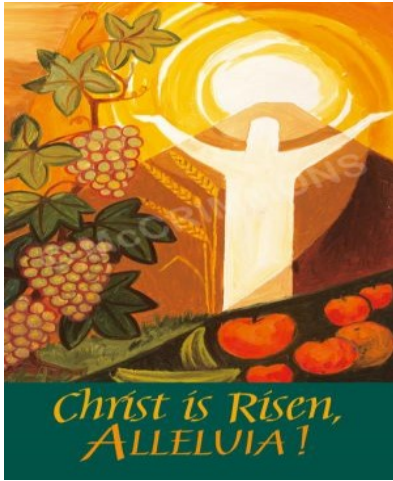


# Thoughts and Prayers for the Week

## Sunday 21st May 2023



### 7th Sunday of Easter

Risen, ascended Lord,  
as we rejoice at your triumph,  
fill your Church on earth with  
power and compassion,  
that all who are estranged by sin  
may find forgiveness and  
know your peace,  
to the glory of God the Father.  
Amen



### Readings this week:

Acts 1: 6-14

Psalm 68: 1-10, [32-35]

1 Peter 4: 12-14; 5: 6-11

John 17: 1-11

### 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 68

- <sup>1</sup> May God arise, may his enemies be scattered;  
may his foes flee before him.*
- <sup>2</sup> May you blow them away like smoke—  
as wax melts before the fire,  
may the wicked perish before God.*
- <sup>3</sup> But may the righteous be glad  
and rejoice before God;  
may they be happy and joyful.*
- <sup>4</sup> Sing to God, sing in praise of his name,  
extol him who rides on the clouds;  
rejoice before him—his name is the LORD.*
- <sup>5</sup> A father to the fatherless, a defender of widows,  
is God in his holy dwelling.*
- <sup>6</sup> God sets the lonely in families,  
he leads out the prisoners with singing;  
but the rebellious live in a sun-scorched land.*
- <sup>7</sup> When you, God, went out before your people,  
when you marched through the wilderness,*
- <sup>8</sup> the earth shook, the heavens poured down rain,  
before God, the One of Sinai,  
before God, the God of Israel.*
- <sup>9</sup> You gave abundant showers, O God;  
you refreshed your weary inheritance.*
- <sup>10</sup> Your people settled in it,  
and from your bounty,  
God, you provided for the poor.*
- <sup>32</sup> Sing to God, you kingdoms of the earth,  
sing praise to the Lord,*
- <sup>33</sup> to him who rides across the highest heavens,  
the ancient heavens,  
who thunders with mighty voice.*
- <sup>34</sup> Proclaim the power of God,  
whose majesty is over Israel,  
whose power is in the heavens.*
- <sup>35</sup> You, God, are awesome in your sanctuary;  
the God of Israel gives power and strength to his  
people.*

**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>Thursday</b> <b>18<sup>th</sup> May 2023</b> <b>Ascension Day</b>	<b>7:00pm   Holy Communion</b> <b>A shared service with the Brooke Benefice to be held in Brooke Church</b>	<b>Brooke Church</b>
<b>7<sup>th</sup> Sunday of Easter</b> <b>21<sup>st</sup> May 2023</b> <b>Sunday after Ascension Day</b>	<b>10:00am   Group Eucharist</b> <i>Revd Canon Barbara Bilston (Retired Clergy)</i>	<b>Topcroft Church</b>
	<b>4:00pm   Book of Common Prayer Evensong</b> <b>(in place of normal monthly Zoom Service)</b>	<b>Shelton Church</b>
<b>Pentecost Sunday</b> <b>28<sup>th</sup> May 2023</b> <b>Whit Sunday</b>	<b>11:00am   Group Eucharist</b> <i>Revd Cate Turner (Assistant Curate, Bramerton Group Ministry)</i>	<b>Hempnall Church</b>

**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



**This week we pray for:**

- ◇ In the morning: the day and its tasks; the world and its needs; the Church and her life
- ◇ God’s royal priesthood, for empowerment by the Spirit
- ◇ Those who wait on God, that they may find renewal
- ◇ All people, that they may acknowledge the kingdom of the ascended Christ
- ◇ The earth, for productivity and for fruitful harvests
- ◇ All who are struggling with broken relationships
- ◇ In the evening: peace; individuals and their needs

**Please ring us if you need:**

**The Revd Lynn Chapman—Priest in Charge**

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**01508 498157**

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WHEN JESUS HAD SPOKEN THESE THINGS, HE LIFTED UP HIS EYES TO HEAVEN AND SAID, “FATHER, THE HOUR HAS COME. GLORIFY YOUR SON, THAT YOUR SON MAY GLORIFY YOU.

– JOHN 17:1

