

and renews our lives as we offer our faith and obedience. *Pray for The Diocese of Rutana – The Anglican Church of Burundi (Anglican Cycle of Prayer)*

**WEDNESDAY 29–John Keble, Priest 1866  
HOLY TRINITY, KALK BAY**

Holy God we praise and thank you for every blessing. Lead us in our mission to share the Good News in a world where it is sorely needed. Let our outreach continue to be to those who are in need and marginalized. We pray for those who are recovering after natural disasters – earthquakes, storms and other disasters. Thank you for the work of our Social Development department and for organisations such as Hope Africa and Gift of the Givers. Lord, bless our various Parish outreach projects and we also ask your blessing upon those who so generously contribute. Merciful God, we offer you our meetings [especially the upcoming vestry], our fellowship, plans, praying especially for our Confirmands and for our upcoming Confirmation Service, as well as for our deliberations over matters pertaining to the Parish – may they all be acceptable in your sight. Lord, lead us in our giving; of ourselves, our talents, abilities and time. Make us good and responsible stewards of all that you have given. May our actions bring honour to your holy name. Lord, let your Holy Light shine upon us so that we might see clearly and walk boldly in the way of Jesus. *Pray for The Diocese of Ruvuma – The Anglican Church of Tanzania (Anglican Cycle of Prayer)*

**THURSDAY 30**

Almighty and ever-living God, ruler of all things in heaven and earth, hear our prayers for this parish/church family. Strengthen the faithful, arouse the careless, and restore the penitent. Grant us all things necessary for our common life, and bring us all to be of one heart and mind within your holy Church; through Jesus Christ our Lord. *Amen. Pray for The Diocese of Ruwenzori – The Church of the Province of Uganda (Anglican Cycle of Prayer)*

**FRIDAY 31**

Almighty Father, lover of mankind and giver of all that is good: hear our prayers for your servant, Margaret our bishop whom you have called to the charge of this Diocese. Strengthen her, O Lord, by your Holy Spirit and fill her with love for your people; that as a faithful priest and true servant of your Son she may preach your word, minister your sacraments, and shepherd your flock, to the glory of your name. *Pray for The Diocese of East Ruwenzori – The Church of the Province of Uganda*

**The Archdeaconry of Helderberg to submit their prayers by 6 March.**

**PRAYERS FOR PARISHES AND PEOPLE OF THE DIOCESE OF FALSE BAY**

**PREPARED BY MIDGE AND MIKE GRAHAM  
EMAILED BY THE DIOCESAN OFFICE  
TEL: 021 856 34 23  
E-mail: [mgraham@telkomsa.net](mailto:mgraham@telkomsa.net)**

**PRAYERS AND INTERCESSIONS  
FOR THE PEOPLE AND PARISHES OF  
THE DIOCESE OF FALSE BAY**

**MARCH 2023**

**PRAYER THOUGHT FOR THE MONTH:**

All that I do I commit to You, Lord, and I pray that You will direct my thoughts.

**ARCHDEACONRY OF MOUNTAIN BAY**

**EVENTS IN THIS WEEK: 1-4 MARCH**

- 27 Feb-3 March Synod of Bishops
- 3 WORLD DAY OF PRAYER
- 4 Tutorial Day
- 4 Fellowship of Vocation

**WEDNESDAY 1–David, Bishop and Missionary in Wales, 6th century. Ember Day  
Special Day of Prayer: World Day of Prayer**

We pray for the Church, that it may be a compassionate community, ready to stand alongside those who suffer the burden of debt. We pray for those who work in government, finance and the law, that they may work towards practical solutions for the problems caused by debt. We pray for those individuals who, because of their debts, feel they have nowhere to turn: that they may know your presence, guidance and peace. We pray for those countries affected by the enormous burden of international debt: for a just and lasting solution to the problems they face. We pray for ourselves, that through our choices, actions and words we may daily live out our faith, and bear witness to you, the source of all good things. Lord, in your mercy, **hear our prayer.** *Pray for The Diocese of North Queensland – The Anglican Church of Australia (Queensland Province) (Anglican Cycle of Prayer)*

