

PARISH NEWS

May
2026

*St Mary Wroxham, Hoveton St John,
Hoveton St Peter
St Peter Belaugh, St Mary Tunstead*

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And lots more!

*Please take a magazine for yourself
and for anyone you think might like one.*

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For enquires regarding Baptisms, Wedding and Funerals please contact
the Rector. Liz's rest day is Monday

*If you would like to receive this news letter or our weekly sheet by
email, please let Liz know.*

From the Rector...

Dear All,

Sun! The sun arrived! I don't know about you, but to me it seems that it has been a long time coming but it's arrival just lifts my heart and my spirit. With May's arrival we are leaving spring and moving into early summer and these days of gentle heat and warm sun for me are the best - far outranking the heat of July and August, which make me want to find the shade.

It's good to walk around the villages of our benefice and see the smiles on people's faces as the sun cheers us. Goodness knows we need some cheering. The world seems a tough place right now with 'wars and rumours of wars', cost of living going up and up, and a general feeling of defensiveness and self protection pervading our society. In our church community we try hard to fight against the prevailing winds, continuing to pray for peace, support those in need, and welcome the outcast and stranger just as Jesus did. I hope that is reflected in this magazine with its invitation to prayer and worship, information about Bible Study, and a look at what we are doing to support young families. If you would like to be involved in any of our work, you are welcome - whether you are a regular attender or not. The joy of the Anglican Church is its parochial ministry - which simply means that in very real (and even legal) way, we are YOUR church, the church for the whole parish, everyone who lives here. These buildings are yours, holding the stories of the history of your parish as well as the activities of today. Our churches are open every day for you to use, for prayer, or just for a peaceful space. Come and see us - you will be so very welcome.

With my love and prayers,

Liz

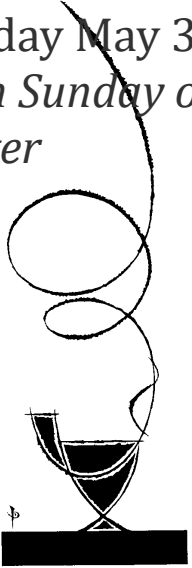
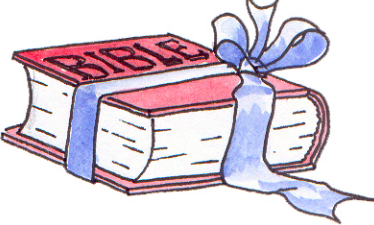
From our Registers for April

We give thanks for the lives of

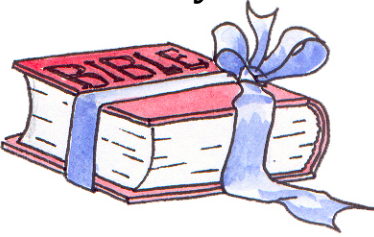

Margaret Whipp

Peter Howe

Services and events in May

<p>Sunday May 3rd <i>Fifth Sunday of Easter</i></p> 	<p>10am</p> <p>10am</p> <p>5pm</p>	<p>Informal Worship at Hoveton St John <i>A relaxed service with hymns and a short talk.</i></p> <p>Communion at St Mary Tunstead <i>A traditional service with hymns</i></p> <p>Celtic Communion at Hoveton St Peter <i>A less formal service in a relaxed setting with recorded music and gentle prayer in the Celtic tradition.</i></p>
<p>Tuesday May 5th</p>	<p>6pm</p>	<p>Prayer for the Parishes at the Vicarage <i>A short service of Evening Prayer from the Northumbria Community, with times of music and quietness.</i></p>
<p>Weds May 6th</p> 	<p>10am</p>	<p>Communion at Hoveton St John, followed by Bible Study. Currently we are looking at 'The Jesus Paul Knew'. This week Chapter 1 - Source of Grace <i>If you would like a copy of the book, even if you can't come to the group, let Liz know.</i></p>
<p>Thurs May 7th</p>	<p>1.30pm</p> <p>7pm</p>	<p>Memorial Service for Peter Lewis in St Mary Wroxham</p> <p>Belaugh PCC</p>
<p>Friday May 8th</p>	<p>10am-4pm</p>	<p>Tunstead Church Flower Festival <i>Teas and cakes served</i></p>
<p>Saturday May 9th</p>	<p>10am-4pm</p>	<p>Tunstead Church Flower Festival <i>Strawberry Teas</i> <i>Salvation Army Band</i></p>

