

# Prayer Diary



They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.

Psalms 1:3

(Above) Pupils at St Michael's VA Primary School, Bowthorpe plant a tree for the Queen's Green Canopy Platinum Jubilee with Bishop Graham

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 **01603 880853**

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Editorial team: Barbara Bryant, Susanna Gunner, Sandra Isaac



# Rejoice in hope, be patient in suffering, persevere in prayer

Romans 12:12

Ben Knights with his confirmation hazel sapling, St Edmund's, Taverham



## Queen's Jubilee

"Pray for me ... that God may give me wisdom and strength to carry out the solemn promises I shall be making, and that I may faithfully serve him and you, all the days of my life." This was the prayer request made by Her Majesty the Queen in her first Christmas broadcast in 1952. Throughout her long life, Christ's example and teaching have been seen acted out in the dutiful and faithful life of our servant-hearted Queen Elizabeth.

We know that her visits to her home at Sandringham offer her valuable times of rest and relaxation and she is held in special esteem and fondness in the County of Norfolk and Diocese of Norwich. This weekend we join with millions of others throughout the UK and around the Commonwealth, celebrating and giving thanks for the life and service of the Queen on her Platinum Jubilee. Seventy years of service to our country and to our world.

### SUN 29 THANKSGIVING FOR SERVICE

Servant King, as we celebrate the Platinum Jubilee of Her Majesty the Queen, we give thanks for all that you have given her in these 70 years and for all that she has given to her people. Continue, we pray, your loving purposes in her and unite us also in love and service to one another.

### MON 30 THREXTON

Threxton. The Churchwardens and PCC during the vacancy.

Diocese of Cape Town (South Africa).

### TUE 31 WATTON

Clergy: The Churchwardens and PCC during the vacancy, Kyla Sorensen. LL.Ms: Jackie Cook, Elaine Rodgers. Staff of Diocese of Norwich Education Services Company.

### WED 1 ROYAL COMPANIONS

Accompanying God, we thank you for the sustaining companionship which Elizabeth, our Servant Queen, has found in you, the King she serves, throughout her long and faithful reign. May the gifts of your Spirit continue to equip and encourage her.

### THU 2 WAYLAND GROUP

Breckles, Caston, Great Hockham, Griston, Merton, Stow Bedon, Sturston, Thompson, Tottington. The Churchwardens and PCC during the vacancy. Caston Primary.

Diocese of North Eastern Caribbean & Aruba (West Indies).

### FRI 3 DEANERY OF BURNHAM & WALSINGHAM

Rural Dean: Clive Wylie. Lay Chair: Anne Prentis. United Reformed Church; Eastern Synod Moderator, Lythan Nevard.

Dioceses of East Carolina and North Carolina (USA).

### SAT 4 BARNEY, HINDRINGHAM, THURS福德, GREAT SNORING, LITTLE SNORING, KETTLESTONE & PENSTHORPE

Clergy: James Muggleton. Hindringham Primary. Strategic Programme Manager, Julie Smith; Central Service Support, Beth Grimshaw.

## Foreword from Bishop Alan



Welcome to this Prayer Diary that takes us through Lent, Passiontide and into Easter.

So many Gospel stories offer us encounters that can serve as images of the life of prayer, and the Easter story of the Road to Emmaus is one such story. It features two disciples journeying together, seeking to understand the recent events involving Jesus. As they talk together and with the stranger who accompanies them, they eventually discover that the risen Lord has been with them all the way.

We often think of prayer as a pilgrimage or a journey, but for me, it's not a journey to find the Lord. He is always with me, walking right beside me. The journey is much more

an inward one. It's about stilling myself long enough to be aware of his presence. It's about quieting the noise around me and within me. It's about opening my eyes to see what is really going on. It's about becoming more conscious of the Lord who is always near, waiting for me to notice, to listen, and to receive what he wants to give me.

May we know the presence of the risen Lord as we journey together in these coming weeks.

+ Alan Thutford

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.



## Emerging communities

I asked Phil Courtier, Director for South Norfolk and Broadland District Councils, how we should pray for people like him – our local leaders and civic workers – as they help to shape the places in which we live.

His response focused on the plans and delivery of future growth in Norwich, with plans for thousands of new homes in and around the city. “Over the next 20 years we will see a significant number of new homes being built and new communities being formed. What role do churches play in these new places, how do Christian communities serve and reach out to the new residents and how do we collectively achieve this?”

There is a need for Christian voices in local government and for Christians to be involved in shaping our future communities, including through Neighbourhood Plans another decision-making opportunities.

### SUN 22 GROWING CHURCH

Lord Jesus Christ, we pray for opportunities for your church to grow as the population increases in our area. May your Holy Spirit support and encourage the teams involved in planning for the future. We pray for wisdom among so many choices to be made.

#### MON 23 NAR VALLEY

Castleacre, Narborough with Narford, Newton-by-Castleacre, Pentney, Southacre, Westacre. Clergy: The Churchwardens and PCC during the vacancy, Richard Howells. Castle Acre Primary, Narborough Primary.

#### TUE 24 NECTON

Holme Hale, Necton, North Pickenham, South Pickenham. Clergy: Stephen Thorp. LLMs: Carole Hicks, Susan March. Necton Primary. Salvation Army: Divisional Commander, Howard Russell.

### WED 25 JESUS: LORD OF ALL

Accompanying Lord, on this eve of Ascension Day, show us how to proclaim your universal kingship. So give us grace, we pray, to find ways of shaping our communities – whether long-established or newly-emerging – with the characteristics of your Kingdom.

