

## Prayer Diary

For our prayer focus this week we will pray for all in authority in our country. We also pray each day for those who are unwell and in our own prayers.

**Sunday 1<sup>st</sup> March** - *The Second Sunday of Lent*  
*David, Bishop of Merivia, Patron of Wales, c601*

We pray for the people of Wales on their National Day and ask that the missionary spirit of David may renew the Church today in Wales and everywhere.

- 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.
- Parish councils in Frettenham and Stratton Strawless and all who serve as councillors.
- The residents of Church Lane, Stratton Strawless

**Monday 2<sup>nd</sup> March** - *Chad, Bishop of Lichfield, Missionary, 672*

Today we remember the great missionary to the people of the Midlands and pray for our renewal in mission.

- Hainford Parish Council and its councillors and clerk.
- The residents of Hall Lane, Frettenham

**Tuesday 3<sup>rd</sup> March**

- Coltishall (with Great Hautbois) Parish Council and its members and clerk.
- Dumbs Lane, Hainford

**Wednesday 4<sup>th</sup> March**

- Horstead Parish Council and its members and clerk.
- All in Hautbois Road, Coltishall and Hautbois

**Thursday 5<sup>th</sup> March**

- Broadland District council and our Councillor, Jo Copplestone
- All in Mill Road, Horstead and the residents of Mill House Care Home.

**Friday 6<sup>th</sup> March**

- Norfolk County Council and our Councillor, Fran Whymark
- All in Carters Lane, Stratton Strawless

**Saturday 7<sup>th</sup> March** – *Perpetua, Felicity and their companions, Martyrs at Carthage 203*

As we remember these women who died for their faith in the third century of the church, we remember all women who suffer for the faith and for standing firm against injustice and oppression.

- Our worship tomorrow in Hainford and Horstead and all involved in leading and facilitating our services.
- Our Parliament and Government and local MP, Jerome Mayhew.
- All in Shirley Close, Frettenham.

## THE COLTISHALL GROUP OF PARISHES

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



**1<sup>st</sup> March 2026**

**Second Sunday of Lent**

### Services Today

9.30am Holy Communion, Hainford Church  
10.00am All Age Worship, Coltishall Church Room

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

9.00am Morning Prayer, Horstead Church

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

9.00am Morning Prayer, Hainford Church

### Wednesday 4<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 5<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.  
Further details from Lucy, Sylvia or Rev'd Joanna  
11.00am Funeral of Rosalie Butterfield, Bluebell Wood Burial Park

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

*Rev'd Joanna rest day*

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

*Rev'd Joanna additional rest day*

### Next Sunday

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

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

Readings:  
Exodus 17.1-7, John 4.5-42

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### CONTACT DETAILS FOR THE BENEFICE

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## Collect

Almighty God,  
by the prayer and discipline of Lent  
may we enter into the mystery of Christ's sufferings,  
and by following in his Way  
come to share in his glory;  
through Jesus Christ our Lord.

## Amen

### 1<sup>st</sup> Reading: Romans 4.1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? <sup>2</sup>For if Abraham was justified by works, he has something to boast about, but not before God. <sup>3</sup>For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' <sup>4</sup>Now to one who works, wages are not reckoned as a gift but as something due. <sup>5</sup>But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness.

<sup>13</sup> For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. <sup>14</sup> If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. <sup>15</sup> For the law brings wrath; but where there is no law, neither is there violation.

<sup>16</sup> For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, <sup>17</sup> as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

### Gospel: John 3.1-17

Now there was a Pharisee named Nicodemus, a leader of the Jews. <sup>2</sup> He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' <sup>3</sup> Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' <sup>4</sup> Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' <sup>5</sup> Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. <sup>6</sup> What is born of the flesh is flesh, and what is born of the Spirit is spirit. <sup>7</sup> Do not be astonished that I said to you, "You must be born from above." <sup>8</sup> The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' <sup>9</sup> Nicodemus said to him, 'How can these things be?' <sup>10</sup> Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things?

<sup>11</sup> 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. <sup>12</sup> If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? <sup>13</sup> No one has ascended into heaven except the one who descended from heaven, the Son of Man. <sup>14</sup> And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, <sup>15</sup> that whoever believes in him may have eternal life.

'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

## Post Communion prayer

Almighty God,  
you see that we have no power of ourselves to help ourselves:  
keep us both outwardly in our bodies,  
and inwardly in our souls;  
that we may be defended from all adversities  
which may happen to the body,  
and from all evil thoughts which may assault  
and hurt the soul;  
through Jesus Christ our Lord.  
**Amen.**

## 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.

**Weekly Lent Group** meets at 11am (coffee from 10.30am) 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 It's not too late to join in!

Or are you wanting to read a new book for Lent? Rev'd Joanna recommends:

- *Meeting God in John: David Ford*
- *Transfiguration – 50 pilgrim steps: Rob Marshall*
- *At Home in Lent - An exploration of Lent through 46 objects: Gordon Giles*
- *The Grace-filled Wilderness: Magdalen Smith*
- *My Sour-Sweet Days – George Herbert and the journey of the soul: Mark Oakley*

## Save the Date

**Saturday, 28<sup>th</sup> March 2026, 10.30-12.30**

### Messy Easter @ Tithe Barn, Horstead

Do you have children? Know any? Bring them along! Would you like to serve on the team putting this event on? Speak to Rev'd Joanna!

If you love bringing the love of Jesus to children, consider joining us as we offer Experience Easter, an interactive way to explore the Easter story, to children from our local schools in Coltishall (16<sup>th</sup> March am) and Hainford churches (25<sup>th</sup> March pm). Again speak to Rev'd Joanna. Safeguarding is really important as we show God's love, so DBS/Safeguarding training required.