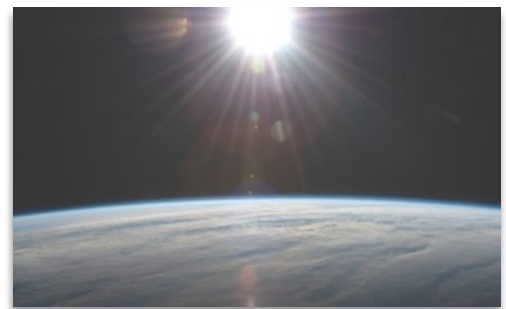
The Gospel readings for the past few weeks, during the successive Sundays of Epiphany ('manifestation') relate various ways in which Christ's glory became apparent and was recognised by others in his early life.

In our celebration of Epiphany itself a couple of weeks ago, the Rev Lynn Chapman spoke of the expectation and persistence of the Wise Men in following the star to Jesus and of their readiness to express wonder and to worship when they found him. Last week, in our Zoom service, Trixie Dye reflected on those encountering Christ at his baptism and shortly afterwards, those willing to respond to Jesus's invitation to 'Come and see'. That theme is further pursued in this week's Gospel reading from Matthew (Matt 4:12-23) about Jesus's early ministry, with the Gospel writer referencing the passage of Isaiah (Isa 9:1-4) which we also hear again this Sunday:

*'The people who walked in darkness
have seen a great light';
those who lived in a land of great darkness –
on them light has shined.'*

During Epiphanytide, then, we're encouraged to think about how we've been brought to know Jesus, about how we recognise and acknowledge him in the way we conduct our lives. What does the 'great light' mean for us? How can we make others aware of it?

This point is addressed in a lovely poem by Rev Kathy Galloway, a Church of Scotland minister and former Leader of the Iona Community, with which Trixie ended her reflection last week:



*'The sky does it simply, naturally
day by day
the sun does it joyfully
like someone in love
like a runner on the starting-line
the sky, the sun,
they just can't help themselves
no grand speeches
but everyone sees, and is happy with them.'*

*Make us like that Lord
so that faith is not in our words but in our lives
not in what we say, but in who we are
passing on your love like an infectious laugh:
not worried, not threatening, just shining
like the sun, like a starry night,
like a lamp-stand,
light for life -
your light for our lives'*

Let's pray this week that we, too, may shine. Amen

~Liam Pilgrim~

Poem by Kathy Galloway from *This is the Day: Readings and Meditations from the Iona Community* (Glasgow: Wild Goose Publications, 2007). Image of *The sun's rays glisten over the Atlantic Ocean* by NASA (Johnson) via Creative Commons (accessed through Diocese of Norwich website)

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 22nd Jan 2023 3rd Sunday of Epiphany	10:00am Morning Service in the Celtic Tradition	Woodton Church
	6:00pm Evening Prayer - the Conversion of Paul <i>Join Zoom Meeting:</i> https://us02web.zoom.us/j/84989034174?pwd=eWxPY0JrYW1Seml6Ym5JOFkldDFzQT09 < https://us02web.zoom.us/j/84989034174?pwd=eWxPY0JrYW1Seml6Ym5JOFkldDFzQT09 > Meeting ID: 849 8903 4174 Passcode: 489915	Via Zoom
Sunday 29th Jan 2023 Candlemas	10:00am Group Eucharist Revd Lynn Chapman (Rural Dean, Priest in Charge of Brooke Benefice)	Bedingham 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 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, Sheila Burroughs

Please ring us if you need:

Group Office: Mon-Thurs 9am-12.30pm

01508 498157

Email: hempnallgroup.office@btinternet.com

