

Let justice  
roll down like  
waters, and  
righteousness  
like an ever-  
flowing stream.

Amos 5:24



Autumn 2021

THE CHURCH  
OF ENGLAND  
Diocese of Norwich

# Prayer Diary

## Pray without ceasing

<sup>1</sup>Thessalonians 5:16



Loddon Deanery at the Bishop's Day of Prayer  
in Norwich Cathedral.

If you have a story to feature on a Sunday  
in a future diary, please do get in touch!

Email [info@dioceseofnorwich.org](mailto:info@dioceseofnorwich.org)  
or phone on **01 603 880853** if you or  
someone you know would like one.

THE CHURCH  
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Diocese of Norwich

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## Foreword from Bishop Graham

Welcome to the very first edition of our new prayer diary. It builds upon the great tradition of the monthly listings we've had for many years by guiding us in daily prayer from the local to the global.

My hope is that this new version will inspire and encourage our personal and collective rhythm of prayer to become as natural as breathing. You'll see that it includes stories from around our diocese and beyond to show the power of prayer at work in the life of these communities. It also weaves throughout our Vision of being transformed by Christ: Prayerful, Pastoral, Prophetic.

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 online availability of this prayer calendar means that access is easy almost anywhere, via DofN.org/prayer or on Twitter or Facebook.

After the incredibly difficult last 18 months of being physically apart through the COVID-19 pandemic I hope this small publication will increase our capacity for encouraging us to be a Church which reaches out beyond itself in prayer and is thus knit together more strongly and lovingly.

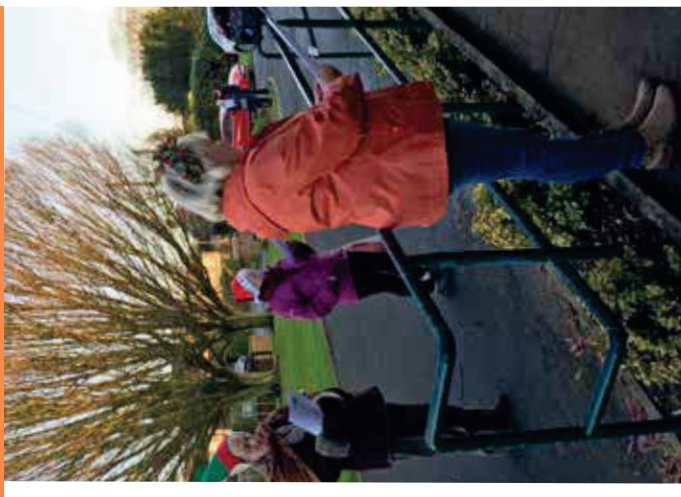
+ *Graham Norris*

Please note that the content is compiled some weeks in advance of production, so although all facts are correct at time of press, they may not be by the end of the quarter.  
Thanks for your understanding.

## Anna Chaplaincy

When her mother was in care, Gaye Hailstone knew that her spiritual needs were simply not being met. It sharpened Gaye's sense "of the importance of including those in care homes as a vital part of our church family." With her Rector's encouragement, she now leads a team who regularly take short, simple acts of worship into the four care homes of the villages of the Yare Valley Churches – or, during Covid, outside them, as pictured. The congregations – growing in each home – are engaged, responsive and deeply appreciative.

So, what's next? Recognition of and support for this ministry is planned through a formal connection (to be shared, it's hoped, by other churches across our diocese) with the national network of Anna Chaplains. Named after the 84-year-old who waited upon God with faithfulness and insight (Luke 2. 36-38), theirs is a vision of "a pioneering, targeted ministry among people in their later years".



### SUN 28 ADVENT

When just a baby, Lord Jesus, your identity was grasped by the prophet Anna, long of life and full of faith: be with all who support our older people that, alive to the spiritual needs of those in their care, they may also be open to the gift of their insights.

### MON 29 HUNSTANTON AND SAXON SHORE

Brancaster, Burnham Deepdale, Holme-next-the-Sea, Hunstanton, Hunstanton St Mary, Ringstead, Thornham, Titchwell with Choseley. Clergy: Rachael Dines, Kirsty Allan, James Monro. Brancaster CofE VA Primary School. **Diocese of Idoani (Nigeria).**

### TUE 30 SNETTISHAM

Snettisham. Clergy: Peter Cook, Rachel Alexander. **Dioceses of Ifo and Ifo East (Nigeria).**

### WED 1 ALERT IN OUR WAITING

God of new beginnings, sharpen our insight in this season of waiting that, inspired by the patient watchfulness of Anna, we may be alert to your coming among us and recognise you with joy.

### THU 2 DEANERY OF HOLT

Rural Dean: Richard Lawry. Lay Chair: Tricia Temple-Crowe.

