

Prayer Diary

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

Sunday 9th August - The Tenth Sunday after Trinity

- 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 mental health of our farmers, in what can be a very isolated and stressful working and financial environment
- All in School Road, Redmere and Shirley Closes, Frettenham

Monday 10th August – Laurence, Deacon at Rome, Martyr, 258

As we commemorate this early martyr for the faith we pray for all those persecuted as Christians today.

- Adults in the community suffering from chronic mental health problems and the work of the Community Mental Health Teams, so over stretched, whose work it is to support them.
- All in Newton Road, Hainford

Tuesday 11th August – Clare of Assisi, Founder of the Minors (Poor Clares), 1253, John Henry Newman, Priest, Tractarian, 1890

As we commemorate Clare a follower of St. Francis, we thank God for the work of the order she founded in caring for the poor. We also remember Newman, a prominent Catholic convert and teacher in England and remember our Catholic friends at this time.

- Children suffering from poor mental health, including eating disorders. Also the work of the Child and Adolescent Mental Health Services. We pray for efforts to expand this to meet the needs of our children.
- All in Anchor Street and Belaugh Lane, Coltishall

Wednesday 12th August

- The Wellbeing Service in 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 Buxton Road, Glebe Way and All Saints Close, Horstead

Thursday 13th August – Jeremy Taylor, Bishop of Down & Connor, Teacher of the Faith, 1667, Florence Nightingale, Nurse, Social Reformer, 1910

Jeremy Taylor, a Church of England priest during the Protectorate of Oliver Cromwell, and author, considered one of the greatest English language prose writers, sometimes known as the "Shakespeare of Divines" for his poetic style.. Florence Nightingale needs no introduction!

- 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 Serpentine Lane, Stratton Strawless

Friday 14th August Maximilian Kolbe, Friar, Martyr, 1941

We thank God for his act of selfless love when he volunteered to die in place of Franciszek Gajowniczek in the German death camp of Auschwitz.

- Those suffering from depression and anxiety, that they may find the help and guidance they need. For the role of GP's especially our local surgery, in supporting patients in the community with these conditions.
- Post Office Road & Freydon Way, Frettenham

Saturday 15th August – The Blessed Virgin Mary

We praise God that he chose the Blessed Virgin Mary to be the mother of our Lord and Saviour. We thank God for the family life Mary provided for her son and siblings as he grew up.

- Our worship tomorrow in Hainford and Coltishall 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.
- For all in Waterloo Road, Hainford

THE COLTISHALL GROUP OF PARISHES

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



9th August 2026 – Trinity 10

Services Today

- 8.00am Said Holy Communion, Coltishall Church
- 9.30am Morning Worship, Hainford Church
- 11.00am Holy Communion, Horstead Church

As Rev'd Joanna is on leave, there is no 9am Morning Prayer in our churches until Tuesday, 25th August. All our churches are open daily for prayer and you are most welcome in any of them at any time

It's August, so there are few planned meetings. Please do support one another if you're remaining here. August can be a lonely time. If you're on holiday with friends or family, have a restful and restorative time.

Monday 10th August

Tuesday 11th August

Wednesday 12th August

No Church room lunch in August

- 10.00am Midweek Holy Communion, Coltishall Church followed by coffee at the Red Lion Café, all welcome
- 6.45pm Footprints Walking Group, evening ramble, meeting at Station Road carpark, NR10 4LF, optional drinks after at Kings Arms, Reepham

Thursday 13th August

Friday 14th August

Rev'd Joanna will be away on Annual Leave between 10th and 22nd August. Please save any non-urgent requests until she returns or alternatively email her and she will respond on her return. Urgent requests that require a priest should be directed to our Rural Dean, the Rev'd Andrew Whitehead (01603 872236) or our retired clergy, Rev'd Peter Howard or Rev'd Keith Dignum. Please note that these should only be emergency requests.

Next Sunday

16th August 2026 – Trinity 11

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

Readings: Isaiah 56.1, 6-8, Matthew 15.21-28

CONTACT DETAILS FOR THE BENEFICE

Rector: Rev'd Joanna Haywood

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Safeguarding Officer: Sheena MacRonal

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Collect

Lord of heaven and earth,
as Jesus taught his disciples to be persistent in prayer,
give us patience and courage never to lose hope,
but always to bring our prayers before you;
through Jesus Christ our Lord. **Amen**

1st Reading 1 Kings 19.9-18

⁹At that place he came to a cave, and spent the night there.

Then the word of the Lord came to him, saying, 'What are you doing here, Elijah?' ¹⁰He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.'

¹¹ He said, 'Go out and stand on the mountain before the Lord, for the Lord is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; ¹²and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. ¹³When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, 'What are you doing here, Elijah?' ¹⁴He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' ¹⁵Then the Lord said to him, 'Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. ¹⁶Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. ¹⁷Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. ¹⁸Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him.'

Gospel reading: Matthew 14.22-33

²² Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. ²³And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴but by this time the boat, battered by the waves, was far from the land, for the wind was against them. ²⁵And early in the morning he came walking towards them on the lake. ²⁶But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. ²⁷But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.' ²⁸ Peter answered him, 'Lord, if it is you, command me to come to you on the water.' ²⁹ He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus.

³⁰ But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' ³¹ Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' ³² When they got into the boat, the wind ceased. ³³ And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

Post Communion prayer

God of our pilgrimage,
you have willed that the gate of mercy
should stand open for those who trust in you:
look upon us with your favour
that we who follow the path of your will
may never wander from the way of life;
through Jesus Christ our Lord. **Amen**

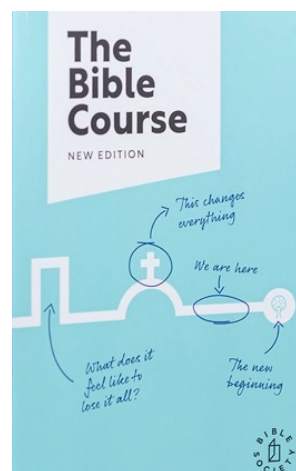
Dates for your diary

Our new **Summer Sunday Service schedule** has begun with opportunities to worship in Coltishall, Hainford and Horstead every week. A said service of Holy Communion at 8am each Sunday morning, lasting approximately 30 minutes alternates between Horstead and Coltishall. Please note that there are exceptions when Rev'd Joanna is away, and check the notice sheet.

As we continue to review our worship services, please let Rev'd Joanna know if there's anything particular which would help your own worship and walk with God.

Our summer **All Age Worship** on the first Sunday of each month will be at **10am** at **Coltishall**, hopefully, weather permitting, in the Churchyard. There will be seating available for all ages, with story, song, activities and prayer, followed by refreshments. Our theme this summer is **Stories Jesus Told** next time, on, **6/9/26** we hear about the **Wise and the Foolish Builders** and how we can build our lives on Jesus!

For all ages and stages of life! Have fun and make friends.



In September we will be starting **'The Bible Course'**. This is an 8-week course which helps us to understand the Bible for ourselves and discover where we fit into the story. So whether you're just starting out, have a bit of Bible knowledge or have read it cover to cover, there's something for us all to discover afresh.

We'll be meeting at The Rectory on Monday evenings starting on **Monday, 7th September** from 7.30 to 9.00pm. Please let Rev'd Joanna know if you'd like more info or to join in.

(www.biblesociety.org.uk/explore-the-bible/the-bible-course)