

Let your presence help us to care about the feelings of others, to be gentle and ready to say we are sorry. You know us Lord, bring the best out of us so that our lives may reflect your way for the world. You can heal all our ills and deliver us from every kind of trouble. Make us whole we pray, both in mind and spirit that we may be agents of your healing in the world. *Pray for The Diocese of Karnataka Central – The Church of South India (United) (Anglican Cycle of Prayer)*

**THURSDAY 31**

Heavenly Father, Look mercifully upon those who have no work to earn their daily bread, and cannot use the gifts and abilities that you have given them. We pray for them and their families and ask that relief and help will come to them. In your mercy, strengthen the faith of those who know you and give faith to those who do not. Bless the efforts of those who strive to alleviate their suffering, and show us how to be sensitive and helpful to those around us. Lord God, we live in disturbing days: across the world, prices rise, debts increase, banks collapse, jobs are taken away, and fragile security is under threat. Loving God, meet us in our fear and hear our prayer: be a tower of strength amidst the shifting sands, and a light in the darkness; help us receive your gift of peace, and fix our hearts where true joys are to be found, in Jesus Christ our Lord. *Pray for The Diocese of Karnataka North – The Church of South India (United) (Anglican Cycle of Prayer)*

**The Archdeaconries of Breede Valley and Overberg  
to submit their prayers by 6 October**

**PRAYERS FOR PARISHES AND PEOPLE OF THE DIOCESE OF FALSE BAY  
PREPARED BY MIDGE AND MIKE GRAHAM  
EMAILED BY THE DIOCESAN OFFICE**

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

**OCTOBER 2024**

**PRAYER THOUGHT FOR THE MONTH:**

Lord, as I come before You in prayer, grant me the patience to wait upon You and the ability to understand and accept Your Will for me

**ARCHDEACONRY OF MITCHELL'S PLAIN**

**Please pray for the Archdeaconry of Mitchell's Plain as no Prayers and Intercessions were received.**

**EVENTS IN THIS WEEK: 1-5 OCTOBER**

- 1 Schools Open
- 1 M/Plain Archd. Chapter @ Tafelsig
- 1 International Day of Older Persons
- 3 M/Plain Archd. Council @ Lentegeur
- 5 Soc Dev GBV Sensitization
- 5 Fellowship of Vocation
- 5 Anglican Women's Fellowship Fundraiser/Helder.
- 5 Confirmation: Parochial District Manche Masemola

**TUESDAY 1-Remigius, Bishop and Missionary to the Franks, 530**

also International Day of Older Persons, recognized by the UN

As we remember the older and retired people in our churches, we thank you and pray for their work with children, young people and families in our communities. We pray your Holy Spirit may inspire them to use and share their experiences of life with wisdom, humility and gladness. We pray for the work and service of all homes and day centres for elderly and sick people. *Pray for The Diocese of Jebba – The Church of Nigeria (Anglican Communion) (Anglican Cycle of Prayer)*

**WEDNESDAY 2-Anthon, Earl of Shaftesbury, Philanthropist, 1885**

International Day of Non-Violence recognized by the UN

God of peace, thank you for calling us to follow the non-violent Jesus on the road to peace. Help us to become your holy people of Gospel non-violence. Disarm our hearts that we might be instruments of your disarming love. Make our church a community of Gospel non-violence,

that rejects war and radiates your love and peace. Bless us to love one another and our enemies, to reconcile with everyone, to resist injustice and spread the practice of non-violence. Give us a new world without war, poverty, nuclear weapons, global warming or violence. Give us your reign of non-violence, here and now. We ask this in the name of the non-violent Jesus, our brother and our peace. *Pray for The Diocese of Jerusalem – The Episcopal Church in Jerusalem and The Middle East (Anglican Cycle of Prayer)*

**THURSDAY 3**

We pray for peace and reconciliation among the nations, peace and unity within the churches and harmony in our communities and our homes and peace and love in all our hearts. We pray for Archbishop Thabo, Bishop Stafford and all our clergy; that they 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 The Diocese of San Joaquin – The Episcopal Church*

**FRIDAY 4–Francis of Assisi, Religious, 1226**

Heavenly Father, since the time of the Apostles you have inspired the Church to commission certain members to assist in a special way in the pastoral mission of Christ. Bless the deacons and all other ordained and non-ordained ministers that they may be humble and faith-inspired in their service. We ask this through Christ, our Lord. *Pray for The Diocese of Johannesburg – The Anglican Church of Southern Africa (Anglican Cycle of Prayer)*