#### THU 26 OXBURGH GROUP

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

**Dioceses of Canterbury and Carlisle (England).**

#### FRI 27 SWAFFHAM & SPORLE

Sporle with Great and Little Palgrave, Swaffham. Clergy: Janet Allan, Tori Venmore-Rowland. LLM: Andy Mash. Sporle Primary, Swaffham Junior, Swaffham Infant.

**Diocese of Cape Coast (West Africa).**

#### SAT 28 THE FOUNTAIN OF LIFE

Clergy: Paul Wilkinson, Adam Poole. Archdeacon Steven Betts (Norfolk), Acting Archdeacons Christopher Davies and Sally Theakston (Lynn).

## A Passion for Life

As we go to press, this initiative is gaining momentum with 10 churches from Gorleston to Dereham and counting, preparing a month of mission in the build up to Easter. This is all part of a UK-wide mission helping churches proclaim the good news of Jesus in our communities. The meaning of the phrase “Enjoying engagement for life” is being promoted through small, everyday connections as well as larger events, such as talks with guest speakers. On Holy Saturday a Passion Play will take place, organised by Celebrate Norfolk with local churches and the Saltmine Theatre company.

Coordinator John Drake said, “We need to grow churches from the base up through ordinary contacts, not relying solely on professional pulpit sermons on a Sunday. Our everyday groups are many times larger than church on Sunday: we can set out to mix and engage naturally in non-Christian circles.”

### SUN 6 BEING GOOD NEWS

Lord Jesus, you walked this earth engaging with humanity from all levels of society, on a daily basis, sometimes in very ordinary circumstances. Help us likewise, to relate well with those around us and demonstrate the life we have in you. Please encourage “A Passion for Life” and all involved.

#### MON 7 HELLESDON

Clergy: Louise Alder. Interim Archdeacon of Norwich, Keith James. **Diocese of Atlanta (USA).**

#### TUE 8 HORSFORD, FELTHOPE & HEVINGHAM

Clergy: Margaret McPhee. LLM: Richard McPhee. Horsford Primary. **Diocese of Auckland (Aotearoa, New Zealand and Polynesia).**

### WED 9 IMAGINATIVE WITNESS

Accompanying Lord, as we begin our Lenten journey towards your Passion, we pray that those on the fringes of faith may be drawn in more fully through imaginative witness to the life-giving power of your death and resurrection.

#### THU 10 HORSHAM, SPIXWORTH & CROSTWICK

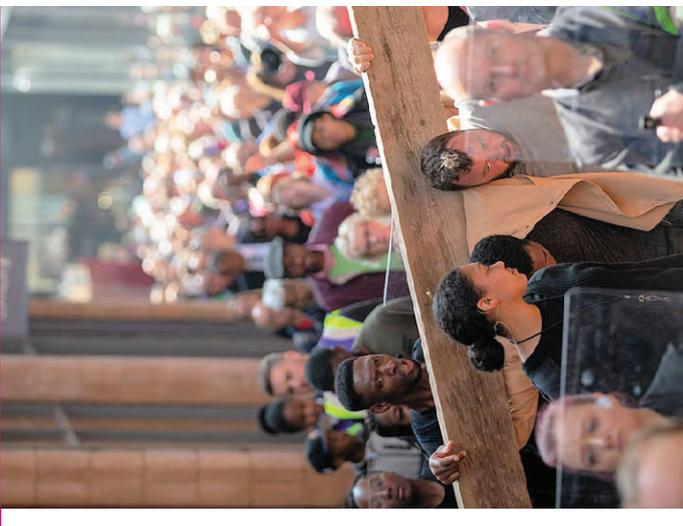
Clergy: Rosemary Maskell. St Faiths Primary. **Diocese of North West Australia (Australia).**

#### FRI 11 MILE CROSS, NORWICH

Clergy: Martin Hartley, Ruth Lambert. LLM: Margaret Proudfoot. **Dioceses of Aweil and Awerial (South Sudan).**

#### SAT 12 OLD CATTON

Clergy: David Hagan-Palmer. LLM: Jo Mash. Old Catton Junior. **Dioceses of Awgu/Aninri, Awka and Awori (Nigeria).**





## Maternal health in Papua New Guinea

Near the western tip of New Britain Island in Papua New Guinea, on the edge of the South Pacific, lies the very remote community of Sag Sag. Although small, it is central to the lives of many people living in the rainforest which surrounds the town.

Our 2022 Lent Appeal is to provide much needed beds for young children and expectant mothers. At the moment, mothers and children lie on their own blankets on the bare floorboards when they arrive for treatment. Sometimes, they will have canoed along the coast for a day to arrive at Sag Sag. Through our PNG Link Group, the Diocese of Norwich is in regular contact with all five Papua New Guinea dioceses and, with your support, can get help directly to the people in Sag Sag. Please help to bring much-needed hospital beds to our sisters and brothers in Papua New Guinea.

### SUN 13 GENEROSITY OF SPIRIT

God of all islands and nations, we pray for the Sag Sag Health Centre. Bring comfort and relief from fear to all who make the difficult journey to reach the centre and fill them with your presence. Grant us a generosity of spirit to respond to this appeal.

