

## Daily Prayer for the parish

Please pray for.....

### Sunday:

- The church buildings in our parishes
- Those who care for them
- Margaret Hartley, Reader & Church Warden
- Harriet Norburn, PCC member

### Monday:

- The Barracks at Little Livermere
- Birds Croft, Great Livermere
- Culford Road, Ingham
- Revd Tony Redman, Assistant Priest
- Julie Rhodes-Ogden, PCC member

### Tuesday:

- Little Livermere
- Church Road and The Birches, Great Livermere
- Glebe Close, Ingham
- John Milward, PCC member
- Rev Karen Burton, Team Rector

### Wednesday:

- The Ingham industrial estate
- Orchard Close, Great Livermere
- Beauford Road, Ingham
- Andrew Norburn, Lay Vice-Chair & Church Warden
- John Wrigglesworth, PCC member

### Thursday:

- Ampton Hall
- Mere View, Great Livermere
- The Street, Ingham
- Jean Cook, Organist & PCC member
- Maria Foster-Clarke, PCC member

### Friday:

- The Street, Great Livermere
- School Gardens, Great Livermere
- Priory Close, Ingham
- Rosemary Boswell, Churchwarden
- Jim Hartley, PCC member

### Saturday:

- Ampton Village
- Troston Road, Great Livermere
- Ampton Road & Maltings Lane, Ingham
- Caroline Redman, Church Treasurer
- Rev Lesley Norburn, PCC member

1.	God's blessing upon our communities, families and friends at the beginning of this new year
2.	Parish Prayers and 'Cuppa 'n Chat'
3.	Morning Prayer in Ingham and the St. Nicholas Hospice
4.	those who have been bereaved in the last year
5.	The Holy Communion service in Livermere and the 'Sm@11' service in Ingham
6.	"Keep fit" in Ingham church
7.	the Gt.Livermere Housegroup
8.	the children going back to school this week
9.	Parish Prayers and 'Cuppa 'n Chat'
10.	Morning Prayer in Ampton and the pastoral needs in the village
11.	Margaret and Andrew as they work on next month's magazine
12.	the Morning Worship service at Ingham and 'Café' church in Troston
13.	'Keep fit' in Ingham church and the 'Open the Book' teams visiting our schools
14.	the coffee morning in Gt Livermere village hall
15.	any who are struggling with health issues or loneliness
16.	'Cuppa 'n Chat' and Parish Prayers
17.	Morning Prayer in Gt Livermere and that the Church will continue to serve the community in a loving, caring and sensitive way
18.	the Men's Breakfast in Gt Livermere this morning and the Ingham Social Club Quiz night
19.	the Gt Livermere Holy Communion service, coffee time afterwards
20.	'Keep Fit' in Ingham church
21.	the Bible Study group meeting in Ingham this morning; the Gt. Livermere house group and the Ingham Parish Council meeting
22.	the PCC meeting in Gt Livermere
23.	Parish Prayers and 'Cuppa 'n Chat' in Ingham church
24.	Morning Prayer in Troston and for those who keep Church going in the village and the Unity Service in Barnham
25.	our dustmen, and those who deliver the post, milk & papers
26.	the Holy Communion service in Ingham and the Sm@11 service planning
27.	our church wardens and all who contribute to the smooth running of our church activities
28.	the Ingham Coffee morning and the Gt Livermere Parish Council
29.	those who are caring for long- term ill family members
30.	Parish Prayers and 'Cuppa 'n Chat'
31.	those in the Team who will be involved with funerals, baptisms and weddings this year

## Prayer Tips:

### Why are we asking people to pray?

- We want to encourage everybody to pray, and to pray specifically for the concerns of the parish, so that God's love may work even more deeply in the hearts and minds of all of us living in these communities
- God invites us to pray constantly, expecting Him to act.
- It changes things. When we pray, everything that is in us, the fear, the worry, the concern, the doubt and the lack of faith rises to the surface where God can change it through his love.

### How should we pray?

- Any way you like! Most people find it easier to pray quietly, on their own, somewhere where they will not be disturbed. But it could be in the bath or out for a walk or in the garden. It could be over a cup of tea with some friends. It is entirely up to you.
- Prayer should be a joy not a duty, focussed time spent with the One who loves us. Don't set yourself too big a target - five minutes on as many days as you can manage is fine.
- As you pray for a road or a person, try to imagine them in your mind. Think about what might be going on in their lives or in that part of the community. Just hold them before God. If you know anybody that lives in the road you are praying about, ask God to bless them. If you know of any specific concerns that people have weave them into your prayers.
- If you have any concerns or you would like to know more about ways of praying, speak to one of the readers or Caroline Redman. ( phone numbers in parish magazine )

*"find a quiet secluded spot and shut the door just be there as simply and as honestly as you can. The focus will shift from you to God, and you will begin to sense his grace"*

*Matthew Ch 6 v 6, adapted from "The Message" translation.*

# Prayer for the parish in January