

MARCH – APRIL 2018

# THE MAGAZINE



THE CHURCH  
OF ENGLAND

Diocese of Norwich



## Thy Kingdom Come...

Is prayer the new taboo? PAGE 6

Contemplative witness in community PAGE 14

**Thy Kingdom Come**  
a wave of prayer

**10**

**Oh Appy Day**  
digital prayer  
aids

**13**

**Easter Experience**  
taking the story  
into schools

**18**

**New Church Army**  
centres of mission

**30**





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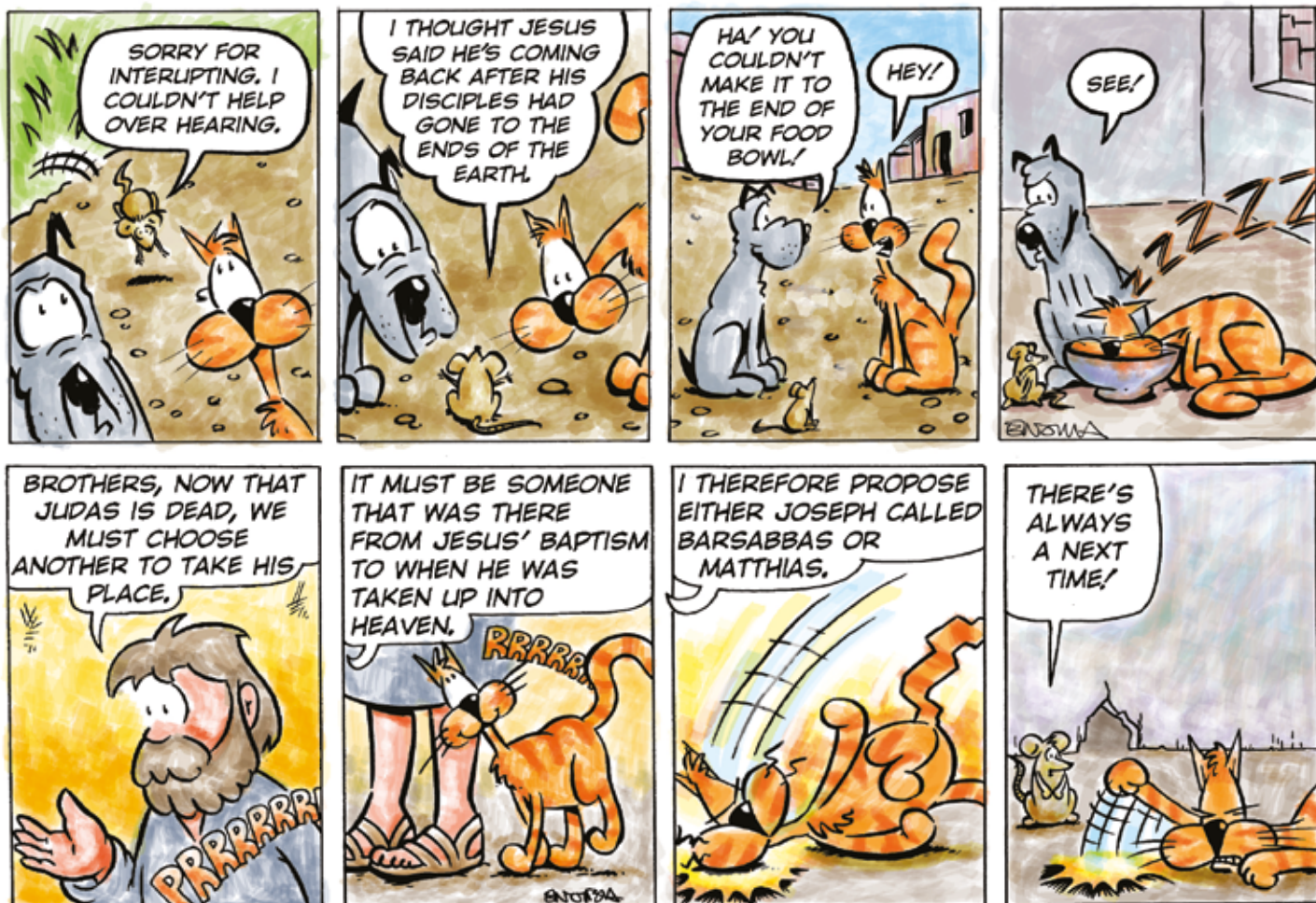
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# From the Editor

One of my all-time favourite Christmas films is *It's a wonderful life!* There's a very pre-CGI section at the beginning of the film where God is telling his angels that he's been receiving a lot of prayers for George Bailey. George has given up his dreams in order to help others, and his imminent suicide on Christmas Eve brings about the intervention of his guardian angel, Clarence Odbody. Clarence shows George all the lives he has touched and how different life in his community of Bedford Falls would be like if he had never been born, and in the process, earns his wings!

Cheesy, sentimental and dated though the film may be, the idea of God getting involved in our lives through the power of prayer is a reality to this day. In this issue, Sally-Anne Lomas asks if prayer has become the last taboo (pg 6). Despite a recent Tearfund survey finding that over half our population still turns to God in prayer, Sally-Anne finds we are reluctant to be open about the habit.

Resources for prayer abound and you can be inspired with further ideas (pg 9), a variety of prayer apps (pg 13) and books (pg 23) on the topic. Prayer Spaces in schools are a growing phenomenon, and a great way to build relationship between a local church and school (pg 16).

Susanna Gunner highlights the importance of joining in prayer across the Diocese, using our prayer calendar (pg 27) and Peter Doll describes the rhythm of daily prayer at Norwich Cathedral (pg 25). Paul Veitch shares a

contemplative community approach in prayer that's taking place in the Glaven Valley (pg 14).

Prayer is at the heart of Pentecost, and once again our Archbishops are calling us to get involved with Thy Kingdom Come – a global prayer movement during the time between Ascension and Pentecost (10-20 May). Biddy Collyer looks back to some of the events held last year and forward to what's planned this year.

"Dear Father in heaven, I'm not a praying man, but if you're up there and you can hear me, show me the way..." prayed George Bailey. May our prayers be as heartfelt!

Blessings,



Barbara

Barbara Bryant  
Editor

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Cover photo: Ascension day fireworks over Norwich Cathedral © Rob Whitworth



# Contents

THE MAGAZINE | MARCH – APRIL 2018

**4 COMMENT:** Rachel Seabrook – Pimm's, Pudding & Pentecost

**5 PAUSE BUTTON:** Richard Butler – The practice of prayer



**9** Further ideas on prayer and Pentecost

**16 CYF:** Prayer spaces in schools

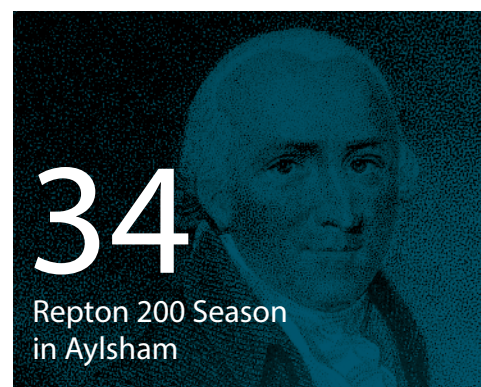
**19** Prayer calendar – join in prayer across the Diocese

**23 REVIEWS:** Books on prayer reviewed by Steve Foyster

**25 ONE DAY:** Cathedral prayer – the heartbeat of God's love

**28** News in brief

**32 FOCUS ON:** St Andrews, Roman Hill, Lowestoft



**40** Norwich Youth for Christ's 40th birthday

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# Partying at Pentecost

## with puddings and Pimm's

**I**t has often been said that church with cake is better than church without cake! I think many of us would agree. Food is very often associated with celebration and with this in mind, 11 years ago we held our first Pentecost Puddings and Pimm's party in The Rectory garden at Taverham. Little did we realise that it would become an annual event, maybe even a tradition.

Over the years we have partied in sunshine and blistering heat, showery weather where we have seen a host of colourful umbrellas and torrential rain where the only place left to sit indoors was on the stairs. We are a hardy lot and will do anything for a bowl or three of delicious puddings!

Getting together to share food is always great but there is also something quite significant about doing it at Pentecost. We are celebrating the coming of the Holy Spirit and the birth of the Church. Our church Puddings and Pimm's parties have been a great way for us to get together and enjoy one another's company – to BE church. It's also been a great event to invite those who might not normally come to church.

We always finish with a time of informal prayer and praise. This is not to say that we move from socialising to worship. All of it, puddings, Pimm's, various other drinks, garden games, catching up with people we haven't seen for a while, praying and praising are all part of our life together in Jesus and part of our celebration that God is good and has sent the Holy Spirit and given us each other.

The church can often be seen as something that is very serious, a bit 'otherworldly' and prayer as something only 'done' by those who are very holy or those in desperate need of a quick miracle rather than prayer being about relationship.

During Lent and Holy Week we have travelled a solemn journey with Jesus to Jerusalem and the cross. We have rejoiced at the resurrection and the Christian hope of new life and transformation and finally we reach Pentecost and celebrate the coming of the Holy Spirit.

The Psalms also reflect times of solemnity, rejoicing and celebration along with just about every other human emotion. I am greatly encouraged by this! It gives permission and freedom to come before God just as I am, without fear of rejection or feeling that I shouldn't bother God with my seemingly trivial concerns.

Prayer is a great gift but something we need to persevere at. Not always easy by any means, often frustrating but always a gift. No matter how I feel, no matter how bad or good things are, I celebrate that God does hear, does care and holds us all in love that will not let us go.

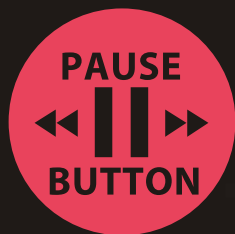


**Rachel Seabrook** is a Church Army officer and is on the staff team at St Edmund's, Taverham.

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**“We have rejoiced at the resurrection and the Christian hope of new life and transformation and finally we reach Pentecost and celebrate the coming of the Holy Spirit.”**

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# The practice of prayer

**P**rayer has been a constant part of my life since I was at university. It was through thinking about prayer that I was drawn to the idea that the regular prayers of Jesus would have been the psalms.

We are told in Matthew 6: 9-14 and Luke 11: 2-4 that Jesus gave us the Lord's Prayer. The most widely used prayer by Christians, it is so simple that it can be used by all denominations and often by non-Christians too. While we have the use of the Lord's Prayer in our liturgy, I believe it is a personal and family prayer used by so many of us; bringing us comfort at times of stress.

I often use this prayer alongside the prayers Jesus gave us at the last supper when he took bread and wine and told us that this was his body and his blood and to take it in remembrance of him. This can be found in 1 Corinthians 11: 24-5. These two acts of prayer have sustained me for many years and both are easy to learn and understand. They connect me

with my lord and saviour. These words, taught long ago, connect down through the years.

Prayer is often associated with asking for things, but I ask myself, can praying for something actually alter the way life is? Luke (11: 9) tells us: "Ask and you will be given, seek and you will find". I seek ways to forgive, to support others and give comfort to those in need. Those prayers help me, even if at times my prayers seem not to be answered. Prayer becomes a way of life and over all these years it has given me the comfort and strength I have looked for and needed.

Prayer does not come easily to me. I have a mind that will wander and I have to return to my thoughts and my conversation with God. I don't think I have ever fallen asleep while in prayer like Pope Francis has told us he has, but praying is a hard task. To keep one's mind focused on what one set out to do takes an effort, but it enables a personal conversation with God.

The practice of prayer begins with reciting and the simpler the better. But the more it comes alive the more I am able to stop holding back my awareness of God. Indeed, the purpose of prayer to me is to be in union with God.

It's been a long time of practice learning to pray but, like riding a bike, once I had cracked it, I was able to keep doing it. My conversations with God are between him and me. I am grateful that on occasions he does act to give me the way forward on some of the issues which alter the way life is, and brings me comfort at my times of stress.



Richard Butler





# Is prayer the new taboo?

By Sally-Anne Lomas

**W**orking on *The Cloth of Kindness Project* I spent many hours in the chapel of the NNUH Hospital sewing quietly. I witnessed a wide variety of people – staff, patients and visitors – in private prayer. A young nurse of African origin came to the chapel regularly before her shift. Her praying was glorious. She sang, she chattered, she laughed, and even danced. I didn't understand the language she spoke but I could see she had an uninhibited and personal relationship with God.

Blimey, I thought, I really need to work on my praying – I'm so uptight and English.

I realised then that I had no idea how other people prayed. Prayer is such an intimate experience. I've had conversations with my friends about their sex lives but absolutely none about their prayer life.

"Better to talk about your sex life than your prayer life. Safer to invite your friends to go out drinking than to a prayer meeting. Some things are just too personal," warns young Christian Micah Bales in his blog.

Has the burden of shame shifted from sex to prayer? Is prayer the new taboo?

With considerable trepidation I decided to ask some of the people in my life to spill the beans on their prayer lives.



## Prayer as reassurance

I have worked with cameraman Richard Graveling on many film projects. I think he is a Christian but we've never discussed matters of faith. In the time-honoured tradition of cameramen, Richard is handsome, charming and an outrageous flirt. (He's also a devoted husband and father.) His conversation generally revolves around sport. I feel perfectly happy to tease Richard about his love life but asking him about his prayer life seems wildly daring.

He admits that prayer is not something he feels comfortable talking about outside of the environment where people know him well but he bravely agrees to tell all. For him prayer is primarily 'reassurance'.

"It's probably a bit one way, me asking, needing, but it's instinctive and something I reach for when I feel out of control. You've probably seen me, when we've got a big lighting set up to do, taking myself off for five minutes, I'm praying then, not for an extra 3 by 1 light panel but for help to manage the situation. It puts me in touch with a bigger picture, stepping out into a helicopter view, and relieves some of the stress. I talk in my head to God, maybe just five or six words, not a long monologue.

"Since I've had kids I also pray more with gratitude. We said prayers at home when I was growing up and my wife and I say bedtime prayers with our children.

"I used to secretly pray before I went out to bat for the cricket team but it never worked! I think there's a certain kind of British reserve that applies to prayer as much as anything else. You see footballers from other cultures kneeling down in front of millions and openly praying. Grime artist Stormzy's latest album is called 'Gang signs and Prayer' so clearly some people have less of a problem being public about their prayer life."

## Prayer brings comfort

My next target is 73-year-old Jean Carr; a quiet, unassuming woman who has lived in Norfolk all her life and is one of the mainstays of our village church. I've known Jean for nine years, we are neighbours, have fundraised together,



**HALF OF ADULTS  
IN THE UK PRAY**  
THAT'S 27 MILLION PEOPLE

Tearfund/ComRes research (Dec 2017)

shared meals, but the subject of prayer has never been mentioned. When I ask her if she's happy to discuss her prayer life she readily agrees and says she feels quite comfortable talking about prayer.

What is prayer, I ask, and she replies immediately: "talking to God". She describes her prayer life as 'spontaneous' rather than disciplined; she's inspired most often by gratitude, especially for the countryside and a beautiful day but also by concern for those who are sick or grieving.

"Prayer brings me comfort because I can give my cares and concerns to God. Prayer is important to my faith because it's about my personal contact with God. That's easy to overlook in a busy life and like any relationship it suffers if neglected."

No one has ever taught Jean how to pray or given her any advice. "I've just been left to get on with it. You're expected to know how to pray."

Jean remembers the time when there was a Home Group in the village where people prayed together and that regular community of prayer was a great support to her.

“I used to secretly pray before I went out to bat for the cricket team but it never worked! I think there's a certain kind of British reserve that applies to prayer as much as anything else.”

## Prayer on the job

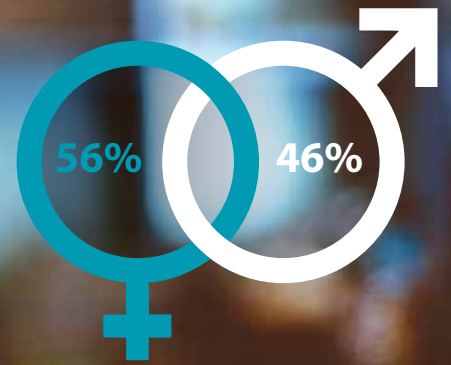
How, I wondered, does private prayer figure in the lives of the men and women whose 'job' is praying for others? "I asked the Revd Darren Thornton, Rector of St Giles, Norwich.