### MON 14 BISHOPS

Bishops Graham (Norwich), Alan (Thetford) and Jane (Lynn)  
Religious Society of Friends; Area Representative, Liz Hoffbauer  
**Diocese of Ayod (South Sudan).**

### TUE 15 SPROWSTON & NORTH NORWICH

**TEAM MINISTRY**  
Norwich New Cattoon, Norwich New Cattoon St Luke, Norwich St Mary Magdalene, Sprowston.  
Clergy: Simon Stokes, Dean Akrell, Blessing Chishanu, Danny Doran-Smith, Melanie Hider, Graham Kirk-Spriggs, Selwyn Tilllett. LLMs: Andrew Hudson, Stephanie Grand, Margaret Gray.  
**Deanery of Sodra (South) Lappland in Lulea, our link diocese in Sweden.**

### WED 16 LOVING SOLIDARITY

Accompanying God, may our Lent Appeal bring to birth across this diocese a deep empathy with those in remotest Papua New Guinea. So may mothers bringing children to birth in Sag Sag become aware of our accompanying presence, our loving solidarity.

### THU 17 TAVERHAM WITH RINGLAND

Clergy: Paul Seabrook, Stella Green, Val Hooker, Phil Charlesworth. LLM: Beatrice Dryden.  
Taverham Junior.  
**Dioceses of Badagry and Bakaru (Nigeria).**

### FRI 18 DEANERY OF NORWICH SOUTH

Rural Dean: Patrick Richmond. Lay Chair: Sandra Isaac.  
**Dioceses of Barbados and The Bahamas & The Turks and Caicos Islands (West Indies).**

### SAT 19 BOWTHORPE (NORWICH)

Clergy: Mark Elvin. Cloverhill Infant & Nursery, St Michael's Junior.  
**Diocese of Ballarat (Australia).**

## Praying for Secondary School students

George is a GCSE student in a large school. "I pray in my head, finding somewhere quiet, library or playing fields... Praying helps when I am having a stressful day or exams, or loads of homework. Then I feel confident, have a clear head."

It is not easy being a Christian in school: there is no Christian Union and probably just one other Christian in his year group. However, all students study GCSE RE and Citizenship and George found the module on the Kingdom of God helpful; he had freedom to talk and it was nice when they listened. The Kindness Club has also been great, and students can offload their sadness and send postcards to students isolating with Covid.

Academically, it has been so tough having to learn concepts, such as electromagnetism, in three lessons instead of 12. Revision is a misnomer as they are learning new things from scratch.

### SUN 15 STUDIOUS PRAYERS

Heavenly Father, we lift to you our young people taking exams this year after such interrupted education over the past two years. We ask you to hold them in your loving hands, strengthening their faith and helping them to be clear-headed and achieving their best during this exam season.

### MON 16 YARE VALLEY CHURCHES

Brundall, Braydeston and Postwick. Clergy: The Churchwardens and PCC during the vacancy, Matthew Luscombe. LLM: Keith Gerrard.  
**Dioceses of California, Northern California and El Camino Real (USA).**

### TUE 17 DEANERY OF BRECKLAND

Rural Dean: Stephen Thorp.  
Bishop's Adviser for UK Minority Ethnic Affairs, Karlene Kerr.  
**Diocese of Cameroon (West Africa).**

### WED 18 STRENGTH FOR SCHOOLS

Accompanying Spirit, breathe your resilience and reassurance, we pray, into pupils across this diocese, now facing exams after another difficult year. And through the calming strength of your presence, may all students of faith grow in confidence and commitment.

### THU 19 ASHILL

Ashill, Carbrooke, Ovington, Saham Toney. The Churchwardens and PCC during the vacancy. LLMs: Jean Rockett-Woods, Anne Leighton.  
Ashill Primary, Parker's Primary, St Peter & St Paul Carbrooke Primary.  
**Our partner province of Papua New Guinea.**

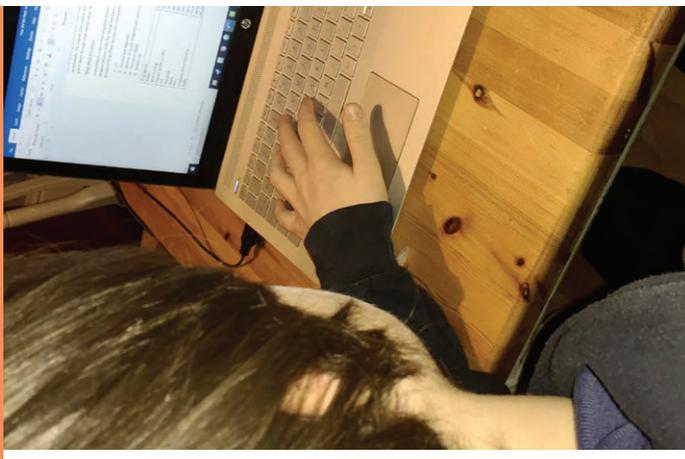
### FRI 20 HILBOROUGH GROUP

Cockley Clay, Foulden, Gooderstone, Great Cressingham, Hilborough. Clergy: Linda Lubbe. Gooderstone Primary.

**Diocese of Canberra and Goulbourn (Australia).**

### SAT 21 MUNDFORD

Cranwich, Ickburgh, Langford, Mundford. Clergy: Linda Lubbe. Mundford Primary. Meeting of the Bishop's Council of Trustees.



## Spiritual accompaniment

As a teenager, Rachel Seabrook belonged to a supportive youth group full of people who loved to talk about Jesus and pray for one another. "This mutual journeying together was a key factor in my growth as a Christian in my younger years", she says.

"I have had a spiritual director for the last 20 years and it was through this that I began to sense God's leading to train and become one myself. The joy and privilege of accompanying people in their faith, of offering space to people for reflection and wonder, joy and sorrow cannot be measured. Prayer, both during our times together and as I pray for my directees, in between those times, is a grace.

