

11TH FEBRUARY - NEXT BEFORE LENT

Anglican	The Episcopal Church of South Sudan.
Hereford	Give thanks for our parish churches as a Christian presence at the heart of each community. May each church be a place of prayer, service and light, open and welcoming to all who come.
Porvoo	Ireland: Kilmore, Elphin & Ardagh; Denmark: Aarhus.
The Wider View	A strong message from the recent COP28 climate change summit was the urgent need of developing countries for resources to enable them to respond to climate-related health issues. Only about 1% of the vaccines used in Africa are manufactured there, and PPE etc is also mostly imported. Pray for help to develop resilient systems able to cope with climate-linked disease outbreaks.
This Week	<p>Pray for Shrove Tuesday events in our communities, churches and schools.</p> <p>In the week of Ash Wednesday, pray for our keeping of Lent, and for Lent groups and other activities being planned.</p> <p>Pray for those preparing for the Hereford Passion in March.</p> <p>In the week of Valentine's Day, pray for all who are newly in love, for those whose partnership is long established, and for all who are preparing for weddings in our churches this year.</p> <p>The first week of Lent is also, as it happens, Random Acts of Kindness Week. Pray we may be ready this Lent to take on a new commitment to act with kindness.</p> <p>Janani Luwum, the Archbishop of Uganda martyred under Idi Amin, is commemorated on Saturday. Pray for all who face persecution and opposition because as Christians they are standing against those who divide, exploit or persecute the vulnerable.</p> <p>Pray for Sarah Cawdell, in her work as principal of Archbishop Janani Luwum Theological College in Uganda, and for Simon, following their move from Bridgnorth to be CMS Mission Partners in Gulu, Uganda.</p>

18TH FEBRUARY - LENT 1

Anglican	The Episcopal Church of Sudan.
Hereford	The Condover Deanery.
Porvoo	Finland: Espoo; Scotland: Edinburgh.
The Wider View	All terrorists should face the full weight of the law, and the Hamas-led attacks on Israeli targets last October were truly horrific. Israel was bound to take decisive action to guarantee the safety of its people. But the military action to destroy Hamas targets has left much of Gaza in ruins, and has probably further radicalised many Palestinians, and deepened the divisions between the two communities. Continue to pray for all who are impacted by this conflict on either side, and for those who are still working for peace.

This Week In a week of **Ember Days**, pray for all training for ordained ministry, and for the courses and colleges involved. Pray for all who feel called, and for the process of discernment and selection. Pray too for lay ministers, and those training for local ministry in our parishes.

In the week of **Encephalitis Awareness Day**, pray for all affected by this disease of inflammation of the brain, for treatment and care, and for better awareness and recognition of symptoms.

Thursday is **Thinking Day**, with a theme of “Our world, our thriving future.” Pray for the Girl Guide movement worldwide, and for Guides and their leaders in our diocese.

Pray for all who look after local **sports grounds, play areas** etc, keeping them tidy and safe for all users.

Polycarp, whose day is Friday, may have been a disciple of the apostle John. In old age he was Bishop of Smyrna, and an account of his martyrdom at the hands of the Roman proconsul is an important early document of the Church.

Pray for **schools** beginning the second half of the Spring Term, and especially for pupils sitting mock exams in the coming weeks.

25TH FEBRUARY - LENT 2

Anglican The Anglican Church of Tanzania.

Hereford Pray for all that enables the care, conservation and creative use of our church buildings, as places of worship and fellowship, and as resources for each local community.

Porvoo Finland: Turku; England: York.

The Wider View Pray for our continued reflection on the experience of the Kirchentag in June, by those who were able to attend and participate from here and by our partners in Nuremberg, and for the future development of our link.

This Week Wednesday is **School Governors Awareness Day**. Pray for all school governors, and those on the governing bodies of our church schools.

Rare Disease Day this week prompts prayer for all who are affected by the various rare diseases of our world, and for their assessment and treatment.

In the week of **St David’s Day**, pray for the Welsh churches and communities within our diocese, and for our neighbour dioceses within the Church in Wales.

Eating Disorders Awareness Week begins this week: pray for all who experience bulimia, anorexia nervosa and other disorders, for understanding and treatment, and for families and friends.

Pray for all who **self-harm** - for understanding and help.

Pray for **Marie Curie Nurses** as their daffodil appeal begins: for a generous response to help fund this important service, offered to patients and their families at times of greatest need.