"For me prayer is speaking with God and asking for a blessing for those on my heart; not just people, but for the world, every aspect of being, and particularly for those who have died. Prayer joins my soul to God. As a member of the Clergy I say the daily offices three times a day, that's part of my job and I like the way that gives a ritual and structure to my day.

"My own private prayer life occurs mostly when I'm cycling or at the gym. I ride along and give my thoughts to God, I look at the car exhaust fumes and pray for the planet. And I pray when I swim, I find the physical exercise clears my head and I'm able to concentrate on prayer.

"I'm a Chaplain at UEA and even students who have no faith will say 'Yes please' if I offer to pray for them. I've been asked to pray by a burly man in a pub who'd had a lot to drink. He knelt down with his hands together in the middle of a city centre pub. Prayer is instinctive to people.





## WOMEN ARE MORE LIKELY TO PRAY, COMPARED TO MEN

Tearfund/ComRes research (Dec 2017)

"I think we need to break the taboo around prayer, we shouldn't be embarrassed but must go for it."

### Prayer amidst pressure

I'm interested to talk to Gill, a leading oncologist who works mainly with patients whose treatment is not curative. Does prayer help her to cope with the responsibility she has for life and death?

Gill confesses that prayer is not something she would usually discuss openly. In her work she has to be careful to share her faith in a neutral way. But privately prayer, for her, is opening up the self to God, revealing a hidden and vulnerable part.

"More listening for me, breathing in God's goodness. Prayer starts the moment I open my eyes in the morning, feeling grateful for another day, being here. I like the early mornings, day-dreaming with God, no noise, no interruptions, just the bird song. I do have a formal prayer time at the beginning and end of each day but prayer happens at all times, with the people I see, seeking guidance, asking God what they need, how I can help them.

"When the shortage of beds gets extreme I pray to respond with my heart rather than to the pressure. I couldn't do my job without prayer. It's central to everything I do, without the connection to God, it wouldn't feel possible.

"People faced with serious illness do start praying. But we can't always see from God's perspective, healing can be bigger than just physical healing, our vision is limited. Many people reach a level of acceptance in which healing is a whole experience, psychological and spiritual rather than just physical."

Is there a role for prayer in the NHS?

"Yes, the NHS is parched spiritually, and I long to find a way to bring prayer to the people I meet but I don't know how to do that within the professional boundaries."

Finally, I discuss the matter with my hairdresser, who tells me that she doesn't pray at all, but then thinking more deeply says: "I did pray like crazy when my baby was in hospital and she was in danger."

In extremity I suspect many non-religious people reach for prayer.

### Prayer for all

A recent nationwide survey by Christian relief and development agency Tearfund found that 51 per cent of adults pray, whereas only 33 per cent attend church once a year. One in five adults said they prayed regularly. Among those who said they had ever prayed, but had no religious affiliation, their top reasons for praying were: in times of personal crisis or tragedy, on the off-chance that something could change, as a last resort, or to gain comfort or feel less lonely. There does seem to be a human instinct for prayer and in the privacy of their own hearts.

Prayer is personal and unique to each individual. Everyone's relationship to God is different. But maybe, in the way that more openness about sex has combatted unnecessary ignorance and shame and promoted greater understanding and tolerance, it's time to find a gentle and sensitive way to bring prayer out of the closet.

Of course there are many places where people do publicly come together to pray, in home groups, at church prayer groups, on quiet days and at retreats. There is also a wealth of advice and support available online for those who'd like to develop their prayer lives or who are new to prayer (see page 9).

But if Christianity is to reach out to new communities, perhaps we need to be more open and less embarrassed about the power of prayer. Rather than feeling that prayer is too intimate to talk about with people who have no apparent religious beliefs, we should be talking to them about why we pray, how we pray, and the benefits of prayer. By breaking through the taboo we may be encouraging them to come out about their own secret prayer life.



**Sally-Anne Lomas** is an artist, writer and film maker. She will be giving the Annual Julian Lecture in St Julian's Church, Rouen Road on 13 May 2018 at 1.45pm: 'From Spark to Screen; the creative power of Julian of Norwich.'



# Further ideas...

*for prayer and Pentecost*

## Thy Kingdom Come

Thy Kingdom Come is a global prayer movement during the time between Ascension and Pentecost (Thursday 10–Sunday 20 May 2018). You can find a wealth of resources and ideas for taking part in this worldwide initiative, led by the Church of England at [www.thykingdomcome.global](http://www.thykingdomcome.global). Many of the resources are available for free to download. These new ones may be of particular interest:



#PLEDGE2PRAY

**Morning and evening prayer service booklets** – for individual or congregational use

**Resources for prayer and worship booklet** – outline order of service, collects and intercessions

**Thy Kingdom Come – Messy Church ideas**

**Resources available locally**

Some resources are also available for parishes directly from the Diocese, either via the online shop ([shop.dioceseofnorwich.org](http://shop.dioceseofnorwich.org)) or by phoning 01603 880853.

**Prayer ideas for your church** (A4 booklet)

This 40-page A4 resource book is full of ideas to help churches join with others around the world in praying for their friends and families during Thy Kingdom Come.

**Bookmarks**

The front has the Thy Kingdom Come branding, and on the back are four suggestions of ways to pray, encouraging people to pray for friends and family to come to know Christ.

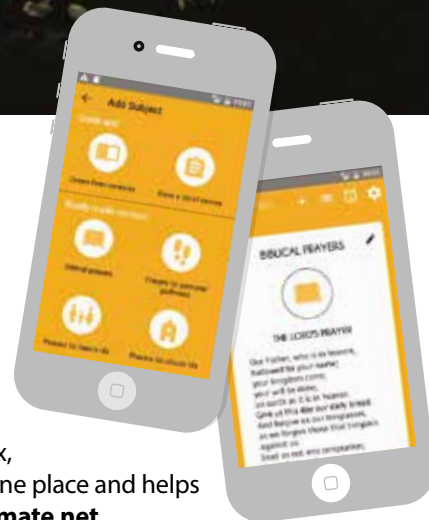
**Pop-up banners**

These roll-up banners are pole mounted and come with a lightweight base. They are versatile and portable and include a handy carry bag.

Add your Thy Kingdom Come events to the “What’s On” listings on the Diocesan website here: [www.dioceseofnorwich.org/news/events/addevent](http://www.dioceseofnorwich.org/news/events/addevent) to enable the Communications Team to share them widely. If you can add them before **19 March** they’ll be included in *The Magazine* (May/June).

## PrayerMate

PrayerMate is a prayer app that seeks to help you pray for all the people and causes you care about. Whether it’s your personal prayer points for friends and family, regular updates from mission organisations including Mothers’ Union, or the latest PDF prayer letter that just arrived in your inbox, PrayerMate puts it all together in one place and helps you get on and pray. [www.prayermate.net](http://www.prayermate.net)



## 24–7 Prayer

“An international, interdenominational movement of prayer, mission and justice; a non-stop prayer meeting that has continued for every minute of this century so far, in over half the countries on Earth.” A hub of resources to inspire prayer individually or in community; how to create and host a 24–7 Prayer room; mission and justice resources to share God’s presence and fight for a better world; find your nearest “Boiler Room” (24–7 Prayer communities practising lives of prayer, mission and justice); mission teams, courses and conferences. [www.24-7prayer.com](http://www.24-7prayer.com)



## Just Pray

Need help praying? What is prayer? Live Prayer.

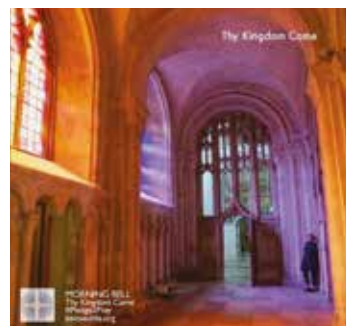
This is good for sharing with friends, family or colleagues who aren’t Christians, or are new Christians and want help

in learning to pray. You can add your own prayer, or choose to pray for those that have posted theirs. There are videos, audio excerpts and links to other resources. [www.justpray.uk](http://www.justpray.uk)



## Morning Bell

“Morning Bell is a way to enter stillness on even the busiest of days, seeking that still point of our belovedness from which everything tough may be faced, and from which everything good can emerge.” A daily image created and posted on social media or accessed by email. A contemplative approach. [www.belovedlife.org/morning-bell](http://www.belovedlife.org/morning-bell)



A photograph of three people in prayer, with a blue circular graphic overlay.

# Thy Kingdom Come

## – a wave of prayer across our community

By Biddy Collyer

**M**y Sunday School teacher was called Mrs Chapman. I still remember her lifting me onto her lap so that she could help me stick the pictures of Jesus into my little book. Looking back, I am convinced that she would have regularly prayed for me to know Jesus. It took some years before her prayer was answered, but I am so grateful that it was.

That is the basic premise behind the Archbishops of Canterbury and York's prayer initiative, "Thy Kingdom Come" (TKC). It is for us to pray for our friends, family, neighbourhood to come into the Kingdom of God. Starting small in 2016, it has spread across the world with now 85 countries taking part and deliberately concentrating on praying in this way between Ascension Day and Pentecost.

Last year, 85 per cent of Church of England parishes took part, as well as those from other denominations. Among that number were many in our own Diocese.

### Beacon events led the way

The 11 days started on Ascension Day with Beacon services in Norwich Cathedral, and Great Yarmouth and King's Lynn Minsters. Funding was obtained to provide a candle for each parish, 642 in all. Fearful that they may have over-ordered, what joy when all but ten were distributed that night. Designed by Canon Andy Bryant, they became a forest of light at the service in Norwich, reminding those present that they are not alone, but part of the world-wide body of Christ. The Bishop of Norwich led the procession out of the

West Door onto the Upper Green, where a band from St Thomas's Norwich were playing. This was followed with a finale of fireworks, lighting up the whole city.

During the days that followed, visitors to the Cathedral were invited to take time to pray at seven different stations put up by Transforming Norwich, which depicted various spheres of national life. In addition, there was a station focusing on a Thy Kingdom Come meditation that changed every day. Nearby were placed free gospels, a prayer card and a leaflet introducing Christianity. They were incredibly popular and hundreds were taken.

Founded as a Benedictine community, Norwich Cathedral is steeped in prayer. As Andy said: "Having dedicated times of prayer is very special but it's doing it every day that counts."



At Pentecost, members of the Christian community from many different denominations came together to pray, using the prayer stations that had been moved from the South transept into the aisles. Such a big opening event is not possible every year and Andy hopes that the focus will now be on individual deaneries, benefices and parishes holding their own events.

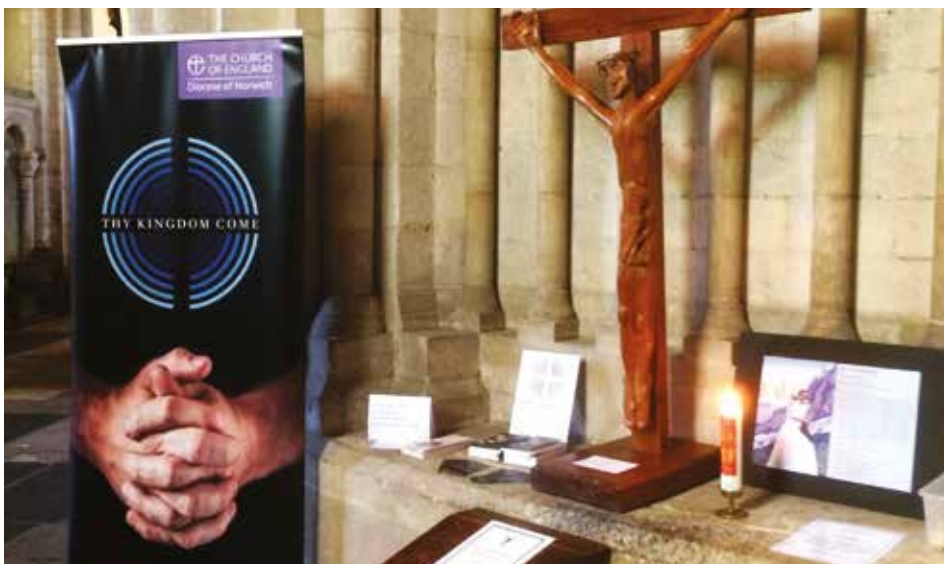
**“Having dedicated times of prayer is very special but it’s doing it every day that counts.”**

## Shining the light in Lowestoft

Kirkley Parish Church, Lowestoft sits in the tenth most deprived ward in the UK. The Revd Eion Buchanan and his wife Helen moved there only two years ago. His response that year, with little time to plan anything, was a dawn prayer walk from the South Pier to South Beach, concentrating on the areas of highest deprivation. “It was very cold, but a good feeling.” The early risers were rewarded with a bacon roll back at the Rectory.

Food plays an essential part in Eion’s approach to his parish, so last Ascension Day they started with a breakfast, which brought in a number of non-church people. Light prayer stations were set up in the church using material from the TKC website and focusing on families. They held “Messy Prayer” after school, encouraging children and their parents to use craft as a way of expressing their needs and desires. Sadly, few attended, for one of the big challenges facing St Peter and St Paul in Kirkley is that historically people have found it difficult to step into the church. However, they will attend the Rectory garden parties in good numbers so this year the focus will be outside the church.

On Ascension Day, a parish breakfast is planned, which will be opened up to the homeless. Prayer kites will be made in the church hall, or on the beach if the weather is good. When the kites are flying, they will be lifting all those prayers to God. Given Lowestoft’s fishing inheritance, there will be a two-mile Ichthus trail on the Sunday, followed by a BBQ. This year, the Saturday before Pentecost clashes with the royal



Norwich Cathedral



Members of Kirkley Parish Church

wedding and FA cup final, but undaunted, the plan is to put up a big beacon in the garden and invite the whole parish to a Beacon, Prayer and BBQ.

In his mind, the outcome is for people to know they are loved. “This is about a place where people can find light, they can be loved, they can find warmth, vision and hope.” And the signs are that things are changing. A child from a single-parent family that Eion has supported now refers to it as “Our church.”

## Profiling prayer in Cromer

Further up the coast at Cromer, Jane Loades told me that they have no problem filling the church, which boasts a magnificent tower and so has a steady

stream of visitors from Easter to November. Their challenge is providing a quiet space. Their main event was on the Wednesday, starting with their usual midweek communion.

Prayer stations were set up, with a children’s section on the carpeted area. Using resource ideas from the TKC website, they had plastic ducks, a giant jigsaw that made up into the Lord’s Prayer, and drawing around hands. Jane said: “It was lovely seeing families doing this together.” The adult stations featured opportunities to pray about the news, light candles or make a ribbon bracelet with five knots each representing someone you pledged to pray for. Most of the people who came were from outside the church: the benefit of being a popular holiday destination and the church being in the centre of town.



Cromer Parish Church



Rainbow Prayer Space at Fakenham Parish Church

Encouraged by last year's event and the fact that people had answers to their prayers, they plan to be part of this global wave of prayer again this year. They are currently developing their plans, which could include having someone speaking prayers centred around scripture every hour and making it easier for those who are too shy to ask for prayer.

Jane was very clear that part of the reason for engaging again this year is to raise the profile of prayer in the church and encourage them all to pray more.

## Sensory prayer space at Fakenham

My final visit was to another big church, this time in Fakenham and again one that is busy all week. In 2016 they had a few prayer stations, and wanted to expand on that last year. Although the team, led by Heather Schofield and the Revd Joy Elkins, hoped that non-church goers would come in and explore, their emphasis, like Cromer's, was to encourage their own congregation to pray more.

They had a daily rhythm of prayer throughout the 11 days, at varying times, enabling everyone to have a chance to attend. Joy put together an outline service including some of the TKC prayers and a short reflection, each day on a different phrase of the Lord's Prayer, using material from the Diocesan Pilgrimage Prayer-Book. "We had a good steady attendance, including members from the other churches. People commented on the prayerful atmosphere."

The big event, "ways2pray", was held on the Saturday before Pentecost. This time prayer stations were set up throughout the church and stewards were on hand to help guide people, answer questions and pray with those who asked. A world map, icons, "wailing wall", mandalas, and stones were all put to prayerful use.