<p>Sunday May 10th <i>Sixth Sunday of Easter</i></p>	<p>10am 3pm</p>	<p>Holy Communion at St Mary Wroxham <i>A relaxed traditional service with hymns</i></p> <p>Flower Festival Songs of Praise at St Mary's Tunstead</p>
<p>Mon May 11th</p>	<p>10am - 12pm</p>	<p>St Mary Wroxham Coffee Morning In St Mary's Church Hall. <i>Free entry, all welcome, donations if wished</i></p>
<p>Tues May 12th</p>	<p>6pm</p>	<p>Prayer for the Parishes at the Vicarage <i>A short service of Evening Prayer from the Northumbria Community, with times of music and quietness.</i></p>
<p>Weds May 13th</p>	<p>10.30-12.00</p>	<p>Hoveton St John Coffee Morning <i>Held in the church. £3 entry, with free refreshments</i></p>
<p>Thurs May 14th</p>	<p>10.15-11.45</p>	<p>Stay and Play in St Mary's Wroxham Church Hall. <i>Time for pre school children and parents. Toys, chat, snacks and free children's clothes swap</i></p>
<p>Sunday May 17th <i>Sunday after Ascension Day</i></p>	<p>10am</p>	<p>Holy Communion at Hoveton St John <i>With hymns led by Wroxham Praise band</i></p>
<p>Tues May 19th</p> 	<p>6pm</p>	<p>Prayer for the Parishes at the Vicarage <i>A short service of Evening Prayer from the Northumbria Community, with times of music and quietness.</i></p>

<p>Weds May 20th</p> 	<p>10am</p>	<p>Communion at Hoveton St John, followed by Bible Study. Currently we are looking at 'The Jesus Paul Knew'. This week Chapter 2 - Visionary Leader <i>If you would like a copy of the book, even if you can't come to the group, let Liz know.</i></p>
<p>Thurs May 21st</p>	<p>10.15-11.45</p>	<p>Stay and Play in St Mary's Wroxham Church Hall. <i>Time for pre school children and parents. Toys, chat, snacks and free children's clothes swap</i></p>
<p>Sunday May 24th Day of Pentecost</p>	<p>10am</p>	<p>Holy Communion at St Mary Wroxham <i>A relaxed traditional service with hymns, focusing this week on the Feast of Pentecost! Happy Birthday to the Church!</i></p> 
<p>Tues May 26th</p>	<p>2pm 6pm</p>	<p>Hoveton St John PCC meeting Prayer for the Parishes at the Vicarage <i>A short service of Evening Prayer from the Northumbria Community, with times of music and quietness.</i></p>
<p>Sunday May 31st <i>Trinity Sunday</i></p>	<p>10am</p>	<p>Holy Communion at Hoveton St Peter Fifth Sunday so we meet at Hoveton St Peter. Parking available, so do come!</p>

Can't get to church?

If you aren't able to join us in church, either temporarily or as a long term thing, you are welcome to receive communion at home - just get in touch with Liz, and we will do our best to organise that for you.

700 Years

“Walking Through Time,”
at
St. Mary’s Church, Tunstead

Join us to launch our celebration of 700 years
of this beautiful building

8th - 10th May 2026

10am - 4pm

Flower Festival open all weekend

Teas & Cakes on Friday 8th

Strawberry Teas on Saturday Sunday

Salvation Army Band on Saturday 9th

Songs of Praise Service at 3pm on Sunday 10th

Free entry on all days

All Welcome.