**THURSDAY 2–Chad, Bishop of Lichfield, 672  
ST CLARE, OCEAN VIEW**

Loving God, we intercede for the Parish of St Clare, Ocean View with St Matthew, Masiphumelele. We commend to God the newly elected Church Wardens and Councillors; equip them with virtues and talents, and give them willing hearts and spirits to serve God's people to the best of their capabilities. We pray for St Matthew's Building Project and for the role players involved. Remove all the hurdles on our path, so that the building project may gain more and more momentum. We offer prayers for St Paul's Foster Home, the children and Desiree the house mother. May your Spirit nurture all the foster children, so that they may flourish in their schooling and development. Merciful God, look with your gracious favour on all those seeking for employment, restore their dignity and enable them to provide for their families. We include in our prayers so many people struggling with addiction. Intervene, O

Holy Spirit to eradicate all forms of addiction and to heal our broken families. Gracious Lord, protect and lead the parish priest, Ulric Groenewald, his wife Althea, and children Minke' and Noah. Lord in your mercy: Hear our prayer. *Pray for The Diocese of Raiwind – The (united) Church of Pakistan (Anglican Cycle of Prayer)*

### **FRIDAY 3-John and Charles Wesley, Priests, 18th century-Ember Day**

We give thanks to God for our priests and pray that they may be holy and competent pastors, capable of leading even in the complex and difficult times in which we live. We pray for them, that their faith may not fail, that they may feel themselves surrounded by the caring love of their people and of the whole church. *Pray for The Diocese of Rajasthan – The (united) Church of North India (Anglican Cycle of Prayer)*

### **SATURDAY 4**

We pray and give thanks for the opportunity for reflection and renewal which this season of Lent offers us. May we be open to the power of Gods Holy Spirit in prayer and in our encounters with others and may we take the time and opportunities in the service of our neighbour. *Pray for The Diocese of Rayalaseema – The (united) Church of South India (Anglican Cycle of Prayer)*

#### **EVENTS IN THIS WEEK: 5-11 MARCH**

- 5 Helderberg Training new layministers
- 5 Vestry: Tafelsig, Portland
- 5 Vestry: St Andrew Strand
- 6 Helderberg Archdeaconry to submit Prayers and Intercessions
- 6 Vestry: St James the Great Worcester
- 11 AWF Executive Meeting Grabouw
- 11 CLGB Sports Day
- 11 Guild: St MMagdalone Umanyano(Revival) Philippi
- 11 Guild: Servants of Sanctuary Committee Parkwood

### **SUNDAY 5-SECOND SUNDAY IN LENT**

#### **Ember Day**

Lord Jesus, we your people pray to You for our priests. You have given them to us for our needs. We pray for them in their needs. We know that You have made them priests in the likeness of your own priesthood. You have consecrated them, set them aside, anointed them, filled them with the Holy Spirit, appointed them to teach, to preach, to minister, to console, to forgive, and to feed us with Your Body and Blood. Yet we know, too, that they are one with us and share our human weaknesses. We ask that You give them this day the gift You gave Your chosen ones on the way to Emmaus: Your presence in their hearts, Your holiness in their souls, Your joy in their spirits. Let them see You face to face in the breaking of the Eucharistic bread. *Pray for The Church of the Province of South East Asia (Anglican Cycle of Prayer)*

### **MONDAY 6**

#### **ALL SAINTS, MUIZENBERG**

Lord God, we give you thanks for the grace of being an Anglican presence in Muizenberg for the past 132 years. We give thanks for all the clergy and laity who so faithfully served God in and through the ministries of the parish in the broader community of Muizenberg. We give thanks for the ministry of our Rector and the retired clergy residing in the parish. We pray for their families, praying that God will continue to protect and guide them on their life journey. We give thanks for the servant leadership of the Churchwardens and members of the parish council. They give selflessly of their time, their family time and themselves as they serve God in their positions of leadership in the parish. We pray for the parish leadership as they are in the process of preparing for the

others and may we take the time and opportunities in the service of our neighbour. *Pray for The Diocese of Ziwa (Lake) Rukwa – The Anglican Church of Tanzania (Anglican Cycle of Prayer)*