**Dioceses of Ifo and Igbomina (Nigeria).**

### FRI 3 BRININGHAM

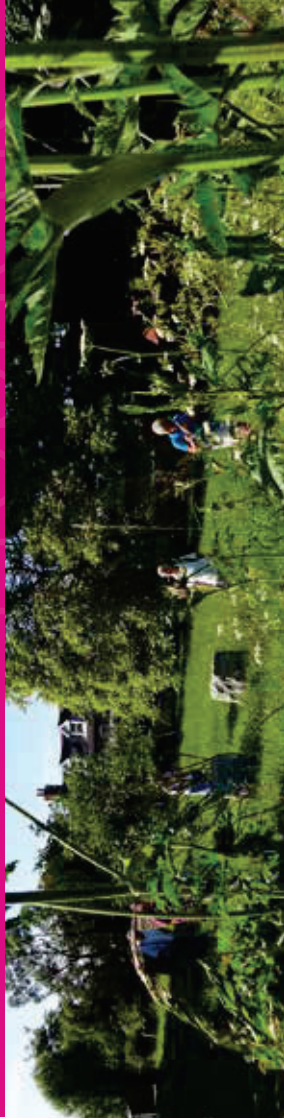
Bringingham, Brinton, Hunworth, Stody, Swanton Novers, Thornage. The Churchwardens and PCC during the vacancy.

**Dioceses of Ihiala and Ijebu (Nigeria).**

### SAT 4 BRISTON

Briston, Burgh Parva, Hindolveston, Melton Constable. The Churchwardens and PCC during the vacancy. LLM: Carolyn Sexton.

**Methodist Church: East Anglian District Chair, Julian Pursehouse.**



## Creation care: eco church

St Mary's, Kelling Heath, achieved an eco church Bronze award. "The survey helped us discuss what we do, examine why, and imagine future action. It's challenging, encouraging and it helps us 'connect the dots.'" Blessed with a large churchyard full of wildlife and wildflowers, this spring harbouring a hen pheasant with her chicks, they started Music and Meditation during Covid restrictions in order to share the peace of this place with a wider congregation.

Their Climate Sunday service was a sung Matins, with a cantor and small choir. A neighbour remarked, "It was lovely – I know about the forest (referencing the excerpt from Wendell Berry's Native Hill) – I always feel it when I walk up onto the heath in the evenings." A mother from their Julian Group messaged "... love and prayers always, and a huge thank you too from Ellie (six months) and all future generations."

### SUN 21 CHERISHING CREATION

We pray for grace and the power of the Holy Spirit for an authentic expression of who we really are as we seek new ways to care for nature and find solutions to the problems that we have caused. And, like Jesus, to cherish creation with power, love and a sound mind.

### MON 22 DEANERY OF HEACHAM & RISING

Rural Dean: Peter Cook  
Dioceses of Ibadan, Ibadan North and Ibadan South (Nigeria).

### TUE 23 CASTLE RISING, HILLINGTON &

#### SANDRINGHAM

Castle Rising, Fitcham, Hillington, Sandringham, Wolferton. Clergy: Jonathan Riviere. LLMs: Paul Ringwood, Sally Stanton. Fitcham CofE Primary Academy, Sandringham & West Newton CofE VA Primary School.

Diocese of Ibba (South Sudan).

### WED 24 IN TUNE WITH CREATION

God of new beginnings, inspire every church across this diocese to respond with urgency to

## Back to school

Paul Dunning is passionate about education despite leaving school at 16 to pursue a career in his then passion, agriculture. As Diocesan Director of Education, Paul has strategic oversight of our 110 schools from large academies to small rural schools. "God has a sense of humour. I could never imagine the route that brought me through vocational education into working with schools. But looking back I can see his hand on every step and decision preparing me for this role in his church."

"Our staff and pupils have faced an unprecedented season of disruption and difficulty during the pandemic but have persevered, innovated and supported one another magnificently." As they begin a new academic year, the pastoral care for pupils as they emerge into a "new normal" – cementing the good things learned during that time, and perhaps grieving some of the bad – is at the forefront of their minds. It's Education Sunday on 12 September. Visit [www.DofN.org/educationsunday](http://www.DofN.org/educationsunday) or [www.prayforschools.org](http://www.prayforschools.org) to find resources to help you pray for your local school.



### SUN 5 OUR SCHOOLS

As they return, may our students know they are loved, valued, and included. May our staff believe in their power to transform and inspire. Draw them together in hope. Rebuild our schools upon your cornerstone, mend any disconnections with your infinite love, and renew our communities to shine once again.

### MON 6 DEANERY OF BLOFIELD

Rural Dean: Martin Greenland. Lay Chair: Keith Gerrard. Diocese of Embu (Kenya).

### TUE 7 ACLE AND BURE TO YARE

Acle, Beighton with Moulton, Freethorpe, Halvergate w Tunstall, Limpenhoe, Southwood and Cantley, Reedham, Wickhampton. Clergy: Martin Greenland. LLMs: Nicholas Cowen, Vic Tasker-Walsham. Acle CofE VC Primary School. Dioceses of Enugu and Enugu North (Nigeria).

### WED 8 SCHOOL COMMUNITIES

God of new beginnings, bless with your presence our many school communities – staff and governors, pupils and parents – that, strengthened by mutual care and support, they may look with fresh confidence to the future.

### THU 9 BLOFIELD

Blofield, Burlingham Saint Andrew w Saint Peter, Hemblington. Clergy: Kevin Billson. LLM: Sue Shillam. Diocese of Esan (Nigeria).