Find us on Church Lane, Tunstead, NR12 8HU

Sunday Services for May

3rd	10am	Informal Worship	Hoveton St John
<i>Easter 5</i>	10am	Holy Communion	St Mary, Tunstead
	5pm	Celtic Communion	St Peter, Hoveton
10th	10am	Holy Communion	St Mary, Wroxham
<i>Easter 6</i>			
17th	10am	Holy Communion	Hoveton St John
<i>Sunday after Ascension Day</i>			
24th	10am	Holy Communion	St Mary, Wroxham
<i>Pentecost</i>			
31st	10am	Holy Communion	Hoveton St Peter

St. Mary's Wroxham April Coffee Morning Monday 11th May 10-12 St Mary's Church Hall.

We have a cake stall, marmalades, puzzles/books,
bring & buy table and raffle.

Entry is free

with any donations going towards the upkeep of our local church
Everyone is most welcome.

Hoveton St John Coffee Morning Wednesday 13th May from 10.30 in the Church.

Home made scones, tea and coffee, cakes.

A good selection of jigsaws and bric a brac.

Do come - you will be most welcome.

ADVANCE NOTICE! BroadBeat Choir

are coming to St. Mary's Church on **Saturday 27th June**
to give a concert, this very lively group are well worth a visit
Tickets out soon.

Prayer Diary

1st	We pray for the older members of our community, and especially the residents of Overbury House and Heron Lodge Wroxham: Salhouse Rd, Skinners Lane, Staitheway Rd
2nd	For those who serve on Wroxham St Mary PCC, and for its officers - Angus the Warden and Fabric Officer, and currently filling the role of Treasurer and Carolyn the secretary. For a new treasurer for the PCC Hoveton: Summer Drive, The Drive, The Rhond, Three Acre Close
3rd	For our services at Tunstead and Hoveton St John this morning and for our Celtic Communion at Hoveton St Peter this evening Our funeral directors, with thanks for their love and care Belaugh: Church Lane, Hill Piece, Top Road
4th	All those working in our local shops, cafes and restaurants Tunstead: Shop Ln, Vicarage Ln, Watering Pit Ln, Weavers Loke
5th	Thanks for those who meet to pray for our parishes each week. Wroxham: Stevenson Rd, The Avenue, Trafford Walk, Beech Rd
6th	For the voluntary groups in our area, with thanks for all they do for our communities Hoveton: Tunstead Lane, Tunstead Rd, Two Saints Close
7th	For our new Bible Study group starting today. For those who will attend and those who wish they could but are unable to. For Belaugh PCC meeting this evening. Belaugh: Back Lane, The Street
8th	For Tunstead Flower Festival starting today. With thanks for those who have planned it and worked towards it, and those who will run it over the coming days. For all who will attend. Tunstead: Anchor St, Belaugh Ln, Church Ln, Coltishall Ln
9th	For those who serve on Hoveton St Peter PCC, and for its officers - Sandy the Warden and Secretary, John the Treasurer Wroxham: Bircham Close, Bridge Broad Close, Bure Close, Castle St
10th	For our services today at Wroxham and at Tunstead. Hoveton: Waveney Close, Waveney Drive, Albion Way, Alderfen Way

