



THE LORD IS GOOD TO THOSE  
WHO WAIT FOR HIM, TO THE  
SOUL WHO SEEKS HIM. IT IS  
GOOD THAT ONE SHOULD  
HOPE AND WAIT QUIETLY FOR  
THE SALVATION OF THE LORD.  
LAMENTATIONS 3:25-26 NKJV

The first early signs of Autumn frosts in Suffolk are evident, Frost can take on different forms. From delicate frost flowers that form on windows during a cold night, to intricate frost patterns on leaves and grass, the beauty of frost is truly captivating. Every frost formation is a unique work of art created by GOD(ELOHIM). Frost can be both beneficial and detrimental to plant life. While light frosts can enhance the flavour of certain Suffolk crops such as kale and Brussels sprouts, heavy frosts can cause extensive damage to delicate plants. This delicate balance of nature reminds us that CHRIST'S creation is united.

As Autumn progresses and the air grows crisp, may we find joy in these quiet transformations — a reminder that even the coldest moments bring new beauty, resilience, and purpose. Just as frost glimmers under the morning sun, our lives too can shine brightest through change, guided by HOLY SPIRIT

# MEET THE TEAM . . .

## Hazel Bray

I have been working as a Bookkeeper since December 2024. In my role, I manage the day-to-day finances across all hubs. I work part-time on Wed & Fri mornings.



### Family

I was born in South London, spent my childhood in Gloucestershire and my teenage years in Lowestoft.

I am married to Ben, and we have two children - Sophie (14) and Josh (13). Ben & Josh are football obsessed - they are both massive supporters of Liverpool FC and Josh plays for two different teams including one that Ben coaches. Sophie loves to dance - she is currently learning modern, contemporary and street dance - she recently performed at the O2 with her dance school at the National Entertainment awards!

We have one guinea pig called Biscuit.

### What is your favorite Colour, Food, Film/Movie & Musical Artist?

Colour - purple, Food - chocolate, XMAS film - Home Alone, Musical Artist - Take That (who I have tickets to see on my birthday next year!!)

### What are your hobbies?

Reading, swimming, baking

### What is something you would like to learn next?

I should probably learn the off-side rule in football!

### What book are you reading right now (other than the bible)?

Never Let Go by Suzanne Alderton

### What are you believing God for right now?

I am believing that God is alongside my children and I am trusting God that they will feel his love and presence in the challenges that they face - being a teenager is hard!!

### Do you have a prayer request?

I would really appreciate prayer that I would be able to utilise my time wisely and effectively in the busyness of life!

# THANKING GOD FOR RURAL SUFFOLK MISSION

## Emerge

Lightwave Emerge - Playford Youth Group planted Daffodil bulbs on a grey October day. Doing something small to be part of something bigger - we'll bring a splash of Spring colour to the village.

Emerge also have a brand new

website [www.weareemerge.org](http://www.weareemerge.org)



## Forest Heath Team

Lightwave Red Lodge, Were Shining the Light of Jesus on the 31<sup>st</sup> October, by providing a place of protection, warmth, refreshments and rest, in the Red Lodge Community.

## Place By The Water

Lightwave The Place by the Water Continued their Sunday Suppers evening at The Well series with the subject of Who Does God say I am?



## Bungay & Beyond

The Lightwave Youth Band hosted and lead Worship at the Friday night Worship Night at Holy Trinity Bungay. Soul Children Gospel Choir is an ongoing blessing led by Heather. Sign up [HERE](#) to join Soul Children's Choir.



## Bridge Communities

Lightwave Bridge Communities run a community Café 1-4pm every Monday at On The Huh, just 2 mins walk from the Diocese Office in Ipswich ,Great Coffee and Tasty Cakes are available.

You can explore, enquire, or join a Lightwave hub and small group [HERE](#)

Would you prayerfully consider giving regularly to the work of Lightwave across Suffolk? Here is a [LINK](#) to giving

## Please pray for. . .

All the shining lights of love across Lightwave in Suffolk, bringing hope to all who God entrusts into their care.

Your prayers and actions for the work of Lightwave's long-term sustainability are appreciated. We are so grateful to all our faithful and steadfast contributors to the work of Lightwave. Regular giving is one of the best ways to ensure that the team serving in the mission is supported. Would you prayerfully consider giving regularly to the work of Lightwave across Suffolk? Here is a [LINK](#) to giving

Our Trustees, staff, teams, and ongoing work of discernment and planning for the Lightwave community to contribute to and flourish within the wider diocese in the years ahead.

Lightwave Bridge Community and the search for the appointment of a new leader.

The Red Lodge New Church building project, for Father God's provision and guidance as they move in faith. There is an opportunity to contribute to the building fund [HERE](#)

Please pray for the ALPHA Groups that are been held in both The Red Lodge Forrest Heath & Emerge Hubs

Revitalization, Insight, growth & next calling for Sally Gaze currently on Sabbatical (October-December)

Thank you for all your prayers.  
Every Blessing

Diane Grano

