

## Prayer Diary

Our prayer focus this week is for all suffer from poor mental health. We also pray each day for those who are unwell and in our own prayers.

### Sunday 1<sup>st</sup> February - The Fourth Sunday of Epiphany

Tomorrow (Candlemas) we conclude the celebration of the Incarnation (Christmas and Epiphany) and prepare for the start of Lent and Jesus' ministry on earth leading to his Passion.

- Our Bishops Graham, Jane and 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.
- This morning we pray for the mental health of our Farmers, in an isolated and often stressful working environment.
- All in Lyng Way & Close, Highfield Way, Hancock Close, Addison Close

### Monday 2<sup>nd</sup> February – The Presentation of Christ in the Temple (Candlemas)

- Adults in the community suffering from chronic mental health problems and the work of the over stretched Community Mental Health Team who support them.
- All in Hainford Road, Stratton Strawless.

**Tuesday 3<sup>rd</sup> February – Anskar, Archbishop of Hamburg, Missionary in Denmark and Sweden, 865** Ansgar became known as the "Apostle of the North" because of his travels and the See of Hamburg received the missionary mandate to bring Christianity to Northern Europe.

- Children suffering from poor mental health including eating disorders and the work of the Child and Adolescent Mental Health Services. We pray for efforts to expand this service to meet the needs of our children.
- All in Harbour Road, Frettenham.

**Wednesday 4<sup>th</sup> February – Gilbert of Sempringham, Founder of the Gilbertine Order, 1189** Against convention, but following early church practice, Gilbert founded a double monastery of men and women living as separate communities but coming together in service and witness.

- The Wellbeing Service and its role as a first stop for all those concerned about their mental health and a place for guidance in seeking our own healing.
- All in Patricia Avenue, Horstead.

### Thursday 5<sup>th</sup> February

- The families of those who suffer from poor mental health for the strength, resilience and wisdom they need in supporting their loved ones through illness.
- All in Old Church Road, Hainford.

### Friday 6<sup>th</sup> February – The Martyrs of Japan.

Catholic missionaries were initially welcomed when they arrived in Japan in the late 16<sup>th</sup> century, but soon was seen as a threat to the Emperor's ultimate authority and was banned. Christians who refused to deny their faith were crucified. We thank God for their witness and pray for all those persecuted for their faith today.

- Those suffering from depression and anxiety that they may find the help and guidance they need. For the role of GP's especially at our local surgery, in supporting patients in the community with these conditions.
- All in North Walsham Road, Coltishall.

### Saturday 7<sup>th</sup> February

- Our worship tomorrow in Hainford and Horstead and all involved in leading and facilitating our services.
- All of us that we may be sensitive to the mental health needs of others and may find the support we need when suffering in any way from poor mental health.
- All in Woodland View, Stratton Strawless.

## THE COLTISHALL GROUP OF PARISHES

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

### 1<sup>st</sup> February 2026

#### Presentation of Christ at the Temple/Candlemas

##### Services Today

9.30am Holy Communion, Hainford Church  
10.00am All Age Worship, Coltishall Church Room  
2.00pm Baptism of Halle Betts, Coltishall Church

##### Monday 2<sup>nd</sup> February

9.00am Morning Prayer, Horstead Church  
10.00am Ministry Team Meeting  
2.00pm Mill House service for residents

##### Tuesday 3<sup>rd</sup> February

9.00am Morning Prayer, Hainford Church

##### Wednesday 4<sup>th</sup> February

10.00am Midweek Holy Communion, Coltishall Church followed by coffee at the Red Lion Café  
12.30pm Church room lunch (book with Joan Milligan)  
2.00pm Rev'd Joanna to Deanery Chapter

##### Thursday 5<sup>th</sup> February

Rev'd Joanna away

##### Friday 6<sup>th</sup> February

Rev'd Joanna away

##### Saturday 7<sup>th</sup> February

Rev'd Joanna away

#### Next Sunday

##### 8<sup>th</sup> February – Second Sunday before Lent

9.30am Morning Worship, Hainford Church  
11.00am Holy Communion, Horstead Tithe Barn  
Readings:  
Romans 8.18-25, Matthew 6.25-34

##### Funeral details:

**Rev'd Canon David Hoare:** Thanksgiving service  
10.30am 9<sup>th</sup> February 2026 at St Paul's Church, Hellesdon, NR6 6LD, followed by tea and cake

**Basil Cooper:** Funeral and burial  
2.00pm 10<sup>th</sup> February 2026, Hainford Church, then Hainford Old Churchyard

#### CONTACT DETAILS FOR THE BENEFICE

**Rector:** Rev'd Joanna Haywood

Tel: 07733 325905, [rector.coltgrou@gmail.com](mailto:rector.coltgrou@gmail.com)

**Safeguarding Officer:** Sheena MacRonald

Tel: 07763 145611, [smacroald@btinternet.com](mailto:smacroald@btinternet.com)

## Collect

Lord Jesus Christ,  
light of the nations and glory of Israel:  
make your home among us,  
and present us pure and holy  
to your heavenly Father,  
your God, and our God.

