

<i>Day</i>	<i>Date</i>	<i>We pray especially for...</i>
Monday	29th	...those suffering from mental ill health that they might find support and relief.
Tuesday	30th	...relief and aid agency staff operating in dangerous places.
Wednesday	31st	...our families, friends and all that we love.



The Langhale Benefice Thoughts and Prayers January 2024

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

Martin, Molly, Ian;

Bedingham/Woodton: Sheila, Hilary, Peter, Liz, Anne, Barrie, Carolyn, Bruce, Pat, Anthea, Harry, Sally, Kath, Richard, Susan;

Brooke: Liz and Bob; **Hempnall:** Lesley and family, Phillip, Sophie, Ross, Claire, David; **Topcroft:** Gerald;

and those in long term care:

Bedingham/Woodton: Dennis, Shirley, Jacob; **Brooke:** Yvonne;

Fritton/Morningthorpe: Beryl;

Mundham with Seething: Margaret, Nancy.



Recently Died:

Anthony Read, Elizabeth Powell, Ronald Ferré

(Compiled by and for the Langhale Benefice)

Looking forward in hope

Here we are again! It's January once more and the start of another year. The Christmas festivities have been completed, the decorations consigned to the loft for another eleven months and even the leftover turkey has finally gone. On New Year's Eve, fireworks were watched on television by those who were able to keep awake that late and Auld Lang Syne was



sung even if we didn't know all the words. Many of us were fortunate to have had a joyous ten days or so with friends and family. Some were less fortunate, finding it a difficult time, perhaps due to loneliness, ill-health or regret. To some it only served to emphasize the inequalities all around us. But that's all gone and it's a new year. Traditionally January is the time of the two faced Roman god Janus after whom it is named, one face looking back on the old year and the other facing the new one. It is mid-winter with the days short and the nights long, ideal for reflection and forward planning. I suspect that most of us will look back on 2023 with very mixed emotions. That's only normal. Life always presents us with both joy and sadness. Maybe we have lost someone from our lives and feel bereaved, perhaps we have received bad news regarding health or wealth and, of course, we may have looked at the world and seen war, disaster and suffering. On the other hand, we may have encountered great beauty in the nature all around us, we may have received the gifts of friendship and family, we may have witnessed unexpected acts of great kindness and compassion. The one constant, however, as we look back on the year is that whatever has occurred, we have not been alone. God, in his Son Jesus, has been with us through the good times and the bad, offering support whenever we needed it. This is the lens through which we can view the year ahead.

We may have great plans for what we want to achieve in the next twelve months or we may only have little personal resolutions. Perhaps we wish for better circumstances for ourselves or loved ones and a peaceful and undamaged world for all humankind.

Whatever we look forward to it is in hope and in the belief that Jesus is always with us.

Happy New Year.

~Tim Francis~

Sunday Readings	
7th January 2024 Epiphany	<i>Psalm 72:[1-9]10-15 Isaiah 60:1-6 Matthew 2:1-12</i>
14th January 2024 Epiphany 2	<i>Psalm 139:1-5, 12-18 1 Samuel 3:1-10 John 1:43-end</i>
21st January 2024 Epiphany 3	<i>Psalm 128 Genesis 14:17-20 John 2:1-11</i>
28th January 2024 Epiphany 4	<i>Psalm 111 Deuteronomy 18:15-20 Mark 1:21-28</i>

Prayers – This month

Day	Date	We pray especially for...
Monday	1st	...the peace of the world at the start of the new year.
Tuesday	2nd	...all living and working in care homes.
Wednesday	3rd	...the victims of natural disaster throughout the world.
Thursday	4th	...the police, fire, ambulance, coastguard and other emergency services.
Friday	5th	...people from whom we have become estranged hoping for reconciliation and reunion.
Saturday	6th	...those travelling to and gathering at sporting events today.
Sunday	7th	...all worshipping together in our whole benefice communion at Morningthorpe and Family praise in Hempnall.
Monday	8th	...those about to be baptized as we remember Christ's own baptism.
Tuesday	9th	...the staff and pupils in the schools of our benefice.

Day	Date	We pray especially for...
Wednesday	10th	...charity shop volunteers giving so generously of their time to benefit others.
Thursday	11th	...the Langhale Council as it meets tonight on our behalf.
Friday	12th	...all NHS workers as they cope with ever increasing demand.
Saturday	13th	...those whose lives are shattered during the many conflicts afflicting the world at present.
Sunday	14th	...our gathering to worship at Mundham, Hempnall and Bedingham today.
Monday	15th	...local authority workers keeping our roads gritted and safe.
Tuesday	16th	...the lonely and isolated that they might find companionship.
Wednesday	17th	...those practising veterinary medicine as they protect the welfare of our companion and farm animals.
Thursday	18th	...climate scientists and all trying to understand and mitigate what is happening to the planet we live on.
Friday	19th	...postal employees helping to keep us all in touch.
Saturday	20th	...the sick and bereaved needing healing and comfort.
Sunday	21st	...unity in the Church during this week of special prayer.
Monday	22nd	...our bishops, archdeacons, clergy and all who minister in Christ's name.
Tuesday	23rd	...the homeless and all suffering from want or neglect in our communities.
Wednesday	24th	...all doctors and nurses providing help for the sick.
Thursday	25th	...an end to violence of all kinds afflicting our fellow humans.
Friday	26th	...nature conservation projects protecting the wonders we have been given.
Saturday	27th	...shop and retail workers providing services for us all.
Sunday	28th	...all Christians meeting and worshipping today worldwide.