

Prayer Diary

This week our prayer focus is our local business community as they face the challenge of sourcing locally, reducing use of fossil fuels, recycling where possible and disposing of waste safely. Each day we also pray for those in our own prayers who are unwell.

Sunday 30th November - Advent Sunday

Advent invites us to prepare for the celebration of the coming of our Lord at Christmas and in the Last Days as we consider the work of the prophets. They spoke truth to Power and combined warning with hope through change or repentance. We consider who might be the prophets of our own age and the challenges we face now.

- Our Bishops Graham, Jane & Ian
- Our Rector, Revd. Joanna Haywood, our 'ministry team', churchwardens and PCC's that under Joanna's leadership and by the guidance of the Holy Spirit, Christ's Church in this benefice may grow in faith, service and witness
- The shops that serve our villages
- The residents of Chequers Meadows and Stratton Road Hainford

Monday 1st December - Andrew the Apostle (transferred from 30th) – Charles de Foucauld, Hermit in the Sahara, 1916

We pray that we follow Andrew's enthusiastic example, fetching his brother after he met Jesus. Charles de Foucauld, soldier, explorer, priest and hermit lived among the Tuareg people in the Sahara in Algeria. Murdered in 1916, he inspired the formation of a number of religious communities

- Our Cafés and takeaways for which we give thanks for their rich fare and hospitality.
- The residents of Rectory Road and Close and those responsible for the new housing planned and its impact on the village.

Tuesday 2nd December

- Local Farms including the Dairy in Frettenham
- Those in All Saints Close and Guardian Way, Horstead

Wednesday 3rd December – Francis Xavier, Apostle of the Indies, 1552 Francis, companion of Ignatius of Loyola leading evangelical missions to the Portuguese Empire in the East, including India, Borneo and Japan. He was about to extend his mission to Ming China, when he died on Shangchuan Island.

- Local Workshops and Factories
- All in Wymondham Close, Stratton Strawless

Thursday 4th December – John of Damascus, Monk, Teacher of the Faith, c749. Nicholas Ferrar, Deacon, Founder of the Little Gidding Community, 1637. John of Damascus taught in the tradition of the Church Fathers, his liturgy and hymns and his Christian-Muslim apologetics. Nicholas Ferrar lived in community with his extended family basing their Christian life on daily worship from the BCP. He was sought after for his spiritual counsel and entertained Charles 1.

- Businesses providing a range of services
- All in Birbeck Way, Frettenham

Friday 5th December

- Hairdressers and beauty salons
- All in Lady Lane, Hainford

Saturday 6th December – Nicholas, Bishop of Myra, c326

Bishop Nicholas is said to have rescued three girls from prostitution by dropping three sacks of gold coins through their window for the girls' dowries. From that we have Santa Claus coming down the chimney with gifts!

- Our worship tomorrow in Hainford and our All Age Service in Coltishall and all involved in leading and facilitating our services
- All in Westbourne Avenue & St John's Close, Coltishall
- Our local pubs

THE COLTISHALL GROUP OF PARISHES

*Serving the communities of Coltishall, Frettenham
Hainford, Horstead and Stratton Strawless*

30th November 2025

First Sunday of Advent

Services Today

10.00am Benefice Holy Communion, Frettenham

Monday 1st December

9.00am Morning Prayer, Horstead Church

10.00am Ministry Team Meeting, The Rectory

2.00pm Mill House Christingle service for residents

Tuesday 2nd December

9.00am Morning Prayer, Hainford Church

Wednesday 3rd December

9.00am Morning Prayer, Coltishall Church

10.00am Midweek Holy Communion, Coltishall Church followed by coffee at the Red Lion Café

12.30pm Church room lunch (book with Joan Milligan)

Thursday 4th December

9.00am Morning Prayer, Stratton Strawless Church

5.45pm Nebula Full Governing Body meeting (*teams*)

Friday 5th December

Rev'd Joanna's rest day

Saturday 6th December

9.00am Morning Prayer, Frettenham Church

10.00am Christingle making at Margaret's

10.00am Mill House Christmas Coffee morning

10.00am **Step into Christmas – Hainford Church**

-12 noon *start your Christmas festivities with coffee, cake tombola, raffle, music and of course, Father Christmas!*

Next Sunday

7th December – Second Sunday of Advent

9.30am Holy Communion, Hainford

4.00pm Christingle Service, Coltishall

Readings:

Isaiah 2.1-5, Romans 13.11-14, Matthew 24.36-44

We are now emailing out our **notice sheet and prayer diary**
Ask to go on the mailing list by letting Rev'd Joanna know

CONTACT DETAILS FOR THE BENEFICE

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Collect

Almighty God,
give us grace to cast away the works of darkness
and to put on the armour of light,
now in the time of this mortal life,
in which your Son Jesus Christ came to us in great
humility;
that on the last day,
when he shall come again in his glorious majesty
to judge the living and the dead,
we may rise to the life immortal;
through him who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

1st Reading – Isaiah 2.1-5

The word that Isaiah son of Amoz saw concerning Judah and Jerusalem.

² In days to come

the mountain of the Lord's house
shall be established as the highest of the mountains,
and shall be raised above the hills;
all the nations shall stream to it.

³ Many peoples shall come and say,
'Come, let us go up to the mountain of the Lord,
to the house of the God of Jacob;
that he may teach us his ways
and that we may walk in his paths.'

For out of Zion shall go forth instruction,
and the word of the Lord from Jerusalem.

⁴ He shall judge between the nations,
and shall arbitrate for many peoples;
they shall beat their swords into ploughshares,
and their spears into pruning-hooks;
nation shall not lift up sword against nation,
neither shall they learn war any more.

⁵ O house of Jacob, come, let us walk
in the light of the Lord!

2nd Reading – Romans 13.11-14

¹¹ Besides this, you know what time it is, how it is now the moment for you to wake from sleep. For salvation is nearer to us now than when we became believers; ¹² the night is far gone, the day is near. Let us then lay aside the works of darkness and put on the armour of light; ¹³ let us live honourably as in the day, not in revelling and drunkenness, not in debauchery and licentiousness, not in quarrelling and jealousy. ¹⁴ Instead, put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

Gospel – Matthew 24.36-44

³⁶ 'But about that day and hour no one knows, neither the angels of heaven, nor the Son, but only the Father. ³⁷ For as the days of Noah were, so will be the coming of the Son of Man. ³⁸ For as in those days before the flood they were eating and drinking, marrying and giving in marriage, until the day Noah entered the ark, ³⁹ and they knew nothing until the flood came and swept them all away, so too will be the coming of the Son of Man.

⁴⁰ Then two will be in the field; one will be taken and one will be left. ⁴¹ Two women will be grinding meal together; one will be taken and one will be left. ⁴² Keep awake therefore, for you do not know on what day our Lord is coming. ⁴³ But understand this: if the owner of the house had known in what part of the night the thief was coming, he would have stayed awake and would not have let his house be broken into. ⁴⁴ Therefore you also must be ready, for the Son of Man is coming at an unexpected hour.

Post Communion prayer

O Lord our God,
make us watchful and keep us faithful
as we await the coming of your Son our Lord;
that, when he shall appear,
he may not find us sleeping in sin
but active in his service
and joyful in his praise;
through Jesus Christ our Lord.

Amen.

Today is the First Sunday of Advent

How are you marking Advent?

It's a really good time to slow down and reflect.

Rev'd Joanna is on short retreat and is reading *Donkey Roads and Camel Treks* (see below) whilst away.

Perhaps you'd also like to think about reading an Advent book during this season of watching and waiting.....

There are many out there, and Rev'd Joanna has a few from past years to lend out. Ask to see them!

This year's new offerings are Guli Franci-Dehqani's *Listening to the Music of the Soul*, based around the Magnificat, the themes of Advent and Bishop Guli's experiences of forced exile from her homeland.

Or there's *O Come Emmanuel* – Reflections on the Advent antiphons, beautifully illustrated with readings, reflections and prayers for each day of Advent.

And there's Rev'd Joanna's favourite, *Donkey Roads and Camel Treks*: A pilgrim's guide for Advent, with daily readings and reflections. A 'wonderful, witty and deeply pastoral journey through Advent'.

Or perhaps the Peace Catalyst International advent booklet, emailed to all those on the mailing list, looking at themes of peace and justice, appeals to you.

Watch this space for our **Christmas services**. Please do pick up some publicity from the beginning of December and think who you might ask to join you at one of our Christmas services which will be welcoming and accessible to all. It's at this time of the year that people are likely to say 'yes' to an invitation!