The senses were employed to help break down barriers to prayer, with clever use of MP3 players so you could listen to different types of sacred music, candles for sight, and flowers for smell. The children loved the Rainbow Prayer Space, on loan from the Diocesan resource centre, and the colouring table. One Dad sat colouring with his two children for some time. "They looked so contented and happy," Joy said.

Though the numbers attending were not large, comments made showed how valuable it had been for those who came. One lady had said: "Thank you so much. It is a long time since I have had a chance to enjoy space, time and peace." Joy said: "Many find prayer difficult but don't like to admit it. Our aim was to show that prayer is not just about words and to give an opportunity to try different ways of praying."

## Worldwide wave of prayer

The Archbishops' hope in 2016 was that Christians would join in a wave of prayer across the world, using imaginative methods to engage heart and soul and senses, finding new confidence to be witnesses for Christ.

Clearly, from the comments heard about how hard people actually find prayer, this is an important and timely challenge which the churches I visited have taken seriously, knowing that the only way for God's Kingdom to come is if we pray it in.



Add your Thy Kingdom Come events to the "What's On" listings on the Diocesan website here: [www.dioceseofnorwich.org/news/events/addevent](http://www.dioceseofnorwich.org/news/events/addevent) to enable the Communications Team to share them widely. If you can add them before **19 March** they'll be included in *The Magazine* (May/June).



# Oh Appy Day: digital prayer aids for modern Christians

By Dannie Hancock



**F**eeling lethargic in your prayer life? Isolated? Unfocused, forgetful, sporadic or even just lost for words? There's an app for that. Or, rather, there's about a thousand apps, all seeking to help Christians of the smart-phone era enrich, sustain and even share their prayer life. Admittedly, for those of us who struggle to operate our voicemails, the idea of investing something so important, and personal, as prayer into an app may feel both daunting and bizarre. Yet while the prayer app is still a somewhat experimental concept, recent years have yielded a broad range of well-designed, Christ-focused, and frankly useful programmes which can meaningfully shape and develop your spiritual life. Don't fancy scouring the AppStore yourself? Here are my top picks.

## Does what it says on the tin: The Church of England's *Daily Prayer*



**Functions:** If you want a frills-free, easy to use, and trusted pattern of prayer, look no further. The C of E's *Daily Prayer* app offers three daily prayer services in either contemporary or traditional language, covering morning, evening and night,

and with flexible notifications to suit your schedule. For those wishing to begin or reconnect with the rhythms and revelations of a daily office, *Daily Prayer* deserves exploration. The app also provides a full listing of holy days and feasts.

**Suits:** Groups or pairs. Perfect for families, fledgling prayer circles, small groups, or even impromptu prayer meetings.

**Charge:** Free/paid-upgrade optional.

## Contemplation for Busy Christians: *Pray as You Go*

**Functions:** If you're hoping to carve out space for God amid the daily rush, *Pray as You Go* may be your app. *Pray as You Go* offers beautifully designed audio-prayer plans, with an emphasis on immersive prayer, meditation, and contemplation – all of which can be undertaken anytime, anywhere. Just pop in your headphones and press play. From the centring beauty of King's College's sung worship, to the evocative sound effects accompanying each guided Gospel contemplation, or the engaging voices of its prayer guides, *Pray as You Go* can help transform the commute, supermarket run, or dog-walk into a dedicated time of spiritual connection and growth.

**Suits:** Ideal for individual use, but could suit groups.

**Charge:** Free/paid upgrade optional.



## The prayer-group in your pocket: *Just Pray*



**Functions:** *Just Pray* is basically WhatsApp for Christians. It lets users connect with friends and family through their phone contacts, or with associated churches and organisations, to share and receive prayer requests. Although the app offers no prayer-plans or added extras, it is a wonderful way to share prayer and to feel connected to other Christians throughout your day.

**Suits:** Individuals

**Charge:** Free

## The forgetful Christian's friend: *Prayer Prompter*



**Functions:** If you're often promising to pray for people, only to find yourself forgetting, try *Prayer Prompter*. With a 'filing cabinet' function to jot down prayer intentions, programmable reminders to fulfil them, alongside scriptural suggestions to help you find the words, *Prayer Prompter* helps develop reliable and scriptural-rooted prayer.

**Suits:** Individuals

**Charge:** Free



**Dannie Hancock** is a student and teacher of Media Studies, a bad but enthusiastic cook, and the proud owner of a silly green parrot. She worships God at St Stephens Norwich and St Pauls London.



# A model of contemplative witness in community

*“As any contemplative will say, the church is going to wither and dry up unless there are some who take on this calling in a public and evident way.”* Rowan Williams, “Tokens of Trust”

By Paul Veitch

One way forward for evangelical growth is the bigger the better. Another model could be small groups on the fringes of church. The latter follows the principles of “small is beautiful” as championed by E.F. Schumacher in the 1970s. David Clark in his book *Breaking the mould of Christendom* speaks of church having to start again and find new models of a serving church. These small groups become sources of learning leading to real transformation. To quote: “through the work of the spirit, community becomes an experience of being loved and being able to love, of belonging to God and to one another in the deepest sense we can ever know.”

This model of church lends itself to those who wish to explore their Christian faith from the perspective of a contemplative. The purpose of this article is to paint a template of how such a group can get started, how it decides to operate, how it sustains itself and how it becomes a place of growth in community not despite, but because of its smallness. It is based on our own group “The Glaven Contemplative Prayer Group” who meet every Tuesday at the Blakeney Methodist chapel at 5.45pm.



## How we started

If you are attracted to the contemplative's vision, by its very nature it comes about in the privacy of your soul. Problems occur when trying to find expression for this calling within the church, as there used to be no recognition of this type of prayer. Hence many became attracted to the eastern religions, which catered for this inner transformational need. Fortunately, with the growth in Christian contemplative awareness since the 1970s, much due to Thomas Merton, contemplatives are no longer so isolated and the church is slowly becoming more accommodating at providing a forum for this type of prayer.

Sustainable groups nurturing the contemplative way and fellowship are still not common. But they are essential. At a leaders' church group meeting several years ago I found myself as a Reader in the church saying I wanted to set up such a group and giving my reasons. I was surprised at the strength in my voice, and I can now only look back and conclude the Holy Spirit was guiding me. Everyone there agreed I should proceed. So a group of four met and agreed a loose format for the structure of our first meeting, allowing the group itself to determine it at a later date.

## The Practice

There were about a dozen who turned up initially, and this remained fairly consistent in the early years. It took only a few sessions of trial and error to find a pattern of worship that we were all happy with. The focus is and always will be on silent contemplative prayer. There is no insistence on how we use the silence; hopefully God will do that for us. But we broadly adhere to the method of centring prayer as taught by Thomas Keating and Cynthia Bourgeault.

However, we deliberately call ourselves a Contemplative prayer group not a centring prayer group, so if someone wants to use another method such as listening to their breath or using a mantra to deal with distractions, they are more than welcome. We hold the silence for 30 minutes. We sit in a circle with a lit candle in the middle. At the beginning an allocated person from the week before will bring a short spiritual reading.

After a short rest period the same person will read a psalm. We use a contemporary

version of the psalms from Nan Merrill: *Psalms for praying*. We then have a further period of silent reflection on the psalm and at some point we all get up, hold hands and say the grace together. We then turn around, continue to hold hands and say together "we take the peace into the world". That marks the end of our prayer time.

## Growth in confidence and into the community

We have found that a consistent pattern of worship is essential. So we always use the same pattern, we always meet each week at the same venue, and we know what to expect when we turn up. Through having an independent identity, we have the freedom to grow into other areas.

Every month we host a service of peace and healing in one of our local churches. The service is very simple with the focal point being 20 minutes' silence. We host occasional contemplative retreats. We have our own monthly teaching sessions to learn from each other about contemplative prayer. As we have a totally sympathetic Priest, we also have contemplative Eucharists from time to time. In essence the Eucharist is stripped to the bone in terms of liturgy with much silence surrounding the sharing of the Sacraments.

We had to evolve for many years before we had the confidence to explore this but it has felt very right. Though we may not be shouting it out, we have no doubt that our very presence and the activities as described above have meant that we do have a community presence. A contemplative flame has been lit which we hope subtly influences the spirit of our community, bringing the spirit of peace to many who live or who visit.

## The growth of Fellowship

Rather as Paul encourages the Christ-like fellowship of the community in Philippians, we like to think the same has happened to us. In the regularity of our meeting and in the depth of our silences as a group, we have developed a Christ-like fellowship between ourselves. It is strange how one can feel closer to others in silence.

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**“Through the work of the spirit, community becomes an experience of being loved and being able to love, of belonging to God and to one another in the deepest sense we can ever know.”**

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The deep friendship has been the key to the group's growth coupled with the sense that such is the closeness between ourselves that this cannot but go on. God can feel very close even on a cold, dark winter's night. We are very keen to welcome any one new to the group and new members are assimilated, being washed onto our shore, coming to explore the group and liking what they experience.

## The making of a sustainable contemplative group

The group is based on the coming together of a small group of individuals with broadly the same vision of what they want. There should be a safe forum with a well-worn pattern of service, where they can meet every week regularly to be in contemplative silence. The group should have a democratic feel. It should be independent of main church, but intimately linked as well, as it grows out of the laity, namely bottom-up. This independence attracts people who have been damaged by the church, or who have had no previous connection with church. The final building block is a desire to slowly grow into the community with confidence and within the contemplative way of witnessing to Christ and his peace. This very much keeps the group alive.

**Paul Veitch** was a Licensed Reader at Glaven Valley Benefice, but sadly passed away from cancer, aged 60, last summer. He had written this feature specifically for this issue, ahead of time. We are privileged to publish it in his memory.

For more information on the prayer group at Blakeney, contact Mary Wakelin [marywakelin@icloud.com](mailto:marywakelin@icloud.com)  
**07875 676663**



# Prayer spaces in schools

## – making prayer accessible

*Anna Walker asked three people who delivered prayer spaces in schools during the Autumn term about the opportunities and impact they present in terms of helping young people explore spirituality and make prayer accessible.*

**T**he Revd Margaret McPhee, Rector of Horsford, Felthorpe and Hevingham, was asked by the Heads of School from Horsford Church of England Primary School to arrange a prayer space with the aim to give the children a different experience of prayer and link it to the theme of 'Trust' which they'd been exploring in Collective Worship.

"Having never done anything like this for before, I was guided to some ideas and resources through the Diocesan Resource Centre," says Margaret. "Five prayer stations were planned together with a central 'gathering' space to instil a calmness and focus at the start and finish of the experience. Each class had 45 minutes in the space rotating around the stations.

"There was excitement, laughter and a great deal of thoughtfulness from the children. The space was identical for all, however, the younger ones had a volunteer to work with them at each station, whereas the older children managed themselves."

Reflecting on the experience, Miss Chenery, a year 3/4 teacher said: "By taking part in the prayer space activities the children were encouraged to reflect on their personal values and consider the way they interact with others. The experience was very positive and allowed the children to work together in groups to discuss and show

their understanding of our current value of 'Trust'."

Of her first school prayer space experience, Margaret concludes: "The children have often referred to the prayer spaces when I've seen them around the school. It was a positive catalyst for developing my relationship with all the staff on the day and since. This included the school approaching me for an Advent experience in church for years 3 and 4 in addition to our normal church involvement at Christmas."

In North Norfolk, representatives of the Holt and Repps Deanery, who had put together a series of prayer space activities on the theme of the Lord's



Prayer, were invited to spend one day in each of the Pilgrim Federation Schools and work with the children to help them gain a deeper understanding of that prayer. Constance Tyce, Lay Deanery Synod Representative for Repps, explains:

"The schools wanted to continue developing the children's spirituality by providing opportunities for them to express their own beliefs, ideas and values, feelings and experiences in a creative way. The Lord's Prayer was already used regularly in the schools; however, it was felt that children would benefit from the opportunity to explore the meaning of the words further.

"The days were a great success. The children were able to choose their own activities and were fully engaged, developing confidence throughout the day about expressing their beliefs and feelings. They commented on how much they had enjoyed the day and learnt about the meaning of the Lord's Prayer. One child said "it was exciting and felt different from normal school lessons!" Another said, "when I touched the plasma ball I felt closer to God".

"Staff reported that the children's learning was enhanced and felt the adults had skilfully enabled them





to explore their ideas and beliefs in more depth. They also observed the importance of enabling children to have time to reflect within the busy school day.

"Hosting a prayer space event can provide many opportunities for whole community involvement," enthuses Constance. "We were delighted to have the support of the staff, governors and members of the local churches. At the end of the day parents were invited into the schools and the children were able to explain the various activities. We are pleased to say that we have already been invited back next year!"

**“Having never done anything like this for before, I was guided to some ideas and resources through the Diocesan Resource Centre.”**

Building on their existing relationships at Long Stratton High School, Integrate Youth for Christ were invited to run a Christmas prayer space. Having run two prayer spaces previously, they were struck by the difference in the welcome.

Steph Richardson, Integrate YFC's Director says: "There was a buzz from staff who had experienced the last prayer space. One of the receptionists said that, having remembered and enjoyed the previous one, she was looking forward to seeing what we would do this time.

"Many of the young people also arrived with a different expectation. In the past pupils have expected to sit in silence, but due to prayer spaces run in local primary schools and experiencing or hearing about our previous spaces, there was an eager expectation of prayer as something different. All the pupils were able to explore spirituality at some level and many found it a moving experience or expressed a sense of peace."

The wonderful thing about prayer spaces is the legacy they leave behind both short term and long term; from the tangible experience and immediate responses made by the pupils to the cumulative effects leading to greater connections and engagement within the school.

Steph continues: "The long term impact became apparent as the week went on. In addition to lesson time for years 7-9, we open at lunchtimes for those that



aren't timetabled to visit and for those that wish to come again. Usually, the first lunchtime only has a small number of visitors but this year, from the first day we attracted a steady number, growing to a crowd of over 100 by the end of the week! Older years came as a result of positive memories and one group of year 10 boys brought their friend as *'he wasn't at the school the last time you came, so we wanted to show him what it was all about!'*

"We also run a popular lunchtime club at the school and most of the young people who come visited the prayer space, giving us the opportunity to have deeper conversations and build on relationships. Running prayer spaces helps further our regular work with the school, but also widens our impact, so that the subject of prayer becomes accessible to the whole school, even the staff, most of whom either came and looked at the space or took part themselves. It also builds on the trust that the school have in us, allowing us to introduce other experiences, such as the Gsus Live Trailer or touring schools' teams."



If you would like to know more about prayer spaces or explore materials further visit: [www.prayerspacesinschools.com](http://www.prayerspacesinschools.com) or contact [anna.walker@dioceseofnorwich.org](mailto:anna.walker@dioceseofnorwich.org) 01603 882374





# Easter Experience

By Anna Walker

**E**aster Experience is an interactive session aimed at children in the primary years which churches can offer to deliver in schools as a means of sharing the Easter story in a fun and interactive way.

Since they first used materials developed by the Diocese of Gloucester, Mid Norfolk Kidz Klub have gone on to revise and adapt the original resource for use in their local context. During the session, which usually lasts about two to three hours, the children initially gather for an 'assembly style' overview of the Easter story, which is presented through a mix of drama, film and fun audience participation.

Following this, smaller groups rotate around five volunteer-led workshops to explore different aspects of the story and engage in reflective activities, before everyone finally gathers to hear the good news of Jesus' resurrection and his offer of salvation for our sin.

Matt Beckett from Mid Norfolk Kidz Klub explained: "Easter Experience makes the Easter Story approachable and relevant to children. We want it to be inclusive for everybody. All children can join in the activities and if they want to make their workshop responses a prayer, they can do that for themselves. We give the children a chance to choose Jesus and pray that the story migrates from a head knowledge to a heart knowledge in each of the children we meet."

Keen to share their Easter Experience resource pack and practical experience of delivering it, Mid Norfolk Kidz Klub hosted

a training evening in January in association with the Diocese of Norwich Children, Youth and Families Team. Twenty people attended from across the Diocese.

Maryanne Richardson from Mid Norfolk Kidz Klub said of the training: "Easter Experience is such a great resource. We have taken it into over 17 schools and are passionate about sharing the knowledge and materials with others who would benefit from having it as a resource to take into their own local schools and churches."

Those who came went away buoyed up by the training, which gave them an insight into how to organise an Easter Experience and make approaches to their local schools; it also gave them an opportunity to experience the workshop activities for themselves.

