

# Prayer Diary

—  
Nurtured  
by the good  
shepherd



JESUS SAID  
COME TO ME  
ALL YOU WHO ARE  
WEARY AND  
BURDENED AND  
I WILL GIVE YOU  
REST  
TAKE MY YOKE  
UPON YOU AND  
LEARN FROM ME  
FOR I AM GENTLE  
AND HUMBLE IN  
HEART AND YOU  
WILL FIND REST  
FOR YOUR SOULS



## Foreword from Bishop Graham

**Living pastorally is our bread and butter. It is rooted in our life of prayer and often equips our prophetic edge. It is deeply rooted in the gift that the Church of England is to the people of England.**

As the Book of Common Prayer puts it, “we most humbly beseech thee of thy goodness, O Lord, to comfort and succour all them, who in this transitory life are in trouble, sorrow, need, sickness, or any other adversity.”

Being pastoral is our way of evangelism. Our way is gentle and encouraging, supportive and often low key. “Go in peace to love and serve the Lord”, we say each Sunday.

And so, we go to be pastoral at the after-school homework club, at the youth club, at the Mothers’ Union, at the debt advice drop in, at the appliance repair shop in the church hall, at the lunch club for those in need, collecting for the foodbank, with the family of a very ill child in hospital, at the tiny funeral of someone with no friends.

Jesus, the Good Shepherd invites us to, “Take my yoke upon you and learn from

me, for I am gentle and humble in heart, and you will find rest for your souls.”

As we are transformed by Christ in this year focused on living pastorally, so we will learn new ways to reach with pastoral grace to those around us facing such challenging times. We can work together with others to tend and bless.

We hear that in this prayer attributed to St Augustine:

Watch dear Lord with those who wake, or watch, or weep today, and give your angels charge over those who sleep. Tend your sick ones, O Lord Christ. Rest your weary ones. Bless your dying ones. Soothe your suffering ones. Pity your afflicted ones. Shield your joyous ones, and all for your love’s sake. Amen.

Friends, this is what we do. Go in peace to love and serve the Lord!

+ *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.

Front Cover image: Way-station at Little Stukeley, Cambs on the Via Beata pilgrimage path, see story on page 19.

## Nurturing through Zoom

“Try Zoom!” her son-in law suggested as lockdown began. Fiona Newton, a priest in the Benefice of Stiffkey and Bale, was longing to reach those suddenly cut off from church and from each other. Initially a sharp learning curve, she’s found Zoom rich with possibility whether for Advent/Lent groups or worship. Monthly Evensong, for example, still flourishes three years later, extremely important to its now global congregation, far-flung relatives having joined in and spread the word. In these Zoom boxes sit people from the US, Edinburgh, Warwickshire, Herts and Surrey, as well as Norfolk.



This dispersed congregation loves the warm individual greetings pre-service and the time to comment afterwards; the many voices used to deliver the worship; the way Fiona follows up any pastoral issues; the depth of sharing among them. “There’s a lot of bubbling yeast in there and it’s clear the Spirit is at work,” says Fiona. “My job is simply to go on nurturing.”

### SUN 5 ONE IN FAITH & PURPOSE

Nurturing God, we gratefully acknowledge the wonders of technology that enable easy digital communication across the globe. Thank you for the deep bonds it has helped to forge between members of the Body of Christ, separated by many miles but one in faith and hope and purpose.

### MON 6 LAUNDITCH & THE UPPER NAR TEAM MINISTRY

Beeston-next-Mileham, Bittering Parva, East Lexham, Great Dunham, Great & Little Fransham, Gressenhall, Litcham w Kempston, Little Dunham, Longham, Mileham, Rougham, Stanfield, Tittleshall w Godwick. Weasenham, Wellingham, Wendling, West Lexham. Clergy: Miriam Fife, Hilary De Lyon, Kevin Blogg, and Andrea Woods installed yesterday as she begins her ministry as Team Vicar. Weasenham Primary. Dioceses of North Queensland (Anglican Church of Australia).

### TUE 7 MATTISHALL & TUDD VALLEY

East Tuddenham, Hockering, Mattishall, North Tuddenham, Welborne, Yaxham. Clergy: Mark McCaghrey, Sally Thurgill. LLMS: Joyce Turner, Jackie Clay, Alan Cossey, Jackie Crisp, Mel Stevenson. Hockering Primary, Yaxham Primary. Diocese of Raiwind (Church of Pakistan).

Women Clergy of the Diocese as they join in celebration on the eve of International Women’s Day.

### WED 8 TECHNOLOGY’S GIFT

We are grateful, O God, not just that technology eased pandemic isolation but also that it continues to connect people. Thank you especially for our new-found ability to include in worship those unable to leave their homes and those preferring anonymity whilst dipping a toe in the waters...

### THU 9 DEANERY OF GREAT YARMOUTH

Rural Dean: Simon Ward. Lay Chair: Pam Spychal. Diocese of Rajasthan (Church of North India).

### FRI 10 BELTON & BURGH CASTLE

Clergy: Rosie Bunn, Viv Ridpath. Moorlands Primary (Belton). Diocese of Rayalaseema (Church of South of India).

### SAT 11 BRADWELL

Clergy: Steve Deall, Sue Upton, Martin Upton. Homefield Primary (Bradwell). Dioceses of Recife and Rio de Janeiro (Igreja Episcopal Anglicano do Brasil).

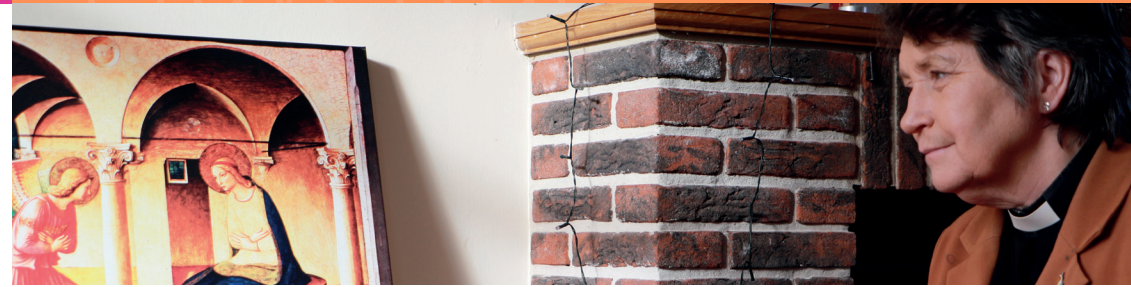


## Rooted in faith

In churches and schools across the diocese a number of young people are confirmed each year. As they take this step, we want to encourage them to deepen their faith and develop helpful spiritual practices.