### FRI 10 BROADSIDE

Ranworth with Panxworth, South Walsham, Upton & Fishley, Woodbastwick. Clergy: Kevin Billson, Darleen Plattin. LLMs: Margaret Mallett. Fairhaven CofE VA Primary School (South Walsham). Dioceses of Etche and Etsako Nigeria).

### SAT 11 PLUMSTEADS, RACKHEATH WITH SALHOUSE AND WITTON

Great and Little Plumstead and Witton, Rackheath, Salhouse. Clergy: Darleen Plattin. LLMs: Helen Grogutt, Linda Stone. Salhouse CofE VC Primary School. Bishops Graham (Norwich), Alan (Thetford) and Jane (Lynn).

the needs of the global home you have given us. Reverence for it re-found, may we learn to sing in tune with the whole created order.

### THU 25 DERSINGHAM, ANMER, INGOLDISTHORPE & SHERNBORNE

Anmer, Dersingham, Ingoldisthorpe, Shernborne. Clergy: Mark Capron, Adrian Aubrey-Jones, Dave Cossey. LLMs: Neil Adams, Kathleen Terry, Alan Crawshaw. Dersingham CofE VA Primary School & Nursery, Ingoldisthorpe CofE VA Primary School. Dioceses of Idah and Ideato (Nigeria).

### FRI 26 DOCKING, THE BIRCHAMS, FRING,

#### STANHOE & SEDGEFORD

Docking, Fring, Sedgeford, Stanhoe with Barwick, The Birchams and Bagthorpe. Clergy: Peter Cook, Richard Collier. LLM: George Eve. Docking CofE (Foundation) Primary School. Diocese of Idaho (USA).

### SAT 27 HEACHAM

Heacham. Clergy: Veronica Wilson, Simon Wilson. LLMs: Pip Lawrence, Penelope Sutton. The Dean and Chapter of Norwich Cathedral.



## Celebration of Licensed Lay Ministry

In our diocese we have over 200 Licensed Lay Ministers (LLMs, sometimes known as Readers) actively ministering in their benefices each week, as teachers of the faith, enablers of mission, and leaders in church and community.

Warden of Readers, Archdeacon Karen, says "Licensed Lay Ministers are people whose vocation to serve God in a variety of ways has been recognised and supported with good training, and whose ministry is licensed by the Bishop. They lead home groups and confirmation classes; they are involved in baptism preparation and follow-up; they visit and take the sacraments to the sick, elderly and house-bound; they lead school assemblies and work with youth groups and music groups; and many are also trained to conduct funerals."

This coming Saturday our new LLMs will be licensed in Norwich Cathedral and current LLMs will renew their promises. Might God be calling you to consider lay ministry? Find out more at: [www.dioceseofnorwich.org/churches/licensed-lay-ministers/](http://www.dioceseofnorwich.org/churches/licensed-lay-ministers/) or talk to your vicar.

### SUN 12 LICENSED LAY MINISTERS

Jesus our shepherd, we thank you for all those who serve across our diocese in this form of ministry. Encourage each one of them in their walk with you and in their service to the church and the local community.

#### MON 13 LINGWOOD

Burlingham, Hassingham, Lingwood, Strumpshaw. Clergy: David Wakefield. LLM: Lorna Clark. Diocese in Europe.

#### TUE 14 YARE VALLEY CHURCHES

Brundall, Braydeston and Postwick. Clergy: Peter Leech, Matthew Luscombe. LLM: Keith Gerrard. Diocese of Eyo (Nigeria).

#### WED 15 CALLING

God of new beginnings, in many and varied ways you call each one of us, no matter who we are or where we are on life's journey. May we listen expectantly, our hearts open to whatever you may be calling us next.



## Two's Company

This is a new telephone befriending service to which five churches from the Great Yarmouth area signed up last spring. Anna Heydon, Development Worker for 'Imagine Norfolk Together', oversees the project and receives the referrals. Then lonely, isolated people are linked up with volunteers who offer social connection by ringing weekly for a chat. Now that restrictions have eased, face-to-face contact may gently start to replace the telephone and invitations be offered to a range of events within the wider faith community.

Although lockdown has highlighted loneliness, it did not, in most cases, cause it. Loneliness was already a prevalent sickness and not just among the elderly – one of those benefitting from Two's Company is a young mum alone with children. Her loneliness won't end with the pandemic, but Anna's prayer is that she and all those befriended will, in their contact with the befrienders, glimpse something of God's love.

### SUN 14 FRIENDSHIP

Christ our befriender, we thank you for 'Two's Company' and for those who mirror your inclusivity and compassion by reaching out to the lonely. Bless; we pray, each new conversation and every friendship forged in your name, that confidence be built, hope grown, and the depth of your love glimpsed.

#### MON 15 FLEGG GROUP (ORMESBY)

Ormesby St Margaret, Ormesby St Michael, Rollesby. The Churchwardens and PCC during the vacancy. LLM: Margaret Parish. Diocese of Hong Kong (Hong Kong).