11th	For Wroxham's coffee morning, and for all who will attend. With thanks for those who faithfully run it each month. Belaugh: Church Lane, Hill Piece, Top Road
12th	For those who serve on Belaugh St Peter PCC, and for its officers - Jan the Secretary and Marcus the Treasurer Tunstead: Coltishall Ln, Crowgate Street, Culley's Pit Rd, Fletcher Cl
13th	For Hoveton St John coffee morning, and for all who will attend. With thanks for those who faithfully run it each month. Wroxham: Charles Close, Christopher Way, Church Ln, Grange Walk
14th	For those who serve on Hoveton St John PCC, and for its officers - Sue the Warden and Secretary and Tom the Treasurer and Fabric Officer Hoveton: Barton Drive, Belaugh Drive, Belaugh Rd, Blackhorse Ct
15th	For those who serve on Tunstead St Mary PCC, and for its officers - Christine the Secretary. For a new Treasurer. Belaugh: Back Lane, The Street
16th	Our GP surgery and all who work there Tunstead: Forge Estate, Granary Ln, Manor Close, Market Close
17th	For our service at Hoveton St John this morning and for all who lead worship. Wroxham: Hartwell Rd, Keys Drive, Loynes Drive, Nobel Crescent
18th	For those across our parishes who are housebound Hoveton: Blofield Loke, Brimbelow Rd, Burnt Fen Way, Carrs Loke
19th	For the other churches in our area, St Helen's RC and the URC Belaugh: Church Lane, Hill Piece, Top Road
20th	For those who share their musical gifts for our worship. For Wroxham Praise, and Nik our organist Tunstead: Market Street, Mill Ln, Mill Road, Old Lane, Sco Ruston Rd
21st	For Stay and Play. For all who attend and all who help to run it. Wroxham: Salhouse Rd, Skinners Lane, Staithe Way Rd
22nd	For the safeguarding work in our Diocese and our Benefice, for the Diocesan staff and for Carol our Parish Safeguarding Officer Hoveton: Summer Drive, The Drive, The Rhond, Three Acre Close

23rd	For Sue and Sandy, our Authorised Worship Assistants, and for Anne as she trains to be our Authorised Pastoral Assistant. Belaugh: Back Lane, The Street
24th	For our Communion service at Wroxham for Pentecost! For the gifts of the Spirit to be seen in our churches and communities. Tunstead: Shop Ln, Vicarage Ln, Watering Pit Ln, Weavers Loke
25th	For those who will come here for rest and relaxation over the holiday week. Wroxham: Stevenson Rd, The Avenue, Trafford Walk, Beech Rd
26th	For all those who work in the tourism industries in our area. For the boatyards, the shops and those in hospitality Hoveton: Tunstead Lane, Tunstead Rd, Two Saints Close
27th	For those who will receive communion at home today. Belaugh: Church Lane, Hill Piece, Top Road
28th	For our Parish Councils, with thanks for their service to our villages Tunstead: Anchor St, Belaugh Ln, Church Ln, Coltishall Ln
29th	For the staff and residents of Heron Lodge and Overbury House Wroxham: Bircham Close, Bridge Broad Close, Bure Close, Castle St
30th	For our emergency services, for their safety in their work, and thanks for they skills they use in the service of others Hoveton: Barton Drive, Belaugh Drive, Belaugh Rd, Blackhorse Ct
31st	For our fifth Sunday service at Hoveton St Peter today. Thanks for the four footed members of our churches whose companionship and skills give love and support to those who bring them each week. Belaugh: Back Lane, The Street

You can access the Diocesan prayer diary online at <https://www.dioceseofnorwich.org/news-and-events/prayer-diary/>

There are lots of online prayer resources, why not try

<https://sacredspace.com/> or <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer> You can listen if you prefer!

If you have a smart phone, there is an App for Daily Prayer from the Church of England 'Everyday Faith'

Readings for the coming month

Each Sunday we follow the Lectionary for our readings in church. If you can't be with us, or would just like to look at them ahead of time, here are April's readings.

Sunday 3rd May

5th Sunday of Easter

Acts 7:55-end

Psalm 31:1-5,15-16

1 Peter 2:2-10

John 14:1-14

Sunday 10th May

6th Sunday of Easter

Acts 17:22-31

Psalm 66:7-end

1 Peter 3:13-end

John 14:15-21

Sunday 17th May

Sunday after Ascension Day

Acts 1:6-14

Psalm 68:1-10

1 Peter 4:12-14; 5:6-11

John 17:1-11

Sunday 24th May

Pentecost

Acts 2:1-21

Psalm 104:26-36

1 Corinthians 12:3b-13

John 20:19-23

Sunday 31st May

Trinity Sunday

Isaiah 40:12-17,27-end

Psalm 8

2 Corinthians 13:11-end

Matthew 28:16-end



If You Go Down to the Hall Today....