3RD MATCH - LENT 3

Anglican	The Church of the Province of Uganda.
Hereford	The Hereford Deanery.
Porvoo	England: Salisbury; Wales: St Asaph.
The Wider View	Links are growing between terrorist organizations and criminal gangs, and it can be hard for poorer nations to respond. In Tanzania, a wide range of criminal activity may be linked to operations financing terrorist groups. Pray for initiatives designed to raise awareness among communities and organisations at risk of exploitation.
This Week	<p>Pray for the work of local foodbanks, at a time when many are feeling the strain as need grows and greater demands are made.</p> <p>This Sunday is an awareness day for dyscalculia, a condition similar to dyslexia, but to do with numbers and calculations. Pray for those helping support dyscalculic and maths anxious children and adults.</p> <p>National Careers Week prompts prayer for those thinking of a change of career and looking to develop new skills, and for school and higher education leavers wanting to enter the world of work.</p> <p>Pray for the Hereford Passion this Friday and Saturday, for those participating, and for those attending.</p> <p>No More Week this week aims to encourage grassroots activism and awareness on domestic and sexual violence, and to create a culture of safety, respect, and equality in every community. Pray for all who are victims of violence in the home, and for all who offer refuge.</p> <p>National Butchers Week and British Pie Week both happen this week: pray for our local butchers and pie-makers, and for all that encourages us to buy and eat food that has a local provenance and origin.</p> <p>Geoffrey Studdert Kennedy, ('Woodbine Willie', whose day is Friday) had a vital ministry as a war chaplain 1914-18. Pray for the work and witness of armed forces chaplains today.</p>

10TH MARCH - LENT 4 (MOTHERING SUNDAY)

Anglican	The Episcopal Church.
Hereford	Pray for our welcome offered to all who visit our churches as tourists, pilgrims or returning families. May they be both informed and challenged by buildings that tell stories of their past and also witness to a living and vibrant faith for today.
Porvoo	Denmark: Ribe; England: Bath & Wells, Bishop Ruth Worsley.
The Wider View	Pray that conversations at and following the Kirchentag in Nuremberg regarding curates and those in training, and possible exchanges, may bear fruit. Exchanges in the past have been very positive, and our churches face many of the same issues, problems and challenges, so there are many ways in which we can learn from each other.
This Week	On Mothering Sunday , pray for all mothers, and for all who share in the work of mothering and protecting children. Pray for the work and

witness of the Mothers' Union.

In **World Glaucoma Week**, pray for all living with this condition, and for the work of eye specialists.

British Science Week prompts prayer for all that helps introduce school pupils to the world of science and technology, and for all who teach science subjects. The theme of the week this year is "Time."

Wednesday is **National No Smoking Day**. Pray for all who are trying to give up smoking, and for all whose health has been damaged by smoking.

Thursday is **National University Mental Health Day**. Many students face mental health problems during their time at university, and most places of higher learning now aim to offer high quality advice and support where needed. Pray for students affected by mental health issues.

In the week of **Red Nose Day**, pray for all taking part in fund-raising activities or responding to the appeal in other ways.

Saturday next is **Disability Access Day**. Pray for all those in our world who because of disability are unable to participate fully in the life of their community.

Pray for **church and community choirs** preparing Easter music.

17TH MARCH - LENT 5 (PASSIONTIDE BEGINS)

Anglican	The Church in Wales.
Hereford	The Kington & Weobley Deanery.
Porvoo	England: Sheffield; Greenland (a diocese of the Church of Denmark).
The Wider View	Three million or more people in Tanzania live with a disability; as in many developing countries, they are vulnerable, may lack education and find it hard to make a living. Pray for projects and initiatives, often church-based, that help train and prepare people with disabilities.
This Week	<p>At Passiontide give thanks for Jesus as both perfect priest and worthy sacrifice; pray for our preparations for Palm Sunday, Holy Week and Easter, especially for events that witness to the world around.</p> <p>The feast day of Joseph of Nazareth (Tuesday) is by tradition a day to pray for the world of work. Pray for those whose work is tedious or poorly rewarded, and give thanks for the skill of artisan workers.</p> <p>In English Tourism Week, pray for all involved in the local tourism and hospitality industry.</p> <p>This week also celebrates Neurodiversity - pray for all who have felt rejected or excluded because of e.g. autism or ADHD.</p> <p>The Vernal Equinox on Wednesday begins the calendar Spring. It is also the International Day of Happiness, supporting a movement towards a happier, more inclusive, and resilient world.</p> <p>Thursday is the International Day of Forests. Pray for all working to conserve these vulnerable but vital habitats, at risk in many places.</p>