The Diocese of Norwich Children, Youth and Families Team and Norwich Cathedral Education team have been working together to plan a discipleship day that seeks to help young people continue their faith journey. Based on work by George Lings from the Church Army we focus on areas of a monastery and use the idea of seven sacred spaces to explore aspects of discipleship, such as using the idea of chapel to encourage attendance at church services, the cell to reflect on having times of personal prayer, or the hostry to reflect on hospitality and being part of a Christian community. Through discussion and providing resources we pray that young people will find joy in a life of discipleship.

[www.DofN.org/cyf](http://www.DofN.org/cyf)



## A nurturing environment for growth

“I wanted to offer something last year to mark the ‘Prayerful’ focus of the Diocesan Vision,” writes Eleanor Langan, Rector of St Helen’s, Norwich, and Chaplain of The Great Hospital, “so I invited Susanna Gunner to lead her “Pondering Prayer” morning here. About 25 residents and friends of St Helen’s responded and we’re still talking about it several months later!

“It was a very helpful and positive experience. You can’t nurture prayer through instruction, but you can create an environment where people feel safe to grow. Those who gathered together were all so different, but Susanna gave us each the space and stimulus to move forward in our thinking about prayer. It wasn’t only what she said or the beautiful booklet of resources she had produced for each participant. It was the atmosphere she created in which each one of us, whatever our starting point, felt affirmed and encouraged.”

### SUN 12 STRENGTHEN FAITH

Father God, we thank you for young people who have taken a step of faith this year. We pray that you will root them in your love and care. May they grow ever closer to you and stronger in their faith.

### MON 13 CAISTER

Clergy: David Wells. LLM: Mary Taylor. Bishop’s Staff as they meet at Launde Abbey. **Dioceses of Rejaf and Renk (Episcopal Church of South Sudan).**

### TUE 14 FLEGG GROUP (COASTAL)

Hemsby, Horsey, West Somerton, Winterton. Clergy: Steven Sivyver, Jo Wood. The Churchwardens and PCC during the vacancy. **Diocese of Remo (Church of Nigeria).**

### WED 15 SETTLED IN THE FAITH

God of all grace, we joyfully acknowledge the young people across our diocese who, newly confirmed, are setting out on their Christian journey and we pray that those accompanying them may work with you in wise and imaginative ways to “establish, strengthen and settle them in the faith”.

### THU 16 FLEGG GROUP (MARTHAM)

Clippesby, Martham, Repps, Thurne. Clergy: Steven Sivyver, Jo Wood. LLMs: Alison McTaggart, Emma Sivyver.

**Dioceses of Rhode Island and Rio Grande (Episcopal Church, USA).**

### FRI 17 FLEGG GROUP (ORMESBY)

Ormesby St Margaret, Ormesby St Michael, Rollesby. Clergy: Jo Wood, Steven Sivyver. LLM: Margaret Parish.

**Diocese of Rift Valley (Anglican Church of Tanzania).**

### SAT 18 GORLESTON ST ANDREW & CLIFF PARK COMMUNITY CHURCH

Churchwardens and PCC during vacancy. Clergy: Sue Upton. LLMs: Melvyn Reid, Wendy Louise Bircham, Tracy Mayne. Derek McClean as he prepares to become Minister of Cliff Park Community Church (Anglican-Baptist LEP). Meeting of Diocesan Synod.

**Diocese of Riverina (Anglican Church of Australia).**

### SUN 19 FEELING SAFE TO GROW

Nurturing God, lead us to safe yet stimulating settings in which to grow in our faith. As we open ourselves to being ‘Transformed by Christ: Prayerful, Pastoral and Prophetic’, may we each be conscious of providing such settings for each other.

### MON 20 GORLESTON ST MARY MAGDALENE

Clergy: Matthew Price. LLM: Mary Ives. Peterhouse Primary (Gorleston). Bishop Graham as he leads curates on pilgrimage to the Land of the Holy One. **Diocese of Rochester (Church of England).**

### TUE 21 GREAT YARMOUTH TEAM MINISTRY

Clergy: Simon Ward, Ashley Hines, Tracy Williams. LLM: Pat Stringer. St Nicholas Priory Primary (Great Yarmouth). **Diocese of Rochester (Episcopal Church, USA).**

### WED 22 LAY US BARE

Transform us, O Christ, to be more prayerful – listening, open and responsive – as we journey with you to the cross this Lent. Lay us bare to learn afresh from you so that, gazing again upon your unconditional and self-giving love, we may be softened and inspired, challenged and changed.

### THU 23 THE SOUTH TRINITY BROADS

Clergy: Steven Sivyver, Jo Wood. LLM: Judy Pritchard. Fleggburgh Primary. **Diocese of Rockhampton (Anglican Church of Australia).**

### FRI 24 DEANERY OF HEACHAM & RISING

Rural Dean: Peter Cook. **Diocese of Rokon (Episcopal Church of South Sudan).**

### SAT 25 CASTLE RISING, HILLINGTON & SANDRINGHAM

Castle Rising, Flitcham, Hillington, Sandringham, Wolferton. Clergy: Paul Williams. LLMs: Paul Ringwood, Sally Stanton. Flitcham Primary, Sandringham & West Newton Primary. Bishops Graham, Alan, and Jane. **Dioceses of Rorya and Ruaha (Anglican Church of Tanzania).**



## Nurturing the whole person

WarmSpaces are sadly now commonplace and when All Saints' Mundesley set up theirs, the focus was initially on providing food and warmth with a free hot two-course meal, aimed particularly at families. It's developed into a multi-generational gathering where guests have set up a pop-up crochet class and a toy swap, and genuine friendships are growing between those who were previously strangers. The team of helpers, which includes a Bronze DofE participant, nurtures relationships and encourages activities using the skills which the guests bring.