**SATURDAY 5 –World Teacher’s Day recognized by the UN and UNESCO**

Loving and gracious Father, Thank you for all those men and women who have given their talents to educating our young people. Through the challenges they encounter each day, lead them to an ever deeper appreciation of the duty to which you have called them. We give thanks for the work of all who contribute to the running of our schools; support staff, maintenance staff, governors and chaplains. We thank them for their hard work and dedication and we pray that they may continue to work in support of our schools. May the leaders of our schools be people of integrity so that they can be witnesses as well as teachers. We pray that schools will become places where our young people can experience your love in their lives. Help us to pray, to work and to give in order to ensure the future of education for all of our children. Pray for all to be confirmed today in the Parochial District of Manche Masemola. *Pray for The Diocese of Jos – The Church of Nigeria (Anglican Communion) (Anglican Cycle of Prayer)*

who work on the land, that the earth may yield its full harvest and the needs of all may be supplied *Pray for The Diocese of Karachi – The Church of Pakistan (United) (Anglican Cycle of Prayer)*

**SATURDAY 26**

Heavenly Father, we thank you for our friends, and especially those who have shared our troubles and sorrows in times past and have supported us in life’s dark valleys. Help us to value our friends and to regard each one as a gift and token of your love. Make us ready to extend friendship to those around us and to remember the lonely, the housebound, and those who need a friend’s helping hand. *Pray for The Diocese of Karamoja – The Church of the Province of Uganda (Anglican Cycle of Prayer)*

**EVENTS IN THIS WEEK: 27-31 OCTOBER**

- 27 Confirmation: St Andrew’s, Ceres
- 27 Guild: Serv.Sanct. Evensong/Medal M/Plain
- 31 **DIOCESAN CHAPTER**

**SUNDAY 27-TWENTY THIRD SUNDAY AFTER PENTECOSTSUNDAY**

**Special Day of Prayer: Bible Sunday and Bible Society**

Father, we thank you for giving us the Bible as your written Word, the record of your revelation to humankind for all generations. We give thanks for the work of the Bible Societies throughout the world who take the written word to places we cannot go and in making it available to people whose language we cannot speak. We pray that their work will prosper and multiply, that increasing numbers of people may read the scriptures in their mother tongue. Guide us in the reading of it, that we may not only know its teaching but also understand its meaning; and may its message both be written in our hearts and be made manifest in our lives; for the glory of him who is the living Word, our Saviour Jesus Christ. Pray for all to be confirmed today at St Andrew’s, Ceres. *Pray for The Scottish Episcopal Church (Anglican Cycle of Prayer)*

**MONDAY 28-ST SIMON AND ST JUDE, APOSTLES**

Lord Christ, we thank you that you chose as your apostles some ordinary and obscure men such as Simon and Jude. Teach us by their example that it is more important to be faithful than to be prominent; and help us to serve you at all times with holy and humble hearts, to the glory of God the Father. *Pray for The Diocese of North Karamoja – The Church of the Province of Uganda (Anglican Cycle of Prayer)*

**TUESDAY 29**

Transform our lives, so that we may accomplish your purpose. Anoint us with your Spirit that we might bring good news to the oppressed, bind up the broken-hearted, and proclaim release to the captive. Give us a new urgency and a new commitment to feed the hungry, clothe the naked, shelter the homeless, and visit those who live in isolation. Help us to reach out to those whom no one else will touch, to accept the unacceptable, and to embrace the enemy. Surround us with your love, fill us with your grace, and strengthen us for your service. *Pray for The Diocese of Karimnagar – The Church of South India (United) (Anglican Cycle of Prayer)*

**WEDNESDAY 30**

Father we pray for ourselves. You know the needs of human life. We ask you to help us as we seek to live our lives according to your example. Help us by your presence to overcome our hasty speech that hurts others, to be free from greed and selfishness, from pride and jealousy that spoil our life. Help us to curb our temper, to be free from moodiness and wanting our own way.