At the end of the session, the Revd Paul Cubitt, Vicar of St Nicholas's, North Walsham said: "This year we are planning to use the Easter Experience materials with the Church of England school at

Worstead as a pilot and with our church children and others who we can invite on Good Friday. Then we see scope for expanding it in 2019."

Many others hoped to use the Easter Experience resource for themselves in the near future too, or look at adapting it for their own context.



Easter Experience packs are available for purchase at £15 from Mid Norfolk Kidz Klub, contact [kidzklub@folchurh.co.uk](mailto:kidzklub@folchurh.co.uk) for further information.

Ask about materials to help you facilitate the Experience from the Diocese of Norwich Resource Centre, by contacting [anna.walker@dioceseofnorwich.org](mailto:anna.walker@dioceseofnorwich.org) 01603 882374 for details.



Sun 25

Palm Sunday

**BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)**  
The Religious Society of Friends: Area Representative, David Saunders. For Christians of all denominations gathering for the ecumenical service at the Cathedral tonight to mark the start of Holy Week.  
Pray for the Episcopal Church in Jerusalem and the Middle East and the leadership of Archbishop Suheil Dawani.

Mon 26

Monday of Holy Week

**OLD CATTON** Clergy: Andrew Parsons. Old Catton CofE VC Junior School. Chaplain to those bereaved by suicide, Christopher Wood, and all those bereaved in this way.  
Diocese of Bukavu (Congo): Bishop Sylvestre Bahati.

Tue 27

Tuesday of Holy Week

**SPROWSTON** Clergy: Simon Stokes, Dean Akrill, Philip Harvey, Melanie Hider. Readers: Andrew Dickie, Penny Rennie, Stephanie Grand, Andrew Hudson. All Healthcare Chaplains across our Diocese.  
Diocese of Bukedi (Uganda): Bishop Samuel Egesa.

Wed 28

Wednesday of Holy Week

**ST MARY MAGDALENE, NORWICH** Clergy: Marc Palmer, Joan Spencer. All who support those with mental health issues and 'Recovery Friendly Church', based at St Matthew's Thorpe Hamlet in Norwich, which helps churches think through ways of working around mental health and well-being.  
Diocese of Bukuru (Jos, Nigeria): Bishop Jwan Zhumbes.

Thu 29

Mundy Thursday

**TAVERHAM WITH RINGLAND** Clergy: Paul Seabrook, Phil Charlesworth. Lay Worker: Rachel Seabrook. Reader: Jane Dryden. Taverham CofE VC Junior School.  
All celebrations and vigils taking place today. Those who will gather from across the Diocese for the Chrism Eucharist at the Cathedral.  
Diocese of Bunbury (Western Australia): Bishop Alan Ewing.

Fri 30

Good Friday

**DEANERY OF NORWICH SOUTH** Rural Dean: Ian Dyble. Lay Chair: John Glauert.  
All ecumenical acts of witness taking place across our diocese today.  
Diocese of Bungoma (Kenya): Bishop George Mechumo.

Sat 31

Easter Eve

**BOWTHORPE, NORWICH** Clergy: Mark Elvin. Cloverhill CofE VA Infant School & Nursery (Bowthorpe), St Michael's CofE VA Junior School (Bowthorpe)  
All those being baptised and confirmed at the Cathedral tonight.  
Diocese of Bunyoro-Kitara (Uganda): Bishop Samuel Kahuma. Diocese of Busoga (Uganda): Bishop Paul Moses Samson Naimanhye.

**Editor:** The Revd Susanna Gunner, Bishop's Chaplain - 01603 614172, [bishops.chaplain@dioceseofnorwich.org](mailto:bishops.chaplain@dioceseofnorwich.org)

# Prayer Calendar

## March 2018

Thu 1

St David

**LAKENHAM GROUP (ST JOHN & TUCKSWOOD), NORWICH** Clergy: Paul Rider, Rosemary Rayner, Kate Belcher.  
For those training to be Readers and Charles Read, Director of Reader Training.  
Diocese of Belize (West Indies): Bishop Philip Wright.

Fri 2

**NORWICH CATHEDRAL** Clergy: Dean Jane Hedges and Canons Peter Doll, Aidan Platten, Andy Bryant and Keith James. Readers: Pamela Garrett, Frances Gothard and Frank Paice.  
For all those across the globe taking part in today's Women's World Day of Prayer.  
Diocese of Bendigo (Victoria, Australia): Bishop Matt Brain.

Sat 3

Pray God's blessing upon all those parishes/benefices who are running Lent courses, organising Lent Lunches and supporting the Bishop's Lent Appeal 2018 – that this may be a time of growth for all, a time of deepening faith and community across our diocese.  
The Bishop's Day for Readers in the Cathedral today.  
Diocese of Benin (Nigeria): Bishop Peter Imasuen.

Sun 4

Lent 3

**BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)**  
Pray that our Mission Strategy 2021 may be an effective tool as we seek renewal and fresh inspiration for proclaiming the good news across this diocese. Pray too for those being installed as Honorary Canons at the Cathedral this afternoon: Paul Cubitt, Eleanor Langan and Adrian Ling.  
Pray for the Anglican Church of the Congo and the leadership of Archbishop Zacharie Masimango Katanda.

Mon 5

**ST ANDREW, NORWICH** Clergy: Martin Young, William Warren.  
Our Archdeacons: John Ashe, Steven Betts and Karen Hutchinson.  
Diocese of Bethlehem (Episcopal Church of USA): Bishop Sean Rowe.

Tue 6

ST GILES, NORWICH Clergy: Darren Thornton.

Our five Reader Sub-Wardens and their work of supporting our Readers.  
Diocese of Bhopal (North India): Bishop Robert Ali.

Wed 7

**ST HELEN, NORWICH** Clergy: Barry Oake.

The Bishop's Officer for Ordinands and Initial Training, David Foster, and his assistant, Margaret Mallett.  
Diocese of Bida (Abuja, Nigeria): Bishop Jonah Kolo.

**Thu 8** **ST PETER MANCROFT, NORWICH** Clergy: Ian Bentley, Fiona Haworth, Graham Kirk-Spriggs. Reader: Gill Persicke.

On this International Women's Day, pray for gender justice and an end to the unequal distributions of power which lie at the heart of poverty.  
Diocese of Birmingham: Bishops David Urquhart and Anne Hollinghurst. Diocese of Blackburn: Bishops Julian Henderson, Philip North and Geoffrey Pearson.

**Fri 9** **ST STEPHEN, NORWICH** Clergy: Madeline Light, Matthew Hutton, Alex Irving. Readers: Peter Carroll, Anne Murphy.

For all training on the Eastern Region Ministry Course and Principal, Alex Jensen. Diocese of Bo (Sierra Leone, West Africa): Bishop Emmanuel Tucker.

**Sat 10** **ST MATTHEW THORPE HAMLET, NORWICH** Clergy: Patrick Jordan, Reader: Irene Beckett.

Ordinands from our diocese who are training at residential colleges.  
Diocese of Boga (Congo): Bishop Mugenyi William Bahemuka.

**Sun 11** **BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)**  
In our link diocese of Luleå (Sweden), pray for the Deanery of Luleå and its Rural Dean, Hans Johansson.  
Mothering Sunday  
Pray for the Church of England and the leadership of Archbishop Justin.

**Mon 12** **THORPE ST ANDREW, NORWICH** Clergy: James Stewart.

The ministry of our retired clergy and Readers. All those from our diocese on pilgrimage to the Holy Land this week.  
Diocese of Bolivia (South America): Raphael Samuel.

**Tue 13** **ST JOHN TIMBERHILL, NORWICH** Clergy: Christopher Wood.

The Bishop's Officer for Continuing Ministerial Development, Keith James, and his assistant Lesley Loftis.  
Diocese of Bondo (Kenya): Bishop Johannes Angela.

**Wed 14** **ST GEORGE TOMBLAND, NORWICH** Clergy: John Minns. Reader: Kevin Mitchelson.

For vergers in our Cathedral and parish churches and for the Norwich and Area Branch of the Guild of Vergers.  
Diocese of Bor (Upper Nile, South Sudan): Bishop Ruben Akuridid Ngong.

**Thu 15** **TROWSE, NORWICH** Clergy: Janice Scott, Rosemary Braby.

For all church musicians - organists, choirs, music groups, worship bands.  
Diocese of Botswana (Central Africa): Bishop Melhayothe Rawlings Belemi.

**Fri 16** **DEANERY OF NORWICH NORTH** Rural Dean: Simon Stokes. Lay Chair: Stella Noons.

The Diocesan Liturgical Committee chaired by Charles Read.  
Diocese of Brandon (Rupert's Land, Canada): Bishop William Cliff.

**Sat 17** **DRAYTON** The Churchwardens and PCC during the vacancy. Drayton CofE VC Junior School.

Diocesan Synod meeting today.  
Diocese of Brasilia (Brazil): Bishop Mauricio Jose Araujo De Andrade.

**Sun 18** **BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)**  
The Salvation Army: Commanders of the Anglia Division, Derek and Susan Jones. For all being confirmed at St Matthew's, Thorpe Hamlet (Norwich) today.  
Passion Sunday  
Pray for the Anglican Church in Hong Kong and Macao and for Archbishop Paul Kwong.

**Mon 19** **HELLESDON** Clergy: Louise Alder. Reader: Coryn Stanforth.  
St Joseph  
Our Mission Enabling Team: Heather Cracknell, Tim Yau, Deb Cousins and Simon Fenn.  
Diocese of Brechin (Scotland): Bishop Nigel Peyton.

**Tue 20** **HORSFORD, FELTHORPE AND HEVINGHAM** Clergy: Margaret McPhee, Garry Goodman. Readers: Derek Muspratt, Richard McPhee. Horsford CofE VA Primary School.  
St Cuthbert  
Norfolk and Waveney Churches Together and all Local Ecumenical Partnerships.

Diocese of Brisbane (Australia): Archbishop Philip Aspinall and Bishops Ian Lambert, Jonathan Holland, John Roundhill and Cameron Venables.

**Wed 21** **HORSHAM ST FAITH**: Crostwick, Horsham St Faith, Spixworth. The PCC and Churchwardens during the vacancy. Reader: Jo Mash. St Faiths CofE VC Primary School (Horsham)

The County Ecumenical Officer, Catherine Howe, and all the Denominational Ecumenical Officers of Norfolk and Waveney Churches Together.  
Diocese of Bristol: Bishops Michael Hill and Lee Rayfield.

**Thu 22** **MILE CROSS, NORWICH** Clergy: Martin Hartley, Ruth Lambert. Reader: William Jacobs.

Social, Community and Environmental Concerns Co-ordinator, Chris Copsey.  
Diocese of British Columbia (Canada): Bishop Logan McMenamie.

**Fri 23** **NEW CATTON CHRIST CHURCH, NORWICH** Clergy: Laura Baker.  
Bishop's Safeguarding Adviser, Sue Brice, Assistant Adviser, Sian Griffiths, and all who work to safeguard children and vulnerable adults.  
Diocese of Buhiga (Burundi): Bishop Evariste Nijimbere.

**Sat 24** **NEW CATTON ST LUKE, NORWICH** Clergy: David Austin. Lay Worker: Carrie Sant.

The ministry of our Industrial and Workplace Chaplains.  
Diocese of Bujumbura (Burundi): Bishop Eraste Bigirimana.



# Prayer Calendar

## April 2018



<b>Mon 23</b> St George	<b>TRUNCH GROUP:</b> Gimingham, Knapton, Mundesley, Paston, Trunch with Bradfield and Swafeld. Clergy: Andrew Jones. Readers: Rita Burgess, Susan Ling, Jean Rowe, Peter Clough, Harry Hicks, Andrea Lee, Jenny Lodge. Diocesan Chancellor, Ruth Arlow, and Deputy Chancellor, John Morgans. Dioceses of Central Florida and Central Gulf Coast (Episcopal Church of USA): Bishops Gregory Brewer and Russell Kendrick.
<b>Tue 24</b>	<b>DEANERY OF SPARHAM</b> Rural Dean: Andrew Beane. Lay Chair: Sue Page Diocesan Registrar, Stuart Jones and Registry Clerk, Louise Farrow. Diocese of Central Newfoundland (Canada): Bishop John Watton.
<b>Wed 25</b> St Mark	For all involved in pastoral reorganisation, that transitions may be smooth and newly-formed benefices thrive. The ministry of the Bishop's Deliverance Team. Diocese of Central Philippines: Bishop Dixie Copanut Taclobao.
<b>Thu 26</b>	<b>REEPHAM &amp; WENSUM VALLEY TEAM MINISTRY:</b> Alderford with Attlebridge, Bylaugh, Elsing, Great with Little Witchingham, Lyng, Reepham and Kerdiston with Whitwell, Salle, Sparham, Swannington, Thurning, Weston Longville w Morton-on-the-Hill, Wood Dalling. Clergy: Keith Rengert, Helen Rengert. Reader: Sue Page. Great Witchingham CofE Primary Academy, Lyng CofE VC Primary School. The ministry of our Authorised Worship Assistants. Diocese of Central New York (USA): Bishop DeDe Duncan-Probe.
<b>Fri 27</b>	<b>THE HEART OF NORFOLK TEAM MINISTRY:</b> Bawdeswell, Billingford, Bintree, Foulsham, Foxley, Guestwick, Guist, North Elmham, Stibbard, Themelthorpe, Twyford, Wood Norton, Worthing. Clergy: Sally Kimmis, Christopher Davies. Reader: Norman Johnson. North Elmham CofE VC and Stibbard All Saints CofE VA Primary Schools. Diocese of Central Solomons (Melanesia): Bishop Ben Seka.
<b>Sat 28</b>	<b>DEANERY OF ST BENET AT WAXHAM &amp; TUNSTEAD</b> Rural Dean: Simon Lawrence. Lay Chair: Sonia Coupe. The response of our churches to the needs of the environment. Diocese of Central Tanganyika (Tanzania): Bishop Dickson Chilongani.
<b>Sun 29</b> Fifth Sunday of Easter	<b>BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)</b> The Baptist Church: Regional Minister, Beth Powney. Pray for the Episcopal Church in Jerusalem and the Middle East and the leadership of Archbishop Suheil Dawani.
<b>Mon 30</b>	<b>COASTAL GROUP OF PARISHES:</b> Bacton, Happisburgh, Hempstead with Lessingham and Eccles, Ridlington, Sea Palling with Waxham, Walcott, Witton. Clergy: Catherine Dobson. Readers: Pam Millsted, John Prince. Happisburgh CofE VA Primary School. Dioceses of Central Zambia and Central Zimbabwe (Central Africa): Bishops Derek Kamukwamba and Ishmael Mukuwanda.

<b>Sun 1</b> Easter Day	<b>BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)</b> Pray that our Mission Strategy 2021 may be an effective tool as we seek renewal and fresh inspiration for proclaiming the good news across this diocese. Pray for Christians of all denominations worldwide celebrating the risen Christ.
<b>Mon 2</b>	<b>COSTESSEY</b> Clergy: Nicholas Parry. Reader: Derek Hilton. Archdeacons Steven Betts and Karen Hutchinson, and John Ashe as he prepares for retirement. Diocese of Butare (Rwanda): Bishop Nathan Gasatura.
<b>Tue 3</b>	<b>EARLHAM</b> Clergy: Andy Woodman and Vicar Designate, Di Rowlandson, as she prepares to take up her new role. Lay Worker: Danny Doran-Smith. The Chaplain for DeafBlind People, Heather Wright. Diocese of Butere (Kenya): Bishop Timothy Wambunya.
<b>Wed 4</b>	<b>CHRIST CHURCH, EATON (NORWICH)</b> Clergy: Patrick Richmond. Readers: John Harrison, Bridget Archer, Alistair Bolt. The ministry of our Police Chaplains. Diocese of Buye (Burundi): Bishop Sixbert Macumi.
<b>Thu 5</b>	<b>ST ANDREW'S EATON (NORWICH)</b> Clergy: Phil Rodd. Readers: Neil Rout, Andrea Woods. For all Prison Chaplains across our region and the prison communities they serve. Diocese of Byumba (Rwanda): Bishop Emmanuel Ngendahayo.
<b>Fri 6</b>	<b>HOLY TRINITY HEIGHAM (NORWICH)</b> Clergy: Richard James. Readers: Elizabeth Scott, Jonathan Mason, Nigel Parfitt. Diocesan Urban Officer and Church Urban Fund link, Peter Howard. Diocese of Calabar (Niger Delta, Nigeria): Bishop Tunde Adeleye.
<b>Sat 7</b>	<b>THE MITRE:</b> St Alban Lakenham, St Barnabas Heigham w St Bartholomew, St Thomas Heigham. Clergy: Ian Dyble, Edward Land, David Lloyd, Joanna Payne, Andy Woodman. The Diocesan Director of Marketing and Communications, Gordon Darley, and his assistant Barbara Kirk. Diocese of Calcutta (North India): Bishop Ashoke Biswas.