### **FRIDAY 24-World Tuberculosis Day, recognized by the UN and WHO**

Jesus, embolden health workers to emulate Your model of healing to those living with TB. Encourage those who are sick to be faithful in their treatment so the disease will not spread or become drug-resistant. *We need your help to create new forms of treatment and testing to eradicate this disease. Please guide the hands of researchers and doctors to find a simple, effective treatment.* Allow your hope to invade the hearts of families struggling with the disease as we pray for healing and strength to live a life as normal as possible *Pray for The Diocese of Rumbek – The Province of the Episcopal Church of South Sudan (Eastern Bahr el Ghazal Province) (Anglican Cycle of Prayer)*

### **SATURDAY 25 –THE ANNUNCIATION TO THE BLESSED VIRGIN MARY-**

International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade, recognized by the UN

Holy Creator, empower us to fight and to prevent the horror of human trafficking that is expanding all around us each day in the darkness. Help us to shine light into that darkness, to not be blinded by the darkness but to overcome our own blindness, our own refusal to acknowledge what is happening to so many others. *Pray for The Diocese of Rumonge – The Anglican Church of Burundi (Anglican Cycle of Prayer)*

#### **EVENTS IN THIS WEEK: 26-31 MARCH**

- 26 CMS PROCESSION OF WITNESS E/River
- 26 Vestry: Khayelitsha
- 26 Girls Bafana Friendly Society Vuselela Ashton
- 26 Admission of PCC: St Michael, Harare
- 30 DIOCESAN CHAPTER
- 31 Guild: St MMagdalone (due date for joining fee)

### **SUNDAY 26-FIFTH SUNDAY IN LENT**

Almighty God, you sent your Son Jesus Christ to reconcile the world to yourself: we praise and bless you for those whom you have sent in the power of the Spirit to preach the gospel to all nations. We thank you that in all parts of the earth a community of love has been gathered together by their prayers and labours, and that in every place your servants call upon your name; for the kingdom and the power and the glory are yours for ever. *Pray for The Anglican Church of South America (Anglican Cycle of Prayer)*

### **MONDAY 27**

We give thanks to God for all those who are newly confirmed this year, who have made confession of their faith and have been welcomed into the communicant life of the Christian family. Help each of us by our prayers, friendship and our example to encourage them in the way of Christ, that they may fully grow up into him and continue in the worship and fellowship of the Church. *Pray for The Diocese of Rupert's Land – The Anglican Church of Canada (Rupert's Land Province) (Anglican Cycle of Prayer)*

### **TUESDAY 28**

Lord, we pray that world-wide churches may always be ready to travel along your way and in your direction. Bless and guide our ministers and leaders. As we journey through the Lenten season of penitence and discipline, help us to be alive to your Spirit, who searches all our hearts

**SUNDAY 19-FOURTH SUNDAY IN LENT-Mothering Sunday**

We pray for peace and reconciliation among the nations, peace and unity within the churches, harmony in our communities and our homes and peace and love in all our hearts. We pray for Archbishop Thabo; that he may find time to seek solitude and silent refreshment of the soul. We give thanks for all those who through the centuries have been called to serve in the ministry of the church. Pray for all to be confirmed today at St Michael and All Angels, Elgin. *Pray for The Anglican Church of Southern Africa (Anglican Cycle of Prayer)*

**MONDAY 20-Cuthbert, Bishop of Lindisfarne, 687  
GOOD SHEPHERD, GRASSY PARK**

We give thanks to God, our Creator, Redeemer and Sustainer, that after a time of rest and relaxation, we are able to resume ministries for a new year. We pray that through our ministries, many will be drawn to Christ. We pray for all learners, educators, parents and support staff at all our creches and schools in the Grassy Park area, praying especially for the safety of our learners in areas affected by gangsterism. We pray especially for those who are in need; the hungry, homeless and unemployed in our community, remembering those who sleep on our streets. We pray that many will be nourished through our Soup Kitchen and Food Parcel ministries. We pray for Sheldon Kraak, as he continues to discern his calling to the ordained ministry through the Diocesan Ordinands Program. We pray for the retired clergy in our parish, especially Reverend Neil February and Deacon Charles Sims, their spouses, Beverly-Ann and Naomi, as well as Maureen Belelie. We continue to thank God for the ministry of the clergy in this parish church, especially the Reverends Joseph Humbles and Adrian Gordon. Lord, in your mercy; hear our prayer. *Pray for The Diocese of Rokon – The Province of the Episcopal Church of South Sudan (Cantral Equatoria Province) (Anglican Cycle of Prayer)*