"In the ministry of spiritual direction, given and received, I am constantly blessed by the presence of Christ and encouraged in my faith. Journeying together is a great joy."



**For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me.**

Matthew 25:35

Aylsham Church volunteers Filling the Gap – providing food for local families identified by their schools as being in need.

### SUN 20 COMPANIONS ON THE WAY

Loving Christ, thank you for the people you bring into our lives to pray for us, to encourage us, and to hold us in the light of your love. Thank you that you give us each other to be companions together on the way.

### MON 21 COSTESSEY

Clergy: The Churchwardens and PCC during the vacancy. Ed Land as he moves to become Associate Minister of the Lightwave Rural Hub in Bungay.

### DIocese of Bangor (Wales).

### TUE 22 EARLHAM

Clergy: Di Rowlandson, Tim Watts, Andy Woodman, Carol Pritchard.

### DIocese of Banks and Torres (Melanesia).

### WED 23 TRAVELLING SIDE-BY-SIDE

Accompanying Lord, we thank you that we do not travel alone in faith but are 'members one of another' with different gifts and ministries to share. May we use these – whatever they are – to build up those around us.

### THU 24 EATON CHRIST CHURCH (NORWICH)

Clergy: Patrick Richmond. LLMs: John Harrison, Alistair Bolt, Ashley Williams.  
All Local Ecumenical Partnerships.

### DIoceses of Barri, Bauchi and Benin (Nigeria).

### FRI 25 EATON ST ANDREW (NORWICH)

Clergy: Phil Rodd, James Cook. LLM: Neil Rout.  
All Authorised Worship Assistants.  
DIocese of Baringo (Kenya).

### SAT 26 HEIGHAM HOLY TRINITY (NORWICH)

Clergy: Richard James, James Pinto. LLMs: Jonathan Mason, Elizabeth Scott, Nigel Parfitt.  
Diocesan Synod meeting today.  
DIoceses of Barrackpore and Bhopal (North India).

## Praying towards Pentecost

'Thy Kingdom Come' (TKC) focuses on spiritual transformation by being empowered to share Jesus' message and praying for five friends to find faith in Christ. In Cringleford, they created outdoor and online TKC prayer spaces for people to explore questions about life, spirituality and faith in creative and reflective ways. These spaces have been a symbol that the Church is active in the community and that God is present and interested in everyone's life.



### SUN 27 YOUR KINGDOM COME

Our Father in Heaven, shape our desire to see your Kingdom to come. Lord Jesus Christ, inspire us to pray and live out the Lord's Prayer every day. Holy Spirit, empower us to point people to God's love, light and life. Holy Trinity, bless and transform us by your presence.

### MON 28 THE MITRE

St Alban Lakenham, St Barnabas Heigham w St Bartholomew, St Thomas Heigham. Clergy: Tom Eagles, PJ Brombley, Dave Hendra, David Lloyd, Joanna Payne, Di Rowlandson. LLM: Diana Timms. **Diocese of Bath and Wells (England).**

### TUE 29 DEANERY OF REDENHALL

Rural Dean: Nigel Tuffnell. Lay Chair: Jennifer Vere. LLM Training Coordinator, Charles Read; Administrator, Marleen Madinda. **Dioceses of Bathurst and Bendigo (Australia).**

### WED 30 PRAY FOR FIVE

Accompanying God, as we prepare for this year's Thy Kingdom Come (26 May – 5 June), help us to rise to its challenge by beginning to identify five people we know who don't yet realise how much you love them.



## Street Presence

"Every night is different!" says Paul Rendell. He's a director of Street Presence – a team of people who, between 10 and 4 each weekend night, are out and about in Norwich, offering support in whatever ways are needed. "Jesus was there for everybody," he explains, "so we try to be too." It might be someone who's missed the last bus home, or someone deeply disturbed, even suicidal. Whatever the issue, Street Presence is committed to sustainable solutions, linking up with the NHS and multiple other agencies, both statutory and charitable. Updates about that night's encounters are continually fed back to other members of the team whose job is to pray about whatever is going on. Paul welcomes our prayers too: "Please pray that we might assist the vulnerable as professionally and effectively as possible," he says. "And do visit our charity shop at 7 a Castle Meadow!"

### THU 31 DICKLEBURGH & THE PULHAMS

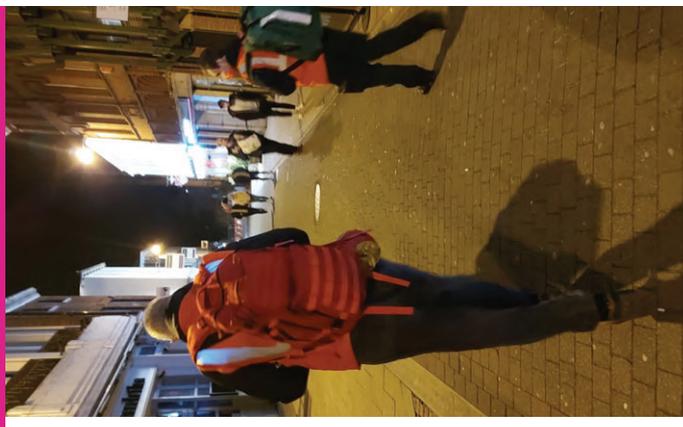
Dickleburgh, Pulham Market, Pulham St Mary, Rushall, Starston, Thelveton. Clergy: Sarah Walsh, Paul Schwier. LLMs: Margaret Adlam, Gale Hodgkinson. Dickleburgh Primary, Pulham Primary. **Diocese of Belize (West Indies).**