"We're learning that we are not the 'providers' but are facilitators and are enriched by our guests' contributions," says the Revd Joanna Haywood. "We hope and pray that the space we offer will enable all who come to both give and receive, nurturing the whole person, feeding body, mind and soul! We're excited to see where this outworking of Jesus' love in action takes us."



### SUN 26 PASTORAL EAR & OPEN MINDS

Enabling God, we thank you for the opportunities the WarmSpace initiative has opened up to value new guests and enable their gifts to be shared. We pray for listening, pastoral ears and open minds as we seek to nurture and be transformative in Jesus' name.

### MON 27 DERSINGHAM, ANMER, INGOLDISTHORPE & SHERNBORNE

Clergy: Mark Capron, Adrian Aubrey-Jones. LLMs: Neil Adams, Alan Crawshaw. Dersingham Primary & Nursery, Ingoldisthorpe Primary. Dioceses of Ziwa Rukwa and Ruvuma (Anglican Church of Tanzania).

### TUE 28 DOCKING, THE BIRCHAMS, FRING, STANHOE & SEDGEFORD

Docking, Fring, Sedgeford, Stanhoe w Barwick, The Birchams and Bagthope. Clergy: Peter Cook, Richard Collier. LLM: George Eve. Docking Primary. Diocese of Rumbeck (Episcopal Church of South Sudan).

### WED 29 WARM EMBRACE

Welcoming Christ, as we thank you for the way in which so many across our diocese reflected your warm embrace in the cold of winter, we praise you for the way in which true hospitality transforms strangers into friends, guests into hosts and those who give into those who receive.

### THU 30 HEACHAM

Clergy: Veronica Wilson, Simon Wilson. LLMs: Pip Lawrence, Penelope Sutton. Dioceses of Rumonge and Rutana (Anglican Church of Burundi).

### FRI 31 HUNSTANTON & SAXON SHORE

Brancaster, Burnham Deepdale, Holme-next-the-Sea, Hunstanton, Hunstanton St Mary, Ringstead, Thornham, Titchwell w Choseley. Clergy: Rachael Dines, Kirsty Allan, James Monro. Brancaster Primary. Diocese of Rupert's Land (Anglican Church of Canada).

### SAT 1 SNETTISHAM

Clergy: Dan Tansey, Peter Cook. Dioceses of Ruwenzori, East Ruwenzori and South Ruwenzori (Province of Uganda).

## Collect

Almighty and everlasting God, who, of thy tender love towards mankind, hast sent thy Son, our Saviour Jesus Christ, to take upon him our flesh, and to suffer death upon the cross, that all mankind should follow the example of his great humility: Mercifully grant, that we may both follow the example of his patience, and also be made partakers of his resurrection; through the same Jesus Christ our Lord. Amen.



Photo: Norwich Cathedral.



## Take my yoke upon you...

People face many challenges as they adjust to a terminal illness. Chaplains work within the team of hospice specialists who assist people to live as well as they can by managing symptoms, offering spiritual and emotional support and promoting the best possible quality of life.

“As a Chaplain”, says the Revd Helen Garrard, “my focus is always the person in front of me. I work with people of many different faiths and those with none; my inspiration is Christ. People are often heavy laden, with many questions and worries as well as hopes and longings. Often as we support others, we feel the weight of all they carry. It is only by taking upon ourselves the yoke of Christ that we can do this. To know that he is alongside guiding, sharing, blessing, nurturing, and offering a hope beyond the end of this life, gives me inspiration and joy in the work I do.”

### SUN 2 RESURRECTION HOPE & LIGHT

Loving Shepherd, you call us to come to you when we are tired and weighed down. Gather into your arms those who struggle with illness and pain and gently guide those who are worried or weary. Through your tender compassion may the people who wait in darkness be brought to hope and light.

### MON 3 DEANERY OF HOLT

Rural Dean: Richard Lawry. Lay Chair: Tricia Temple-Crowe.  
All those gathered for the Christ Eucharist in Norwich Cathedral.  
**Giving thanks for Bishop Alan and Pippa as we bid them farewell.**

### TUE 4 BRININGHAM

Briningham, Brinton, Hunworth, Stody, Swanton Novers, Thornage. Clergy: Trudie Morris.  
**Diocese of Sabah (Province of South-East Asia).**

### WED 5 PRAYER OF ST AUGUSTINE

Watch, dear Lord, with those who wake, or watch, or weep today, and give your angels charge over those who sleep. Tend your sick ones; rest your weary ones; bless your dying ones; soothe your suffering ones; pity your afflicted ones; shield your joyous ones. And all for your love's sake.

### THU 6 BRISTON

Briston, Burgh Parva, Hindolveston, Melton Constable. Clergy: Trudie Morris. LLM: Carolyn Sexton. **Diocese of Saldanha Bay (Anglican Church of Southern Africa).**

### FRI 7 GLAVEN VALLEY

Blakeney, Cley-next-the-Sea, Glandford, Letheringsett with Bayfield, Wiveton. Clergy: Richard Lawry, Sarah De Bats. Licensed LLMs: Penelope Thewlis, Roger Bland. Blakeney Primary. All who walk the way of the cross.  
**Diocese of Salisbury (Church of England).**

### SAT 8 HOLT

Clergy: Howard Stoker, Gary Gould. LLM: John Allen. Those being confirmed in Norwich Cathedral and all who have come to support them.  
**Diocese of El Salvador (Iglesia Anglicana de la Region Central de America).**

## Faith in the family

Supporting the faith of children in the home can be challenging. The Revd Tony Heywood shares what he does with his family: -

“We’ve tried to live out our faith in front of them – if we see an amazing sight such as a beautiful bird, we’ll suggest we thank God. If we hear of a worrying situation from them, we bring it to God in prayer. From the cot, we’ve tried to have a Bible and prayer space at bedtime. We’ve used a variety of different children’s Bibles and read Christian biographies. I do breakfast with them and have tried a few different things including the Big Book of Questions and Devotional Dippers.