**TUESDAY 21-Thomas Cranmer, Archbishop of Canterbury and Martyr, 1556**

International Day for the Elimination of Racial Discrimination recognized by the UN  
God of all, Triune God, you are the source of perfect love. As we observe the International Day for the Elimination of Racial Discrimination, we recognize you to be God, who created all people fashioning us in your own image and likeness. As we give thanks for the wonder and beauty of the works of your hands, we also lament the many ways in which we seek to injure and tarnish each other as your creation. Might we on this day hear again the truth of your Word as we are confronted with the question: “Have we not all one father? Has not one God created us? Why then are we faithless to one another?” As we pray together may your Spirit of truth refresh and renew us! Fill us, we pray with your light, grace and strength. Delight our minds with wholesome life-giving thoughts one toward the other. As we work towards eliminating racial discrimination, unite our tongues, renew our hearts. We pray in the name of the One in whom there is no longer Jew or Greek, slave or free, male and female, Jesus, the Christ. **Amen.** *Pray for The Diocese of Rorya – The Anglican Church of Tanzania (Anglican Cycle of Prayer)*

**WEDNESDAY 22 -World Water Day, recognized by the UN**

On this World Water Day we pray that all peoples may have access to water and other resources needed for daily life. Holy God, our Living Water, together with the seas, rivers and wellsprings, we bless and thank you for the gift of water. We pray for those who struggle for their daily supply of clean water and those who experience floods. We pray for those who take water for granted and fail to understand the cries of people who need water for life. Give us the strength to value, save and share water as a common good for all. Amen. *Pray for The Diocese of Ruaha – The Anglican Church of Tanzania (Anglican Cycle of Prayer)*

**THURSDAY 23**

We pray and give thanks for the opportunity for reflection and renewal which this season of Lent offers us. May we be open to the power of Gods Holy Spirit in prayer and in our encounters with

annual vestry meeting. We pray for the ministry amongst our Malawian worship centers, we give thanks for the leaders and their commitment to being God’s servants in leading the congregations. We give thanks for the ministry of the Anglican Women’s Fellowship, the Muizos and the Young Peoples Ministries through the Sunday School, The Servants of the Sanctuary. We pray for our confirmation candidates who will make their commitment of faith. We pray for them and their respective families. We pray in particular for their confirmation instructor as he leads these young persons on their faith journey. We give thanks for all the people of All Saints, Muizenberg, praying that they will remain faithful and committed servants of God in the Muizenberg community. Amen *Pray for Th e Diocese of Recife – Igreja Episcopal Anglicana do Brasil (3 Province) (Anglican Cycle of Prayer)*

**TUESDAY 7-Perpetua and her Companions, Martyrs, 202**

We pray for all retired clergy and their families in our diocese. We thank God for their years of ministry and the visible fruits thereof. We thank our Lord for examples and role models they are for many of us and just trust God that, as they retire and take rest from all their hard labour in the parishes they served. God may bless them abundantly. *Pray for The Diocese of Rejaf – The Province of the Episcopal Church of South Sudan (Cantral Equatoria Province) (Anglican Cycle of Prayer)*