**EVENTS IN THIS WEEK: 6-12 OCTOBER**

- 6 Confirmation: St Matthew’s, Delft
- 6 Diocesan Cancer Awareness Sunday
- 6 CMS Thanksgiving Service Lentegour
- 6 Mountain Bay Archd. Cancer Awareness L/R
- 8 Helderberg Arch Chapter @ Khayelitsha
- 8 Overberg Arch Chapter @ B/dorp
- 8 Guild: St Mary Magdalene Executive
- 8 Breede Valley Arch Chapter @ Bella Vista
- 10 Mountain Bay Archd. Planning O/View
- 10 Mental Health Awareness
- 10 Helderberg Arch Council @ S West
- 12 Guild: Serv. Sanctuary Exec Mountain Bay Archd.
- 12 Anglican Women’s Fellowship Exe & Council
- 12 Overberg Arch Council @ Hermanus
- 12 Guild: St Mary Magd. Council St Peter Khay.
- 12 Confirmation: St Peter’s, Khayelitsha

**SUNDAY 20-TWENTY SECOND SUNDAY AFTER PENTECOST****Special Day of Prayer: Prisoners of Conscience**

O God our Father, whose son forgave his enemies while he was suffering shame and death: Strengthen those who suffer for the sake of conscience; when they are accused, save them from speaking in hate; when they are rejected, save them from bitterness; when they are imprisoned, save them from despair; and to us your servants, give grace to respect their witness and to discern the truth, that our society may be cleansed and strengthened. This we ask for the sake of Jesus Christ, our merciful and righteous Judge. Pray for all to be confirmed today at St Andrew's, Hawston. *Pray for Eglise Anglicane du Rwanda (Anglican Cycle of Prayer)*

**MONDAY 21**

God our Father, lead us to grow in faith and keep a healthy balance in our lives. Remind us that we need to give time and space for ourselves as well as for others. Inspire us to remaining committed in our work, sharing quality time with our families, and enjoying sufficient rest and recreation. Amen. *Pray for The Diocese of Kansas – The Episcopal Church (Anglican Cycle of Prayer)*

**TUESDAY 22****SUNDAY 11-TWENTIETH SUNDAY AFTER PENTECOST**

Holy Father, we bring before you this day those who have suffered through the actions of others; those who bear on their bodies and in their bodies the scars of anger and the wounds of hate. Be with them in your compassion and strengthen them in your love. Heal the wounds that afflict them and the fears that hold them captive. Strengthen, too, all families and friends who care for victims of abuse that through their love and support your healing grace may be made manifest. We pray your blessing upon us who are gathered here and upon all victims of violence and abuse. Amen. *Pray for The Diocese of Western Kansas – The Episcopal Church (Anglican Cycle of Prayer)*

**WEDNESDAY 23**

O God of love whose compassion does not fail, we bring to you the sufferings of all humankind. The despair of the homeless, the sighing of prisoners especially of those held unjustly, the pains of the sick and injured, the helplessness of the aged and frail. In your great mercy comfort and relieve them, Father, according to their various needs and may they know that you are with them. We pray for those who have died and those who miss them, comfort and strengthen them in their sadness and let them know you are with them. *Pray for The Diocese of Kanyakumari – The Church of South India (United) (Anglican Cycle of Prayer)*

**THURSDAY 24-ST JAMES, THE BROTHER OF THE LORD**

United Nations Day, recognized by the UN

God of compassion, walk alongside all of your global stewards who work to create a more just and peaceful world. Equip the United Nations community with a sense of urgency and humility that lets your will be done. Each day you give bread enough for all, grant us also the wisdom to ensure that everyone has enough. Teach the world's leaders to forgive, to extend welcome across borders. Show the world a new path beyond greed, oppression, and division. We pray for a world united. We pray for the power to save succeeding generations from war. We pray for a glory that reaffirms the dignity and worth of every person. We pray that your grace might ensure life in larger freedom forever, for all of your children. Amen. *Pray for The Diocese of Kapsabet – The Anglican Church of Kenya (Anglican Cycle of Prayer)*

**FRIDAY 25**

Heavenly Father, as you have taught us to pray for our daily bread and to recognise our dependence on your bounty, so we ask your blessing on the sowing of the seed and the labours of those

**SUNDAY 6-TWENTIETH SUNDAY AFTER PENTECOST**

We pray today for the church, the body of Christ, longing for its healing, strengthening and openness to your will. We thank you for calling us into the company of those who trust in Christ and seek to obey his will, and we ask that your spirit guide and strengthen us all in mission and service to your world. Lord, we pray for the world, for all the nations longing for peace and tranquillity, justice, mercy and forgiveness. We think especially of the people of strife ridden areas throughout the world, help them to bear themselves with courage and fortitude and refrain from bitterness. Help us all to love one another like brothers and sisters, and help each of us to do our part however small it may be to bring peace and happiness to others. Pray for all to be confirmed today at St Matthew's, Delft. *Pray for The Anglican Church of Papua New Guinea (Anglican Cycle of Prayer)*

**MONDAY 7-William Tynedale, Priest and Martyr, 1536**

First Monday in October-World Habitat Day recognized by the UN.

