

Day	Date	We pray especially for...
Thursday	24th	...our Ministry Team which meets today (Lynn as our Vicar, John as a Licensed Lay Minister and Liam and Tim as Authorised Worship Assistants).
Friday	25th	...all preparing for weddings or funerals in our new benefice.
Saturday	26th	...on National Dog Day, companion animals of all kinds and the welfare of those in rescue centres.
Sunday	27th	...our worship this morning at Topcroft and Woodton (with Holy Baptism) and our monthly evening worship on Zoom; Ella-Rose and her family as they prepare for the baptismal service.
Monday	28th	...everyone's enjoyment of today's Bank Holiday.
Tuesday	29th	...all involved in the administration of our church activities, including Frances, as our administrator, PCC Secretaries and PCC Treasurers.
Wednesday	30th	...children and young people in the final week of school holidays and all who will teach and support them in the coming year.
Thursday	31st	...all, everywhere, who need us to pray for them for whatever reason.

Throughout, we pray for those who especially need your help at this time, remembering:

Martin, Molly, Ian; **Bedingham/Woodton:** Sheila, Hilary, Peter, Liz, Anne, Chris, Barrie, Carolyn, Bruce, Pat, Anthea, Harry, Sally, Kath, Richard, Susan; **Brooke:** Liz and Bob, Diana; **Hempnall:** Lesley and family, Phillip, Sophie, Ross, Claire, David; **Topcroft:** Gerald;

and those in long term care:

Bedingham/Woodton: Dennis, Shirley, Jacob; **Brooke:** Marjory, Yvonne; **Fritton/Morningthorpe:** Beryl; **Mundham with Seething:** Margaret, Nancy.



Recently Died:

Gwendoline Jewson

(Compiled by and for the Langhale Benefice)



The Langhale Benefice Thoughts and Prayers August 2023

Going the pretty way...

Like many others, my family uses the code of 'going the pretty way' or 'taking the scenic route' as an 'explanation' for getting lost or being late. (With one particular relative we usually factor that in when making arrangements). Often (certainly for a driver), even if the resulting route is attractive, the circumstances of an unintended detour can be stressful. But perhaps one of the advantages of 'being on holiday' – an experience which many of us will be hoping to enjoy in the coming month – is that, with a more flexible itinerary, we can actively choose picturesque byways, taking time to stop and appreciate the views which normally we're speeding past. We may set out sometimes spontaneously on a whim, without knowing our precise destination. It can be liberating.

Whether or not we do that when 'away', we should perhaps deliberately try to slow down sometimes in our normal environment and take 'time out', even if just for a few moments, to look around us and explore, more consciously and adventurously, wherever we are. It's so easy to be caught up in our 'busy-ness' and to miss out on noticing – and taking inspiration from – the place we're in. Yet we can 'go the pretty way' when simply walking down the street or ambling round our garden. As this picture shows, it's amazing where we can find something of interest and beauty...



Pansy in wall on approach to Diss Station, April 2023

So wherever we are in August let's try to enjoy some 'down' time, to stop, look and listen, to re-discover and engage with the amazing variety and complexity of the world about us. Let's be prepared to go 'off track' sometimes. And let's, always, thank God for his creation and for his continued presence all around us.

~Liam Pilgrim~

Sunday Readings	
6th August Transfiguration (Proper 13)	<i>Psalm 97</i> <i>2 Peter 1:16-19</i> <i>Luke 9:28-36</i>
13th August Trinity 10 (Proper 14)	<i>Psalm 105:1-10</i> <i>Romans 10:5-15</i> <i>Matthew 14:22-33</i>
20th August Trinity 11 (Proper 15)	<i>Psalm 67</i> <i>Romans 11:1-2a, 29-32</i> <i>Matthew 15:21-28</i>
27th August Trinity 12 (Proper 16)	<i>Psalm 138</i> <i>Romans 12:1-18</i> <i>Matthew 16:13-20</i> noting that at our 10:30am service of Morning Worship with Holy Baptism the reading will be: <i>Luke 15:11-32</i>

Prayers – This month

Day	Date	We pray especially for...
Tuesday	1st	...our new Langhale benefice as we continue to go forward together under Lynn's leadership.
Wednesday	2nd	...all who live and work within our communities.
Thursday	3rd	...all affected by the aftermath of devastating wildfires in southern Europe; ongoing action, worldwide, to tackle climate change.
Friday	4th	...Lynn, our Ministry Team, our intercessors, lesson readers and all who share in enabling our worship together.
Saturday	5th	...all who volunteer in offering communal and social activities in our villages and all who participate in them.
Sunday	6th	...our worship together in Holy Communion (celebrating the Transfiguration) at Fritton; our Family Praise Team and their monthly afternoon service at Hempnall.
Monday	7th	...our Home Communion Assistants and all whom they visit; all in our communities who are especially vulnerable; all who provide pastoral support in our parishes, in many different ways.

Day	Date	We pray especially for...
Tuesday	8th	...our church premises and all involved in looking after them; our Churchwardens and Designated Persons; our Fabric Officers and Building Administrators; our cleaners; those who tend our churchyards.
Wednesday	9th	...those who need the services of local foodbanks and those who make donations to them.
Thursday	10th	...politicians and all involved in public administration in this country, at all levels, that they may exercise sound judgement.
Friday	11th	...our organists, singers and musicians; our bell ringers; our flower arrangers; our 'meeters and greeters'; our refreshment servers.
Saturday	12th	...our local sports teams and all who support them.
Sunday	13th	...our worship together at Hempnall; the Rev'd Canon Sally Theakston who will be presiding; on the Church of England's day of commemoration of Florence Nightingale and Octavia Hill, all involved in the provision of nursing care and social reform.
Monday	14th	...all involved in church governance, serving on church Councils and acting as representatives in decision making and forward planning.
Tuesday	15th	...on the festival of the Blessed Virgin Mary, churches dedicated to her, including Shelton.
Wednesday	16th	...our neighbouring benefices and communities in the Depwade Deanery.
Thursday	17th	...all suffering as a result of the ongoing war in Ukraine.
Friday	18th	...all who work in the local hospitality industry; all on holiday in the area.
Saturday	19th	...our families and friends, that they may be enjoying their summer.
Sunday	20th	...our worship together at Brooke; the Rt Revd David Gillett (Honorary Assistant Bishop) who will be presiding.
Monday	21st	...all who give generously to the work of the church, financially or in other ways.
Tuesday	22nd	...all who derive enjoyment from visiting our churches and all involved in making them welcome.
Wednesday	23rd	...all offering support to older people.