**Sun 8** **BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)**  
In our link diocese of Luleå (Sweden), pray for Luleå Cathedral, Dean Charlotte Rehman and Chaplain Anna-Stina Svedberg.

Second Sunday of Easter  
Pray for The Church of the Province of the Indian Ocean and Archbishop James Wong Yin Song.

**Mon 9** **DEANERY OF REDENHALL** Rural Dean: Nigel Tufnell. Lay Chair: Frank Allen.  
The ministry of our retired clergy and Readers.

The Annunciation of our Lord (trans)  
Diocese of Caledonia (British Columbia & the Yukon, Canada): Bishop David Lehmann. Diocese of Calgary (Rupert's Land, Canada): Archbishop Gregory Kerr-Wilson.

**Tue 10** **DICKLEBURGH AND THE PULHAMS**: Dickleburgh, Pulham Market, Pulham St Mary, Rushall, Starston, Thelveton. Clergy: John Adlam, Paul Schwieler. Readers: Margaret Adlam, Gale Hodgkinson. Dickleburgh CoFe VC Primary School, Pulham CoFe VC Primary School.

All Christians working in the media. Bishop's Press and Media Officer, Katherine Limbach.  
Diocese of California (Episcopal Church of USA) : Bishop Marc Andrus.

**Wed 11** **DISS TEAM MINISTRY**: Bressingham, Diss, Fersfield, North Lopham, Roydon, South Lopham. Clergy: Tony Billelt, Maggie Swayze, Wendy Evans. Readers: Richard Hewitt, David Summers, Sue Drake, Angela Gardner, Jayne Hinds. Diss CoFe VC Junior School, St Andrew's CoFe VA Primary School (Lopham).  
The editor of 'The Magazine', Barbara Bryant, and the ministry of parish magazine editors and webmasters.  
Diocese of Cameroon (West Africa): Bishop Dibo Elango.

**Thu 12** **EARSHAM GROUP (DITCHINGHAM)**: Alburgh, Broome, Denton, Ditchingham, Earsham, Hedenham. Clergy: Chris Hutton, Sue Cramp, Reg Kirkpatrick. Readers: Diana Smith, Phil Edwards, Christine Edwards, Christopher Whips. Alburgh-w-Denton CoFe VC Primary School, Ditchingham CoFe Primary Academy, Earsham CoFe VA Primary School.  
The Mothers' Union: Diocesan President, Marguerite Phillips, and Chaplain, Simon Lawrence.  
Diocese of Canberra & Goulburn (New South Wales, Australia): Bishops Stuart Robinson, Stephen Pickard and Trevor Edwards.

**Fri 13** **REDENHALL WITH SCOLE**: Biltingford, Brockdish, Needham, Redenhall with Harleston and Wortwell, Scole, Thorpe Abbotts. Clergy: Nigel Tufnell, Sue Auckland, Timothy Rogers. Readers: Lynda Mansfield, John Taylor, Jamie Worthington. Archbishop Sancroft CoFe VA High School, Harleston CoFe VA and Scole CoFe VC Primary Schools.  
Burning Bush Barn and Wendy Shaw, nurturing spirituality through art.  
Diocese of Canterbury: Archbishop Justin Welby and Bishops Trevor Willmott, Jonathan Goodall, Rod Thomas and Norman Banks.

**Sat 14** **WINFARTHING**: Bursdon, Gissing, Shelfanger, Tivetshall, Winfarting. Clergy: David Mills. Readers: Bryan Fletcher, Alma Noble. All Saints CoFe VA Primary School (Winfarting).  
The Shrine of Our Lady of Walsingham and its ministry to visitors and pilgrims.  
Diocese of Cape Coast (Ghana, West Africa): Bishop Victor Atta-Baffoe.

**Sun 15** **BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)**  
The Roman Catholic Church, the Diocese of East Anglia and Bishop Alan Hopes.  
Easter 3  
The Church of Ireland and the leadership of Archbishop Richard Clarke.

**Mon 16** **DEANERY OF REPPS** Rural Dean: Christian Heycocks. Lay Chair: Mary Howard.  
The Society of St Luke (Sheringham) and Superior, Andrew Lane SSL.  
Diocese of Carlisle: Bishops James Newcome and Robert Freeman.

**Tue 17** **CROMER** Clergy: James Porter, Jennie Hodgkinson, Peter Herbert. Readers: John Graveling, Philip Norris, Evelyn Smith, Susan Wells, David Masters.  
The ministry of all District Scout Chaplains.  
Diocese of Cashel and Ossory (Ireland): Bishop Michael Burrows.

**Wed 18** **POPPYLAND**: Antingham, Northrepps, Overstrand, Sidesstrand, Southrepps, Thorpe Market, Trimmingham. Clergy: David Roper. Readers: Janet Payne, John Scott, Janet Balfour, Tim Bennett. The Belfry CoFe VA Primary School.  
Air Training Corps and Sea Cadet Chaplains in the Diocese.  
Diocese of Central Buganda (Uganda): Bishop Michael Lubowa.

**Thu 19** **QUINTET**: Aylmerton, Beeston Regis, Gresham, Ranton Clergy: David Head, Ruth Adamson. Readers: David Fletcher, Clive Mitchell.  
Today's meeting of Bishop's Staff. Diocesan Counsellor, Jane Keeton.  
Diocese of Cape Town (Southern Africa): Archbishop Thabo Makgoba and Bishop Garth Counsell.

**Fri 20** **ROUGHTON**: Bessingham, Felbrigg, Gunton w Hanworth, Metton, Roughton, Sustead. Clergy: Janet Frymann. Reader: Elizabeth Ranger. St Mary's (Endowed) CoFe VA Primary School, (Roughton).  
Bishops' and Archdeacons' PAs and secretaries: Coralie Nichols, Marie Kuczak, Anne Morrish, Brenna Wells, Graham Cossey, Ann Whittet, Alison Steward.  
Bishops' Chaplain, Susanna Gunner.  
Diocese of Central Busoga (Uganda): Bishop Patrick Wakula.

**Sat 21** **SHERINGHAM** Clergy: Christian Heycocks. Readers: Kate Bevis, Carol Pennington, Jane Randells, Julie Rubidge.  
All PCC Secretaries and Parish Administrators.

**Sun 22** **BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)**  
The Methodist Church: Chair of the District, Julian Pursehouse.  
Fourth Sunday of Easter  
Pray for the Anglican Communion in Japan and the leadership of Archbishop Nathaniel Makoto Uematsu.



# **Review**



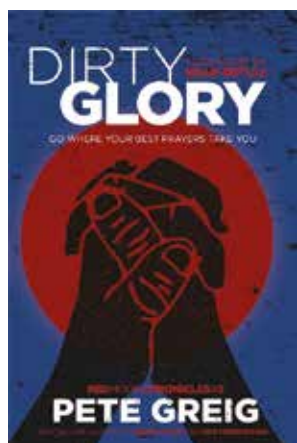
*A selection of books on the theme of prayer reviewed by Steve Foyster.*

## **Dirty Glory:**

Go where your best prayers take you

**Pete Greig (foreword by Bear Grylls)**

*Hodder and Stoughton (2016)*  
*£14.99 paperback*  
*Revelation price £13.00*



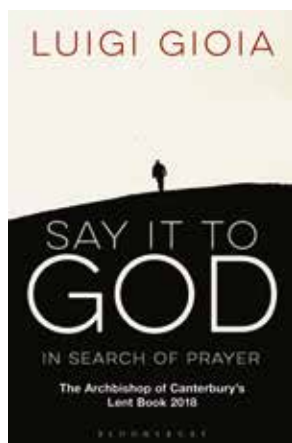
*Dirty Glory* follows on from the success of Pete Greig's previous book *Red Moon Rising*, which tells the story of the first five years of the 24-7 prayer movement. Greig describes stories of transformation, from a Mexican walled city of prostitution to the nightclubs of Ibiza, using such inspirational examples to invite all readers to experience the presence of God through prayer. The author takes us on an autobiographical adventure story spanning four continents, describing a truly exciting movement of the Holy Spirit. *Dirty Glory* should inspire those passionate about the possibilities for spiritual and social transformation, here and now.

## **Say it to God:**

In search of prayer  
*The Archbishop of Canterbury's Lent Book 2018*

**Luigi Gioia**

*Bloomsbury/Continuum Publishing (2017) £9.99*  
*Revelation price £9.00*



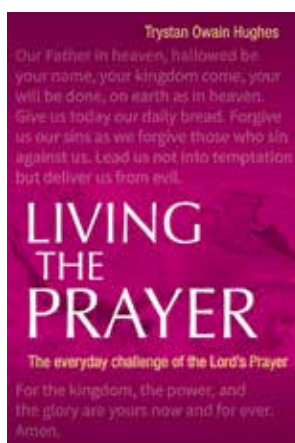
*Say it to God* provides a welcome encouragement to all those who want to freshen their practice of prayer. For the author, prayer is not about methods or techniques, but trusting that God is truly interested in everything that happens to us. Gioia leads the reader into simple theological aspects of prayer. By using scriptural quotations he shows how it relates to Christ, the Holy Spirit and the church and how even the most mundane of tasks can deepen our practice of everyday prayer. Chapters are kept intentionally brief to make the book suitable for daily Lenten reading. With a foreword by the Archbishop of Canterbury.

## **Living the Prayer:**

The everyday challenge of the Lord's Prayer

**Trystan Owain Hughes**

*Bible Reading Fellowship (2017) £7.99*  
*Revelation price £7.00*



*Living the Prayer* is a fresh perspective on the Lord's Prayer, rooted both biblically and within contemporary culture. The author explores how the prayer that Jesus Christ gave us can still radically challenge and transform our daily lives two thousand years on. The prayer's seventy words are viewed in a fresh and innovative way with possible courses of action. Trystan Oswain Hughes shows that this revolutionary prayer demands that we don't stay on our knees, but rather work towards making an upside world that reflects God's kingdom.

## **Quiet Moments**

**Tom Wright**

*Lion Hudson (2015) £5.99*  
*(hard back)*  
*Revelation price £5.50*



Tom Wright contemplates: "It is part of being truly human that we should create for ourselves oases of stillness in which we can be refreshed. If I don't keep still and shut up, I won't hear the music." *Quiet Moments* contains inspiring one and two sentence meditations, helping the reader explore the world around them and the presence of God. Sensitive written and illustrated, this is a book to bring calm to busy lives.



Find more books  
 on Revelation website:  
[www.revelation-norwich.co.uk](http://www.revelation-norwich.co.uk)  
 or call 01603 619731

# Pray

## in all circumstances

*A personal reflection on prayer from John Brownlee of Postwick.*

A friend gave me a plant for my back garden flower border. It had no label and I did not know its name. Over the years it spread its root system and it produced lovely bright green leaves, but no flowers. We are avid listeners to the Garden Party on Radio Norfolk, so my wife took a leaf from the plant to the Forum, with a request for identification. Alan Gray identified the plant as an *Acanthus* that would have Lupin-type flowers. I was doubtful, as I already had a different type of *Acanthus*, which flowered freely and produced darker green leaves.

The following day I went out into the garden, stood before the newly identified plant and told it, "You are an *Acanthus* and you should flower freely and regularly". Blow me down, three weeks later, the first of five flower spikes appeared. I spoke to the plant regularly after that! Was it then the spoken word that did the trick, or was there some divine intervention?

That experience reminded me of an adventure I had in 1958, when serving with the Overseas Audit Service in Tanganyika (now known as Tanzania after its amalgamation with Zanzibar). I was travelling in my trusty old standard Vanguard, from Iringa to Mbeya in Southern Highlands region, when I had a puncture in my rear tyre. This was the second puncture that day, as the first one had occurred half an hour earlier (those were the only punctures I had during that tour).

Having already used the only spare wheel and because I had no puncture repair outfit, I sat by the roadside and I delivered up a silent prayer, in the hope that help

would arrive. Although I had already travelled 150 miles that day, I had seen only a few other vehicles on the road. It was already getting dark and as there could be hyenas roaming around, I sat in the car and waited.

After about an hour I noticed a glimmer of light in the darkness in my rear view mirror, so I leapt out of the car and flashed an SOS in Morse code with my torch. The headlights drew to a halt beside me and I could see it was a large truck with a young African driver.

"Jambo Bwana do you need any help?" I told him my troubles, whereupon he drew from the cab behind him a large tool box. After about an hour I had both punctures repaired and put the spare wheel back in the cradle under the boot. Fortunately, the truck driver was going to Mbeya and I agreed to drive in front of him, so that if I had any other misfortune, he would be available to help.



I arrived in Mbeya about 9pm without further incident and rewarded the helpful driver accordingly. A few days later I was washing the car and I noticed there was no spare wheel in the cradle under the boot. It must have dropped out on the last lap of my journey, never to be seen again.

I now remain convinced that prayer is not just for a time of need, but it is forever.





# Cathedral prayer: the heartbeat of God's love

By Peter Doll

Each day at Norwich Cathedral begins in the same way. Shortly before seven o'clock, the verger unlocks the doors and people begin to filter into the church. In late autumn and winter, this takes place in almost complete darkness, with a bare minimum of light to enable people to navigate the space safely. Candles flicker here and there to guide the way; others shine in coloured lamps beside images of the saints, reminding us of their prayers for us.

Some make their ways to the different chapels for silent prayer and contemplation, or to light candles and write prayers for family, friends, the world, the sick and the departed. The chink of change falling into the candle boxes regularly punctuates the deep silence. A regular group, numbering up to a dozen, make their way to the choir to wait in silence. The bell strikes at 7.30; the lights come on and all rise to the same words that have opened prayer here for more than 900 years: *O Lord open our lips.*

So it is now, but also much as it has been all that time. Norwich Cathedral is saturated in prayer. In the time of the monastic community here (roughly 1096 to 1538), the monks offered the daily round of seven 'offices' (services) of prayer day and night as well as the Eucharist. The dissolution of the monastery and the Reformation somewhat curtailed this pattern but by no means brought it to an end.

In the Book of Common Prayer, it was Archbishop Cranmer's particular genius to condense the monastic offices into two: Morning and Evening Prayer, within which the Bible would be read right through over the year. This commitment to the daily office and the contemplative reading of Scripture is a hallmark of the Benedictine tradition and helps explain how Anglicanism has come to retain a profoundly Benedictine character.

Like the regular architectural rhythm of the Cathedral's arches and vaults, rhythm is key to the Cathedral's life of

prayer. After Morning Prayer, the Eucharist is offered each morning, and again at mid-day. Prayers are offered on the hour to enable visitors to stop and reflect and to take part in this ever-ongoing offering. And each day closes with evensong, at which our prayers are not only expressed through words but also reinforced through the music of choirs and organ as they have done here from the very beginning.

It is the regularity and predictability of this pattern, with the demand that we 'down tools' and leave what we are doing in order to pray, that enables people to immerse themselves in God's presence. In order to allow the inner life to flourish, we must make a commitment to resisting the constant demand to 'do' in order to

allow ourselves to 'be' in God's presence and to listen for his voice in our lives. Our commitment to be present allows us to be carried by one another and sustained by the ongoing prayers of this community, past, present and future. All are welcome to be embraced by this rhythm, the heartbeat of God's love.

**The Reverend Dr Peter Doll** is Canon Librarian of Norwich Cathedral, responsible for the ministry of learning, which includes the library and working with schools and community groups.

**NORWICH  
CATHEDRAL**

“It is the regularity of this pattern that enables people to immerse themselves in God's presence.”