“Sometimes they are not that focused but on the whole, they want to know and will even point out: ‘We haven’t had our Bible time’ – especially if it’s late and we are looking for a speedy bedtime!”



### SUN 9 INSPIRE & EQUIP

Heavenly father we pray for the children and young people in our care. We pray that you inspire and equip those who live and care for them and that their young people may be nurtured for a life of faith.

### MON 10 MATLASKE

Baconsthorpe, Barningham Winter, Edgefield, Hempstead, Matlaske, Plumstead, Saxthorpe w Corpusty. Clergy: David Longe, Judy Rosser.  
**Diocese of Sambalpur (Church of North India).**

### TUE 11 STIFFKEY & BALE

Bale, Binham, Field Dalling, Gunthorpe, Langham Episcopi, Morston, Saxlingham, Sharrington, Stiffkey. Clergy: Ian Whittle.  
**Diocese of Santiago, Chile (Iglesia Anglicana de Chile).**

### WED 12 FROM THE COT

Nurturing God, we pray for Christian families across this diocese that, amid all the ups and downs of family life, yours may be a constantly steadying presence. Fill parents and grandparents with the confidence and the imagination to speak of you to children from the cot onwards.

### THU 13 WEYBOURNE GROUP

Bodham, East w West Beckham, Kelling, Salthouse, Upper Sheringham, Weybourne. Clergy: Ian Dyble, Patricia Wallson. LLM: John Arkell.  
**Diocese of Santiago, Philippines (Philippines).**

### FRI 14 DEANERY OF HUMBLEYARD

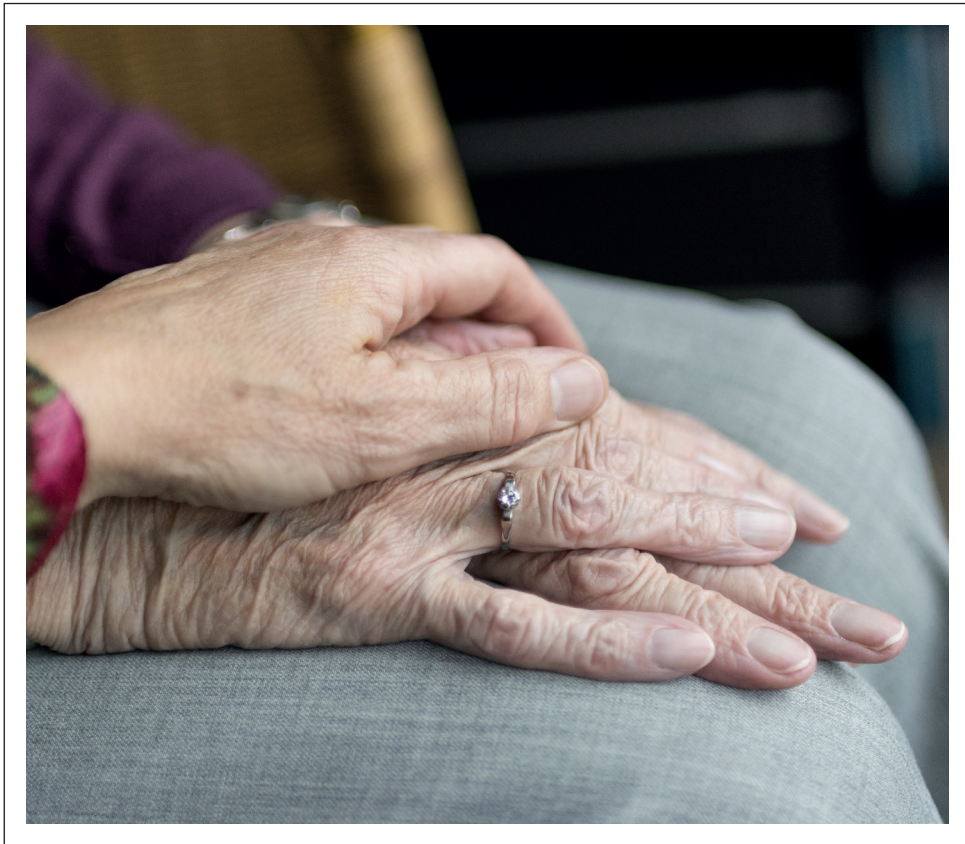
Lay Chair: Roger Wood.  
Archdeacons Steven, Catherine and Keith.  
**Diocese of Saskatchewan (Anglican Church of Canada).**

### SAT 15 CRINGLEFORD

Colney, Cringleford. Clergy: Graham Wilkins, John Wigfield. LLM: Shirley Wood. Cringleford Primary.  
**Dioceses of Sapele and Sabongidda-Ora (Church of Nigeria).**

# Transformed by Christ for care and social justice

The Rt Revd Dr Jane Steen  
Bishop of Lynn



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Last year, Bishop Graham asked Michael Newey, AWA in the Heart of Norfolk benefice and Chief Executive of Broadland Housing, to help bring clergy and laity together to help churches respond to the cost-of-living crisis. It seems obvious that we should assist those in need, but what does our theology have to say?

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**T**ake my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls, says Jesus (Matt 11.29). To learn from Jesus is to be a disciple of Jesus, who repeatedly responded to those who came to him in need. We serve others in imitation of our Lord.

Jesus inherited the great tradition of justice to the poor found in the Biblical books of the law and the prophets.

From earliest days, the Church drew on this tradition to encourage, first, care for those who lacked, and subsequently, social justice. In the fourth century, Gregory of Nyssa urged “Be generous on behalf of your unfortunate brethren” (First Homily on Good Works).

Augustine of Hippo insisted that “It is charity through which faith works” (Letter 189). Thomas Aquinas noted that “the further it departs from the common good, the more unjust will the government be” (On the Government of Rulers,

c1300, only partly by Thomas).

Some six centuries later, William Temple would argue that “Christian charity manifests itself in the temporal order as justice in relation to the equilibrium of power”, asserting what he saw as the rightful claim of the Church’s voice to be heard in social, political and economic life.

