

### Prayer for comfort

Heavenly Father, I feel alone, beaten up, tears fill my eyes, I toss and turn at night.

Words can't express the ache in my heart. I feel pain every day.

I pray to you as I am desperate for help.

I need to know that you care, that you love me, be my refuge from pain, replacing my distress with peace, and be my strength when I feel weak and find it hard to carry on.

Help me not to fear the future but to boldly trust that you are in control when my emotions plunge me down, and when I am in despair. And times when I can't talk and don't know what to say, help me to "Be still, and know that you are God".

Be my comforter, my healer and bring me peace. In Jesus' name, Amen.

### Prayer for help

Spirit of Creation, God of All,

I don't understand you, I don't even know if I believe in you, but this is my cry to you, whomever you are, I figure if you are as big as people say you are, you are not going to be offended if I get things wrong.

My life feels messy, things are not going smoothly at all.

Some of it I have done, some of it has been done to me, some of it just seems to have happened.

Sometimes I feel angry, sometimes shame.

And sometimes, to tell you the truth, I feel nothing at all.

I could use some help through these tough times, I am open to receive help from any source that has my wellbeing in mind.

Please, place good people, kind people, along my path.

Please God, help me have the wisdom to make right choices.

This is my cry to you. In Jesus' name, Amen.

*Rev Kingsley Yeboah*



## ST LAURENCE EASTWOOD

*'I want to know Jesus Christ and the power of His resurrection'*

*Philippians 3 v 10*



**Sunday January 17th 2021**

**Epiphany 2**

**10.30am Family Communion**

*All hail the power of Jesus name  
Hallelujah, Sing to Jesus  
In Christ alone  
To God be the glory*

**Readings**

1 Samuel 3: 1-10  
Revelation 5: 1-10  
John 1: 43-51

**Collect**

*Almighty God,  
in Christ you make all things new:  
transform the poverty of our nature by  
the riches of your grace,  
and in the renewal of our lives  
make known your heavenly glory;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen*

**This week we are praying for**

- Borman Close
- Hospital Chaplaincy Team
- Church Treasurer
- Pulse Electronics (Avionics) Ltd.  
Aviation Way
- Southend Hospital
- Gibli.Com Ltd. Concorde House,  
Comet Way
- Hall Cleaning Team

**Week of Prayer for Christian Unity**

This Sunday begins a week of prayer for inter-faith understanding, tolerance and harmony. Please add this to your prayers.

How many words of 4 or more letters can you make from CHRISTIAN UNITY?  
No names of course and the only prize will be a well done in next week's newsletter for whoever has the most. A number will do as I trust you to play fair.

**STOREHOUSE**

Please continue to support Storehouse by providing what you can. We will arrange to pick things up or bags can be dropped in our porch anytime.

They need our help.

**PARISH INFORMATION**

**Vicar** (Day off Friday)  
Revd Kingsley Yeboah 749896  
Email vicar@st-laurence.org.uk  
General info@st-laurence.org.uk  
For Prayer prayer@st-laurence.org.uk  
**Churchwardens**  
Martin Newman 545790  
Glen Snowdon 522032  
**Deputy Churchwardens**  
Lee Thompson 306412  
Sarah Rachell 621892  
**Treasurer**  
Danny Keech 528481  
**Hall Bookings**  
Cheryl Barwell 07396 360109  
Holley Barwell  
Email: info@hall.st-laurence.org.uk  
**Churchyard Gardening**  
Glen Snowdon 522032  
**Livingway Editor**  
Judith Wiseman 523941  
Email paulfwiseman@hotmail.com  
**Web**  
Church st-laurence.org.uk  
Churchyard www.thechurchyard.co.uk/plots

**ON-LINE SERVICES**

Sunday 10.30am Family Communion

Tuesday morning Sermon on the Go

Thursday 9.15am Midweek Communion

These services should be available on Facebook and YouTube