#### TUE 16 GORLESTON ST ANDREW, CLIFF PARK COMMUNITY CHURCH

Gorleston St Andrew. Clergy: Brian Hall. LLMs: Melvyn Reid, Wendy Louise Bircham, Tracy Mayne. Diocese of Hpa-an (Myanmar).

### WED 17 TREASURING FRIENDSHIP

God of new beginnings, the pandemic has revealed our deep connectedness to other human beings near and far. Give us the grace, we pray, to continue to treasure each other, that the future may bring friendship and flourishing to all.

#### THU 18 GORLESTON ST MARY MAGDALENE

Gorleston St Mary. Clergy: Matthew Price. LLM: Mary Ives. Peterhouse CofE Primary Academy (Gorleston). Diocese of Huron (Canada).

#### FRI 19 GREAT YARMOUTH TEAM MINISTRY

Great Yarmouth. Clergy: Simon Ward, Helen Lynch, Jemma Sander-Heys, Frank Cliff. LLMs: Pat Stringer, Carolyn Cliff. St Nicholas Priory CofE VA Primary School (Great Yarmouth). Diocese of Hyderabad (Pakistan).

#### SAT 20 THE SOUTH TRINITY BROADS

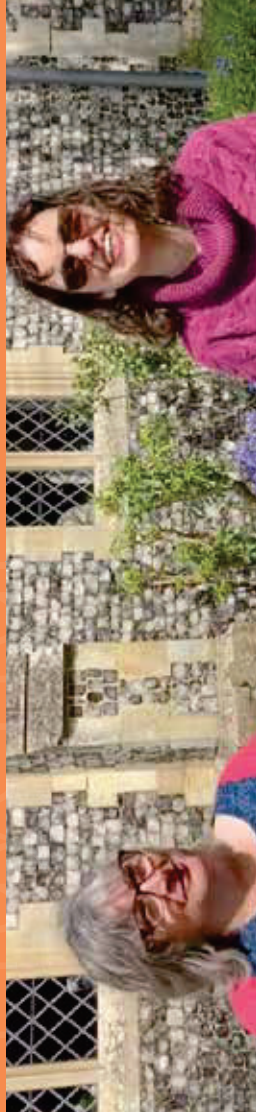
The South Trinity Broads. Clergy: Susan Hemsley Halls. LLM: Judy Pritchard. Fleggburgh CofE VC Primary School. The Deanery of Luleå in Luleå (our link diocese in Sweden) and its Rural Dean, Hans Johansson.

**I give you a new  
commandment....  
Just as I have  
loved you, you  
also should love  
one another.**

John 13:34



Waterside Benefice volunteers delivering necessities during the Covid pandemic.



## Bitesize prayers

When the pandemic hit, St Edmund's Church in Taverham, like all across the diocese, had to close the door of its ancient building. Standing as a beacon of light for over 900 years in this large suburb just north of Norwich, the team quickly re-thought their ministry. Despite little experience of digital communication, they adapted, initially simply using a smart phone, and took Sunday services, toddler tunes, youth group and prayers online, broadcasting live via their Facebook page.

Many of these continue to run, even as the building has reopened. A daily "bitesize prayer" time is recorded by different people from the church, and weekly "midweek moments" has a Bible reading, reflection, and prayer. Worship leader and families worker Rachel Seabrook says, "Listening to God and to each other is the gracious invitation God offers us in prayer, learning to love God and our neighbour in more Christ-like ways."

### SUN 19 PRAYING IN EVERY WAY

We pray for our church communities across this benefice Lord. Encourage and equip them to bring your light and your love to their neighbourhood.

### MON 20 MUNDFORD

Cranwich, Ickburgh, Langford, Mundford. Clergy: Linda Lubbe. Mundford CofE Primary Academy. Diocese of Faisalabad (Pakistan).

### TUE 21 NAR VALLEY

Castleacre, Narborough with Narford, Newton-by-Castleacre, Pentney, Southacre, Westacre. Clergy: Stuart Nairn, Richard Howells. Castle Acre CofE Primary Academy, Narborough CofE Primary Academy. Diocese of False Bay (South Africa).

### WED 22 PRAYERFUL

God of new beginnings, as a post-pandemic world dawns, grace us with your wisdom to discern the best ways of communicating the good news of your unconditional love to the world around us.

### THU 23 NECTON

Holme Hale, Necton, North Pickenham, South Pickenham. Clergy: Stephen Thorp. LLMs: Carole Hicks, Susan March. Necton CofE VA Primary School. Diocese of Fianarantsoa (Indian Ocean).

### FRI 24 OXBOROUGH GROUP

Bodney, Didlington, Little Cressingham, Oxborough. Clergy: Linda Lubbe. LLM: George Lynne.

Dioceses of Florida, Central Florida, Southeast Florida, Southwest Florida (USA).

### SAT 25 SWAFFHAM AND SPORLE

Sporle with Great and Little Palgrave, Swaffham. Clergy: Janet Allan, Tory Venmore-Rowland. LLM: Julia Richardson, Andy Mash. Sporle CofE Primary Academy, Swaffham CofE Junior Academy, Swaffham CofE VC Infant School. Archdeacons Steven Betts, Karen Hutchinson and Ian Bentley.

