

## Prayer Diary

For our prayer focus this week we pray for our local businesses. We also pray each day for those who are unwell and in our own prayers.

### Sunday 8<sup>th</sup> March - *The Third Sunday in Lent*

- 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.
- The shops that serve our villages
- The residents of Chequers Meadows and Stratton Road Hainford.

### Monday 9<sup>th</sup> March

- Café's 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 10<sup>th</sup> March

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

### Wednesday 11<sup>th</sup> March

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

### Thursday 12<sup>th</sup> March

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

### Friday 13<sup>th</sup> March

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

### Saturday 14<sup>th</sup> March

- Our Sunday worship tomorrow in Hainford and Coltishall and all involved in leading and facilitating our services.
- All in Westbourne Avenue & St. John's Close Coltishall.
- Our local pubs, for their hospitality.

## THE COLTISHALL GROUP OF PARISHES

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



**8<sup>th</sup> March 2026**

### Second Sunday of Lent

#### Services Today

- 9.30am Morning Worship, Hainford Church
- 11.00am Holy Communion, Tith Barn, Horstead

#### Monday 9<sup>th</sup> March

- 9.00am Morning Prayer, Horstead Church
- 10.00am Arts Weekend planning meeting, Tungate Way
- 7.00pm Rev'd Joanna to RBL Committee meeting

#### Tuesday 10<sup>th</sup> March

- 9.00am Morning Prayer, Hainford Church
- 1.00pm Class 3 to Hainford Church  
'The Eucharist' curriculum support ,
- 2.00pm Rev'd Joanna to Deanery Chapter

#### Wednesday 11<sup>th</sup> March

- 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 12<sup>th</sup> March

- 9.00am Morning Prayer, The Beeches, Stratton Strawless 10.30am Coffee, followed by Lent Course at 11.00am Coltishall Church Room. All welcome.

#### Friday 13<sup>th</sup> March

*Rev'd Joanna rest day*

#### Saturday 14<sup>th</sup> March

- 9.00am Morning Prayer, Frettenham Church

#### Next Sunday

#### **15<sup>th</sup> March – Mothering Sunday**

- 9.30am Holy Communion, Hainford Church
- 11.00am Holy Communion, Coltishall Church

Readings:

1 Samuel 1.20-end, Luke 2.33-35

#### CONTACT DETAILS FOR THE BENEFICE

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## Collect

Eternal God,  
give us insight  
to discern your will for us,  
to give up what harms us,  
and to seek the perfection we are promised  
in Jesus Christ our Lord.

## Amen

### 1<sup>st</sup> Reading: Exodus 17.1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. <sup>2</sup>The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' <sup>3</sup>But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' <sup>4</sup>So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' <sup>5</sup>The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. <sup>6</sup>I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. <sup>7</sup>He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

### Gospel: John 4.5-42

<sup>5</sup>So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. <sup>6</sup>Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

<sup>7</sup>A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. <sup>8</sup>(His disciples had gone to the city to buy food.) <sup>9</sup>The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) <sup>10</sup>Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' <sup>11</sup>The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water?' <sup>12</sup>Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' <sup>13</sup>Jesus said to her, 'Everyone who drinks of this water will be thirsty again, <sup>14</sup>but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' <sup>15</sup>The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.'

<sup>16</sup>Jesus said to her, 'Go, call your husband, and come back.' <sup>17</sup>The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; <sup>18</sup>for you have had five husbands, and the one you have now is not your husband. What you have said is true!' <sup>19</sup>The woman said to him, 'Sir, I see that you are a prophet. <sup>20</sup>Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.'

<sup>21</sup>Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. <sup>22</sup>You worship what you do not know; we worship what we know, for salvation is from the Jews. <sup>23</sup>But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. <sup>24</sup>God is spirit, and those who worship him must worship in spirit and truth.' <sup>25</sup>The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' <sup>26</sup>Jesus said to her, 'I am he, the one who is speaking to you.'

<sup>27</sup>Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' <sup>28</sup>Then the woman left her water-jar and went back to the city. She said to the people, <sup>29</sup>'Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?' <sup>30</sup>They left the city and were on their way to him.

<sup>31</sup>Meanwhile the disciples were urging him, 'Rabbi, eat something.' <sup>32</sup>But he said to them, 'I have food to eat that you do not know about.' <sup>33</sup>So the disciples said to one another, 'Surely no one has brought him something to eat?' <sup>34</sup>Jesus said to them, 'My food is to do the will of him who sent me and to complete his work. <sup>35</sup>Do you not say, "Four months more, then comes the harvest"? But I tell you, look around you, and see how the fields are ripe for harvesting. <sup>36</sup>The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. <sup>37</sup>For here the saying holds true, "One sows and another reaps." <sup>38</sup>I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.'

<sup>39</sup>Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' <sup>40</sup>So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. <sup>41</sup>And many more believed because of his word. <sup>42</sup>They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

### Post Communion prayer

Merciful Lord,  
grant your people grace to withstand the temptations  
of the world, the flesh and the devil,  
and with pure hearts and minds to follow you,  
the only God;  
through Jesus Christ our Lord.

### Amen.

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**Please note..... We're back in Church from next week!**

### Easter events for Children and Families

**Experience Easter for Schools: 16/3 am and 25/3 pm**  
**Messy Easter @ Tithe Barn, Horstead, Saturday, 28<sup>th</sup> March 2026, 10.30-12.30**

Would you like to serve on the team putting these events on?  
Speak to Rev'd Joanna!

Safeguarding is really important as we show God's love, so  
DBS/Safeguarding training required.