**Amen**

### 1<sup>st</sup> Reading: Hebrews 2.14-18

<sup>14</sup> Since, therefore, the children share flesh and blood, he himself likewise shared the same things, so that through death he might destroy the one who has the power of death, that is, the devil, <sup>15</sup> and free those who all their lives were held in slavery by the fear of death. <sup>16</sup> For it is clear that he did not come to help angels, but the descendants of Abraham. <sup>17</sup> Therefore he had to become like his brothers and sisters in every respect, so that he might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. <sup>18</sup> Because he himself was tested by what he suffered, he is able to help those who are being tested.

### Gospel: Luke 2.22-40

<sup>22</sup> When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord <sup>23</sup> (as it is written in the law of the Lord, 'Every firstborn male shall be designated as holy to the Lord'), <sup>24</sup> and they offered a sacrifice according to what is stated in the law of the Lord, 'a pair of turtle-doves or two young pigeons.'

<sup>25</sup> Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. <sup>26</sup> It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. <sup>27</sup> Guided by the Spirit, Simeon<sup>[c]</sup> came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, <sup>28</sup> Simeon took him in his arms and praised God, saying,

<sup>29</sup> 'Master, now you are dismissing your servant in peace, according to your word;

<sup>30</sup> for my eyes have seen your salvation,

<sup>31</sup> which you have prepared in the presence of all peoples,

<sup>32</sup> a light for revelation to the Gentiles  
and for glory to your people Israel.'

<sup>33</sup> And the child's father and mother were amazed at what was being said about him. <sup>34</sup> Then Simeon blessed them and said to his mother Mary, 'This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed <sup>35</sup> so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too.'

<sup>36</sup> There was also a prophet, Anna the daughter of Phanuel, of the tribe of Asher. She was of a great age, having lived with her husband for seven years after her marriage, <sup>37</sup> then as a widow to the age of eighty-four. She never left the temple but worshipped there with fasting and prayer night and day. <sup>38</sup> At that moment she came, and began to praise God and to speak about the child to all who were looking for the redemption of Jerusalem.

<sup>39</sup> When they had finished everything required by the law of the Lord, they returned to Galilee, to their own town of Nazareth. <sup>40</sup> The child grew and became strong, filled with wisdom; and the favour of God was upon him.

### Post Communion prayer

Lord, you fulfilled the hope of Simeon and Anna, who lived to welcome the Messiah:  
may we, who have received these gifts beyond words, prepare to meet Christ Jesus when he comes  
to bring us to eternal life;  
for he is alive and reigns, now and for ever.

**Amen.**

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### Please note.....

**Coltishall** and **Horstead** Sunday services are moving from these very cold churches for the rest of January, February and until the middle of March.

**Coltishall** services will be in the **Church Room**, Rectory Road, Coltishall and **Horstead's** in the **Tithe Barn**.

Please contact Rev'd Joanna if you've any questions. There will be coffee or tea served from 10.30am before the 11.00am services. Do join us.

Wednesday morning communion services will continue in Coltishall church. It's a shorter service and blankets are provided, followed by a warming cup of coffee in the Red Lion Café.

### Coming up.....

#### Saturday, 14<sup>th</sup> February 2026 : 11am-4pm

#### Snowdrop Day at Horstead House

Put this in your diary. It's a great day out and the snowdrops are fabulous. All monies raised through refreshments, etc, are donated to All Saint's Church at Horstead. This year we propose that this money goes towards the very necessary window guard for the beautiful East window. Please do support this generous initiative.

#### Tuesday, 17<sup>th</sup> February 2026 – Shrove Tuesday

#### 3.00-4.30pm Pancake Party, Hainford Church

Would you like to come and help the children of Hainford and surrounding villages to have fun on Shrove Tuesday? Pancakes and pancake-themed activities. Like to help – let Rev'd Joanna or Sheena know.....

#### starting Thursday 19<sup>th</sup> February 2026

**Weekly Lent Group** meeting at 11am in Coltishall Church Room to think, discuss and pray as we 'Draw Near' during Lent, following the Church of England's book/app. For more details: Lucy Care or Sylvia Coward