

*This week's readings are all about feasting and the God who feeds us is here and waiting for us, so come to the feast*

God longs to heal and feed us. **Gracious God** strengthen and heal through the power of the Holy Spirit all who are sick and suffer today so let us pray for healing for Jennifer, Sally, Nicky, Simon, Eddie, Mark, Peter, Tessa, Judy, Doreen, Dan, Claire, Sandy, Sharon, Nick, Bill, Charlie, Mike, Chris, Margaret, Pete, Shirley, Michael and Jane. We remember those who have recently died praying for the family of Daniel Turrell. We also pray for all those who have asked for prayers on our prayer board.

**Please sign the sheets in churches if you would like to join us at:**

**A Parish Quiet Day** We are planning a parish quiet day to learn more about prayer as we prepare for an early Lent. The day will be led by Revs Jo and Liz and will take place on Saturday 17th February at Micklepage Farmhouse and Barn, Nuthurst Road, Nuthurst, Horsham, West Sussex RH13 6RG. We have plans for an exciting day looking at Benedictine spirituality using Lectio Divina with lots of time for quiet prayer and reflection amongst friends with a lovely lunch included. **AND/OR** our **Forthcoming Lent Course - Be Still**: a course which explains that we don't need to be static for our hearts to be still, and how even in the midst of a full, busy life, we can spend quiet time with God. **Be Still** will change the way you think about prayer and devotion and equip you with all the tools you need to deepen your relationship with God. (*Evening or afternoon*)

#### **Over the hills and everywhere ...**

Social media has been a buzz word for years now and quite a few of us still struggle getting to grips with new ways of communication, even trying to understand what is meant by 'social media', let alone using it in our own lives. The PCC has dabbled in this magical world with a FaceBook (FB) page called 'Capel and Ockley church'. We invite all who already use FB and those who feel they should but are wary, to join us for an informative session after the Parish service next week. The session will be based on the principle of 'In the land of the blind, one-eye is king'. Therefore we would also like to see some of you who have a bit more experience to chip in and add to what will be on offer. The more people know about FB the more we will be able to help spread news from our church community to the wider community: the internet way of telling it on the mountains.

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Parish Safeguarding Officer	Leigh de Souza 07732 825908
AND New diocesan contact number for reporting safeguarding concerns:	<a href="mailto:safeguarding@cofeguildford.org.uk">safeguarding@cofeguildford.org.uk</a>

[www.capelandockleychurch.org.uk](http://www.capelandockleychurch.org.uk)

Parish of Capel and Ockley

Sunday 21st January 2024

Epiphany 3

Welcome to your Church



#### **Sunday 21st January - Third Sunday of Epiphany**

10.30am Parish Communion - Capel  
followed by coffee and Facebook Workshop  
3pm Welcome Service for the Bishop of Dorking -  
Dorking St Martins followed by refreshments

#### **Tuesday 23rd January**

7.30pm PCC meeting at 2 Smallburgh

#### **Sunday 28th January - Presentation of Christ in the temple**

9.30am Holy Communion BCP - Ockley  
10.30am Family Worship - Capel

#### **Sunday 4th February - Second Sunday before Lent**

9.30am Matins BCP - Ockley  
10.30am Christingle service - Capel

Every Wednesday 9 - 12 Pavilion Café in Ockley, Cricket Pavilion

**Blessed are those who are invited to the marriage supper of the Lamb**

Revelation 19.9