

Day	Date	We pray especially for...
Monday	23rd	...everyone undertaking spring cleaning of our churches at this time.
Tuesday	24th	...the homeless and all with accommodation needs.
Wednesday	25th	...those subjected to domestic abuse and violence that they may have hope for relief.
Thursday	26th	...adoption and fostering services helping children find loving families.
Friday	27th	... all those in hospital and the staff caring for them.
Saturday	28th	...anyone preparing to travel on holiday today.
Sunday	29th	...those remembering Jesus' journey to the cross with palms and procession.
Monday	30th	... the pupils and staff at our schools as they commence their Easter break.
Tuesday	31st	...all seeking to establish peace throughout the world.

Throughout, we pray for those in special need at this time, remembering:

Martin, Ian, Emma, Helen, Michael, Ann

Bedingham/Woodton: Sheila, Hilary, Anne, Bruce, Richard, Susan, Marco

Fritton/Morningthorpe: Jason, Carol

Hempnall: Lesley and family, Sophia

Topcroft: Candy, Gail, Penny

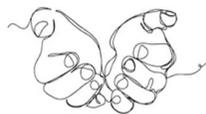
Long Term Care...

Bedingham/Woodton: Dennis, Shirley, Jacob

Fritton/Morningthorpe: Beryl

Hempnall: Colin

Mundham/Seething: Margaret, Nancy



Recently Died and Upcoming Funerals...

Harry Hall, Rodney Quantrill

***The Brooke Benefice and
The Hempnall Group
Thoughts and Prayers
March 2026***

.....reasons to be cheerful.

I have always felt that if one word was used to describe the month of March then that would be “cheerful”. For a start the days are becoming longer and the sun sits higher in the sky bringing light and more warmth after the dank dreariness of most of the winter.



The colours about us are changing

from muddy brown to green and daffodil yellow. New life is appearing in the fields and barns, with lambs taking their first wobbly steps. Bird song increases and greets us through the bedroom window as we wake. The mood improves and often, as I said, it promotes a feeling of cheerfulness.

This year, as is commonly the case, all the days of March fall within the season of Lent. The forty days marking Jesus sojourn of fasting and temptation in the desert before he commenced his public ministry. We use this period to engage in contemplation and reflection. We might employ acts of self-denial that focus the mind and mimic traditional fasting. Reading, studying and the taking of simple communal meals keep our focus on the events we are approaching. Once again we are remembering and joining in the journey to Jerusalem and death on a cross.

It can often seem that the whole mood of Lent is one of gloom and sombre hues. A descent into a dark place of loss and mourning, yet I've often thought it

should be anything but that. We have the benefit of hindsight that was denied to those who joined Jesus on his journey two thousand years ago. We know that after the dreadful suffering of Good Friday the bright dawn of the Resurrection follows three days later. So while we take part in that journey, honouring and giving thanks for the ultimate sacrifice, freely made for us all, let's not lose sight of the bright dawn that lies ahead.

Scripture tells us “*a cheerful heart is good medicine, but a crushed spirit dries up the bones*” (Prov. 17:22), so as we observe Lent this month let's all remain cheerful.

Tim Francis

Sunday Readings	
1st March 2026 2nd Sunday of Lent	<i>Psalm 121</i> <i>Genesis 12:1-4a</i> <i>John 3:1-17</i>
8th March 2026 3rd Sunday of Lent	<i>Psalm 95</i> <i>Exodus 17:1-7</i> <i>John 4:5-42</i>
15th March 2026 4th Sunday of Lent Mothering Sunday	<i>Psalm 34:11-20</i> <i>Exodus 2:1-10</i> <i>Luke 2:33-35</i>
22nd March 2026 5th Sunday of Lent Passion Sunday	<i>Psalm 130</i> <i>Ezekiel 37:1-14</i> <i>John 11:1-45</i>
29th March 2026 Palm Sunday	<i>Psalm 118:1-2, 19-end</i> <i>Matthew 21:1-11</i>

Day	Date	We pray especially for...
Sunday	1st	...congregations meeting today at Brooke, Woodton and Hempnall as they continue their Lenten journey.
Monday	2nd	...anyone subjected to modern slavery and for those seeking to abolish it.
Tuesday	3rd	...the care and nurture of the natural environment on World Wildlife Day.

Day	Date	We pray especially for...
Wednesday	4th	...our churchwardens and designated persons maintaining the operation of our churches so selflessly.
Thursday	5th	...those reliant for their welfare and happiness on companion animals at the start of Crufts dog show.
Friday	6th	...all aid workers bringing relief to others at home and abroad.
Saturday	7th	...all gardeners and horticulturalists planning and tending their plots.
Sunday	8th	... anyone finding love and support in the Church for the first time.
Monday	9th	...emergency service workers assisting and saving others.
Tuesday	10th	...those travelling to the Cheltenham Festival, that they may be safe and return happy.
Wednesday	11th	... those whose Christian mission leads them into dangerous parts of the world.
Thursday	12th	... all those working to make the lives of children better.
Friday	13th	...local shop workers and other providers in our villages.
Saturday	14th	...those attending and taking part in sporting activities today.
Sunday	15th	...all mothers, whether biological or not, and all those who celebrate them or their memory.
Monday	16th	...residents of care homes and hospices.
Tuesday	17th	...those celebrating the feast of St Patrick and all the people of the island of Ireland.
Wednesday	18th	... those who uncomplainingly assist their less able neighbours.
Thursday	19th	...scientists and doctors developing new remedies to lessen human suffering.
Friday	20th	...those grateful for lengthening days after this the Spring Equinox.
Saturday	21st	...our bishops, archdeacons, clergy and all who minister in Christ's name.
Sunday	22nd	...the villages of Thwaite St. Mary and Bedingham as they worship today.