Stay and Play!

If you go down to St Mary's Church Hall in Wroxham on any Thursday morning in term time, you will find the dedicated leaders and very wonderful families of our Stay and Play group.

The group began as a joint venture between the church and some members of the community with a heart for young families. Aware of the isolation of some parents and carers and the need for a safe place locally for them to meet, we decided to create it weekly in the hall. A call for toys and equipment was gallantly met by the local charity shops, and members of our churches and communities - Facebook marketplace also proved helpful for a play kitchen and a changing table! One very kind person knitted us the whole set of food for the *Very Hungry Caterpillar* story. People are kind.



Community groups have been equally supportive, with the Lions, the Parish Council and Broadland Coop Funeral Services providing grants to help with the setting up of the group, the cost of padded mats for the floor, and a recent donation from the Lions to cover the cost of



providing snacks each week. St Mary's Wroxham have supported by providing the hall at no charge, though we hope to improve a bit on that in the future. We are so very grateful to all who have helped - as are the families who come.



We now have a steady group joining us each week of anywhere between 10 and 20 children with their parents and carers. We made a commitment that there would be no charge, so that everyone can access the group, but donations are welcome and generously given.

Helpers arrive around 9.15 and set up the hall, with families arriving an hour later. We have a reading corner, cars and a garage, sit on toys, baby area, kitchen and dolls house, and that's just some of it.

During the morning we serve fruit and allergy safe baby and toddler snacks and tea and coffee in safe cups for the parents.

We run a free children's clothing swap, encouraging the reuse of clothing, which not only helps with the cost of clothes but is environmentally friendly too. We finish each session with a short singing session - with at least one song hanging around in my head for the rest of the day (Yes, *Little Peter Rabbit*, I'm looking you!)



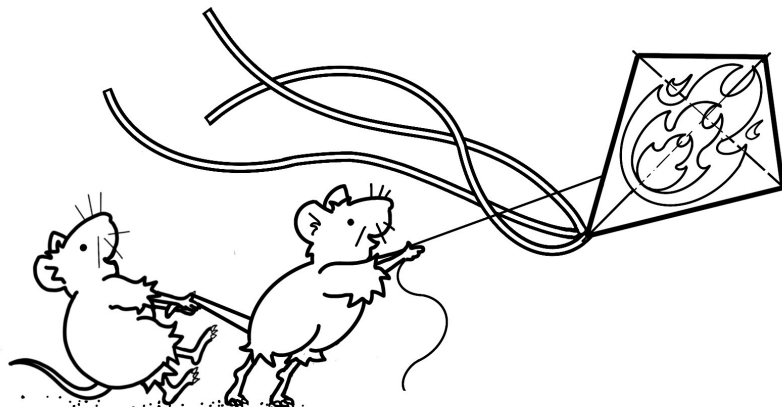
We are always looking for new helpers, and it's a fun way to spend a morning. We are building relationships with young families across the communities, and so many have said how good it is to meet others who



have young children, which lifts some of the isolation that can come from being at home with children.

Stay and Play is proving to be as much fun for those who run it as it is for those who come, and while this is a sharing of what we are up to rather than a call for help, if you would like to get involved, you would be welcome. Whether it's chatting to parents, serving snacks, setting up or clearing away, there is plenty to do. Every helper does the online safeguarding training provided by the Diocese, and DBS checks are run

by our Parish Safeguarding Officer Carol Hastwell at no cost to our helpers.



Midweek Communion and Bible Study

Every Advent and Lent, a group has met to study, share and discuss. At the end of this Lent's group we decided that we would like to continue to meet, and to share the Midweek Communion and study group that followed throughout the rest of the year as well.

We met last month and discussed what we would like to study, and looked at various books and websites, and the result is the group we are starting on Wednesday May 6th at 10am. We will meet twice a month, on the first and third Wednesdays of the month, at Hoveton St John. We begin with worship - an informal Communion service on the first Wednesday, and either Communion or Morning Prayer on the third. We follow this with coffee (or tea) and join together to discuss the current book we are following.