These theologies of social justice, on which in part the welfare state was founded, continue to offer a Christian imperative for acts of social mission and political action.

Such theology directs our attention firmly to the world in which we live and might, at first sight, seem a long way from our Christian expectation of the second coming and our hope of a “new heaven and a new earth” (Revelation 21.1).

In fact, the two sit well together. We know that the world in which we live now is not the world we would have. Hunger and poverty disfigure human society and diminish creation. We strive to eliminate this great disordering, this dis-ease of the world, by repentance and reformation of life, by our own acts of justice and compassion.

As we do so, we are caught up in the Christian trajectory from that which is to that which will be, even while we attend to the needs of this present world. We live as those who would allow the grace of God to work through us to bring the Kingdom now, even while we await its coming.

It is right for us to do so. For the Lord lived and died and rose again in this world to redeem this world. We serve his world as his disciples, imitating his gentle humility yet impelled by his transforming love and power.

[www.DofN.org/cost-of-living-support](http://www.DofN.org/cost-of-living-support)

## Eco Church journey

“Starting the journey may seem daunting,” says John Greenaway, Earlham parish’s Eco Church co-ordinator, “but the secret is to take things step by step. We formed a small, diverse group of interested people which reports regularly to our PCC to ensure we’re linked into the decision-making process of our churches.

“We registered with the A Rocha UK scheme and have started to work through the questionnaire – starting with some ‘easy-wins’ – it’s easier to put up bird boxes than achieve solar panels in your first few months!” The group has also been encouraged by a visit to a nearby parish which has already achieved a bronze award and picked up some good tips from their experiences to date. “Each parish will have its own opportunities and drawbacks, but we can all move in the same direction and learn from each other,” says John.

[www.DofN.org/Ecochurch](http://www.DofN.org/Ecochurch)

## Encouraged to step out in prayer

“When I was asked to lead the prayers, I was horrified” says Eddie, member of St Helen’s, Costessey. “Was I afraid of getting it wrong? Was I too comfortable with reduced responsibility? Hearing that it was to help more men be involved in prayer challenged me.

“When we pray, we expose our own relationship with the Father, and we are declaring this by the very action of public prayer. I grew in my relationship with Jesus by praying alone in my room, later praying with a small group and now I am stepping out to lead the congregation in prayer. I am also revealing my mindset and giving something of myself away and this is a challenge! However, it’s not about showing how good I am, in fact it’s not about me at all. Having someone experienced to spend time guiding and helping me structure the prayers has given me a firm foundation.”



### SUN 16 CREATION CARE

Creator God, as Earth Day approaches, inspire and encourage the churches in our diocese to support one another as they journey to express their faith through creation care in their communities. Empower us through your Spirit to so nurture and love the world, that all creation sings to your glory.

### MON 17 HETHERSETT

Great Melton, Hethersett, Little Melton. The Churchwardens and PCC during the vacancy. Hethersett Primary.  
**Diocese of Sebei (Province of Uganda).**

### TUE 18 HIGH OAK, HINGHAM, SCOULTON w WOOD RISING

The Churchwardens and PCC during the vacancy. LLMs: Dale Southall. Morley Primary.  
**Diocese of Sekondi (Province of West Africa).**

### WED 19 ROUSED TO ACTION

O God, the source and sustainer of all that is, we long to safeguard the complex interconnectedness of creation and to work with you to sustain the life of the earth. Deepen our understanding, quicken our urgency and rouse us to action, we pray.

### THU 20 MULBARTON

Bracon Ash, Flordon, Hethel, Mulbarton. Clergy: Adrian Miller.  
Meeting of Bishop’s Council of Trustees.  
**Diocese of Seoul (Anglican Church of Korea).**

### FRI 21 SWARDESTON

East Carleton, Intwood, Ketteringham, Swardeston. Clergy: Paul Burr. LLM: Peter Worby.  
**Diocese of Seychelles (Province of the Indian Ocean).**

### SAT 22 UPPER TAS VALLEY

Fundenhall, Upper Tas Valley All Saints. Clergy: Lydia Avery. LLMs: John Hooper, Margaret Styles. Forncett St Peter Primary, Hapton Primary, Tacolneston Primary, Wreningham Primary.  
**Diocese of Sheffield (Church of England).**

### SUN 23 PRAYERFUL PEOPLE

Father, your arms are held out in delight as you hear your children when we pray. Please encourage and nurture the prayer life of this Diocese, both in private and public prayer. Grow us as a prayerful people, delighting in spending time, listening and talking with you.

### MON 24 WYMONDHAM W SILFIELD & SPOONER ROW

Clergy: Christopher Davies.  
**Diocese of Shinyanga (Anglican Church of Tanzania).**

### TUE 25 DEANERY OF INGORTH & SPARHAM

Rural Dean: Keith Rengert. Lay Chair: Kandi Kammoun. **Diocese of Upper Shire (Province of Central Africa).**

### WED 26 LORD, TEACH US TO PRAY

“Lord, teach us to pray,” your disciples said to you all those centuries ago. Today, we make the very same request, Lord Jesus, asking especially that those tasked with leading others into prayer may receive not only the equipping and encouragement of other Christians but also your grace and gifting.

