

<b>Day</b>	<b>Date</b>	<b>We pray especially for...</b>
Tuesday	24th	...all the children and young people around us as they enjoy their half term break. May they be safely nurtured.
Wednesday	25th	...all who clean, flower arrange and churchyard maintain within our benefice.
Thursday	26th	...the Langhale Benefice ministry team as it meets today.
Friday	27th	...any who are fearful of the approaching onset of dark nights and inclement weather that they may comforted and strengthened.
Saturday	28th	...all, who following the Apostles, live in the light of Christ.
<b>Sunday</b>	<b>29th</b>	...for our understanding and acceptance of the gift of holy Scriptures on Bible Sunday.
Monday	30th	...all churchwardens, designated persons and other PCC members helping to maintain the life of our churches.
Tuesday	31st	...ourselves, laying before God our weaknesses and needs.

**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:**

Josephine Bassingthwaighe, Robert Radcliffe, Aubrey Atherton

*(Compiled by and for the Langhale Benefice)*



# The Langhale Benefice Thoughts and Prayers October 2023

## What more can we do? .....

In the comfort and security of technologically advanced Britain it's easy to forget how the lives of our ancestors were totally dependent on working with the seasons. Farmers must still do things at the correct time but even that is helped by the speed and efficiency of modern machinery. The Anglo-Saxon name for the month of October was Winterfylleth. This



translates as "winter full moon" and was so called because they held that winter started on the full moon, Hunter's moon, of that month.

To us winter may involve a certain amount of discomfort, of inconvenience, of gloom, but to these people it could actually be a matter of life and death. The question that must have always been on their minds in October was "are we ready?" Is there enough wood cut to keep warm? Is there sufficient food stored to eat? Can we keep our livestock alive until spring? What more can we do to get us through?

October can be a time that is really enjoyable and special. Nature puts on it's most vibrant show of multi-hued colour as the leaves change and we can look around to the late abundance in the hedgerows being gathered by the creatures that need to store it. We often still have spells of beautiful bright weather to cheer us before winter long nights.

Not many of us still have to ask "are we ready?" but perhaps we can stop and ask "what more can we do?". We look around and see that we are in the midst of a beautiful creation. Maybe we should wonder if there is anything at all we could do personally to protect that creation. What can we do to prevent damage to our

environment or climate? Jesus told us to love one another. Is there anything more we can do to help or support those around us? We must also love ourselves. Is there more we can do for our health and bodies? Can we just take a few more moments in prayer for spiritual wellbeing?

As we gaze on the Hunter's moon this October, we pray that we are not dreading winter but we can ask ourselves "what more can we do?"

~Tim Francis~

<b>Sunday Readings</b>	
<b>1st October – Trinity 17 (Proper 21)</b>	<i>Psalm 25:1-8</i> <i>Phillipians 2:1-13</i> <i>Matthew 21:23-32</i>
<b>8th October – Trinity 18 (Proper 22)</b>	<i>Psalm 80:9-17</i> <i>Phillipians 3:4b-14</i> <i>Matthew 21:33-end</i>
<b>15th October – Trinity 19 (Proper 23)</b>	<i>Psalm 23</i> <i>Phillipians 4:1-9</i> <i>Matthew 22:1-14</i>
<b>22nd October – Trinity 20 (Proper 24)</b>	<i>Psalm 96:1-9[10-13]</i> <i>1 Thessalonians 1:1-10</i> <i>Matthew 22:15-22</i>
<b>29th October – Bible Sunday</b>	<i>Psalm 119:9-16</i> <i>Colossians 3:12-17</i> <i>Matthew 24:30-35</i>

## Prayers – This month

<b>Day</b>	<b>Date</b>	<b>We pray especially for...</b>
<b>Sunday</b>	<b>1st</b>	... the Langhale Benefice gathering for Holy communion together at Kirstead and the Family Praise team at Hempnall.
Monday	2nd	...the elderly and those that support them, that their dignity be upheld and their place in society be valued.
Tuesday	3rd	...all peacemakers throughout the world seeking to resolve conflict and lessen suffering.
Wednesday	4th	...the wonders of creation and nature as we celebrate St. Francis of Assisi.

<b>Day</b>	<b>Date</b>	<b>We pray especially for...</b>
Thursday	5th	...all teachers across the world so their work and wisdom is appreciated.
Friday	6th	...the blessings of marriage and all those with anniversaries today.
Saturday	7th	...all participating in or involved in sporting activities that benefit health and wellbeing to many.
<b>Sunday</b>	<b>8th</b>	...the homeless and all those in need of assistance. We give thanks for the gift of animal companions as we celebrate them at Bedingham church.
Monday	9th	...those tirelessly operating foodbanks so essential to the less fortunate among us.
Tuesday	10th	...those in hospital today and those caring for them that they may gain strength and encouragement.
Wednesday	11th	...all farmers in our community as they continue to work towards next year's crops.
Thursday	12th	...those in prison and those seeking to help them turn their lives around.
Friday	13th	...Norwich Cathedral and all clergy and laity who serve it.
Saturday	14th	...all preparing for joyous social occasions. May their successes spread happiness to those in sore need of it.
<b>Sunday</b>	<b>15th</b>	...our worship together in Holy Communion at Brooke and in the Iona tradition at Morningthorpe.
Monday	16th	...our Archdeacons Steven, Catherine and Keith and all they do for the Diocese.
Tuesday	17th	...all seeking to end poverty wherever it is found. Give them strength and resolve.
Wednesday	18th	...those in need of healing as we gather in Hempnall church remembering St. Luke.
Thursday	19th	...missionaries both at home and abroad as they spread the good news to those who benefit from it.
Friday	20th	...our families and friends wherever they are that they may know our care and love for them.
Saturday	21st	...our Deanery of Depwade lead by Lynn as Rural Dean.
<b>Sunday</b>	<b>22nd</b>	...those able to attend our benefice services at Shelton, Topcroft and Mundham.
Monday	23rd	...our own Langhale Benefice and all in it as we are remembered in prayer throughout the Diocese.