



Dear Lightwave Prayer Supporters,

Welcome to the month of February, with slightly lighter evenings and some signs of spring starting to show and Lent.

"While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease." (Genesis 8:22)

We give thanks that;

- Over **10 million people** in the **UK** have received at least one dose of the **Coronavirus vaccine**. We continue to pray for the rollout throughout 2021 and those who are involved in administering the vaccinations.
- **Diane Grano** and her team at **Red Lodge** who were awarded **The LordLieutenant's Certificate of Merit** for their remarkable contribution to Suffolk - particularly the Red Lodge area, during the extraordinary and difficult circumstances caused by the Covid 19 crisis. Diane and team provided **support, resources and friendship**, which made a difference to the **well being** of those living in Red Lodge.
- Thanks to **Ben and Leanne Wale and family** for the **"Mid Week Munchies"** at 4pm weekly video, which has been going out live on You tube. It includes a family friendly Bible story, prayers for young people and a game and some Bible journaling, the last one is Wednesday 10th of February.
- On **Saturday 30th of January** there were approximately **35** participants who joined on Zoom for the **MSM Flexi Discipleship in Recovery morning**. The place and meaning of discipleship, creating disciple making communities, holy habits and continual learning and nurture were covered. This session was **repeated on Monday 1st February**, where an additional 14 people joined in on Zoom.

Coming up, we would appreciate prayer for;

- The first **Growing in God Project Board meeting** takes place on Monday **8th February**, pray over the Agenda and those who are part of this meeting.
- On the **18th of February at 4pm and 7.15pm** and then on the **23rd of February at 7.15pm** the **Run with Joy** courses start, which explore the key themes in the **Rule of St Benedict** and spiritual practices that help you deepen

your Christian faith in community with others. Prayers for the course leaders; **Jutta Brueck, Michael Robinson and Matthew Vernon and for those booked onto those courses.**

- The **40 Days of Kindness initiative** which encourages people all over Suffolk in simple **acts of community kindness**, from phone trees, to thank you surprises and help with practical issues, which arise for people under the Covid restrictions. For more information about this and the Run with Joy courses go to; <https://www.light-wave.org/lent>.
- At 6.30pm on **Tuesday 9th of February**, sees the second of the **Diocese's formation of community for church planters meeting** online. Please pray for those who are part of this community and those leading at this meeting.
- On **11th February, Suffolk in Prayer** Ecumenical leaders and the core team are meeting to start the planning and preparation for Thy Kingdom Come 2021.



Happy Lent everyone and thanks for your prayer support!

Peace and blessings

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