

Day	Date	We pray especially for...
Saturday	19th	...children and young people, and their families, in our communities
Sunday	20th	...our services of Holy Communion at Brooke and Harvest Thanksgiving at Bedingham.
Monday	21st	...at the end of our harvest celebrations, all those involved in agriculture and in all aspects of food production and distribution.
Tuesday	22nd	...those who need the services of local foodbanks and those who make donations to them.
Wednesday	23rd	...our emergency services and the dedication of those who work in them.
Thursday	24th	...our local businesses, that they may thrive.
Friday	25th	...the children, young people, teachers and other staff of our local schools as the first half-term of this school year ends today.
Saturday	26th	...as we head for the shops or enjoy a night out, those working in retail and hospitality.
Sunday	27th	...our Holy Communion service this morning at Topcroft, Morning Worship at Brooke and our monthly evening worship on Zoom.
Monday	28th	...in the final full week of the US Presidential election campaign, the candidates and those preparing to vote on 5 November.
Tuesday	29th	...those across the world who are marginalised or oppressed.
Wednesday	30th	...our families, friends and all who are dear to us.
Thursday	31st	...all who need us to pray with or for them, for whatever reason.

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, Harry, Sally, Kath, Richard, Susan, June

Fritton/Morningthorpe: Jason

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

Topcroft: Gerald

Long Term Care...

Bedingham/Woodton: Dennis, Shirley, Jacob, Ruth

Brooke: Ron

Fritton/Morningthorpe: Beryl

Mundham/Seething: Margaret, Nancy

Recently Deceased...

Pat Walpole

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



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

Slow cooking...

As the nights start to draw in, as temperatures cool and as leaves change their colours, we adjust our habits. Confined more to being indoors, our leisure activities change. We dress differently. And we eat differently. Salads and ice cream aren't quite the thing on chilly evenings: soups, stews and hotpots re-appear in our menus. We want something warm and comforting.



So in many kitchens we resume slow cooking. Chop things up, throw them in the slow cooker, switch it on and leave to simmer away gently all day: then enjoy the tasty results, flavours blended, meat (if used) tender and moist. It's an effective, economical way of cooking, much less expensive than using a conventional oven. Of course, today we can heat food almost instantly with microwaves or air fryers but there's something about a slow-cooked meal that's particularly satisfying. It's worth waiting for.

This may have been in the mind of a respected Church of Scotland minister whom I heard and watched recently on a video recording of a conference talk, given in 2017, about models of pastoral care and their biblical basis. At one point, the speaker observed, in a throwaway comment, that perhaps we ought to be 'slow cooker people' rather than 'microwave people'...

In the context of the lecture about providing pastoral care, the minister was advocating patience when journeying with others, taking time, like the slow cooker, instead of always being programmed to achieve instant results, as if a pinging microwave. But more generally, too, it seems good lifestyle advice: be

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Acknowledgements: Talk by Rev'd Dr Ken Jeffrey, 'Pastoral Care – session 3', Church of Scotland Pastoral Care Conference, 2017: <https://www.churchofscotland.org.uk/resources/learn/events/content/pastoral-care-conference-2017> (at 2.25-3.14 of 57.20) [accessed 24.9.24]. Photograph of slow cooker from: <https://www.bbcgoodfood.com/howto/guide/10-top-tips-using-slow-cooker>. [accessed 25.9.24].

prepared to wait, rather than always wanting instant gratification; seek to live quietly and gently rather than fiercely and speedily. Sometimes, of course, we do need – and need to be – the microwave. But let’s also celebrate, utilise – and be – slow cookers...

So let’s pray for patience, for the grace to be patient with ourselves, with others and with God, when things take time. And let’s ask God to be patient with us.

Amen

~Liam Pilgrim~

Sunday Readings	
The passages below are those set for each Sunday in the Common Lectionary but readings at services in our benefices will vary when there are Harvest Thanksgivings.	
6th October – Trinity 19	<i>Psalm 8</i> <i>Genesis 2:18-24</i> <i>Mark 10:2-16</i>
13th October – Trinity 20	<i>Psalm 90:12-end</i> <i>Amos 5:6-7;10-15</i> <i>Mark 10:17-31</i>
20th October – Trinity 21	<i>Psalm 91:9-end</i> <i>Isaiah 53:4-end</i> <i>Mark 10:35-45</i>
27th October – Last after Trinity	<i>Psalm 126</i> <i>Jeremiah 31:7-9</i> <i>Mark 10:46-end</i>

Prayers – This month

Day	Date	We pray especially for...
<i>Tuesday</i>	<i>1st</i>	...our local communities and all who live and work in them; our benefices as we prepare for new clergy arrangements.
<i>Wednesday</i>	<i>2nd</i>	...our Ministry Team (John, Liam, Tim and Jackie) and our visiting clergy; our intercessors and readers; our organists, singers and musicians; our bell ringers, flower arrangers, ‘meeters and greeters’ and refreshment servers.
<i>Thursday</i>	<i>3rd</i>	...all involved in church governance across our Deanery and in our benefices, serving on church Councils and acting as representatives in decision making and forward planning.

Day	Date	We pray especially for...
<i>Friday</i>	<i>4th</i>	...politicians and all involved in public administration in this country, at all levels, that they may exercise sound judgement.
<i>Saturday</i>	<i>5th</i>	...all organising and attending community and social events in our villages.
Sunday	6th	...our Harvest Thanksgivings today at Seething, Morningthorpe, Topcroft and (to be led by Bishop Graham) at Brooke; a service of celebration with our animals at Bedingham; and Family Praise at Hempnall. ...the work of the charities being supported by collections at all our Harvest Thanksgivings (‘Send a Nanny Goat’, via Christian Aid, and the Trussell Trust, which organises the network of UK foodbanks).
<i>Monday</i>	<i>7th</i>	...the ministry of the Rev’d Michael Windridge, being licensed this evening by Bishop Ian to the Hempnall Group (Associate Priest) and commissioned as Rural Dean of Depwade Deanery.
<i>Tuesday</i>	<i>8th</i>	...those we know who are experiencing physical or mental ill health and those who provide care and support.
<i>Wednesday</i>	<i>9th</i>	...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.
<i>Thursday</i>	<i>10th</i>	...World Homeless Day; the return to the Emmaus community at Ditchingham of those participating in its six-week long Walk of Kindness from St David’s in Wales, to raise awareness of issues rising from homelessness. ...the Depwade Deanery Synod, meeting this evening in Long Stratton after a long break; for its chairs (Revd Michael Windridge as our new Rural Dean - see 7 October - and John Ash as the elected Lay Chair); and for all the benefices represented there, that we may learn and grow together.
<i>Friday</i>	<i>11th</i>	...our East Anglian coastline, rivers and Broads, that we may take care of them.
<i>Saturday</i>	<i>12th</i>	...all who engage in sport locally and everyone who supports and encourages them.
Sunday	13th	...our Holy Communion service at Hempnall and Harvest Thanksgivings today at Kirstead and Woodton.
<i>Monday</i>	<i>14th</i>	...all involved in the administration of our church activities, including Frances as our administrator and our PCC Secretaries and Treasurers.
<i>Tuesday</i>	<i>15th</i>	...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.
<i>Wednesday</i>	<i>16th</i>	...World Food Day, raising awareness of the issues behind poverty and hunger.
<i>Thursday</i>	<i>17th</i>	... all who work in health and social care and all who need the services they provide.
<i>Friday</i>	<i>18th</i>	...all offering support to older people.