## King's Lynn Winter Night Shelter

Established in 2017 by King's Lynn Churches Together, the Winter Night Shelter has risen brilliantly to the challenges brought by Covid. After a summer of fundraising and maintenance, the doors of St John's House will once again open in October to those who, for a multitude of often complex reasons, have nowhere to call home – other than a doorway, a park bench, a sodden tent in the woods.

This spacious former vicarage makes social distance possible and ensures that guests can be offered their own rooms. Nine will be available this winter but so too will loving doorstep counsel and signposting for those who cannot be accommodated.

Each desperate, vulnerable person arriving here is received 'as Christ'. Shelter Co-ordinator, Lucy McKitterick, invites us to pray that the night shelter will witness to the value of every human life and that each guest will begin to know themselves beloved of God. [www.klwms.org.uk](http://www.klwms.org.uk)



## Grief and Loss

I was on holy ground recently making space to talk about loss. My friend commented on a new ease of granting people permission to talk about death, where such conversations were less acceptable pre-pandemic. I heard of the grieving of three loved ones, two vigorous men in the prime of their lives and one elderly father. One of the men was a friend from commuting to London and the other was a known and loved schoolfriend, and an NHS frontline worker. Yes, grief was apparent, questions and sadness, however this story was more about journeying on with the widows and families of those who had died. I heard of endless practical support, sorting finances and packing up a house, also the apparent random clicking of friendships, laughter down the phone, the surprisingly effective support through text messages, everything gratefully attributed to the thread of God's Spirit being at work.



**SUN 26 KING'S LYNN WINTER NIGHTSHELTER**  
Sheltering God, we pray for your blessing on St John's House this winter: may those who knock at its door be transformed by welcome and, through the tenderness of Lucy and her team, may each new guest know themselves of infinite value, enfolded in your embrace.

**MON 27 THE FOUNTAIN OF LIFE**  
Fountain of Life. Clergy: Paul Wilkinson, Adam Poole.  
Diocese of Fond du Lac (USA).

**TUE 28 THREXTON**  
Threxton. The Churchwardens and PCC during the vacancy.  
Diocese of Fredericton (Canada).

**WED 29 VISION TO SEE**  
God of new beginnings, when our neighbour has nowhere to call home, grace us with the vision to see your face in theirs, striving for their belonging and a future of fresh possibility.

**THU 30 WATTON**  
Watton. Clergy: Kyla Sorensen. LLMs: Jackie Cook, Elaine Rodgers.  
Diocese of Free State (Southern Africa).

**FRI 1 WAYLAND GROUP**  
Breckles, Caston, Great Hockham, Griston, Merton, Stow Bedon, Sturston, Thompson, Tottington. The Churchwardens and PCC during the vacancy. Caston CofE VA Primary School.  
Diocese of Freetown (West Africa).

**SAT 2 DEANERY OF BURNHAM AND WALSINGHAM**  
Rural Dean: Clive Wylie. Lay Chair: Anne Prentis.  
Salvation Army: Divisional Commander, Major Howard Russell.

**SUN 7 ATTUNED TO GOD**  
Loving Father, please help us be open to conversations and practical matters as we work together to support each other in times of grief and loss. May we be attuned to you and notice the touch of your hand on our lives.

**MON 8 BELTON AND BURGH CASTLE**  
Belton, Burgh Castle. Clergy: Rosie Bunn, Viv Ridpath. Moorlands CofE Primary Academy (Belton).  
Diocese of Saint Helena (Southern Africa), Diocese of Hereford (England).

**TUE 9 BRADWELL**  
Bradwell. Clergy: Steve Deall. Martin Upton, Sue Upton. Homefield CofE VC Primary School (Bradwell).  
Diocese of Southern Highlands (Tanzania), Diocese of Highveld (Southern Africa).

**WED 10 TENDER CARE**  
God of new beginnings, we hold in your tender care those living with loss the world over and those who support them. In the midst of death, awaken each one to your life-giving presence and turn the darkness of their distress to a new dawn.

**THU 11 CAISTER**  
Caister-On-Sea. Clergy: David Wells. LLM: Mary Taylor.  
Diocese of Eastern Himalayas (North India).

**FRI 12 FLEGG GROUP (COASTAL)**  
Hemsby, Horsey, West Somerton, Winterton. Clergy: John Bloomfield.  
Diocese of Ho (West Africa), Diocese of Hokkaido (Japan).

**SAT 13 FLEGG GROUP (MARTHAM)**  
Clippesby, Martham, Repps, Thurne. Clergy: Steven Sivyer. LLMs: Penny Daniels, Alison McTaggart, Emma Sivyer.  
Bishops Graham (Norwich), Alan (Thetford) and Jane (Lynn).



**UN CLIMATE CHANGE CONFERENCE UK 2021**

## Committing to climate change

The UK is hosting the 26th UN Climate Change Conference (COP26) in Glasgow from 1 – 12 November. The COP26 summit brings parties together to accelerate action towards the goals of the Paris Agreement and the UN Framework Convention on Climate Change.