### FRI 1 EARSHAM GROUP (DITCHINGHAM)

Alburgh, Broome, Denton, Ditchingham, Earsham, Hedenham. Clergy: Chris Hutton, Jutta Brueck, Sue Cramp. LLMs: Christine Edwards, Phil Edwards, Diana Smith, Christopher Whipps. Alburgh-w-Denton Primary, Ditchingham Primary, Earsham Primary. **Dioceses of Bentio and Bor (South Sudan).**

### SAT 2 REDENHALL WITH SCOLE

Billingford, Brockdish, Needham, Redenhall with Harleston and Wortwell, Scole, Thorpe Abbots. Clergy: Nigel Tuffnell. LLMs: Lynda Mansfield, John Taylor, Jamie Worthington. Archbishop Sanicroft, Harleston Primary, Scole Primary. **Diocese of Bermuda.**



### SUN 8 COMPANION OF THE VULNERABLE

O Christ, companion of the vulnerable, bless, we pray, all that Street Presence does in your name. As its members search city streets by night, steer them to the bruised, the broken and bereft and equip them with your Spirit to respond to each new encounter with insight and wisdom.

### MON 9 ACLE & BURE TO YARE

Acle, Beighton w Moulton, Freethorpe, Halvergate w Tunstall, Limpenhoe, Southwood and Cantley, Reedham, Wickhampton. Clergy: Martin Greenland. LLMs: Nicholas Cowen, Vic Tasker-Walsham. Acle Primary. **Diocese of Butere (Kenya).**

### TUE 10 BLOFIELD

Blofield, Burlingham Saint Andrew w Saint Peter, Hemblington. Clergy: Kevin Billson, Sue Shillam. **Diocese of Buye (Burundi).**

### WED 11 REACHING OUT

Accompanying Christ, as you stood alongside the vulnerable and broken, bless with your presence all who do the same in your name. Give each of us, we pray, the courage and compassion to reach out to those in need.

### THU 12 BROADSIDE

Ranworth with Panxworth, South Walsham, Upton & Fishley, Woodbastwick. Clergy: Gary Noyes, Kevin Billson. LLM: Margaret Mallett. Fairhaven Primary. **Diocese of Calabar (Nigeria).**

### FRI 13 GREAT & LITTLE PLUMSTEAD, RACKHEATH W SALHOUSE & WITTON

Clergy: Darleen Plattin. LLMs: Helen Grogutt, Linda Stone. Salhouse Primary. **Diocese of Calcutta (North India).**

### SAT 14 LINGWOOD

Burlingham, Hassingham, Lingwood, Strumpshaw. Clergy: David Wakefield. LLM: Lorna Clark. **Dioceses of Caledonia and Calgary (Canada).**



## Set free to hear Christ

"I'm often too proud to admit that I need the concrete challenge and accountability of a wise mentor, with whom the landscape of the soul can be traversed and surveyed," says The Revd Taylor Wilton-Morgan, Assistant Curate, United Benefice of St Benedict.

"Here's how it looks to me,' I might say. 'But have you noticed this?', comes the reply, 'And, are you really looking properly?'

"Christ plays in ten thousand places, but being a sinner, I'm accomplished at ignoring his invitation and summons in every avenue of life. I need a little help liberating myself from my own habits of defensive self-obsession. Thereby I am set free to hear Christ address me in the psalms I recite each day and call me into life – in all its fullness."

### SUN 1 ATTENTIVE TO PRESENCE

Heavenly Father, as we pray "Your will be done" help us learn to attend to your presence and notice how you reveal yourself to us daily and in many ways. Please help us turn to you and respond with increasing joy as we trust in your good purposes for us.

### MON 2 GREAT ELLINGHAM (SHELLROCK)

Great Ellingham, Little Ellingham, Rockland All Saints, Rockland St Peter, Shropham w Snetterton. Clergy: Sue Strutt. LLMs: Carol Bennett, Colin Thomas.

### DIOCESSES OF BUHIGA and BUJUMBURA (BURUNDI).

### TUE 3 GUILTCROSS GROUP

Blo Norton, Garboldisham, Kenninghall, Riddlesworth. The Churchwardens and PCC during the vacancy. Garboldisham Primary.

### DIOCESSES OF BUKEDI, BUNYORO-KITARI BUSOGA and CENTRAL BUSOGA (UGANDA).



## Sonnet-Prayer

'Pray to your Father in the secret place  
And from his mystery, he'll answer you.  
Be still in the simplicity of grace,  
A single word suffices, if it's true.'  
O Lord you call me deeper into prayer  
And bid me welcome to an inner room,  
To close the outer door, be centred there,  
And bid my wandering thoughts to keep at home.

You call me out of all hypocrisy,  
Call me away from empty language games,  
Oh help me hear that call, the mystery  
That's masked for now by trivia and memes.  
Open that door for me, Lord, make that space,  
And then transform me in the secret place.

## Malcolm Guite

Praying figure – Norwich Cathedral

### WED 4 COMPANIONS ON THE WAY

Accompanying God, we thank you that our journey of faith can be illuminated by the wise mentoring of a spiritual companion. Grace us to take every opportunity to hear you calling us into life in all its fullness.

