

Thoughts and Prayers for the Week

Sunday 5th February 2023



3rd Sunday before Lent

Eternal God,
whose Son went among the crowds
and brought healing with his touch:
help us to show his love
in your Church as we gather together,
and by our lives as they are
transformed
into the image of Christ our Lord.
Amen



Readings this week:

Isaiah 58: 1-9a [9b-12]

Psalm 112: 1-9, [10]

1 Corinthians 2: 1-12 [13-16]

Matthew 5: 13-20

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 112

- 1 *Praise the Lord.
Blessed are those who fear the Lord,
who find great delight in his commands.*
- 2 *Their children will be mighty in the land;
the generation of the upright will be blessed.*
- 3 *Wealth and riches are in their houses,
and their righteousness endures for ever.*
- 4 *Even in darkness light dawns for the upright,
for those who are gracious and
compassionate and righteous.*
- 5 *Good will come to those who are generous
and lend freely,
who conduct their affairs with justice.*
- 6 *Surely the righteous will never be shaken;
they will be remembered for ever.*
- 7 *They will have no fear of bad news;
their hearts are steadfast, trusting in
the Lord.*
- 8 *Their hearts are secure, they will have no
fear;
in the end they will look in triumph on their
foes.*
- 9 *They have freely scattered their gifts to the
poor,
their righteousness endures for ever;
their horn will be lifted high in honour.*



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 5th Feb 2023 3rd Sunday before Lent Proper 1	10:00am Morning Prayer in the Iona Tradition	Topcroft Church
	4:00pm Family Praise	Hempnall Church
Sunday 12th Feb 2023 2nd Sunday before Lent	10:00am Group Eucharist Revd Sue Hemsley Halls, Diocesan AWA Co-ordinator	Hardwick 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 universal Church
- ◇ Bishops, synods and all who lead the Church
- ◇ The leaders of the nations
- ◇ The natural world and the resources of the earth
- ◇ All who are in any kind of need
- ◇ 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

CUP-A-SOUP, TINNED VEGETABLES,
 INSTANT MASH, INSTANT NOODLES (NOT POTS), TINNED FRUIT, TINNED POTATOES,
 MICROWAVE PUDDING/CAKES
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, Ross

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

Topcroft: Gerald

LONG TERM CARE:

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



RECENTLY DIED:

Sheila Burroughs

Please ring us if you need:

Group Office: Mon-Thurs 9am-12.30pm

01508 498157

Email: hempnallgroup.office@btinternet.com