Our first study guide choice is ***The Jesus Paul Knew by James W Reapsome 10 studies for individuals or groups.***

The back of the book describes it like this -

'For me, to live is Christ.' (Phillippians 1:21)

Many of us have thought deeply about Paul's foundational theology. But how many of us have explored how Paul learned increasingly about Jesus and what it meant to obey him in the everyday tests of his faith? This bible study leads us through the growth in Paul's knowledge of Jesus and how it changed the apostle's life.

We are a friendly group, with some who know a fair bit, and some who know very little about the bible. But all of us want to know more, and to make the bible a part of our lives.

If you would like to come along, you are welcome. Come to the worship, to the group or to both.

Evening Group

We have some interest in an evening group. If that is something that you would like, please let Liz know. We probably need around 5 or 6 to have enough for discussion!

The Church Year this month

Last month we noted that the purple robes of Lent were replaced by the white colours of Easter. This month you will see red for Pentecost, a final week of white for Trinity Sunday, and then we move back to green at the start of June for Ordinary time.

So why the changes and what do they mean?

We have been in white for the Easter season, which runs from Easter Sunday until the Sunday of Pentecost, but that's not the only thing that is different in this season. You will have noticed the Alleluia! Christ is Risen at the start of each service, and you may have noticed that the Paschal Candles (from the word Pascha, another word for Easter) that we lit at Easter have been alight for each service in this season. Those things mark the special nature of this season as we celebrate the Risen Christ.

At Pentecost, this season comes to an end and we respond in our worship to the changes that happened to the first followers of Christ. 14th May is Ascension Day, and we remember that the disciples had to face Jesus leaving them as he ascended to heaven. Ten days later, fifty days after Easter (hence PENTecost) we mark the coming of the Holy Spirit upon those disciples, turning them from a frightened group of people into an empowered company ready to share the message of Christ the Messiah. The feast of Pentecost is the third major feast of the church year after Christmas and Easter. We use the colour red to mark the Holy Spirit - the colour of fire and power. At the end of the service we extinguish the Paschal candle to mark the end of the Easter season, though it will be lit again at funerals and baptisms as a symbol of new and eternal life.

The following week you will see us back in white one more time for Trinity Sunday - the celebration of the Trinity, Father, Son and Holy Spirit, one of the major tenets of our faith - that God is Triune, three in one. It's not the easiest day to preach on!

We then move to green, for what is called Ordinary Time, but I'll explain that next month!

People and Feasts of May

Thy Kingdom Come

This year the global prayer movement Thy Kingdom Come (TKC) will take place from Thursday 14th to Sunday 24th May.

Spanning the 11 days between Ascension and Pentecost, the initiative encourages Christians to pray for five people whom they know (friends, families, neighbours) to come to faith.

This year is a special one for Thy Kingdom Come. It was ten years ago, in 2016, that it began as a call to prayer from the Archbishop of Canterbury and the Archbishop of York.

TKC has since grown into a global wave of prayer, involving tens of millions of Christians, in dozens of denominations, in almost 90% countries worldwide.

To mark these first ten years, the new archbishop, Sarah Mullally, has written a Novena for the initiative.

This year's theme is 'God With Us'. With the help of leaders from across the church traditions, TKC will explore a different Bible story each day, one which demonstrates God's transformative presence, power and love at work in the lives of people and communities.

More information at: <https://www.thykingdomcome.global/>

2nd May – Athanasius, the theologian who gave us the Nicene Creed

This is the name behind the Athanasian Creed. Athanasius (296-373) was born into a prosperous family in Alexandria in Egypt, studied in the Christian school there and entered the ministry. He was 29 years old when he accompanied Alexander, the bishop of Alexandria, to the Church's first ecumenical Council, at Nicaea in 325.