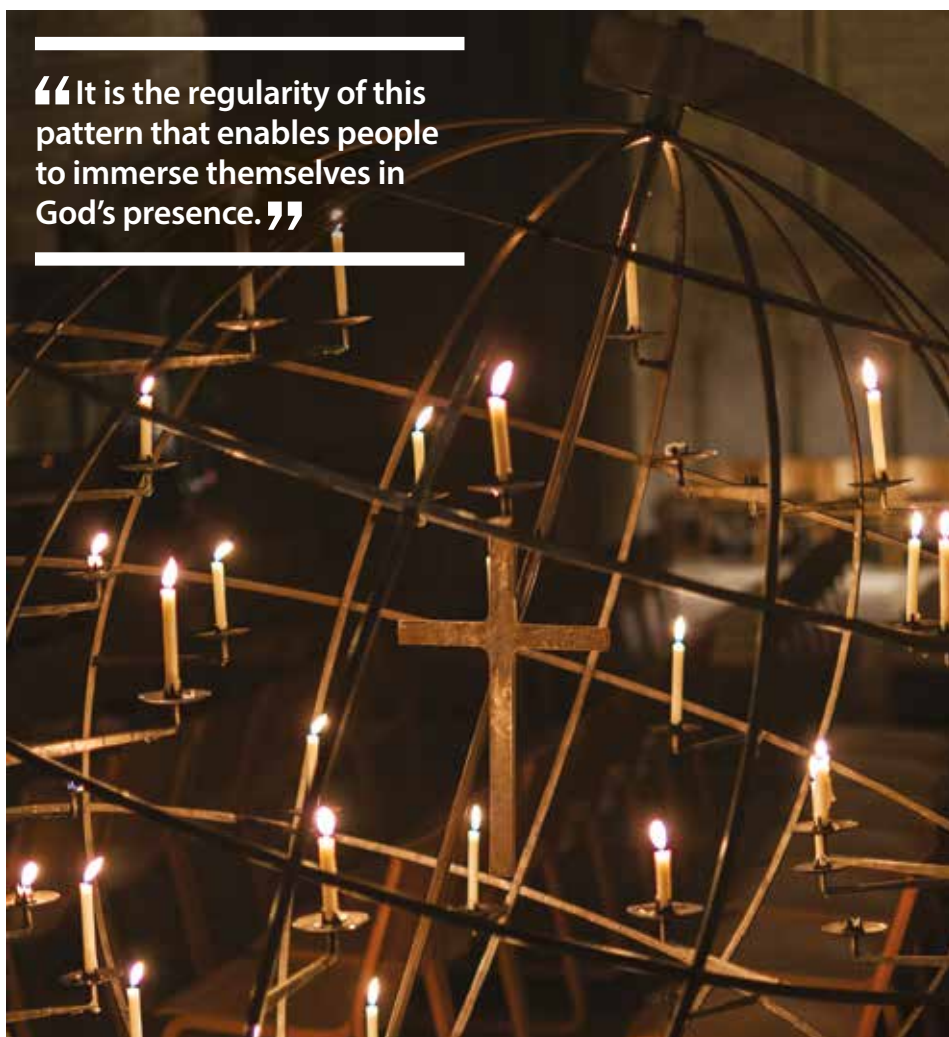


Photo: © Guy Wilkinson



# Soul friends for the journey

*In this Diocese, spiritual and pastoral care is at the centre of God's mission and ministry of love to people. It is a resource offered freely to anyone who would like the opportunity to explore their faith, and perhaps deepen their understanding of discipleship and their journey with God. Spiritual Director and Rector of Waterside Benefice Deborah Hamilton-Grey explains.*



**I**t is sometimes referred to as spiritual direction or faith accompaniment where the person offering the gift becomes a soul friend who journeys with someone listening to their story. It is often exploratory following the request from the directee to understand where they are at in their journey with God.

Often people come to me with questions, the bigger questions of life and faith. They may be at a place of change in their lives and a decision has to be made, or they may be experiencing a Gethsemane moment where there is a need to come to a place of acceptance about any given situation. Time to explore, encourage and support the person as they seek to understand what is going on for them – this is the gift that is offered.

To be able to offer this for another, one has to draw deeply from the well that is Christ. I begin my day in church with Morning Prayer from Common Worship, saying or singing praise to God in the form of the psalms and the Benedictus, clinging to the hem of his garment, petitioning God on behalf of the other. This enables the opportunity for spiritual refreshment, wisdom and discernment. The day ends with evening prayer, an opportunity to

bring every encounter before God whilst helping others to draw on the Office as another spiritual resource.

In a church fellowship, to say the Office is to spiritually draw close to God on behalf of and with the community, it is to become involved in discipleship, it is to be spiritually disciplined as a group in all weathers, and it takes no account of feelings. This sacrifice of praise is concerned with an offering of obedience to discipleship while offering a covering of prayer (Ephesians 6) for the local and wider community.

Prayer is at the centre of discipleship and relationship with God: "My house shall be a house of prayer for all nations" (Mark 11:17).

We, as the Body of Christ, are to pray in all seasons (Colossians 4:2), in difficulties and in joyful times, in distressing times and in everything else in between (James 5), following Christ's example (Hebrews 5).

To offer and to receive, to notice and observe, to encourage and to support, to offer the gift of love in all weathers, this is what it means to offer spiritual direction, it means that I want you to know how much you are loved and how precious you are in God's sight.



If you would like further information about spiritual direction in our diocese, contact Canon Andrew Bryant at the Cathedral, or by email: [canon.missionandpastoral@cathedral.org.uk](mailto:canon.missionandpastoral@cathedral.org.uk)



# Joined in prayer across the Diocese...

*By the Revd Susanna Gunner, Chaplain to the Bishop of Norwich*

**D**uring the time I've been responsible for putting it together, I have come to appreciate our Diocesan prayer calendar more and more. And wherever I go, it's clear that others appreciate it too. In churches large and small across our Diocese, it sits on prayer desks with all the other resources for leading services; it is pinned up in vestries and porches; parts of it are reproduced for pew sheets and local magazines. It is very well used! And that's before you go into private homes where you might find it leafed into Bibles on study desks and bedside tables...

Each day's entry guides us in prayer from the local to the global. It begins with one very particular Deanery or Benefice and the clergy and Readers who minister there. Any church schools in that place are also listed. Then the parameters shift a bit wider and we are asked to pray for particular people who contribute

to life across our whole Diocese – such as the Archdeacons, or those who are responsible for music in our churches. Finally, our horizons broaden again and our prayers are asked for the diocese listed that day in the worldwide Anglican Cycle of Prayer.



As you will see if you flick backwards from this article, the calendar forms the central pages of *The Magazine*. For those who find it difficult to get out and about, it is a lifeline of connectivity, an opportunity to be one with the praying church around them without being

physically present. For those constantly on the go, the wonderful on-line availability of the prayer calendar means that access is easy almost anywhere. So don't be surprised if you see a colleague finding the calendar on their tablet while waiting for a meeting to start, or the person sitting next to you on the bus reading it on their phone! Just go to **DofN.org/prayer** if you want to join them or even set up a daily feed to your Twitter or Facebook account.

And did you know that the Dean and Chapter of Norwich Cathedral invite people from each benefice to join them for Evensong on the day that they are listed? It can be very moving to experience your own community being held before God by others in this way – a further example of the calendar's capacity for encouraging a church which reaches out beyond itself in prayer and is thus knit together more strongly and lovingly.

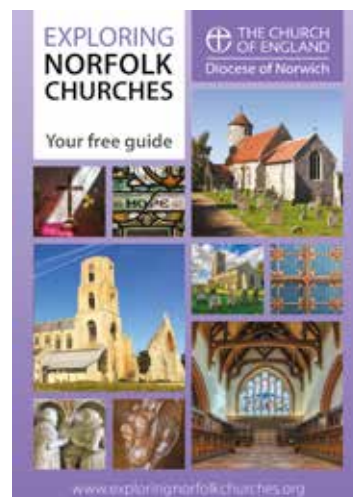
## New Exploring Norfolk Churches Booklet for 2018

Each year the Diocese of Norwich produces a free guide of churches in Norfolk and Waveney which are open during weekdays as well as on Sundays.

The booklet, which details nearly 600 churches, is available to pick up at Tourist Information Centres, museums, libraries and other places of interest across Norfolk and in parts of Suffolk.

The free booklet contains descriptions of the churches, plus photos, location information and website details.

The booklets, which are available now for free, are perfect for exploring Norfolk and Waveney over the Easter break. The booklet is available to view online, download or request by post at: **www.dioceseofnorwich.org/visiting/guides** or **01603 882351**





# News in brief

## Updates from across the Diocese

### 'Ringing out for Peace' & Battle's Over

Norwich Cathedral and 26 parish churches from the Diocese of Norwich have already pledged to be part of a unique series of events across the United Kingdom on Sunday 11 November, to mark the end of the First World War.

At daybreak outside Norwich Cathedral, a lone piper from the Norwich Pipe Band will play *Battle's O'er*, joining with others at the tomb of the Unknown Warrior at Westminster Abbey and in local communities around the UK.

If you wish to encourage a local piper to participate, please ask them to register a.s.a.p. by emailing [battlesoer@collegeofpiping.org](mailto:battlesoer@collegeofpiping.org) with the following information: Name of Piper, Address, County, Telephone and Email.

Following this, in remembrance of the end of the war and the millions who were killed or wounded, Beacons of Light will be lit around the country at 7pm. The beacons will symbolise the light of hope that emerged from the darkness of war. Those wishing to participate in lighting a WW1 Beacon of Light, please go to [www.brunopeek.co.uk](http://www.brunopeek.co.uk) for more information.

As beacons blaze around the country, bells in 1,000 churches and cathedrals will ring out in celebration of the end of the First World War. The ringing of bells is being organised in association with the Central Council of Church Bell Ringers, the representative body for groups who ring bells in the English tradition with rope and wheel.

**BATTLE'S**  
**O V E R**  
  
A NATION'S TRIBUTE  
11TH NOVEMBER 2018  
100 YEARS OF REMEMBRANCE

If your church would like to participate by ringing their bells at 7.05pm that evening, please complete the form found at [www.brunopeek.co.uk](http://www.brunopeek.co.uk) by **Tuesday 31 July**.

### Farewell Service for the Venerable John Ashe



The Bishop of Norwich, the Rt Revd Graham James, invites everyone to attend a farewell service for the Archdeacon of Lynn in Norwich Cathedral

on **Sunday 11 March at 3.30pm**.

Bishop Graham writes: "We shall be very sorry to say farewell to John Ashe on his retirement as Archdeacon of Lynn. He has served the Diocese and the parishes of his archdeaconry with distinction over the past eight years and I know he is held in very high affection. We wish John and Shelagh every happiness in their retirement home on the Devon/Cornwall border.

"Everyone is welcome to attend the service in Norwich Cathedral where we will be bidding farewell to John. Choral Evensong begins at 3.30pm and there will be a presentation to John and Shelagh alongside expressions of our gratitude. No tickets or reservations are required. There will be refreshments afterwards for everyone. I look forward to seeing as many of you as possible."

### Nominations for Norfolk Biodiversity Awards

The Norfolk Community Biodiversity Awards are organised annually by the Norfolk Biodiversity Partnership (NBP), a partnership working to co-ordinate and share initiatives to conserve biodiversity across Norfolk.

The 2018 Awards scheme has five award categories to recognise people's efforts in areas where nature needs a helping hand, and where nature helps us: Saving

Species, Groups, Young People's Achievement, Nature for Health and Wellbeing, and Churchyards and Cemeteries. "In judging the awards, we look for evidence of biodiversity enhancement, as well as the degree of community involvement, and project long-term sustainability."

Full details can be found at [www.norfolkbiodiversity.org](http://www.norfolkbiodiversity.org)  
Deadline for nominations: 30 April.







# Resources

General and seasonal resources and ideas to inform, inspire and enable.



## Quire music re-born

The Norfolk West Gallery Quire has been reformed with new members and new enthusiasm, and is dedicated to bringing back to life the music that was an integral part of worship in England for 150 years from about 1700 to 1850. Amateur quires, accompanied by the village band who had come across the street from the pub, sang hymns to local popular tunes. This was not to the Victorians' taste, who moved the quire to the Chancel, installed an organ and banned the band.

"Thus was West Gallery music lost. But now it is back and Britain's most easterly Quire is here!" enthuses the musical director, Tom Herman. "We are happy to join worship in any Norfolk church, singing in the west gallery or elsewhere as required. We rehearse in Holy Trinity Church Spooner Row, Wymondham, fortnightly on Wednesdays and all are welcome to join. We especially need a few more tenors!"

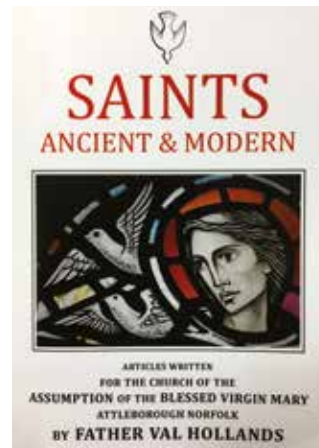
For further details, contact Tom on **07950 320461** or **musicaldirector@norfolkwestgalleryquire.org.uk**



## Saints Ancient & Modern

A new book with 40 "potted histories" of holy men and women, *Saints Ancient & Modern*, has been published by the PCC of St Mary's Church, Attleborough. The accounts have been compiled from a series of articles written by former retired priest Father Val Hollands for the monthly parish magazine. The Revd Matthew Jackson, current Rector, says:

"Scottish by birth, Fr Val Hollands is one of today's saints: a holy man, priest and friend to many here, before he began his second retirement in Yorkshire.



He keeps in touch by still contributing his "Saint of the month" to *The Link*. We're very grateful for his permission to reproduce this. All proceeds from sales will go to the work of St Mary's in Attleborough to ensure that the saints of today and tomorrow can continue the work begun here over a thousand years ago."

Copies are available £5 (£6.50 with p&p) from The Parish Administrator, St Mary's Church, Church Street, Attleborough NR17 2AH; **01953 454977**

## Open Welcome – Arthur Rank new resource

*Open Welcome* is a new resource from Germinate: The Arthur Rank Centre. It is designed to help rural churches consider how they might use their building to offer welcome and hospitality to those in their community, both residents and visitors.

According to a 2016 survey by the National Churches Trust (NCT), the majority of British adults (80 per cent) agree that churches, chapels and meeting houses are important for society as they provide a space in which community activities, as well as worship, can take place.

*Open Welcome* has been written to help parishes open their church buildings and welcome in those who might visit – even in a small community visitors and local residents may pop in if the building is open. The toolkit booklet



is designed to be used in a group and the Conversation Starters are an opportunity to think and discuss together the call to mission in both the Bible and the community in which you live and worship.

For information about printed copies of *Open Welcome*, please email **louised@germinate.net** or visit **www.germinate.net/open-welcome**

BRIGHT  MAP

## Promote your local church groups & activities

**Bright Map** is an online map where visitors can search for community groups and activities near to where they live, many run or supported by local churches.

Add your church's to the map for free at **www.brightmap.org/norfolk**



# New Church Army centres of mission

*As part of the Mission Strategy 2021, the Diocese has appointed two Church Army Evangelists to advocate, resource and build confidence in sharing our faith and discipling new Christians. Katherine Limbach found out more.*

**T**he two Evangelists, Captain James Hawksworth and Captain Trevor Clarke, are establishing what will become known as two Centres of Mission and will be supported by the Rural Dean of their area.

Based in Redenhall and King's Lynn, but hoping to work with churches across the Diocese, this is a new partnership between the Church Army and Diocese of Norwich.

James moved from Yorkshire to take on his new role in King's Lynn with his wife Laura and their two children Sam and Becky, along with their Golden Retriever Sandy. In Yorkshire James was an evangelist with the Bradford Centre of Mission, where he worked with young people from the local estates in a project called Sorted ([sortedcommunity.org.uk](http://sortedcommunity.org.uk)).

Speaking about his role, James said: "To me an evangelist is someone who provides a community service that enables people to discover the good news of Jesus Christ by offering a place that allows people to thrive in life.

"My firm belief is that Jesus is ushering in his kingdom values into our broken world and the evangelist is someone who shows a community how Jesus' values can bring transformative results, leading to a community that flourishes and grows together as a united people.

"My hope is that we build good solid relationships with all the local churches and different projects in the area and work together for the sake of the community."