### THU 5 QUIDENHAM GROUP

Banham, Eccles, New Buckenham, Old Buckenham, Quidenham, Wilby. The Churchwardens and PCC during the vacancy. Diocese of Bungoma (Kenya).

### FRI 6 THETFORD (TEAM MINISTRY)

Cloverfield Community Church, Croxton, Kilverstone, Thetford, Wretham w Illington. Clergy: Peter Herbert, Matt Houghton, Tony Heywood. LLMs: Alan Miller, Jean Rolph. The Bishop's Primary.

### DIocese of Busan (Korea).

### SAT 7 DEANERY OF BLOFIELD

Rural Dean: Martin Greenland. Lay Chair: Nicholas Cowen. DDO & IME2, Michael Fox & Administrator, Margaret Mallett.

### DIoceses of Butare and Byumba (Rwanda).



## School's journey to Easter

"The last two Lenten weeks have been difficult," explains John Neenan, the head teacher of St Michael's CofE VA Primary School in Aylsham, "so we planned something special this year for our Lenten journey to Easter." He's launched an initiative to tie in with recent overarching themes in the school's Collective Worship programme: "We'd been thinking a lot about wellbeing, both of others and of ourselves, and about what we can all do to support the happiness of those around us."

40 acts of kindness was born! Since Ash Wednesday, Lenten calendars in each classroom (and on social media so parents can be involved too) have, day by day, revealed a suggested "act of kindness". There's been litter-picking, for example, and the making of Easter cards for "a friend you don't yet know". Pupils in the photo above are giving Miss Chamberlain tissue-paper flowers to thank her for being a lovely teacher.

### SUN 3 LOVING-KINDNESS

Tender God, as we thank you for the many ways in which the St Michael's School community is mirroring your own loving-kindness, we pray that we may all be inspired to respond to those around us – near and far – with newly imaginative thoughtfulness and care.

### MON 4 DISS TEAM MINISTRY

Bressingham, Burston, Diss, Fersfield, Gissing, North Lopham, Roydon, Shelfanger, South Lopham, Tivetshall, Winfarthing. Clergy: Tony Billett, John Cruse, Samuel Thorp. LLMs: Janice Cruse, Sue Drake. All Saints Primary, Diss Junior, St Andrew's Primary.

### DIocese of Bethlehem (USA).

### TUE 5 DEANERY OF REPPS

Rural Dean: Richard Lawry. Lay Chair: Mary Howard. Diocesan Adviser in Spirituality and Discipleship, Susanna Gunner.  
**Diocese of Bida (Nigeria).**

## Baby Basics – journeying with families

"Today we gifted a new Moses basket to a Mummy, and her unborn baby, knowing she has very little, if anything, to provide the essentials needed," says Baby Basics Coordinator Maggie Anderson.

"Think of the journey this new family are making. We think of the journey Mary made. She must have had so many questions and doubts as well as hopes and expectations about what life might be like."

Baby Basics West Norfolk, operating out of St Nicholas, Dersingham, helps health professionals in supporting the families in most need by giving a safe, new basket filled with all the essentials a new baby will need for the first weeks of life, and some toiletries and sanitary items for mum. Sometimes, these are the only items they have.

"We don't meet the families, but we journey together, with the help of donations to provide all they need," Maggie explains.

### WED 6 LOOKING BEYOND OURSELVES

Accompanying Spirit, encourage and enliven each of us on our Lenten Journey. Stir us, we pray, to look beyond ourselves and to find there fresh ways of expressing our love for God and for all with whom we share this planet.

### THU 7 CROMER

Clergy: Will Warren, Jennie Hodgkinson, Ben Rogers. LLMs: John Graveling, Evelyn Smith, Susan Wells, David Masters.

### DIocese of Biharamulo (Tanzania).

### FRI 8 POPPYLAND

Antingham, Northrepps, Overstrand, Sidestrand, Southrepps, Thorpe Market, Trimmingham. Clergy: Sian Reading. LLMs: Janet Balfour, Tim Bennett, Janet Payne, John Scott. Overstrand The Belfry Primary.

### DIoceses of Birmingham & Blackburn (England).

### SAT 9 QUINTET

Aylmerton, Beeston Regis, Gresham, Runtton. Clergy: Jeremy Sykes. LLMs: David Fletcher, Pamela Thompson. PAs to Bishops and Archdeacons: Sophie Bell, Ann Whittet, Graham Cossey. **Diocese of Bo (West Africa), Diocese of Boga (Congo).**

### SUN 24 LOVING CARE

With your guiding light, may we remember those less fortunate, who have no means of providing for themselves. With your guiding light, surround them with your loving care, protect them from every danger and grant them your love and peace.

### MON 25 WATERSIDE GROUP

Clergy: The Churchwardens and PCC during the vacancy. LLM: Gerda Buckley.  
**Diocese of Kamango (Congo).**

### TUE 26 WROXHAM W HOVETON SAINT

**JOHN W HOVETON SAINT PETER, BELAUGH & TUNSTEAD W SCO' RUSTON**

Clergy: Liz Jump. LLM: Veronica Mowat.  
**Diocese of Bristol (England).**

### WED 27 BASKETS OF SAFETY

Accompanying God, as you protected Moses in a basket among the bullrushes of ancient Egypt, we pray for your protection of vulnerable babies in our own region today. May those who need support find their way to Baby Basics.

### THU 28 DEANERY OF THETFORD AND ROCKLAND

Rural Dean: Matthew Jackson, Lay Chair: Peter Lotarius.  
**Diocese of British Columbia (Canada).**

### FRI 29 ATTLEBOROUGH WITH BESTHORPE

Clergy: Matthew Jackson, Andrew Slater, Richard Washington. LLMs: Bob Andrews, Russell Davis, Brenda Greig.  
All church musicians.

