

Thoughts and Prayers for the Week

Sunday 19th February 2023



Sunday Next before Lent

Holy God,
you know the disorder of
our sinful lives:
set straight our crooked hearts,
and bend our wills to
love your goodness
and your glory
in Jesus Christ our Lord.
Amen



Readings this week:

Exodus 24: 12-18

Psalm 2

2 Peter 1: 16-21

Matthew 17: 1-9

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 2

- ¹ Why do the nations conspire
and the peoples plot in vain?*
- ² The kings of the earth rise up
and the rulers band together
against the Lord and against his anointed, saying*
- ³ 'Let us break their chains
and throw off their shackles.'*
- ⁴ The One enthroned in heaven laughs;
the Lord scoffs at them.*
- ⁵ He rebukes them in his anger
and terrifies them in his wrath, saying,*
- ⁶ 'I have installed my king
on Zion, my holy mountain.'*
- ⁷ I will proclaim the Lord's decree:
He said to me, 'You are my son;
today I have become your father.'*
- ⁸ Ask me,
and I will make the nations your inheritance,
the ends of the earth your possession.*
- ⁹ You will break them with a rod of iron;
you will dash them to pieces like pottery.'*
- ¹⁰ Therefore, you kings, be wise;
be warned, you rulers of the earth.*
- ¹¹ Serve the Lord with fear
and celebrate his rule with trembling.*
- ¹² Kiss his son, or he will be angry
and your way will lead to your destruction,
for his wrath can flare up in a moment.
Blessed are all who take refuge in him.*



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:

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| Sunday 19th Feb 2023 Sunday next before Lent | 10:00am Group Eucharist Bishop David Gillett, Retired Bishop of Bolton; Honorary Assistant Bishop, Diocese of Norwich | Hempnall Church |
| Wednesday 22nd Feb 2023 Ash Wednesday | 7:00pm Group Eucharist Rev. Lynn Chapman | Hempnall Church |
| Sunday 26th Feb 2023 1 st Sunday of Lent | 10:00am Morning Prayer in the Methodist Tradition | Woodton Church |
| | 6:00pm 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
- ◇ All who are sick in body, mind or spirit
- ◇ Those in the midst of famine or disaster
- ◇ Victims of abuse and violence, intolerance and prejudice
- ◇ Those who are bereaved
- ◇ all who work in the medical and healing professions
- ◇ In the evening: peace; individuals and their needs

PANCAKE PARTY | TUESDAY 21ST FEBRUARY 2023

You are warmly invited to keep Shrove Tuesday by joining us for a Pancake Party on **Tuesday 21st February at 7pm at Brooke Vicarage (NR15 1JU)**. There is no charge but donations to the Bishop's Lent Appeal will be welcomed.

Please let us know you are coming by contacting Frances in the Hempnall Group Office Mon-Thu, 9am-12:30pm. Please phone before arrival – 01508 498157

TURKEY AND SYRIA EARTHQUAKES: EMERGENCY APPEAL FOR HUMANITARIAN AID

In light of the terrible earthquakes in Turkey and Syria, there will be a 'bucket' collections this Sunday (19th), at Hempnall Church, for a Group contribution towards humanitarian aid through the Disasters Emergency Committee. Donations may also be passed on via Churchwardens/Designated Persons throughout the Group or at the Group Office or paid directly to the Group Bank account by BACS as follows:

Acc. Name: Hempnall Group of Churches
Acc. No.: 00346438
Sort Code: 12 09 25
Reference: EARTHQUAKE

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 MARCH 2023 Any items can be left at Hempnall Church Office Mon-Thu, 9am-12:30pm. Please phone before arrival – 01508 498157

WE REMEMBER:

Martin, Molly, Ian, Pat

Hempnall: Lesley and family,
Phillip, Sophie, Ross

Bedingham/Woodton:

Sheila, Hilary, Peter, Liz, Anne, Chris, Barrie,
Carolyn, Kath, Bruce, Pat, Basil, Anthea

Topcroft: Gerald

LONG TERM CARE:

Bedingham /Woodton:

Dennis, Shirley, Jacob, Myrtle, Rudolph

Fritton/Morningthorpe: Beryl



RECENTLY DIED:

Peter Downing

Please ring us if you need:

Group Office: Mon-Thurs 9am-12.30pm

01508 498157

Email: hempnallgroup.office@btinternet.com