**WEDNESDAY 8-International Women's Day, recognized by the UN  
ST. AUGUSTINE OF HIPPO, LOTUS RIVER**

Merciful Lord the creator of all that is good and perfect. We, as the Parish of St. Augustine of Hippo, thank you for numerous blessings bestowed upon us as a parish community. We thank you for the gift of this New Year 2023. As we navigate through this New Year with various challenges and experience may we be able to learn valuable lessons as we seek to live out our Christian identity. We continue to uphold Lotus River and community at large as we are challenged daily with all types of social evils. We pray, as we journey through the Season of Lent, that as God’s people we will grasp the opportunity to do some personal introspection with our lives in order to receive the necessary healing and hope, which our community so desperately needs in order to live in peace and harmony with each other. We thank you for the gift of Revd. Richard Dunsdon and his family. May you continue to use him vigorously as an instrument in your hand as he leads your sheep in this part of your vineyard. Bestow upon our newly elected Churchwardens and Parish Council the gift of wisdom and eagerness to serve Gods people effectively throughout the year. May we all seek to live our identity in the way our Patron saint encourages us to do as he says “**A Christian is a mind through which Christ thinks, a heart through which Christ loves, a voice through which Christ speaks, and a hand through which Christ helps.**” ~ Saint Augustine. *Pray for The Diocese of Remo – The Church of Nigeria (Anglican Communion) (Lagos Province) (Anglican Cycle of Prayer)*

**THURSDAY 9-Maqhamusele Khanyile of Zululand, Martyr 1877**

Holy God, look with mercy on your suffering people of Africa, and protect the Church from persecution as it seeks to minister to them. Bless the duly elected clergy, and all your people who gather for solace, strength and teaching. Feed and shelter the people who have nothing; comfort those afflicted by violence, disease, terror and want. Raise up leaders of honesty, wisdom and strength to lead the nation. Let the beautiful land you made once more burst forth with crops of every kind. Bless Africa, O Lord, in the name of your merciful Son who looked with compassion on us as he himself was made to suffer violence, but now reigns with you and the Holy Spirit, one God, forever and ever. Amen. *Pray for The Diocese of Renk – The Province of the Episcopal Church of South Sudan (Upper Nile Province) (Anglican Cycle of Prayer)*

**FRIDAY 10  
ST MARK’S, LAVENDER HILL.**

We pray for all the people in the Parish of St Mark and the Anglican community in Vrygrond Capricorn Park – St Thomas. We pray for all the struggling hardworking families that are affected by the high rate of unemployment. We pray for the young and vulnerable who continue to be drawn to the street corners where drug trade and gangsterism are rampant. We pray for an end to these activities that destroyed the lives of the people of Lavender Hill. We pray for an end to gender based violence. We give thanks for the ministry of the Youth, Altar Guild, MU, CMS, Lay Ministers and the music ministry of the young people. We pray for Rev Anthony, the Parish Priest, his wife Lorraine and children. We continue to pray for the Wardens and all the Parish Councillors and leaders of various zones and organisations. Accept these our prayers for the sake of Jesus Christ our Lord. **Amen.** *Pray for The Diocese of Rhode Island – The Episcopal Church (I (1) Province) (Anglican Cycle of Prayer)*

### **SATURDAY 11**

We give thanks for the wonder of the world in which we live: for the earth and all that springs from it and for the mystery of life and growth. We pray that our gratitude may be shown by our care to conserve the powers of the soil, by our readiness to learn from scientific research, and by our concern for a fair distribution of the earth's resources. *Pray for The Diocese of Rift Valley – The Anglican Church of Tanzania (Anglican Cycle of Prayer)*

#### **EVENTS IN THIS WEEK: 12-18 MARCH**

- 12 M/Plain Archd. Council Strandfontein
- 12 Vestry: Gordon's Bay, Rusthof, Harare, Man.Park
- 12-15 EXTENDED CHAPTER 18 AWF Branch Meetings/Visitations
- 18 Post Ordination Training
- 18 Guild: B.Mizeki Revival of Clusters Man.Pk
- 18 SocDev Parenting Workshop
- 18 Confirmation: Holy Trinity, Elgin

### **SUNDAY 12-THIRD SUNDAY IN LENT**

We pray for all Religious communities, for all who have followed the saints in the ways of poverty and simplicity. We pray for God's blessings on their communities, their worship and their service; for an increase in the numbers who heed God's call. *Pray for The Church of South India (United) (Anglican Cycle of Prayer)*