### THU 27 AYLISHAM & DISTRICT TEAM MINISTRY

Aldbrough, Aylsham, Badersfield, Blickling, Brampton, Burgh-next-Aylsham, Buxton w Oxnead, Cawston, Haveringland, Heydon, Itteringham, Lammas, Little Barningham, Marsham, Oulton SS Peter and Paul, Wickmere. Clergy: Julie Boyd, Tony Lynn, Natalie Rees, Shawn Tomlinson, Andrew Whitehead. LLMs: David Martin, Gillian Peat, Joy Taylor, Kandi Kammoun, Fiona Tibbitt. Aylsham St Michael’s Nursery & Infant, Cawston Primary.  
**Diocese of Shyira (Eglise Anglicane du Rwanda).**

### FRI 27 COLTISHALL

Coltishall, Frettenham, Hainford, Horstead, Stratton Strawless. Clergy: Keith Dignum. Hainford Primary. **Diocese of Sialkot (Church of Pakistan).**

### SAT 28 REEPHAM & WENSUM VALLEY TEAM MINISTRY

Alderford w Attlebridge, Bylaugh, Elsing, Great w Little Witchingham, Lyng, Reepham, Salle, Sparham, Swannington, Thurning, Weston Longville w Morton-on-the-Hill, Wood Dalling. Clergy: Helen Rengert, Keith Rengert (School Chaplain, Synergy Trust), Judith Sweetman, Richard Turk. LLM: Sue Page, Helena Crockford, Jane McLarty. Great Witchingham Primary, Lyng Primary. **Diocese of Singapore (Province of South-East Asia).**



## A royal anointing

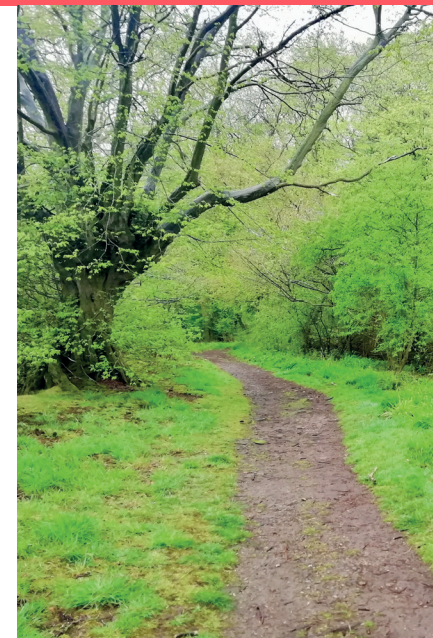
On Saturday, King Charles III will be anointed. In the UK, anointing monarchs with oil probably began with King Edgar's coronation in 973. But much earlier than that, the Old Testament describes the royal anointing of Saul, David, Solomon and Jehu. So what might this ancient sacrament mean?

First, it indicates that King Charles is being set apart for a particular purpose and, like Jesus himself, whose very title "Messiah/Christ" means "anointed one", that he'll be set apart not to be served but to serve. As Archbishop Justin makes the sign of the cross in oil on the new king's hands, chest and head, the sacredness of this calling will be underlined. But in this intimate moment we find too a promise of divine nurture. As the Holy Spirit is invited, the soothing balm on his skin will also reassure him that, though human and fragile, he is not alone but held close by God for the task ahead.

## Being part of something beautiful

How do you make the most of the opportunities around preparing for marriage, both in practical aspects and in exploring the self-giving and on-going love of the Lord Jesus Christ? Time to connect in a relaxed manner seems essential, time to model real, honest marriage, to walk and talk, and cook and sit down to eat together. This is the thinking behind the marriage preparation course at the church in Costessey, with congregation members Peter and Sandra Isaac, leading three out of the four meetings.

A handful of couples are due to be getting married this year, in the beautiful old church of St Edmunds, Costessey. Sandra and Peter have committed to meeting each couple separately, walking, talking and having lunch. Practical conversations such as the joys and difficulties of personality and expectations, naturally lead to the profound security of the love and forgiveness in the Lord Jesus.



### SUN 30 KING OF LOVE

O King of Love, your goodness to us never fails: may his holy anointing nurture in King Charles a deep confidence in your guiding and abiding. Pour down upon him, we pray, the gifts of your Spirit, that he may serve both country and Commonwealth with humanity and humility, with courage and constancy.

### MON 1 SCARROWBECK

Alby, Calthorpe, Erpingham, Ingworth, Thwaite. Clergy: Heather Butcher. LLMs: Ian Andrews, Helen Burrell, Angela Parkes, Colin Willis. Erpingham Primary. Diocese of Sittwe (Province of Myanmar).

### TUE 2 SCOTTOW

The Churchwardens and PCC during the vacancy. Diocese of Sodor and Man (Church of England).

### WED 3 A NEW ERA UNFOLDS

Sovereign God, as our king is crowned, we invite your blessing upon our nation. May the approaching days of ceremony and celebration enrich and strengthen our communities and, as a new era unfolds, may we unite in the shared resolve to strive for a fairer future for all.

### THU 4 THE HEART OF NORFOLK

#### TEAM MINISTRY

Bawdeswell, Billingford, Bintree, Foulsham, Foxley, Guestwick, Guist, North Elmham, Stibbard, Themelthorpe, Twyford, Wood Norton, Worthing. Clergy: Sally Kimmis. LLM: Norman Johnson. North Elmham Primary, Stibbard All Saints Primary.

Diocese of Sokoto (Church of Nigeria).

### FRI 5 DEANERY OF LODDON

Rural Dean: David Owen. Diocese of Central Solomons (Anglican Church of Melanesia).

### SAT 6 BRAMERTON GROUP MINISTRY (ROCKLAND)

Bramerton, Carleton Saint Peter, Claxton, Kirby Bedon and Whitlingham, Rockland St Mary, Surlingham. Clergy: Nick Garrard, Helen Garrard. Diocese of Soroti (Province of Uganda). King Charles the Third on his Coronation.

### SUN 7 WITHIN THE LOVE OF GOD

Lord Jesus, we pray for couples preparing for marriage in our Diocese and ask for joy and delight throughout their lives together. Please help us all to strengthen and uphold these marriages: may they know the riches of your community in the ongoing love and support of the local church.

### MON 8 BRAMERTON GROUP MINISTRY (THURTON)

Ashby, Bergh Apton, Framingham Pigot, Thurton, Yelverton. Clergy: Chris Ellis, Kate Turner. Alington & Bergh Apton Primary, Thurton Primary. Dioceses of Southwark and Southwell & Nottingham (Church of England).

### TUE 9 CHET VALLEY

Chedgrave, Hardley, Langley, Loddon, Sisland. Clergy: David Owen, Alison Ball, Jill Haylock. LLM: Belinda Barwick. Reformed Episcopal Church of Spain.

### WED 10 THOSE WHO LIVE IN LOVE

"God is love, and those who live in love live in God and God lives in them" (1 John 4.16). May those committed to lifelong love together find it also life-giving and, enriched by your presence and strengthened by your grace, may they bring comfort and confidence to each other.