**“My hope is that we build good solid relationships with all the local churches and different projects in the area and work together for the sake of the community.”**

Captain James Hawksworth







Harleston market place © Kirkleyjohn on Flickr



King's Lynn market stalls © Tudor Barlow on Flickr

Before coming to Norfolk, Trevor was part of the Greenwich Centre of Mission. He said: "Previously I served two areas in London, one very affluent and the other with extreme poverty. Although south-east London is urban and so different from rural life, the similarities are not that far apart, both urban and rural areas have affluence and poverty."

"Having been brought up in rural Warwickshire in a farming family, I have experienced the joys and difficulties that rural life can bring."

"My hopes and dreams with my new role are to help people who have little or no faith to enter into that world that lies beyond; we know that world is one where we can live in relationship with Jesus, both now and forever."

There are currently 10 Centres of Mission in England and each is unique to its location. The aim is to bring evangelists together to give the local community an opportunity to encounter Jesus and to disciple new Christians.

The Rural Dean of Lynn, the Revd Canon James Nash, said: "King's Lynn is a port town with a population of 50,000. New

housing being built here and more planned means that this figure will grow significantly in the near future. There is also an increasing level of ethnic diversity and a huge range in socio-economic status of the town: one of the poorest wards in the country almost borders one of the wealthiest.

"As with many places, there are low numbers of teenagers and 20-40 year olds in our congregations and the King's Lynn Centre of Mission is very likely going to emphasise working with young people of high school age and beyond. The reason for this emphasis is twofold.

**“My hopes and dreams with my new role are to help people who have little or no faith to enter into that world that lies beyond; we know that world is one where we can live in relationship with Jesus, both now and forever.”**

Captain Trevor Clarke

"Firstly, James' experience, gifting and passion leads him towards this area of mission and secondly, there is a real need to make connections with young people here. There are many young people who find themselves at a loose end with few places to go outside school or college. We have a real hope that we will be able to develop new ministry amongst teenagers and young adults in King's Lynn."

The Rural Dean of Redenhall, the Revd Canon Nigel Tuffnell, said: "Redenhall is the first rural Church of England Centre of Mission in England, so this really is at the forefront of pioneering mission work."

"We are fully aware that the previous models may not be fit for purpose. It's like Columbus setting off into the ocean, he has his boat and he knows how to sail but he doesn't know what he's going to find when he gets there."

I asked what we as a Diocese can do to help.

"Pray for us and the work here with excitement and know that Rural Mission is happening – particularly in Norfolk," said Nigel. "The Spirit is moving here and exciting things are happening. Commit to being our cheerleaders and to praying for this work – catch the vision. It would be so encouraging to know we have that core group of supporters."

If you would like to stay in touch, you can sign up to receive supporter prayer letters. To receive updates from Captain Trevor please email him at [trevor.clarke@dioceseofnorwich.org](mailto:trevor.clarke@dioceseofnorwich.org). To receive updates from Captain James please email [james.hawksworth@dioceseofnorwich.org](mailto:james.hawksworth@dioceseofnorwich.org)

To find out more about the Church Army and the Centres of Mission please visit [www.dioceseofnorwich.org/centresofmission](http://www.dioceseofnorwich.org/centresofmission)





# Saint Andrews Church

## Roman Hill, Lowestoft

*A regular feature focusing on a benefice or parish in the Diocese of Norwich, written by someone from that community.*

Saint Andrews is a church that is truly blessed. A major refurbishment, completed several years ago, has left the church family in an excellent position to reach out to the community of Roman Hill both to proclaim the gospel and to serve the needs of the community. Saint Andrews is a small church, but we have a big mission! At the heart of our mission is faithful witness and service, but the essence is to be pro-active in engaging with the local community and this has led to us being involved in a diverse range of activities.

### Welcoming children and families

Our work with children is a key area for us. The 'Parent and Tots' group was established nearly 40 years ago and for many this has been an entry point into the life of Saint Andrews. The church formed an 'Open The Book' team in 2011 and currently takes assemblies in two local schools which means we reach over 1,000 children with the truth about God and Jesus.

Diane Sharman has been part of our Open the Book work since it began at Saint Andrews. I asked Diane what is so important about this work: "We enable the children to engage with the Bible story and they get a moral message as well. The children hear it and see it; it uses their different learning styles, and they really enjoy being able to join in." Diane was keen to emphasise that Open the Book is a team effort, both with people who take the assemblies out to schools and also with talented people who do lots of work behind the scenes to provide costume resources and props. She also added: "The children love to speak to you about the Bible stories when we see them outside of school; it really gives them a grounding in the Bible and I would love more churches to be involved."

Four years ago we began Messy Church at Saint Andrews and 18 months ago we began working with Christian youth agency ENYP to provide a weekday after school club, called Defenders. We do not get huge numbers attending these activities but we have always taken the view that the interactions we have with children and their families are the important thing. It is very much quality over quantity and we would rather have a few families who stay and

grow and become disciples than dozens who will ebb and flow and not go on to make a decision for Christ.

### Welcoming people in

Going out to the community is one aspect of our work, but through other activities the community is invited to come to us. Since the refurbishment, the church has been able to let rooms to local groups at very economical rates and this means that groups such as Cocaine Anonymous, Overeaters Anonymous and a support group for children with Autism can viably meet here and the importance is that these support services are available to people in their own community.

Over a year ago we began a breakfast café with the intention of supporting people from the area who struggle with food poverty. David Phillips has been part of the team since the café began and I asked him what the impact has been: "The café has given us contact with people on the fringe of the church and some people who are on the fringe of society. A wide range of people attend and it gives us an opportunity to help people and meet people we wouldn't otherwise meet."





Certainly the café has been a meeting point that has enabled us to help several people who have had difficulty with Universal Credit and we keep emergency food parcels on hand for those we encounter who are in urgent need.

**“The children love to speak to you about the Bible stories when we see them outside of school; it really gives them a grounding in the Bible and I would love more churches to be involved.”**



David added: “For those who come there is friendship, fellowship and nourishment and they see the human face of the church. It is a way of keeping in contact with people and gives us a chance to talk with them and listen to them.”

## Creative community

One aspect of outreach that is also great fun is what we call ‘Community Art’. About four times a year we invite the community to come and create a new piece of artwork that is then displayed in the church. Each piece of art has a biblical theme and includes a Bible text. This activity is made possible by some very talented artistically-minded people and is open to people of all ages and all abilities.

## Persistent in prayer

But of all the things that we do at Saint Andrews, the most significant is prayer. For many years the church has had a monthly prayer meeting held in the homes of members of the church family. We believe that being faithful in prayer is the foundation of all other aspects of the life of the church.

However, the members of the church family are also very diligent in their own personal prayer lives. Like many church families, there are members who are more mature in years and who cannot do all of the physical things they once did but they all know that their prayer support of everything that goes on and of each member of the church family is vital.

## Adapting to change

Looking to the future we have some significant issues to face. Social conditions in the parish mean that many families are struggling and we often see poverty but more alarmingly we are encountering considerable in-work poverty. In the near future the Lowestoft Third Crossing is to be built on the edge of the parish and that is going to change the physical dynamic of the area, but gives the prospect of increased business and industry in the town.

Whatever the impact of these factors, we know that the importance for us is to help people find God in their day to day lives and to understand that even if they never find a solution to the issues that they face, God is with them and loves them.



# Sowing seeds and branching out: Repton 200 Season

By the Revd Canon Andrew Beane,  
Aylsham & District Team Ministry

In 1814 Humphry Repton was so famous that novelist Jane Austen gave him a cameo appearance in 'Mansfield Park'; 200 years later the gardening guru Alan Titchmarsh held him in such high regard that he commissioned a statue of Repton for his private garden. This 'A' list 19th-century celebrity landscape gardener is buried in a magnificent grave in the east end of Aylsham Parish Church. 2018 is the bicentenary of his death and this gave us a wonderful opportunity to think outside the box when it came to how we might commemorate such an interesting historical figure.

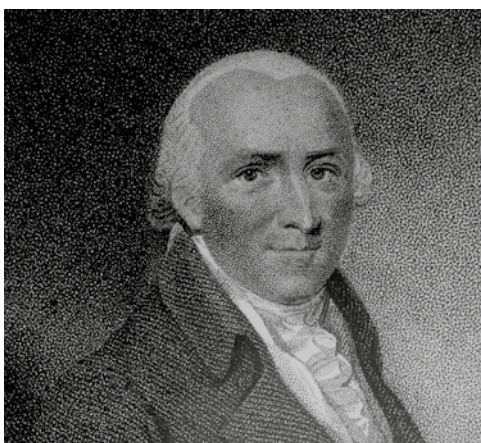
Our churches and churchyards are of course amazing places to explore; they are tourist attractions and places of reflection and peace. They also offer us opportunities for mission; reaching out to people in creative ways and encouraging them to 'come and see'.

## Repton

Humphry Repton (1752–1818) coined the phrase 'Landscape Gardener'. He was born across the border in Suffolk and tried his hand as a journalist, dramatist, artist, political agent and private secretary to the Lord Lieutenant of Ireland. However, nothing seemed to work out for Repton until he turned his hand to garden design. He was an overnight success and, combining his artistic skills, design, project management, business insight and network of contacts, he became the most sought-after designer in the country.

He designed hundreds of gardens and country estates all over the UK. In Norfolk the best-known are Sheringham Park and Catton Park. Further afield, Repton designed Russell Square in London, Woburn Abbey, and Endsleigh in Devon.

In 1811 he was seriously injured in a carriage accident that left him permanently disabled, but that did not stop this



prolific designer. He died in 1818 and left instruction in his will that he should be buried at Aylsham surrounded by roses which to this day continue to grow.

## Creative planting

Our link with Repton gave us an opportunity to be creative and work collaboratively (something at the very heart of all we do at Aylsham). However, many of the principles we followed would work in any of our churches:

- **Always be on the lookout for opportunities to be creative.** Look for special commemorative years; connections with national events; local stories; and most importantly, once you have an idea start planning early. We have had over a year to plan our Repton events.
- **Work with local partners.** Broadland District Council have been amazingly supportive through their Tourism Officer and their Community Grants programme. Don't forget to build links with local community groups and local business.
- **Social media.** At Aylsham we have found that social media – Facebook and Twitter – can be incredibly helpful in promoting events, building networks and finding partners. Our reach on social media is ten times the size of our local community!
- **Always think about reaching out to people outside the church community.** Ask yourselves, how can we work to bring different parts of the community together? How can you give existing events, services or activities a twist to fit your theme? For example, our after-school club and toddler group are both having special gardening activities during the Repton 200 Season.
- **Special events are always mission opportunities.** Don't forget to signpost people to Sunday or weekday Church. Look for ways to offer creative prayer. Keep contact details to invite to future events, gain feedback or just to say thanks for support.



## Events

From exhibitions to concerts; from cycle trails to foraging; from competitions to children's activities, the Repton 200 Season includes around 50 events across a number of different Repton-connected venues. Here are just a few which are taking place in and around Aylsham Parish Church.

**Repton Workshop**, Sat 24 March at Aylsham Parish Church – A day with Dr Tom Williamson from UEA exploring Repton's life & work – booking essential.

**Repton Festival Evensong**, Sun 22 April, 4pm at Aylsham Parish Church – with The Revd Dr Peter Doll from Norwich Cathedral.

**Foraging Workshop**, Sun 29 April with Wildcraft Brewery – booking essential.

**Gardeners Delight Concert**, Sat 12 May, 7.30pm at Aylsham Parish Church – a concert celebrating horticulture with music and poetry in aid of Christian Aid – £5 tickets available on the door.

**The Gospel of Wildflowers**, Wed 16 May, 7.30pm at Aylsham Parish Church – with Bishop Tony Footitt.

**Memorial Lecture**, Sat 19 May with Prof Stephen Daniel, world-leading Repton expert.

**Eco Warriors Children's Activity Day**, Tues 29 May, 10am at Aylsham Parish Church.

**Gardeners Market**, Sat 2 June, Aylsham Market Place.

**Heydon Open Gardens**, Sun 17 June in the beautiful village of Heydon.



Find out more at  
[www.humphryrepton.org.uk](http://www.humphryrepton.org.uk)  
or follow the Hashtag #Repton200

# Staging the Horstead Passion

By Simon Court

Preparations are well under way for the Horstead Passion, an interpretation of the ministry of Jesus and the events leading up to his crucifixion. A group of volunteers including local schools, theatre, church and community groups will perform the play in the grounds of The Horstead Centre, the Diocese of Norwich's residential activity centre.

This new production is from the pen of Kandi Kammoun, a Lay Minister in the Aylsham and District Team. "Producing an outdoor community passion play is quite challenging but we have felt God moving at various levels to bring together our team and all the elements necessary for this unique event" said Kandi. Staging a Passion Play also fulfils an ambition of Horstead Centre Manager Josie Barnett and has provided some unexpected opportunities. The climbing tower has a central role in the play and Gabriel, played by Bishop Jonathan, is relieved not to be making his entry on the zip wire!



The play starts in a spectacular recreation of the Garden of Eden with scenery painted by local artist Pat Tinsley. The church's mission to care for God's creation is reflected in the choice and sourcing of many recycled set materials supplied by Scrapbox, Norfolk's scrap store based in Reepham.

The performance begins at 2.30pm on Sunday 18 March. Being set outside in March, it might be chilly so the audience will need to bring warm clothing and a chair. Refreshments, including hot cross buns, will be available. Admission is free. The Facebook page @TheHorsteadPassion has booking details.

# Comings & Goings



## New vicar at Wells-next-the-Sea

The Revd Brenda Stewart, appointed Rector of the Benefice of Holkham, Wells-next-the-Sea, Warham and Wighton, was instituted by Bishop Graham at St. Nicholas Church, Wells-next-the-Sea on 10 January. We break new ground by her being the first female incumbent to hold this post, and indeed, the first in the deanery. Brenda was previously Rector of the Benefice of West Leightonstone in the Diocese of Ely.

Pictured above, L to R: The Revd Susanna Gunner, the Ven John Ashe, the Very Revd Jane Hedges, the Revd Brenda Stewart, Bishop of Norwich, the Revd Alan Elkins and Bridget Hawes.



## Papua New Guinea Link Anniversary Celebration

This year, the Diocese of Norwich's link with the Anglican Church in Papua New Guinea is 50 years old. Bishop Graham presided at a distinctive Rite in an anniversary Eucharist held in Norwich Cathedral on 28 January. Bishops from Papua New Guinea, past and present attended, along with other dignitaries. Refreshments, including coconut and banana cake served on banana leaves were enjoyed after the service.

## The following Priests and Readers have had their Permission to Officiate granted:

The Revd Patricia Susan Hollins, the Revd Canon Hilary Wakeman, the Revd Sandy Dutton, the Revd Richard Andrew Greany

## Our prayers for their future ministry go to:

- ◀ The Revd Diana Rowlandson appointed Vicar of the Earlham Benefice, Norwich.
- ◀ The Revd Paul Gill Rider appointed Priest-in-Charge of the Lakenham Group (St John and Tuckswood), Norwich.
- ◀ The Revd Dr Christina Mason appointed Priest-in-Charge of the Great Ellingham (Shellrock) Benefice.
- ◀ The Revd Laura Baker appointed Priest-in-Charge of Christ Church, New Catton (Norwich) and Deanery Missioner for Norwich North Deanery.
- ◀ The Revd Matthew Price appointed Curate-in-Charge of Gorleston, St Mary Magdalene.
- ◀ The Revd John Burgess appointed Interim Priest-in-Charge (part-time) of Holy Trinity, Hempton.
- ◀ The Ven David Hayden appointed Interim Priest-in-Charge of Oulton St Michael.
- ◀ The Revd Stephen Thorp appointed Rural Dean of the Breckland Deanery.
- ◀ The Revd Eleanor Langan, The Revd Adrian Ling and The Revd Paul Cubitt appointed Honorary Canons of Norwich Cathedral.
- ◀ Mrs Brenna Wells appointed Assistant Secretary and Safeguarding Administrator to the Bishop of Norwich.
- ◀ The Revd Reginald Kirkpatrick appointed Chaplain at All Hallows Hospital, Ditchingham.
- ◀ The Revd Janet Stewart appointed Chaplain to Kelling Hospital (Norfolk Community Health and Care NHS Trust).
- ◀ Ms Sue Smith appointed Reader Sub-Warden: Norfolk East.
- ◀ The Venerable John Ashe retiring on 02/04/2018 as Archdeacon of Lynn.
- ◀ Mr Tony Tibbenham retired on 31/12/2017 as Maintenance Manager.
- ◀ The Revd Dr Paul Overend who left his current position on 31/01/2018 as Lay Development Officer.