The Paris Agreement's long-term goal is to keep global temperature rise below 2°C from pre-industrial levels, with the hope to keep it as close to 1.5°C as possible. But at the moment, the world is on course to miss this target. That's why many parties hope that COP26 will be an opportunity for countries to strengthen their commitment to taking action to reduce climate change.

Congregations are encouraged to make a commitment to greater action to address climate change in their own place of worship and community. Congregations and individuals are also encouraged to raise their voice to urge bolder actions from governments. [www.DofN.org/environment](http://www.DofN.org/environment)

### SUN 31 CLIMATE CHANGE

Creator God, we pray for those meeting at COP26 this week. Give these leaders wisdom as they seek to find agreement and commitment to take action to prevent further damage to your creation.

#### MON 1 EASTON

Bawburgh, Colton, Easton, Marlingford. Clergy: Laura Montgomery, Penelope Goodman. LLM: Peter Pease. St Peter's CofE Primary Academy (Easton).

Diocese of Gwagwalada (Nigeria).

#### TUE 2 HONINGHAM

Honingham. The Churchwardens and PCC during the vacancy.

Dioceses of Haiti and Hawaii (USA).

#### WED 3 BRING US TO OUR SENSES

God of new beginnings, humble our leaders to listen to the cry of the earth and embolden them to make the changes your creation needs. May your Spirit startle them and us, bringing us all to our senses.

# Devote yourselves to prayer, keeping alert in it with thanksgiving.

Colossians 4:2

**Praying for local and national Government**

*We will be no witnesses in Jerusalem, in India*

*...and to the ends of the earth*

*...hair, your prayers can and to the*

**THE HIGHLY SUFFERING**

A prayer station at a 24/7 prayer week in Tas Valley.



## English +

This charity supports those new to Norwich – often refugees and asylum seekers – through English classes in city churches, but the ‘+’ in its title refers to everything else on offer to help people integrate well and form friendships. Such things as driving and cooking lessons, one-to-one support and trips into the country ended with the first lockdown. All classes went online, the delivery of food and medical supplies became vital and special efforts were made to support the isolated.

This autumn, with a new blend of onsite and online services, the making of friendships and the rebuilding of community is the chief task. Fear of the virus has deepened the isolation of lonely newcomers with little English and those whose already precarious jobs ended with lockdown still find it difficult to feed their children. Director Rosie Sexton asks us to pray that her team finds those who need them most.

### SUN 3 ENGLISH +

Lord Jesus, born into poverty and violence, a child refugee in Egypt, you stand beside those whose journey here began in trauma and loss: lead Rosie and her team, we pray, to those who need them most, that, through them, your love may be shared with the lonely and the lost.

**MON 4 BARNEY, HINDRINGHAM, THURSFORD, GREAT SNORING, LITTLE SNORING, KETTLESTONE & PENSTHORPE**

Barney, Great Snoring, Hindringham, Kettlestone and Pensthorpe, Little Snoring, Thursford. Clergy: James Muggleton. Hindringham CofE VC Primary School. **Dioceses of Gahini and Gasabo (Rwanda).**

### TUE 5 COXFORD GROUP

East Raynham, East Rudham, Helhoughton, Houghton next Harpley, South Raynham, Tatterford, Tattersett. Clergy: Edward Bundock. LLM: Rhona McEune. Rudham CofE Primary Academy, West Raynham CofE Primary Academy. **Diocese of Gambia (West Africa).**

### WED 6 PRAYERFUL

God of new beginnings, as we thank you for the welcoming ministry of so many groups in our region, we pray that we too may seek out the lonely and the lost and play our part in transforming hostility into hospitality.

### THU 7 CREAKES

North Creake, Sculthorpe, South Creake, Syderstone. Clergy: Clive Wylie. LLM: Peter Gray. Sculthorpe CofE Primary Academy. **Diocese of Garissa (Kenya).**

### FRI 8 FAKENHAM

Fakenham. The Churchwardens and PCC during the Vacancy. LLMs: Elaine Burbidge, Linda Frost, Amanda Sands. **Diocese of Gboko (Nigeria).**

### SAT 9 FULMDESTON WITH CROXTON

Fulmdeston with Croxton. The Churchwardens and PCC during the vacancy. **Bishops Graham (Norwich), Alan (Thetford) and Jane (Lynn).**

### SUN 24 ACTIVE FAITH

Almighty God we thank you for enriching and encouraging the Sports Factory team in every way, in all their speaking and all their sporting abilities. We ask for your Holy Spirit to powerfully go before them so that the Lord Jesus may be well received by schools and young people.