### THU 11 PORINGLAND

Framingham Earl, Howe, Poringland. Clergy: Robert Parsonage, Rachel Foster. Dioceses of Spokane and Springfield (Episcopal Church, USA).

### FRI 12 RAVENINGHAM GROUP

The Churchwardens and PCC during the vacancy. Diocese of Port Sudan (Episcopal Church of Sudan).

### SAT 13 VENTA GROUP

Arminghall, Caistor St Edmund, Stoke Holy Cross. Clergy: Rob Baker, Lyn Marsh. Diocese of Sul-Ocidental (Igreja Episcopal Anglicana do Brasil).



“I am the good shepherd.  
I know my own and  
my own know me.”

John 10.14



Dameon the Shepherd brought his rare breed Norfolk Horn sheep to the crib service at Thorpe St Andrew where they were named: Tom, Dick, and Harry!

## Christian Aid Week

Christian Aid exists to create a world where everyone can live a full life, free from poverty. Sometimes, overseas projects and appeals may seem too far away or even difficult to relate to. But we are called to nurture our neighbours overseas, to care for and protect them as part of a global family, loved by God and made in his image.

We can all relate to the soaring costs of food and essentials, as this year's Christian Aid week focuses on supporting families in Malawi who are struggling to cope with the crushing prices. And helping farmers who are struggling to survive in the face of the climate crisis. The future of many is precarious with the effects of droughts and floods devastating crops. Christian Aid has worked in Malawi for 20 years. You can offer your time, talents, prayer or money to support this year's Christian Aid week.

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



### SUN 14 GLOBAL PASTORAL CARE

Loving God, help us to pastorally care for our brothers and sisters overseas. To listen to their needs and respond in loving service. Provide food for those who need basic essentials and help us to follow Jesus' example of proclaiming good news to the poor and freedom to the oppressed.

### MON 15 WAVENEY MARSHLANDS

Aldeby, Burgh St Peter, Ellingham, Geldeston, Gillingham, Haddiscoe, Kirby Cane, Norton Subcourse, Raveningham, Stockton, Thorpe-next-Haddiscoe, Thurlton, Toft Monks, Wheatacre. Clergy: David Smith. Ellingham Primary, Gillingham St Michael's Primary. Diocese of Sunyani (Province of West Africa).

### TUE 16 DEANERY OF LOTHINGLAND

Rural Dean: Helen Jary. Lay Chair: Trudie Jackson, Jane Tighe. Diocese of Sur (Iglesia Anglicana de Chile).

### WED 17 THAT OTHERS MAY SIMPLY LIVE...

As we prepare, on this eve of Ascension Day, to celebrate your universal kingship, inspire us afresh, O Christ, to strive for well-being across the globe. Mirroring your abundant love, may we give and act and pray with generous and compassionate hearts, living more simply that others may simply live.

### THU 18 CARLTON COLVILLE

Carlton Colville, Mutford. Clergy: Sarah Quantrill. LLM: Mark Ellis. Meeting of Rural Deans. Ascension Day. Diocese of Swansea and Brecon (Church in Wales).

### FRI 19 HOPTON, CORTON & GUNTON

Clergy: Nigel Lacey. Corton Primary, Hopton Primary. Diocese of Swaziland (Anglican Church of Southern Africa).

### SAT 20 KESSINGLAND

Gisleham, Kessingland, Rushmere. Clergy: Mandy Bishop. LLM: Doreen Cowie. Kessingland Primary. Diocese of Sydney (Anglican Church of Australia).



## A godmother's nurture

Ruth Vaughan, church warden at Christ Church, Eaton, has four godchildren. It's a while since their baptisms and they're now young adults but, as well as praying for them, she still does her best to be a nurturing Christian presence in their lives. "I've always wanted them to know that I'm there for them," she says.

When they were children, she'd send holiday postcards firmly addressed to them (not their parents!) and make every effort to see them. But Alexandra grew up in Yorkshire and though Ruth remembers cradling her on her lap in Norwich Cathedral during her own son's Confirmation, it was really when Alexandra's mum died tragically early that Ruth's godmothering came into its own. Early on, Christmas and birthday gifts had been colourful books telling biblical stories – Noah, maybe, or the Good Samaritan. But then, talking often and in depth with her grieving 21-year-old goddaughter, Ruth was able to offer gifts of solace and support.

<https://churchsupporthub.org/godparents-sunday>

## Pilgrim

At a time when there is an almost constant swirl of competing voices and opinions around us, we are required to do the hard work of discerning which of these voices should be listened to. One of the great gifts of pilgrimage is the space it affords to listen. The pilgrim learns to sift through the noise, paying attention to the sound of the inner voice and to God's guiding voice, whilst letting go of other distracting voices. In the test of physical, mental and spiritual perseverance, the pilgrim is led to consider which voice they give priority, as their ultimate source of security and dependence.

Yesterday, a new worshipping community was launched in the Waveney Valley, with Bishop Graham in attendance. Pilgrims can explore the spirituality of pilgrimage and aspects of monastic life and prayer, drawing on the contextual features of the Via Beata and All Hallows' Convent, Ditchingham. For more info visit [earshambenefice.org.uk](http://earshambenefice.org.uk).



### SUN 21 CONSTANCY & COMMITMENT

Holy Spirit of God, refresh we pray, in this season of Pentecost, the nurture which godparents offer their godchildren. Breathe into them deep constancy and commitment, and equip them with your gifts of wisdom, understanding and counsel as they share your love with those in their care.

### MON 22 KIRKLEY

Kirkley w Lowestoft Saint John.  
Clergy: Helen Chandler.  
Diocese of Tabora (Anglican Church of Tanzania).

### TUE 23 LOWESTOFT CHRIST CHURCH

Clergy: Jon Carter. LLM: Peter Williams.  
Te Pihopatanga o Tai Tokerau and Te Pihopatanga o Tai Tairāwhiti (Anglican Church in Aotearoa, New Zealand & Polynesia).

