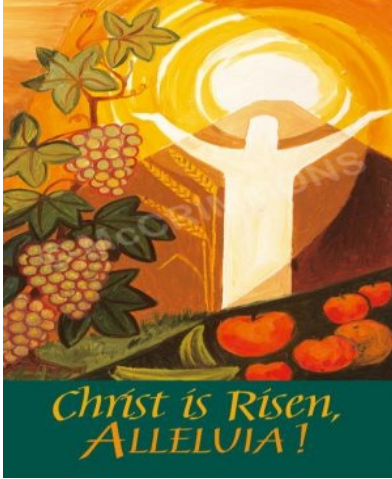


Thoughts and Prayers for the Week

Sunday 16th April 2023



2nd Sunday of Easter

Risen Christ,
for whom no door is locked,
no entrance barred:
open the doors of our hearts,
that we may seek the good of others
and walk the joyful road of
sacrifice and peace,
to the praise of God the Father.
Amen



Readings this week:

Acts 2: 14a, 22-32

Psalm 16

1 Peter 1: 3-9

John 20: 19-31

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 16

- ¹ Keep me safe, my God,
for in you I take refuge.*
- ² I say to the Lord, 'You are my Lord; apart from you I have
no good thing.'*
- ³ I say of the holy people who are in the land, '
They are the noble ones in whom is all my delight.'*
- ⁴ Those who run after other gods will suffer more and
more. I will not pour out libations of blood to such
gods or take up their names on my lips.*
- ⁵ Lord, you alone are my portion and my cup;
you make my lot secure.*
- ⁶ The boundary lines have fallen for me in pleasant places;
surely I have a delightful inheritance.*
- ⁷ I will praise the Lord, who counsels me;
even at night my heart instructs me.*
- ⁸ I keep my eyes always on the Lord.
With him at my right hand, I shall not be shaken.*
- ⁹ Therefore my heart is glad and my tongue rejoices;
my body also will rest secure,*
- ¹⁰ because you will not abandon me to the realm of the
dead, nor will you let your faithful one see decay.*
- ¹¹ You make known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.*



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:

2nd Sunday of Easter 16th Apr 2023	10:00am Morning Prayer in the Iona Tradition	Topcroft Church
3rd Sunday of Easter 23rd Apr 2023	10:00am Group Eucharist Bishop David Gillett (Retired Bishop of Bolton; Honorary Assistant Bishop, Diocese of Norwich)	Hempnall Church
	6:00pm Evening Service <i>Join Zoom Meeting:</i> https://us02web.zoom.us/j/84989034174? pwd=eWxPY0JrYW1Seml6Ym5JOFkldDFzQT09 Meeting ID: 849 8903 4174 Passcode: 489915	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
- ◇ The people of God, that they may proclaim the risen Lord
- ◇ God’s creation, that the peoples of the earth may meet their responsibility to care
- ◇ Those in despair and darkness, that they may find the hope and light of Christ
- ◇ Those in fear of death, that they may find faith through the resurrection
- ◇ Prisoners and captives
- ◇ 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 7th May 2023 Any items can be left at Hempnall Church Office Mon-Thu, 9am-12:30pm. Please phone before arrival – 01508 498157

URGENTLY NEEDED ITEMS:

- PASTA SAUCE
- TINNED VEGETABLES
- TINNED FRUIT

NON URGENT ITEMS:

- INSTANT NOODLES (NOT POTS)
- TINNED POTATOES
- MICROWAVE PUDDINGS/CAKES

WE REMEMBER:

Martin, Molly, Ian

Hempnall: Lesley and family,
Phillip, Sophie, Ross, Claire, David

Bedingham/Woodton:

Sheila, Hilary, Peter, Liz, Anne, Chris, Barrie,
Carolyn, Bruce, Pat, Anthea, Harry, Sally, Kath,
Richard, Susan

Topcroft: Gerald

LONG TERM CARE:

Bedingham /Woodton:

Dennis, Shirley, Jacob

Fritton/Morningthorpe: Beryl



RECENTLY DIED:

Diana Sowerby, Basil Walpole

Please ring us if you need:

The Revd Lynn Chapman—Priest in Charge
01508 558479

chapman.lynn@btinternet.com

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

Email: hempnallgroup.office@btinternet.com