### **MONDAY 13**

#### **ST MARGARET'S, FISH HOEK**

God our Father, we recognize our need of a great Saviour. As your beloved children and redeemed servants, give us willing hearts and a strong desire to proclaim the name of Jesus through our words and deeds. We stand in your omnipotent presence to ask for strength and power through all our comings and goings today and in this week. By your grace, fill us with a discernment for wisdom, patience, generosity, justice and kindness to the least of those whom we may meet today. May we reflect your love for us, to the world. **AMEN.** *Pray for The Diocese of Rio de Janeiro – Igreja Episcopal Anglicana do Brasil (2 Province) (Anglican Cycle of Prayer)*

### **TUESDAY 14**

Almighty God, you have called the churches of the Anglican Communion to witness and service and have richly blessed them. Grant that the members of this world-wide family may plan and work together in brotherly love to further your mission to the world. And confessing that the Church which lives to itself will die by itself, may we receive humbly, give generously, and share joyfully the spiritual treasures and material resources you have entrusted to us.

(John Kingsnorth) *Pray for The Diocese of Rio Grande – The Episcopal Church (VII (7) Province) (Anglican Cycle of Prayer)*

### **WEDNESDAY 15**

In our journey through this season of Lent we pray for God's Church throughout the world. We give thanks for the opportunity of reflection and renewal which this season of Lent offers us. May we be open to the power of God's Holy Spirit in prayer and in encounters with others and may we be ready to take time and opportunities in the service of our neighbour. *Pray for The Diocese of Riverina – The Anglican Church of Australia (New South Wales Province) (Anglican Cycle of Prayer)*

### **THURSDAY 16**

We bring before God all lonely people, especially those who are too old or infirm to enjoy company and those who are isolated from others through suffering and illness or through a sense of inferiority. We pray that friends and neighbours may be enabled to reach them and lift them out of their loneliness and bring them comfort and hope. *Pray for The Diocese of Rochester (in the United Kingdom) – The Church of England (Canterbury Province) (Anglican Cycle of Prayer)*

### **FRIDAY 17-Patrick, Bishop and Missionary in Ireland, 461 ST FRANCIS, SIMONS TOWN**

Heavenly Father, we thank you for your many gifts given to us, many talents, even though we have to face many challenges. God, you give us signs and symbols to help us draw closer to you and to better understand your meaning for our world and town. Help us to appreciate the signs that have been passed down to us; and help us to be liberated to create new signs from our own generation. Teach us good Lord to serve Thee as thou deserve. Thank you for the ministry of all God's people. We pray for the frail, lonely and sick. We give thanks to God for our dedicated fundraising committee. We pray for God's blessings on the Parish of St Francis and the Chapelry St Andrew. *Pray for The Diocese of Rochester (in the United States) – The Episcopal Church (II (2) Province) (Anglican Cycle of Prayer)*

### **SATURDAY 18-Cyril of Jerusalem Bishop and Teacher of the Faith. C. 386**

Merciful God, look with compassion on the whole human family; take away the controversial teachings of arrogance, divisions and hatreds which have badly infected our hearts; break down the walls that separate us; reunite us in bonds of love; and work through our struggle and confusion to accomplish Your purposes on earth; that, in Your good time, all nations and races may jointly serve You in justice, peace and harmony. Amen. Pray for all to be confirmed today at Holy Trinity, Caledon. *Pray for The Diocese of Rockhampton – The Anglican Church of Australia (Queensland Province) (Anglican Cycle of Prayer)*

#### **EVENTS IN THIS WEEK: 19-25 MARCH**

- 19 Confirmation: St Michael and All Angels, Elgin
- 19 Vestry: Khayelitsha
- 19 Admission of PCC: Rusthof
- 19 MOTHERING SUNDAY
- 21 HUMAN RIGHTS DAY
- 24 Schools Close
- 25 Mentorship Orientation
- 25 Guild: B. Mizeki Council Meeting Sibanye
- 25 MOTHERS' UNION LADY DAY BREDASDORP
- 25 AWF AGM GRABOUW, COUNCIL
- 25 SocDev Life Skills Workshop
- 25 Guild: Serv./Sanctuary Train/Dev. B/Vall+O/Berg