Although Athanasius could not take part in the Council's debates because he was a deacon and not a bishop, Alexander consulted him on the meaning of biblical texts and theological distinctions. With Emperor Constantine sitting as President, 300 bishops argued about the Person of Christ. How is He the Son of God? Is He God or man or both together? Did

He exist before He was born? If we worship Him, does that mean that we are worshipping two Gods?

The young Athanasius saw that some bishops wanted to impose the teaching of Arius on the Church. Arius was a popular preacher in Alexandria who taught that Christ was not eternal but was a 'Saviour' created by the Father. Athanasius worked with his bishop, Alexander, in framing what became known as the Nicene Creed. Our Lord's full divinity was safeguarded in the words, 'eternally begotten of the Father, God from God, light from light, true God from true God, begotten, not made, of one substance with the Father.'

When Bishop Alexander died in 328, Athanasius succeeded him as Bishop by popular demand. For the next 45 years Athanasius' devotion, scholarship, and forceful leadership established the Nicene Creed in the Christian Church. His enemies, both in Church and state, conspired against him, and he was exiled five times from the See of Alexandria and spent a total of 17 years in flight and hiding. It was his uncompromising stand for Nicene theology that gave rise to the familiar saying, Athanasius contra mundum, 'Athanasius against the world.'

Athanasius' name will always be linked with the triumph of New Testament Christology over every form of reductionism. Of his many writings the most significant was his great study on the person and work of Christ; On the Incarnation of the Word of God, written before he was 30 years old.

8th May – Julian of Norwich

Julian of Norwich was born in 1342 and wrote at the end of the 14th century, when our modern English language was slowly emerging from its origins in Anglo-Saxon and Middle English.

We know little about Julian's early life, but when she was 30, she fell ill and was near death when suddenly her pain left her, and she received 16 visitations. Julian wrote these down, in what became known as the 'short text'. 20 years later she extended this to become her 'long text'.

She was an anchoress – someone who had committed herself to a life of solitude, giving herself to prayer and fasting. St Julian's, Norwich was the church where she had her little 'cell'.

Julian taught that all things depend upon the love of God for their being. Her spirituality was focussed on the cross, and she wanted to share the sufferings of Christ. She believed that humanity is separated from God by sin, but redeemed through Christ, who reunites us with God. Julian also emphasised Christ as mother, but within a clear Trinitarian understanding of the godhead.

Her masterpiece, *Revelations of Divine Love*, reveals a mystic of such depth and insight that it is still read by many thousands of Christians today. One of the notable features is that her theology determined her experience, rather than the other way round.

She is honoured this month in the Lutheran and Anglican Churches, but although she is held in high regard by many Roman Catholics, her own Church has never felt able to recognise her as a 'saint'. This is probably because she spoke of God as embracing both male and female qualities. *Revelations* is an account of the visions she received in her tiny room, which thousands of pilgrims visit every year.

Her most famous saying, quoted by T S Eliot in one of his poems, is 'All shall be well, and all shall be well, and all manner of thing shall be well.' These words have brought comfort and strength to many a soul in distress.

14th May – Ascension Day, 40 Days with the Risen Christ

40 days after Easter comes Ascension Day. These are the 40 days during which the Risen Christ appeared again and again to His disciples, following His death and resurrection. (Matthew 28; Mark 16; Luke 24; and John 20.)

The Gospels give us little of Christ's teachings and deeds during those 40 days. Jesus was seen by numerous of His disciples: on the road to Emmaus, by the Sea of Galilee, in houses, etc. He strengthened and encouraged His disciples, and at last opened their eyes to all that the Scriptures had promised about the Messiah. Jesus also told them that as the Father had sent Him, He was now going to send them – to all corners of the earth, as His witnesses.

As Christmas began the story of Jesus' life on earth, so Ascension Day completes it, with His return to His Father in heaven. Jesus' last act on earth was to bless His disciples.

They knew they would see Jesus again one day, as he promised them 'I am going to prepare a place for you... I will come back and take you to be with me that you also may be where I am.' In the meantime, Jesus had work for them to do: to take the Gospel to every nation on earth.

