

Day	Date	We pray especially for...
Thursday	22nd	...those across the world who are marginalised or oppressed.
Friday	23rd	...all who run businesses/offer services in our communities.
Saturday	24th	...all offering support to older people.
Sunday	25th	... pray with those attending the Joint Benefice service at Brooke this morning and the evening service on zoom this evening.
Monday	26th	...all involved in our Mission Teams (Finance, Growing and Giving, Pastoral) and the work they do.
Tuesday	27th	... those who need the services of local foodbanks and those who make donations to them.
Wednesday	28th	... our church premises and all involved in looking after them; ...our Churchwardens and Designated Persons; ...our Fabric Officers and Building Administrators; ...our cleaners and those who tend our churchyards..
Thursday	29th	... all who provide pastoral support in our parishes, in many different ways.
Friday	30th	...all, who need us to pray with or for them, for whatever reason.
Saturday	31st	...For our schools as they prepare to return for the new school year.

Throughout, we pray for those who especially need your help at this time, remembering: Martin, Ian, Emma, Helen, Michael, Ann

Bedingham/Woodton: Sheila, Hilary, Peter, Liz, Anne, Barrie, Bruce, Pat, Harry, Sally, Kath, Richard, Susan, June, Ruth

Brooke: Ron

Hempnall: Lesley and family, Phillip, Sophia, Claire, David

Topcroft: Gerald

Long Term Care...

Bedingham/Woodton: Dennis, Shirley, Jacob

Fritton/Morningthorpe: Beryl

Mundham/Seething: Margaret, Nancy



Recently Deceased...

David Woodrow, Jane Crawford

(Compiled by and for the Brooke Benefice and the Hempnall Group of Parishes)



The Brooke Benefice and The Hempnall Group Thoughts and Prayers August 2024

Thought for the month...

There seems to have been a lot of sport around recently with football and tennis and then the Olympics started in Paris on the 26th July. Not to mention much closer to home, the local cricket and bowls clubs. All those taking part in whatever their sport, training hard to make sure they are in peak condition, ready to go out there, do their best, perhaps even win.



With all this sport around I was reminded of St Pauls letter to the Corinthians where he wrote: *Surely you know that many runners take part in a race, but only one of them will win a prize. Run then, in such a way as to win the prize.* An interesting lesson for all those taking part in any sport. Do try your hardest, train for the event, have your sights set on winning but it is taking part that is most important – not everyone or every team can win – but just by taking part I believe you are a winner. You have trained, you have persevered and you have done your best. But of course you do all the training to aim to win.

The Bible uses running metaphors in various contexts to convey spiritual and moral lessons. In the letter to the Corinthians, the apostle Paul employs the imagery of a race to highlight the importance of perseverance and discipline in the Christian life. This passage encourages believers to approach their Christian journey with purpose, discipline, and the goal of an eternal reward. Pauls lesson for the Corinthian Christians is a lesson for us all.

In all walks of life we should always persevere to do our best at whatever it is. It may be at work, at play, when volunteering, when taking up new hobbies. We do need to persevere, to do our best, and there will be times when we need to ask for help. All top athletes and sports stars have trainers to help them achieve their best, to help them attain their goal. Christians also ask for help, often in the form of prayer or spiritual guidance from a friend or professional.

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When you read this, think of those footballers, tennis players, cricketers, athletes and the lengths they have gone to in order to achieve their best. Are you doing the same in your life? Are you persevering to be a better person, helping others, doing the best you can for yourself, your families, society and the world?

You may not get a prize, but you will feel better for knowing you have done your best - a race well run.

~John Ash~

Sunday Readings	
4th August Trinity 10	<i>Ps 78. 23-29 Exodus 16.2-4, 9-15. John 6.24-35</i>
11th August Trinity 11	<i>Psalm 34. 1-8 1 Kings 19. 4-8 John 6.35, 24-35</i>
18th August Trinity 12	<i>Psalm 34. 9-14 Proverbs 9. 1-6 John 6. 51-58</i>
25th August Trinity 13	<i>Psalm 34. 15-end Joshua 24. 1-2a, 14-18 John 6. 56-69</i>

Prayers – This month

Day	Date	We pray especially for...
Thursday	1st	... those this month who will be preparing for funerals; ...all those recently bereaved.
Friday	2nd	... all those going away on holiday for rest and relaxation.
Saturday	3rd	... Charlotte Engelsen and Joseph Knight getting married in Brooke.
Sunday	4th	...Penny Barmby being baptised in Brooke, and her family and Godparents.
Monday	5th our intercessors, lesson readers and Churchwardens all who share in enabling our worship together.
Tuesday	6th	... peace in a divided world especially in the Ukraine, Israel and Palestine and other countries at war.

Day	Date	We pray especially for...
Wednesday	7th	... our Ministry Team (John as a Licensed Lay Minister and Liam, Tim and Jackie as Authorised Worship Assistants).
Thursday	8th	...our Home Communion Assistants and all whom they visit; ...all in our communities who are especially vulnerable.
Friday	9th	...all organising and attending community and social events in our villages.
Saturday	10th	... those taking part in sports activities today as part of a team.
Sunday	11th	... for fine weather for the Joint Benefice Picnic Service at Seething.
Monday	12th	...those we know who are experiencing physical or mental ill health issues and those who provide care and support.
Tuesday	13th	...all involved in church governance, serving on Church Councils and acting as representatives in decision making and forward planning.
Wednesday	14th	... all involved in the administration of our church activities, including Frances as our administrator and our PCC Secretaries and Treasurers.
Thursday	15th	...those across the world who are marginalised or oppressed.
Friday	16th	...all who volunteer in offering communal and social activities in our villages and all who participate in them.
Saturday	17th	...Charley-Louise Baines Burton and Charles Robert Jurak being married at Bedingham.
Sunday	18th	...congregations worshipping in Thwaite and Hempnall this morning
Monday	19th	...our organists, singers and musicians; ...our bell ringers, flower arrangers, 'meeters and greeters' and refreshment servers.
Tuesday	20th	...all who give generously to the work of the church, financially or in other ways.
Wednesday	21st	... those who are involved in the running of the community cafes in Brooke and Seething.