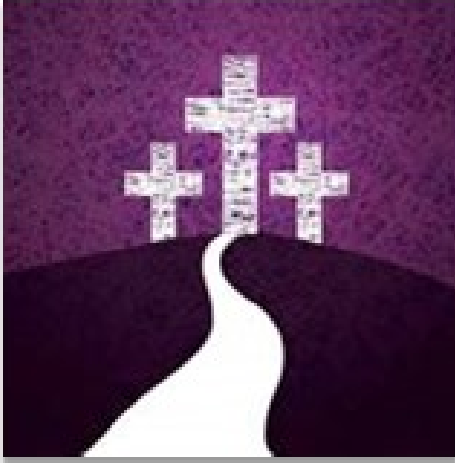


# Thoughts and Prayers for the Week

## Sunday 19th March 2023



### Mothering Sunday

God of love,  
passionate and strong,  
tender and careful:  
watch over us and hold us  
all the days of our life;  
through Jesus Christ our Lord.  
Amen



### Readings this week:

Exodus 2: 1-10

Psalms 34: 11-20

Colossians 3: 12-17

John 19: 25b-27

### 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 34:11-20

- 11 Come, my children, listen to me;  
I will teach you the fear of the Lord.  
12 Whoever of you loves life  
and desires to see many good days,  
13 keep your tongue from evil  
and your lips from telling lies.  
14 Turn from evil and do good;  
seek peace and pursue it.  
15 The eyes of the Lord are on the righteous,  
and his ears are attentive to their cry;  
16 but the face of the Lord is against  
those who do evil,  
to blot out their name from the earth.  
17 The righteous cry out, and  
the Lord hears them;  
he delivers them from all their troubles.  
18 The Lord is close to the broken-hearted  
and saves those who are crushed in spirit.  
19 The righteous person may have  
many troubles,  
but the Lord delivers him from them all;  
20 he protects all his bones,  
not one of them will be broken.*



**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:**

<b>Sunday 19<sup>th</sup> Mar 2023</b> <b>4<sup>th</sup> Sunday of Lent</b> <b>Mothering Sunday</b>	<b>10:00am   Family Service</b>	<b>Woodton Church</b>
	<b>10:00am   Family Service</b>	<b>Morningthorpe Church</b>
	<b>10:00am   Family Service</b>	<b>Topcroft Church</b>
	<b>10:00am   Family Service</b>	<b>Hempnall Church</b>
<b>Thursday 23<sup>rd</sup> Mar 2023</b>	<b>7:00pm   Special Service (<i>see below for details</i>)</b> <b>Bishop of Thetford</b>	<b>Hempnall Church</b>
<b>Sunday 26<sup>th</sup> Mar 2023</b> <b>5<sup>th</sup> Sunday of Lent</b> <b><i>Passiontide begins</i></b>	<b>10:00am   Group Eucharist</b> <b>Revd Richard Capper, Retired clergy</b>	<b>Shelton Church</b>
	<b>6:00pm   Evening Service</b>	<b>Via Zoom</b>

**SPECIAL SERVICE**

The Bishop of Thetford will conduct the licensing of the Revd Lynn Chapman as Priest-in-Charge of the Hempnall Group of Parishes on:

**THURSDAY 23<sup>RD</sup> MARCH AT 7:00PM IN HEMPSTALL CHURCH**

This is in addition to Lynn's current position as Priest-in-Charge of the Brooke Benefice and is a logical step while the formal Scheme is prepared for our new integrated benefice; at which point Lynn will automatically become its Incumbent.

*The simple service of Holy Communion will be followed by light refreshments.*

**ALL ARE WELCOME !**

**This week we pray for:**

- ◇ In the morning: the day and its tasks; the world and its needs; the Church and her life
- ◇ Those preparing for baptism and confirmation
- ◇ Those serving through leadership
- ◇ Those looking for forgiveness
- ◇ Those misled by the false gods of this present age
- ◇ All who are hungry
- ◇ 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 2<sup>ND</sup> APRIL 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, Claire, David

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

**Topcroft:** Gerald

**LONG TERM CARE:**

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



**RECENTLY DIED:** Michael Soanes

**Please ring us if you need:**

**Group Office: Mon-Thurs 9am-12.30pm**  
**01508 498157**

**Email: [hempnallgroup.office@btinternet.com](mailto:hempnallgroup.office@btinternet.com)**