## We are saddened to announce the deaths of:

- ◀ The Revd Jane Vavasor Durell on 15/01/18
- ◀ The Revd Allen Charles William Chamberlain on 15/01/18



# WHAT'S ON

CHILDREN, YOUTH & FAMILIES EVENTS  
are highlighted in red

LEARNING AND TRAINING OPPORTUNITIES  
are highlighted in green

*Highlights of events and learning opportunities across the Diocese*

*March – April 2018*

*For more head to [www.dioceseofnorwich.org/events](http://www.dioceseofnorwich.org/events) or follow us @DioceseNorwich*

## MARCH

### Science-Faith Lecture: God in the Science Lab

Monday 5 Mar

7.30pm-8.45pm

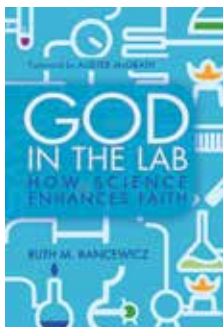
Address: Holy Trinity,  
110A Trinity Street  
NR2 2BJ

"God in the Science  
Lab: curiosity, awe and  
the meaning of life."

Dr Ruth Bancewicz, a  
research scientist from  
Cambridge, explores the positive interactions  
between science and faith.

Admission: Free with retiring collection.

Contact: Prof Nick Brewin, 07901 884114,  
sfnorfolk1@gmail.com



### Transitions and Discipleship

Thursday 8 Mar

6pm-9pm

Address: Diocesan House,  
109 Dereham Road NR9 5ES

An evening exploring the importance of  
transitions and helpful resources for continuing  
to disciple young people as they transition  
between primary and secondary education.

Admission: Free for individuals from CofE  
churches, church schools and Diocesan MAT  
academies. £10 for individuals from other  
churches, community schools and academies.  
Contact: Anna Walker, 01603 882374,  
anna.walker@dioceseofnorwich.org

### Singing at the Burning Bush Barn

Friday 9 & Friday 23 Mar

7pm-9pm

Address: Burning Bush Barn, Rectory Lane,  
Rockland St Mary NR14 7EY

Fun and friendly singing sessions – no need to  
book just come and join in! All sessions are led  
by Clare Pastorius who is experienced at leading  
groups of mixed ability – you don't need to be  
able to read music to join in.

Admission: Free

Contact: Katy, bbbarn@gmail.com



### Life Calling

Saturday 10 Mar

10am-3.30pm

Address: Aylsham Parish Church,  
Market Place NR3 2RJ

A day to discover what God is calling you to  
be and do as a faith-filled follower.

Admission: Free (lunch provided).

Contact: Liz Dawes, 01603 882335,  
liz.dawes@dioceseofnorwich.org

### March Market & lunchtime organ recital

Saturday 10 Mar

Market open 9.30am-2pm; lunch from  
12 noon, recital 1.15pm

Address: St Andrew's, Bridge Road,  
Station Road, Great Ryburgh NR21 0DZ  
Come along and explore the March Market  
in the peaceful surroundings of this unusual  
cruciform church, enjoy a hot lunch, followed  
by an organ recital.

Admission: Free

Contact: Anne Prentis, 01328 829413

### Quiz and Chips

Saturday 10 Mar

7.30pm

Address: Eaton Parish Hall,  
Colman Road NR4 7AW

The Christ Church Quiz and Chips event is  
back! Test your quizzing superpowers.

Admission: £10

Contact: Carrie 01603 455413 or  
Ruth 01603 504849



### Quiz Night

Saturday 10 Mar

7pm

Address: Woodton Village Hall, Woodton  
NR35 2LS

Fun quiz night raising money for All Saints'  
Church, Woodton.

Admission: £7.50pp.

Contact: Daphne Littleboy, 01508 494318,  
daphnelittleboy@hotmail.com

### Step Forward...

(and consider  
Ordained Ministry in  
the Church of England)

Saturday 17 Mar

11am-4pm

Address: Bishopthorpe  
Palace, York YO23 2GE

If you're 18-30, the  
Archbishop of York  
welcomes you to his  
front room to consider  
if God is calling you to ordained ministry.  
A great day with transport sorted all the way  
from Norwich!

Contact: Margaret Mallett, 01603 882359  
(event and transport booking), or for more  
information, Revd David Foster, 01603 882337,  
david.foster@dioceseofnorwich.org



### The Horstead Passion

Sunday 18 Mar

2.30pm-4.30pm

Address: The Horstead Centre, Rectory Road,  
Horstead NR12 7EP

Set in the grounds of the Horstead Centre,  
a story of friendship, love, betrayal,  
forgiveness, death and new life.

Admission: Free

Contact: Kandi Kammoun, 01603 279471,  
kandi.kammoun@yahoo.com

### Wedding Fair

Sunday 18 Mar

11am-3.30pm

Address: St Peter's, West end of The Street,  
Ringland, Norwich NR8 6JJ

Be inspired for your wedding. Ideas for your  
perfect day, all in the beautiful surroundings  
of St. Peter's Church.

Admission: Free

Contact: Paul Seabrook, 01603 868217,  
taverhamstedmunds@gmail.com



## Youth Mental Health First Aid Training

Monday 19 Mar - Tuesday 20 Mar

9.30am-4.30pm

Address: Diocesan House,  
109 Dereham Road NR9 5ES

An internationally recognised course delivered by YMCA for those who teach, work, live with or care for young people aged 11-18.

Admission: £100 per attendee. Lunch and refreshments provided both days.

Contact: Anna Walker, 01603 882374,  
anna.walker@dioceseofnorwich.org

## Come and Sing Stainer's Crucifixion

Sunday 25 Mar

Rehearsal 4pm; Performance 6.30pm

Address: Assumption of the Blessed Virgin Mary, Church Street, Attleborough NR17 2AH  
Come and sing The Crucifixion, one of the most popular of all English choral works, at the start of Holy Week – or come and listen!

Admission: Singers £5; free for congregation.

Contact: Ben Miller,  
music.attleboroughchurch@outlook.com

## APRIL

### Church and open garden

Sunday 1 Apr - Monday 2 Apr

11am-5pm

Address: Church Road, Wretham,  
Thetford IP24 1RJ

St Ethelbert church is open for teas, cakes and a used book stall, when the National Garden Scheme gardens at Wretham Lodge opposite are open.

Admission: £5 adults, children free for gardens.

Contact: John Kitson, 01953 498609,  
jrandeikson@greenbee.net

### Easter Sunrise Service

Sunday 1 Apr

6.30am

Address: St Andrew's, Bridge Road, Station Road, Great Ryburgh NR21 0DZ

Celebrate with us at the All Saints' Church ruins and see the sun rise over the Wensum Valley. Followed by breakfast at St. Andrew's, Great Ryburgh. All welcome!

Admission: Free

Contact: Anne Prentis, 01328 829413



## Big Day Out for 7-12 year-olds

Saturday 14 Apr

10am-5pm

Address: The Horstead Centre,  
Rectory Road, Horstead NR12 7E

The Big Day Out will provide an adventure experience for children aged 7-12 yrs. We hope the day will include children who may not be able to have other adventures during the Easter school break. Sponsored by Mothers' Union.

Admission: Free; booking essential.

Contact: Felicity Randall, 01328 862443,  
f.randall@talktalk.net or Mothers' Union Office,  
01603 882330, munorwich@googlemail.com



## NCCL: Biblical Studies 5. Archaeology and the Old Testament

Saturday 21 Apr

10am-12.30pm

Address: Norwich Cathedral,  
The Close, Norwich NR1 4DD

In the twentieth century there was a stalemate between American and German scholars about the relevance and importance of archaeological finds when studying the Bible.

Admission: £10 – see NCCL website for multiple event bookings discounts.

Contact: NCCL Admin Team, 01603 218443,  
NCCL@cathedral.org.uk

## An Evening of French Gems with the Framingham Earl Singers

Saturday 21 Apr

7.30pm

Address: The Central Baptist Church,  
Duke Street, Norwich, NR3 3AP

A musical evening of French Gems to include Charpentier's *Te Deum* and Faure's *Cantique de Jean Racine* plus other items.

Admission: £12, Under 16's free.

Contact: Sheila Spelman, 01603 663983

## Central Visitations



## MAY

### Baptism Matters

Wednesday 9 May

9.30am-4pm

Address: Norwich Cathedral,  
The Close, Norwich NR1 4DD

A conference for clergy, readers and all involved in baptism ministry led by the Revd Dr Sandra Millar.

Admission: Free

Contact: Lesley Lofts, 01603 882338,  
lesley.lofts@dioceseofnorwich.org

## Curates Training Day: Working with Children, Youth and Families in church

Thursday 10 May

10am-3.30pm

Address: Diocesan House,  
109 Dereham Road NR9 5ES

A day for curates setting the scene for the current landscape for working with young people in church and the community.

Admission: Free, lunch provided.

Contact: Anna Walker, 01603 882374,  
anna.walker@dioceseofnorwich.org



## Mental Health Awareness Training

Tuesday 15 May

7pm-9pm

Address: Diocesan House, 109 Dereham Road NR9 5ES

An introductory overview in mental health issues exploring how we can all take care in looking after our mental wellbeing as well as how to recognise and provide some basic help and support to those experiencing mental and emotional distress. Open to anyone working with young people.

Admission: No Charge for individuals from CofE Churches, church schools and Diocesan MAT Academies. £10 for individuals from other churches, community schools and academies.

Contact: Anna Walker, 01603 882374,  
anna.walker@dioceseofnorwich.org

Tuesday 15 May

Norwich Cathedral; 6.30pm

Tuesday 22 May

St Michael's Parish Church, Aylsham; 6.30pm

Thursday 14 Jun

King's Lynn Minster; 6.30pm

Tuesday 26 Jun

Norwich Cathedral; 6.30pm

Everyone is invited to this year's Central Visitations at which Churchwardens are sworn in. Clergy and Churchwardens are expected to attend but the invitation is open to all, especially PCC members.

Admission: Free





## COMMUNICATIONS TRAINING 2018

Throughout 2018 the Diocesan Marketing & Communications team are running a series of training events for parishes and benefices.

The sessions are running at Diocesan House in Easton, near Norwich, but the team are very happy to run them in your benefice or deanery; please contact Angela George on 01603 881724 or [angela.george@dioceseofnorwich.org](mailto:angela.george@dioceseofnorwich.org) for further information.

We also offer one-to-one training sessions, where one or two from a parish can book a date and time which suits you and we'll help you practically get started setting up a Facebook page or Twitter account, using 'A Church Near You', or design a church logo or branding.

### Promoting your church news & events Saturday 10 March, 9.30am - 12.30pm

What are the most effective forms of communication to promote your church news and events? We give an overview of using the local press and media, websites, social media, emails, writing news articles and more. **Cost: £5**

### Introduction to iKnow Church Software

**Friday 13 April, 9.30am - 3.30pm**

iKnow is a web-based system for churches and benefices to help make it easier to communicate with your church and manage your church admin.

During the day's sessions you will see how iKnow can help manage your church database, teams and groups using real life examples from your church. The iKnow team will be on hand to guide you and answer any questions you may have. **Cost: Free**

### An evening with the local press Monday 12 March, 7pm - 9pm

Hear from members of the press such as the EDP and Radio Norfolk about the local media landscape and top tips and advice to get your story featured. **Cost: £5**

Visit [www.DofN.org/comms](http://www.DofN.org/comms) or call 01603 881724 to book on all events.



THE CHURCH  
OF ENGLAND  
Diocese of Norwich

# FAMILY DAY & FUN RUN



THE  
ARCHDEACON'S  
CHARGE  
& and  
PICNIC  
2018

**Bank Holiday Monday 7 May 2018  
10am - 3pm at Holkham Hall**

(South Lodge entrance, NR23 1RX)

Get sponsored and raise money for your  
Parish Church & the East Anglian Air Ambulance  
**5km course**

EVERYONE  
WELCOME

Bring-your-own picnic • Refreshments & cake stalls • Craft market  
Live band • Children & youth activities • Classic cars

Entry: £5 per adult • Under 18s free • Free parking

**Book now** at [www.dioceseofnorwich.org/charge](http://www.dioceseofnorwich.org/charge) 01603 881724



Registered with  
FUNDRAISING  
REGULATOR

Sponsorship money raised by participants goes to the Diocese of Norwich (Charity No. 249318) who allocate 50% toward the Parish Share request of the local church (or to the school or youth group of the participant's choice) and 50% to East Anglian Air Ambulance (Charity No. 1083876). Entry charges go to the Diocese to cover the event costs.



## How's your PCC doing? Focused, fun and fruitful? Or a little different to that?

This event is to clarify the purpose and place of PCCs; to explore some common dysfunctions; and to introduce material you can use to shape its life.

It's intended for all PCC members so bring several car loads and come ready to enjoy a fun and informative evening. The evening is led by Graham Archer from CPAS.

**Monday 18 June**  
7.30pm - 9.30pm (doors open at 7pm)

**St Peter and St Paul's Church**  
Market Place, Swaffham, PE37 7AB

**Cost and booking:**  
Free to attend, but please book in advance at [www.DofN.org/tonight](http://www.DofN.org/tonight) or contact Liz Dawes on 01603 882335

# 40 years of transformational youthwork in Norwich

*Current Director of Norwich Youth for Christ (NYFC), Nick Blanch, takes a look back over the past 40 years of ministry.*



In the mid-1970s, a youth mission took place in the YMCA on Bethel Street, under the name of Norwich Youth Evangelism. Many of the young people involved wanted to worship, study and follow Jesus together so a youth outreach was formed called 'The Ark', meeting at the Julian Centre on Rouen Road.

Geoff and Annie Lawton were heavily involved and invited Director of British Youth for Christ, Clive Calver, to come and visit. The conversation started and in 1978, Norwich Youth for Christ was born. A year later Geoff started as the first full-time Director and Schools Worker.

The 'Down to Earth Mission' ran for a total of four weeks, overlapping with three weeks of schools' work. Daily public meetings drew crowds of up to 1,000 with many becoming Christians, and making it on to local television. Eric Delve spoke each night, alongside visits from other national leaders, musicians and drama groups.

It was held in a disused garage at the bottom of Rose Lane. Apparently, it rained so heavily on the first night that a leak appeared right over the PA system. They had nothing to hold the water, save for a small polystyrene cup. The leak flowed steadily all night long but the cup never overflowed!

Since those early days, NYFC has continued to grow and adapt to the ever-changing youth culture, yet always retaining evangelism as its central focus. In the 1980s we pioneered a more modern approach to worship with live bands, took a lead role in organising prayer marches around the county and got involved in the Christmas Cracker project using The Bell restaurant and raising £18,000 for developing countries.

Through the 1990s we had a bus project, a drama company, held stage productions such as *The Blood of the Lamb* and caused controversy by ministering in nightclubs. Coming into the new Millennium, we embraced the digital world with theology podcasts, internet chat rooms for young people to ask faith questions and, just as they were coming back into fashion, gospel choirs.

We continue to deliver local youth clubs and projects around the city today, but are still innovating with Tracks (our mobile recording studio) and film work. Knowing that this generation of young people are creators and entrepreneurs who watch YouTube more than TV, NYFC has a

growing online presence. At Christmas we released *Na Na Nativity*, a parody of Hollywood blockbuster *La La Land*, which retells the nativity story using young actors and has had over 7,500 views on Facebook and YouTube combined.

As part of our 40th birthday celebrations, we have compiled a book of stories from young people, volunteers, staff and partnerships across the four decades. A common theme is how young people were empowered and given responsibility and leadership opportunities. Time and again we hear how NYFC helped prepare them or encouraged them to step out even more.

There are a high proportion of people in leading ministry roles who accredit



their early beginnings to NYFC. It shouts of how Jesus did ministry, handing it over to a bunch of young radicals, and it's a brilliant reminder to ensure we keep to that principle.



Norwich  
**YOUTH  
FOR CHRIST**

*Life Begins, 40 years of transformational youth work in Norwich* is available from the Norwich Youth for Christ office: 01603 620678 [www.norwichyfc.co.uk](http://www.norwichyfc.co.uk)