### WED 24 WITNESSES TO LOVE

O God, by the power of your Holy Spirit, you give us new life through the waters of baptism. Keep us faithful to our baptism, we pray, and equip us in our calling that, as your disciples, we may keep learning how best to witness to your love.

### THU 25 LOWESTOFT ST ANDREW

Clergy: Damon Rogers. LLM: Eileen McMurtry.  
Our partnership with the Province of Papua New Guinea and the Diocese of Luleå.  
Diocese of Taita-Taveta (Anglican Church of Kenya).

### FRI 26 LOWESTOFT ST MARGARET

Lowestoft St Margaret. Clergy: Simon Stokes.  
LLM: Gerda Buckley.  
Diocese of Taiwan (Episcopal Church).

### SAT 27 OULTON BROAD TEAM MINISTRY

Oulton, Oulton Broad. Clergy: Helen Jary, Andy Bunter, Dannie Hancock. LLMs: Jackie Makower, Debbie Allsop, Jill Hunting, Harold Waterman.  
Diocese of Tamale (Province of West Africa).

### SUN 28 WAY OF BLESSING

We give thanks for the many lives changed and transformed by an encounter with your Holy Spirit whilst on pilgrimage. Give us the wisdom to draw on your ancient ways in our ministry today and bless the Via Beata; that it would truly be a 'Way of Blessing' for many

### MON 29 PAKEFIELD

Clergy: Sharon Lord, Becki Bensusan.  
LLM: Trudie Jackson.  
All who are joining in the National Pilgrimage at the Shrine of Our Lady of Walsingham.  
Dioceses of Central Tanganyika, South-West Tanganyika & Western Tanganyika.

### TUE 30 SOMERLEYTON

Ashby, Blundeston, Fritton, Herringfleet, Lound, Somerleyton. The Churchwardens and PCC during the vacancy. Blundeston Primary.  
Dioceses of Tanga and Tarime (Anglican Church of Tanzania).

### WED 31 PILGRIMAGE INTO GOD

O God, you are our origin and our destination. Travel with us, we pray, whether we journey along a pilgrim path or make an inward journey of the heart and, by your grace, tutor us to listen for that voice which leads us ever more deeply into you.

### THU 1 DEANERY OF LYNN

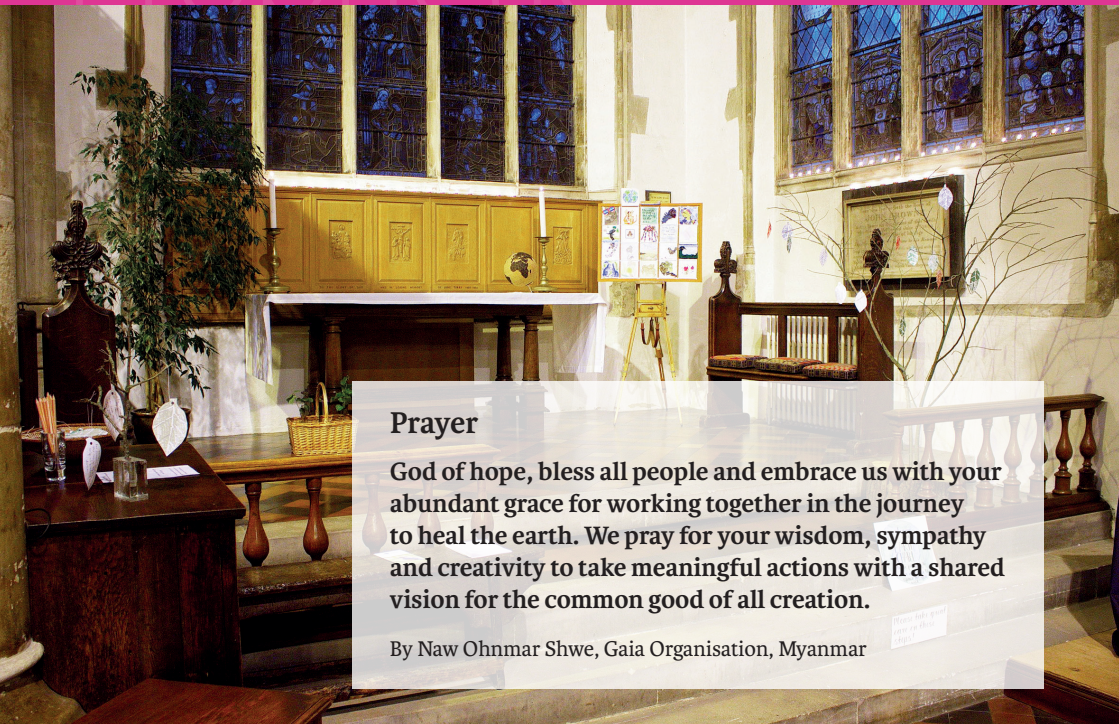
Rural Dean: Karlene Kerr. Lay Chair: Jan Willson.  
Diocese of Tasmania (Anglican Church of Australia).

### FRI 2 GAYTON, GRIMSTON, MASSINGHAM & DISTRICT TEAM MINISTRY

Ashwicken w Leziate, Bawsey & Mintlyn, Congham, East Walton, Gayton, Gayton Thorpe, Great Massingham, Grimston, Harpley, Little Massingham, Roydon. Clergy: Judith Pollard, Sue Martin. LLM: Joy Smith. Ashwicken Primary, Gayton Primary, Great Massingham Primary, Harpley Primary.

### SAT 3 GAYWOOD

Clergy: Kyla Sorensen, Karlene Kerr.  
LLM: Daphne Sampson.  
All Local Ecumenical Partnerships.



## Prayer

God of hope, bless all people and embrace us with your abundant grace for working together in the journey to heal the earth. We pray for your wisdom, sympathy and creativity to take meaningful actions with a shared vision for the common good of all creation.

By Naw Ohnmar Shwe, Gaia Organisation, Myanmar

(Above) The Earth Chapel, St Peter Mancroft, Norwich

If you have a story to feature on a Sunday in a future diary, please do get in touch! Email [news@dioceseofnorwich.org](mailto:news@dioceseofnorwich.org) or phone on **01603 880853**.

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