### MON 25 TAS VALLEY TEAM MINISTRY

Newton Flotman, Saxlingham Nethergate, Shotesham, Swainsthorpe, Tas Valley Cells (Bishop's Mission Order), Tasburgh, Thariston. Clergy: Dawn Davidson, Coryn Stanforth, Austin Uzoigwe. LLMs: David Lancaster, Lesley Cox, Annette Uzoigwe-Jonker. Newton Flotman, Preston (Tasburgh) and Saxlingham Nethergate Primary Schools. **Diocese of Guatemala (Central America).**

### TUE 26 THE LONG STRATTON & PILGRIM

**TEAM MINISTRY**  
Ailacton, Bunwell, Carleton Rode, Great Moulton with Little Moulton, Stratton St Mary, Stratton St Michael and St Peter, Tibenham, Wacton Magna with Wacton Parva. Clergy: Heather Wilcox, John Madinda, Gill Osborne. LLMs: Margaret Thorburn, Steve Adcock, Angela Baldwin, Margaret Smith. Carleton Rode Primary, St Mary's Junior (Long Stratton). **Diocese of Guinea (West Africa).**  
**Diocese of Gujarat (North India).**

### WED 27 IMAGINING AND CREATING

God of new beginnings, may your Holy Spirit fire our imaginations and kindle the creativity of Christians everywhere, that fresh, inviting ways be found of sharing your love with others.

### THU 28 DEANERY OF DEREHAM IN MITFORD

Rural Dean: Mark McCaghrey. Lay Chair: Sheila Hamner. **Diocese of Central Gulf Coast (USA).**

### FRI 29 BARNHAM BROOM & UPPER YARE

Barford, Barnham Broom with Bickerston, Brandon Parva, Carleton Forehoe, Cranworth with Letton and Southburgh, Garvestone, Hardingham, Kimberley, Reymerston, Runhall with Coston, Thuxton, Whinburgh with Westfield, Wrampingham. Clergy: Tim Weatherstone, Louisa Pittman. LLM: Roger Walpole. Barnham Broom Primary. **Diocese of Gusau (Nigeria).**

### SAT 30 DEREHAM & DISTRICT TEAM MINISTRY

Beetley with East Bilney, East Bradenham with West Bradenham, East Dereham, Hoe, Scarning, Shipdham, Swanton Morley, C. Clergy: Paul Cubitt, James Rosie, Jane Nursey. LLM: Helen Jeckells, Evelyn Speed, Lydia Crick, Tom Cross. Dereham Junior, Dereham Infant School & Nursery, Swanton Morley Primary, Thomas Bullock Primary (Shipdham). **Baptist Church: Regional Minister, Beth Powney.**

## Sports Factory

This is a team of qualified coaches who love sport and love Jesus. When I first contacted Tim Henery he was about to lead a sporting session in school, so the conversation was brief; however, it was encouraging to know that despite weekly events cancelled through Covid restrictions, school connections continued, indeed they prospered.

He asks us to pray for one very big area – the launch in of the Sports Factory Active RE programme which teaches about Christianity in schools. They will tell stories from the Bible and explain Christian beliefs in a fun and active way. From September it will be delivered in a number of schools across the diocese. Pray that it would be well received by schools and children and that the team would share the gospel with thousands of young people.







## Racial Injustice

We acknowledge racial injustice exists and abhor this injustice. However, it is tempting to feel exempt and avoid praying with integrity around the subject. Picture a conversation (in a garden, warm with sunshine) where the question was posed, "How should the diocese pray?" There was a change in mood, a chill, and a sadness.

The intelligent young woman, a junior doctor, first generation UK, responded with sensitivity and restraint, as she described the impact of overt and covert comments regarding the colour of her skin, her race, which eventually began to damage her self-esteem.

"People talk down at you, dismiss you, or use their position to damage your integrity and professionalism, knowing they will suffer little consequence, because you (black people) are not as valued in society." She asked for prayer for our local community to step out and be open to form friendships with those who are different from themselves.

### SUN 17 FROM LAMENT TO ACTION

Heavenly Father, we pray for healing for those suffering racism and we ask for security in the knowledge that they belong to Christ and their identity is in Him. We ask for your Holy Spirit to bring forgiveness and fellowship between our different races and strengthen our unity.

### MON 18 UPPER WENSUM VILLAGE GROUP

Brisley, Colkirk with Oxwick with Pattesley, Gateley, Great Ryburgh with Little Ryburgh and Testerton, Hornington, Shereford with Dunton, Whissonsett. Clergy: Robin Stapleford. LLM: Richard Hirst. Brisley CofE and Colkirk CofE Primary Academies.

**Diocese of Gogrial (South Sudan),  
Diocese of Guildford (England).**

### TUE 19 WALSINGHAM

East Barsham, Houghton, Little Walsingham. Clergy: Harri Williams. Walsingham CofE VA Primary School.

**Diocese of Goma (Congo),  
Diocese of Gombe (Nigeria).**

## Zoom room prayer

Internet technology has brought us the blessing of gathering in prayer online, enabling people to respond in the fellowship of others, whatever our circumstances. At the height of the second wave of the pandemic, healthcare chaplain Helen Garrard organised weekly 'Prayer for Care' vigils, lifting our NHS acute and community services and surrounding them in prayer. It was a powerful experience which bore witness to the situation at that time. Each hour was marked by a psalm and prayer and the time in between filled with silent and sometimes spoken words of devotion.

Throughout the pandemic and beyond, first one and then two 30-minute midweek zoom prayer rooms have opened at Holy Trinity, Norwich, one early morning (7:15am) and one mid-morning (10am). Again, a psalm or other verses are used as a focus and the groups gather in fellowship, interceding for the church and the world.