### SAT 30 EAST W WEST HARLING, BRIDGHAM

**W ROUDHAM, LARLING, BRETENHAM & RUSHFORD**

Clergy: Simon Richardson.  
**Dioceses of Central Buganda and West Buganda (Uganda).**





## Sapling signs of hope

Ecology student Ben Knights first set eyes on the hazel saplings while on placement in the Bishop's Garden. "I was asked to water them, but didn't know what they were for," he remembers ruefully. To his surprise, he found himself being given one soon after!

"For me, the pandemic revealed what's really important," he explains. "I attended lots of virtual services at my church in Taverham and then in-person ones, all of which strengthened my faith and its place in my life. Supported by the clergy there and my friend Rowan, I journeyed towards baptism and confirmation."

It was after Bishop Graham (also an ecologist) had confirmed Ben last November that he gave him the hazel sapling. All confirmands across our diocese are now given this carbon-capturing gift, a powerful symbol of the relationship between our faith in the Creator and our care of creation. "There's such hope in a young tree," Ben reflects.

## Bringing hope and healing

"I love my job, there are so many positives," says Eve Hart, manager of the Great Yarmouth team for The Matthew Project, "Unity" (young people's drug and alcohol service). She continues "You can't overestimate the benefit of sitting in a room and listening to someone's story. Using substances can affect mental health, but not all young people are aware of this, they can just see it as having a laugh with their mates."

Hope is a core value in Eve's work with supporting children aged 5-19, and their parents. She travels out to schools or homes anywhere from Great Yarmouth to Wells. Voluntary participation means that she works with young people who have chosen to meet with her. She provides advice and support to young people using drugs and a safe place to talk for "affected others", children whose parents misuse drugs and alcohol.



## Holy Week

### SUN 17 GREEN-GROWING HOPE

God our Creator, you love all life into being and gaze with tenderness at this world – as we might gaze at a hazelnut on our open palm. Fill us with green-growing hope that we may stand firm in the task to heal our wounded earth, one sapling at a time.

### MON 18 NORTH WALSHAM,

### EDINGTHORPE, WORSTEAD & WESTWICK

Clergy: David Warner, Nigel Paterson. Worstead Primary. **Diocese of Brandon (Canada).**

### TUE 19 SMALLBURGH

Dilham, Honing, Smallburgh. Clergy: The Churchwardens and PCC during the vacancy, Andrew Bevan. LLM: Betty Lacey. **Diocese of Brasilia (Brazil)**

### WED 20 EASTER HOPE

Accompanying Christ, as you walked with Cleopas and the other disciple to Emmaus, walk with those who journey now towards baptism and confirmation. And open all our eyes, we pray, to the hope-filled signs of your risen presence beside us.

### THU 21 STALHAM

Ingham, Stalham, Sutton. Clergy: The Churchwardens and PCC during the vacancy, Andrew Bevan. LLMs: Mary Shepherd, Jeanette Boardman, Martyn Egerton. Sutton Infant. **Dioceses of Brazzaville and Bukavu (Congo).**

### FRI 22 THE UNITED BENEFICE OF

### KING'S BECK

Felmingham, Skeyton, Colby, Banningham, Tuttington, Suffolk, Stoley and Swanton Abbot. David Chamberlin as he prepares to become Priest-in-Charge. **Diocese of Brechin (Scotland).**

### SAT 23 UNITED BENEFICE OF ST BENEDICT

Ashmanhaugh, Barton Turf, Beeston St Lawrence, Horning, Irstead, Neatishead. Clergy: David Smith, Taylor Wilton-Morgan. LLMs: Barbara McGoun, Pauline Simpson. Neatishead Primary. **Dioceses of Brisbane and Bunbury (Australia).**

### SUN 10 LIGHT IN DARKNESS

From this dark place of substance misuse, we cry to you O Lord, our hope and anchor for the soul, firm and secure. May you protect and support Eve and her colleagues, encouraging and guiding them as they bring hope and healing to the young people in their care.

### MON 11 ROUGHTON

Bessingham, Felbrigg, Gunton w Hanworth, Metton, Roughton, Susteard. The Churchwardens and PCC during the vacancy. St Mary's Primary. All who are attending the Chrism Eucharist in Norwich Cathedral. **Deanery of Sodra (South) Vasterbotten in Lulea, our link diocese in Sweden.**

### TUE 12 SHERINGHAM

Clergy: Christian Heycocks, Christina Rees. LLMs: Julie Rubidge, Angela Stewart. Clergy with Permission to Officiate. **Diocese of Bolivia (South America).**

### WED 13 THROUGH DARKNESS TO LIGHT

Accompanying Lord, as we remember your own bleak Journey to the cross, we pray for your presence with young people journeying through the darkness of substance misuse. Supported by Eve and her team, may they glimpse the light of hope.

### THU 14 TRUNCH GROUP

Gimingham, Knapton, Mundesley, Paston, Trunch with Bradfield and Swafield. Clergy: Andrew Jones, Joanna Haywood, Jenny Lodge. LLMs: Harry Hicks, Peter Clough, Andrea Lee. **Diocese of Bondo (Kenya).**

### FRI 15 DEANERY OF ST BENET AT WAXHAM & TUNSTEAD

Rural Dean: Catherine Dobson. Lay Chair: Sonia Coupe. **Diocese of Botswana (Central Africa).** Today is Good Friday.