31st May – Trinity Sunday

The Trinity is easier to say than to explain. Christians believe in one God, made up of three equal Persons. It is fundamental to the Nicene Creed, which sets out the definitive doctrine of the Trinity for more than two billion Christians worldwide, including all Roman Catholics, Eastern Orthodox, Anglicans, Lutherans, Presbyterians and Reformed Christians.

The theologian Ian Paul, writing on the Book of Revelation, points out that chapter five has a wonderful depiction of the Trinity in action. He writes: "...another figure appears in the drama, the lion who looks like a lamb. ... Here is the one who fulfils the hopes of God's people Israel, as the promised anointed Davidic king who was to come. Here is one who is fierce and powerful enough to conquer their enemies, and tear them apart.

"And yet when John sees Him, He is like a weak and vulnerable lamb who has been slaughtered, just as the Passover lamb eaten by the people, the suffering servant who was 'wounded for our transgressions' and the lamb offered as an atoning sacrifice. He is the one who was slain, but now stands, and shares the throne with God, and with Him sends the Spirit to enact His will on earth. Here we have the most explicit (and perhaps the most complex) Trinitarian statement in the whole New Testament."

From the Revd Dr Ian Paul's blog at: <https://www.psephizo.com/revelation/what-does-rev-4-5-tell-us-about-the-trinity/> (May 17, 2017)

Prayers for Ascension, Pentecost, and Trinity.

When we stand gazing upwards, bring us down to earth:
with the love of a friend,
through the songs of the sorrowing,
in the faces of the hungry.

When we look to you for action, demand some work from us:
by your touch of fire,
by your glance of reproof
your fearful longing.

As ruler over all,
love us into action,
fire us with your zeal,
enrich us with your grace,
to make us willing subjects of your rule. *Jane Nightingale*

Spirit of God,
you are the breath of creation,
the wind of change that blows through our lives,
opening to us new dreams, and new hopes,
new life in Jesus Christ.

Forgive us our closed minds
which barricade themselves against new ideas,
preferring the past to what you might want to do
through us tomorrow.

Forgive us our closed eyes
which fail to see the needs of your world,
blind to opportunities of the service and love.

Forgive us our closed hands
which clutch our gifts and our wealth for our own use alone.

Forgive us our closed hearts
which limit our affections to ourselves and our own.

Spirit of new life,
forgive us and break down the prison walls of our selfishness
that we might be open to your love
and open for the service of your world
through Jesus Christ our Lord. Amen

Many prayers and blessings around the Trinity come from the Celtic church, calling on the Trinity for protection and peace.

I bind unto myself the name,
The strong name of the Trinity,
By invocation of the same,
The Three in One, the One in Three,
Of whom all nature hath creation,
Eternal Father, Spirit, Word.
Praise to the Lord of my salvation
Salvation is of Christ the Lord.

From St Patrick's Breastplate

The weaving of peace be thine
Peace around thy soul entwine
Peace of the Father flowing free
Peace of the Son sitting over thee
Peace of the Spirit for thee and me
Peace of the one
Peace of the three
A weaving of peace be upon thee

Around thee wind the Three
The One the Trinity
The Father bind his love
The Son tie his salvation
The Spirit wrap his power
Make you a new creation
Around thee twine the Three
The circling of the Trinity

MEDITATION

Mechtild of Magdeburg
b. 1207

Do you wish to know my meaning?
Then lie down in the Fire.
See and test the flowing Godhead
through your being.
Feel the Holy Spirit moving and
compelling
you within the flowing Fire and
Light of God.

Norwich Cathedral Services and Events

Lectio Divina

Every second Friday of the month, 2.30-3.00pm

Location: Library

Lectio Divina is a contemplative way of reading the Bible, focusing on a short passage and allowing it to speak to us; the passage is read aloud, and we may share a word or phrase that resonates with us, but without discussion. It is a traditional Benedictine approach to the scriptures. Open to all, readings and full outline of the approach provided. Come along to try it out, or contact gwarren@cathedral.org.uk if you want to know more.