God of all creation, as we look at the environment, your divine power and immense love are ever present. We thank you for the beautiful creation and abundant resources you have provided for your children. We ask for your help in revealing how we can be better stewards of your creation. Help us to use only the resources we need, never being selfish by taking more than necessary. Please give us the opportunity to appropriately share our wealth with those who are less fortunate instead of disposing of our surplus. Help us to remember that the environment is home to all life and that we must take up the responsibility to ensure all life is respected. We thank you for this day and ask for your blessing on this journey. *Pray for The Diocese of Juba – Province of the Episcopal Church of South Sudan (Anglican Cycle of Prayer)*

**TUESDAY 8**

Lord of all creation, give us the eyes to see your earth and every element with its intrinsic beauty and value; all people as sisters and brothers. Help us to build up a world where we can share the abundance of this earth through justice and peace; cherishing the beauty in each other, and in all your created world. Amen. *Pray for The Diocese of Kabba – The Church of Nigeria (Anglican Communion) (Anglican Cycle of Prayer)*

**WEDNESDAY 9**

We pray for policy makers and those with influence for the political will to address the serious challenges facing rural communities; for greater support for rural churches and the work they do in offering social and pastoral care for those in need and in using their buildings for the benefit of the whole community. Loving God, hear our prayers and, with the help of our being and doing, may our prayers be answered. Amen. *Pray for The Diocese of Kadugli and Nuba Mountains – Province of the Episcopal Church of Sudan (Anglican Cycle of Prayer)*

**THURSDAY 10– World Mental Health Day, recognized by the UN and WHO**

Dear Lord of Mercy and Father of Comfort, you are the one we turn to for help in moments of weakness and times of need. We ask you to strengthen those who suffer with mental health issues and for them to have the power to ask for help, to recognize their victories and to love themselves. We ask you to give us all the tools to support those suffering with mental health problems, equip us with: empathy to understand their problems, love for them always and the strength to keep on supporting them. All of this we pray in the name of Jesus Christ. Amen. *Pray for The Diocese of Kaduna – The Church of Nigeria (Anglican Communion) (Anglican Cycle of Prayer)*

**FRIDAY 11-Philip the Deacon**

Heavenly Father, we remember and pray for all our teenagers. We recognise that the teenage period is weighed down with strain and stress: mentally, physically, emotionally and spiritually.

We ask, therefore, that you grant all our teenagers your peace, courage, confidence and wisdom as they seek to understand themselves and the world around them. We pray for those who lead and instruct them, that they may be empowered to instruct and lead them in the right way so that these young people will grow in goodness. *Pray for The Diocese of Kafanchan – The Church of Nigeria (Anglican Communion) (Anglican Cycle of Prayer)*

**SATURDAY 12**

Holy Father, we intercede for the leaders of our country; for our President and his Cabinet, for our Premier and for all the Mayors from the various communities. Endow them with a spirit of wisdom and insight so that all South Africans may share in the riches of this land. May God Almighty hand pick his leaders and continue to raise up leaders that will serve with integrity and humility. Pray for all to be confirmed today at St Peter’s, Khayelitsha. *Pray for The Diocese of Kagera – The Anglican Church of Tanzania (Anglican Cycle of Prayer)*

**EVENTS IN THIS WEEK: 13-19 OCTOBER**

- 13 Confirmation: St Joseph’s, Macassar  
: St John’s, Rusthof
- 13 Diocesan Senior’s Awareness Sunday
- 18-20 Mothers’ Union Revival
- 19 Vocational Guidance Conference
- 19 Soc Dev Life Skills Workshop
- 19 Anglican Women’s Fellowship Branch Meetings
- 19 CLG Brigade Annual Drill/Band Comp. B/dorp
- 19 Guild: Serv. Sanctuary Committee Woodlands

**SUNDAY 13-TWENTY FIRST SUNDAY AFTER PENTECOST**

We thank you for our church, for those who have worshipped here over the years and for those who serve it today. Grant that all who enter its doors may be enabled to renew their relationship with you and may find your peace, your strength and above all your presence. Help us as a congregation to be outward looking, so that what we find within our fellowship we may share with those outside. Pray for all to be confirmed today at St Joseph’s, Macassar and St John’s, Rusthof. *Pray for The Episcopal Church in the Philippines (Anglican C of Prayer)*