### WED 20 CRY FOR JUSTICE

God of new beginnings, wake us up to the unholy racial inequalities which blight your world. Then lead us, we pray, from lament to action, that our lives may mirror your loving embrace of all peoples and echo your cry for justice.

### THU 21 DEANERY OF DEPWADE

Rural Dean: Heather Wilcox.

**Diocese of Grafton (Australia),  
Diocese of Grahamstown (Southern Africa).**

### FRI 22 BROOKE

Brooke, Kirstead, Mundham with Seething, Thwaite. Clergy: Lynn Chapman. LLM: John Ash. Brooke CofE VC Primary School.

**Diocese of Guadalcanal (Melanesia),  
Diocese of Guyana (West Indies).**

### SAT 23 HEMPSTALL TEAM MINISTRY

Bedingham, Hempnall, Morningthorpe and Fritton, Shelton with Hardwick, Topcroft, Woodton. Clergy: Liz Billett.

**Archdeacons Steven Betts, Karen Hutchinson  
and Ian Bentley.**

### SUN 10 PRAY CONTINUALLY

Oh Lord, our rock, and our redeemer, thank you for online technology which has enabled your people to gather in fellowship, in your presence, without the need to travel. Please inspire us to continue to seek your face collectively or individually using the gifts you have given us.

### MON 11 HEMPTON

Hempton. The Churchwardens and PCC during the vacancy.

**Diocese of George (Southern Africa),  
Diocese of Georgia (USA).**

### TUE 12 HOLKHAM

Holkham, Warham, Wells-next-the-Sea, Wighton. Clergy: Brenda Stewart.

**Diocese of Gippsland (Australia).**

### WED 13 PRAY CONTINUALLY

God of new beginnings, we pray that our outpouring of pandemic prayer be sustained and deepened as we journey on. May we continually weave our prayers with the Spirit's own, conduits of your longing for the healing of the nations.

### THU 14 THE BURNHAMS

Burnham Market, Burnham Overy, Burnham Sutton cum Ulph, Burnham Thorpe. Clergy: Steven Wood. **Diocese of Gitega (Burundi).**

### FRI 15 THE SHRINE OF OUR LADY OF WALSINGHAM

Clergy: Kevin Smith, Ben Bradshaw. **Diocese of Glasgow and Galloway (Scotland),  
Diocese of Gloucester (England).**

### SAT 16 TOFTREES

Toftrees. Clergy: Edward Bundock. **The Deanery of Norra Norrbotten in Luleå (our link diocese in Sweden) and its Rural Dean, Juha Rauhala.**

# Many ways to pray

**Susanna Gunner**

Diocesan Adviser in Spirituality & Discipleship



However long prayer has been part of our lives, it's good to take the long view from time to time. Do our regular ways of praying give us life and nourish our faith? Reflection is always healthy, creating a space into which God's Spirit can blow afresh.

This new-look Prayer Diary is the result of such reflection and the year ahead in which our diocese will focus on letting Christ transform us to be more prayerful, will offer us myriad opportunities for more reflection, more Spirit-given newness.

There are many ways in which to pray and the Mission Hub offers a range of resources: [www.DofN.org/prayer\\_resource](http://www.DofN.org/prayer_resource)

The visual arts, for example, can stir our souls profoundly. The Flower Seller (1942) [left] by Diego Rivera not only leads us into prayer but also teaches us about prayer.

A Mexican girl with neatly braided hair kneels before an enormous bunch of Calla lilies. She leans into the flowers, extending a tender embrace around them. Her head is slightly bowed. There is a deep stillness about her. She is utterly attentive. In short, her body is set in an attitude of absorbed prayer. Her unshod feet underline this: she is on holy

ground and we, witnessing this moment, know ourselves to be on holy ground too. We cannot help being drawn in, mesmerised by the quality of the girl's attentiveness. As Bishop Simon Phipps once said, "Prayer is absolute attention to what is the case".

There's something else about the child. In the vulnerability of her naked feet and in her widely extended arms, we glimpse something cross-like, Christ-like. Through her praying, she has, then, allowed the life of Jesus to come alive in her and she shows us how, as we pray, we can mirror his wide-armed, self-giving embrace of the whole world.

So, what about those flowers? Well, they fill the whole painting, bigger than the girl herself, their scale overwhelming. When we settle down to pray for those around us or for the world at large, the sheer scale of need can overwhelm. This Prayer Diary helps by taking one 'lily' at a time: one benefice a day with its parishes and people and schools; one facet of life in our own diocese (the care of those living with dementia for example); one diocese far beyond our region but joined to us through Christ.

Our little flower-seller teaches us about stillness and attentiveness in prayer and inspires us to let the transforming presence of Jesus flow through us as we pray. But look how the canvas glows! The girl has deliberately let that presence flow from her into each of the flowers in her embrace – "holding them in The Light" as Quakers say. Each lily is lit from within, luminous as if with Christ's risen presence.

We too, inspired by this painting, can flood those for whom we pray with the transforming light of Christ, and with St Paul, trustingly proclaim, "Everything old has passed away; see, everything has become new!" (2 Cor 5:17).