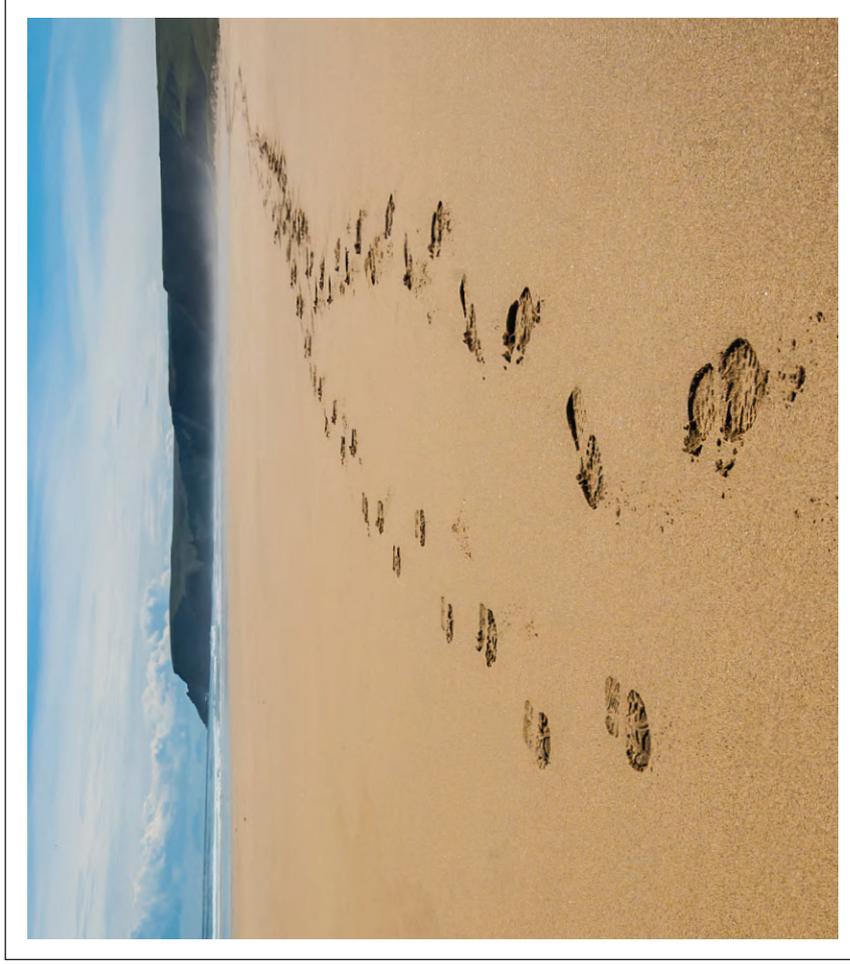
### SAT 16 COASTAL GROUP OF PARISHES

Bacton, Happisburgh, Hempstead with Lessingham and Eccles, Ridlington, Sea Palling with Waxham, Walcott, Witton. Clergy: Catherine Dobson. LLMs: Pam Millsted, John Prince. Happisburgh Primary. All being confirmed this evening in Norwich Cathedral.

# Journeying together

**Andy Bryant**

Canon Missioner, Norwich Cathedral




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**Our relationship with God is something very precious and important in our lives. Yet, if we are honest, it is not always an easy relationship.**

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**W**e can have times when God feels very remote, the Bible confuses more than clarifies, and we are uncertain what to do and how to do it. Being a Christian and living out our faith in the world (and sometimes even in church) can be challenging.

Spiritual Direction offers the opportunity to meet with someone and to reflect on your experiences of worship, prayer, theology and spirituality as you try to live a Christian life. Rather than the title spiritual director, some prefer companion or spiritual friend. However described, they are individuals with significant pastoral experience and/or training in spiritual direction, offering a non-judgemental, safe space to talk and reflect.

A spiritual director will help you focus on your relationship with God and support you in becoming the person you were created to be. Through this relationship sharing in spiritual direction will, with time, help you grow and gain in confidence in your relationship with God, the Church, and the world about you. It will provide space to understand where God may be at work in decisions you are making and in changes that are happening to you and around you.

In spiritual direction you will be accepted,

without judgement, for who you are. A spiritual director will not tell you what to do but rather help you to see more clearly how God might be calling you and working in your life. They will seek to listen attentively to you, and to God, and above all seek to encourage you in your faith journey. What you share will be treated in confidence and they will pray with you and for you.

Spiritual direction is available to anyone and everyone, ordained or lay, regular or irregular churchgoer. Similarly spiritual directors come from a variety of backgrounds, are both lay and ordained, offering time and space to help you think about your relationship with God.

One of the ways this ministry is offered in this diocese is through the Diocesan Spiritual Directors' Network. A Directory is available of those offering spiritual direction. They are drawn from across the diocese and the Directory also offers some background information to help you decide who to contact. To obtain a copy of the Directory, or if you are interested in becoming a spiritual director, please contact:

**The Revd Canon Andy Bryant**

**52 The Close, Norwich, NR1 4EG**

**01603 218331**

**canon.missionandpastoral@cathedral.org.uk**

As we seek in our diocese to become a more prayerful people, spiritual direction offers a helpful way in which our relationship with God can grow and flourish and we can be more available to serve God in the Church and the world.

*To receive spiritual direction is to recognise that God does not solve our problems or answer all our questions, but leads us closer to the mystery of our existence where all questions cease.*

(Henri Nouwen)