**MONDAY 14-Rogation Day**

At this special thanksgiving time of the year we pray for all who work so that we have food to eat and share. We remember the farmers, both in this country and overseas, who work with animals and crops often overcoming the extremes of weather and insect pests to get their produce to the marketplace. We pray for the fishermen, who fight wind and waves to land their catch safely. In our prayers, we remember those in the transport, distribution and the retail sectors, for without them our shop and supermarket shelves would be empty. Lord bless all who labour to satisfy our needs and we pray that all trade between peoples may be done openly and fairly and with due regard for the environment and for human dignity. *Pray for The Diocese of Kajiado – The Anglican Church of Kenya (Anglican Cycle of Prayer)*

**TUESDAY 15-Rogation Day** International Day of Rural Women recognized by the UN.

Loving God, we pray for our women who live in rural areas, for those who live on or below the poverty line: those who are struggling to maintain family life with very few resources: the young people forced to leave their communities because staying is no longer a viable option. We pray for policy makers and those with influence for the political will to address the serious challenges facing rural communities; for greater support for rural churches and the work they

do in offering social and pastoral care for those in need, and in using their buildings for the benefit of the whole community. Loving God, hear our prayers and, with the help of our being and doing, may our prayers be answered. *Pray for The Diocese of Kajo Keji – Province of the Episcopal Church of South Sudan (Anglican Cycle of Prayer)*

**WEDNESDAY 16-Rogation Day**

Lord God, no one is a stranger to you and no one is ever far from your loving care. In your kindness, watch over refugees and victims of war, those separated from their loved ones, young people who are lost, and those who have left home or who have run away from home. Bring them back safely to the place where they long to be and help us always to show your kindness to strangers and to all in need. Grant this through Christ our Lord. *Pray for The Diocese of Kalima – Province de L’Eglise Anglicane Du Congo (Anglican Cycle of Prayer)*

**THURSDAY 17-Ignatius of Antioch, Bishop and Martyr, c.110**

International Day for the Eradication of Poverty, recognized by the UN  
Lord, God of Mercy, we pray today in solidarity with persons who are poor, vulnerable, abused and neglected in our own neighbourhoods, in our country and throughout the world. May we serve as instruments of your love in prayer and in action for the homeless and the destitute, the old and the sick, and all who have no one to care for them. Help us to bring your healing presence to all who are broken in body, mind or spirit and to turn their hurt into hope. We pray in the name of Jesus, who knew poverty and pain and suffered for us. Amen. *Pray for The Diocese of Kamango – Province de L’Eglise Anglicane Du Congo (Anglican Cycle of Prayer)*

**FRIDAY 18-ST LUKE, THE EVANGELIST**

Dear Lord, we thank you for doctors, nurses, chaplains and all who work in hospitals. May they continue to use their knowledge and skills to bring comfort and ease to all those who suffering. Lord, be with all carers who spend days and years working to bring relief to those with Aids. At times they see recovery which is wonderful but there are times when the results of treatment are disappointing – please give them strength and hope and the love to carry on. *Pray for The Diocese of Kampala – The Church of the Province of Uganda (Anglican Cycle of Prayer)*

**SATURDAY 19-Henry Martyn, Missionary to the East, 1812**

We pray for those who suffer, those who are sick in mind, body or soul, the asylum seekers throughout the world, families separated by fighting, the lonely, the worried, our families and friends going through times of difficulty that we remember now. We thank you for men and women in many places who inspire us as they care for others with great devotion and sacrifice. May your blessing rest on those in special need and sustain them with comfort and peace. *Pray for The Diocese of Kano – The Church of Nigeria (Anglican Communion) (Anglican Cycle of Prayer)*

**EVENTS IN THIS WEEK: 20-26 OCTOBER**

- 20 Confirmation: St Andrew’s, Hawston
- 20 Post Ordination Training
- 20 Matric Sunday
- 24 **DTB/DFB**
- 25 Helderberg Arch Clergy/Family Fellowship (am)
- 26 Cancer Awareness
- 26 Mothers’ Union Thanksg Serv, Ceres
- 26 Guild: B.Mizeki Closing Serv.Boland Cluster
- 26 Girls Bafana Friendly Soc. AGM M.Masemola
- 26-27 Guild: St Mary Magdalene Closing/End of Year