

MARCH 2026

LIGHTWAVE COMMUNITY

PRAYER LETTER

MAKING JESUS KNOWN & VISABLE IN RURAL SUFFOLK



ISAIAH 58:6

CHOCOLATE?

## Lent as a Journey of Transformation

Will giving up chocolate move you toward spiritual maturity? Perhaps—but not because chocolate has spiritual power. The point is not the chocolate itself; it is the moment of temptation, the inner tug-of-war, the pause in which you remember why you gave it up. In that pause, you create space to consider Jesus' sacrificial love and to wait for the joy of Easter, when we celebrate the miracle of the risen Saviour.

Yet there is a danger: the chocolate can become the thing. The conversation becomes, "What are you giving up?" rather than, "How is God reshaping you?" Lent is not a competition in self-denial. It is an invitation to grow closer to God, to be refined, to empty ourselves so that we can become channels of Christ's love and grace.

Lent invites us into a season of reflection on the life, death, resurrection, and ascension of Jesus, mirroring His forty days in the wilderness. It is not merely a ritual or a quiet tradition. It is a deliberate confrontation with the noise, busyness, and distractions that keep us from God.

Lent asks us to lay these down so we can face the deeper questions: Who am I becoming? What am I avoiding? What is God calling me toward?

This is not self-improvement. It is spiritual formation—a deep encounter with God that leads to maturity.

Jesus entered the wilderness to prepare Himself for His mission. Lent asks us a searching question:

**How are you preparing your heart and mind for God's mission in your life?**

Isaiah 58:6 - Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

# MEET THE TEAM . . .

## Edward Land

Lightwave Bungay Hub Leader



### **Family**

Married to Heather (an amazingly creative and musical person). I have two boys aged 9 and 11 who are into sports, music, and Pokémon.

### **Before joining Lightwave CIO, what other jobs have you held?**

Priest In Charge of a Parish in Norwich  
Curate at the Mitre Benefice, Norwich  
Youth Minister  
PE teacher

### **Do you have any pets?**

Two cats named Tess and Lilly.

### **What is your favourite memory from growing up?**

Going caravanning with my family

### **What are your hobbies?**

Surfing, Tennis, Running, Skateboarding

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

To Oil Paint

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

Murder in Dublin (sorry, sounds a bit sinister, it is part of the Blind Detective series)

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

His faithfulness to those whom I love who are in a hard place at the moment.

### **Do you have a prayer request?**

For children to lead their families to faith in Jesus.

# THANKING GOD FOR RURAL SUFFOLK MISSION

## Emerge

Lightwave Community Emerge are starting a new lent series on the theme of "Desert Dwellers (Heroes of the faith) who encounter God in the 'Wilderness' - Sunday mornings in Playford Village Hall.



**LENT 2026**  
Desert Dwellers

**March 1** **Wilderness encounters**  
Jesus and the Desert Fathers & Mothers encountered God in the wilderness. We can too.  
Playford Village Hall, 10:15-11:30am, with drinks & snacks

**March 8** **Lent Communion**  
A special meal for all ages, remembering Jesus.  
Playford Village Hall, 10:15-11:30am

**March 15** **Mothering Sunday Seed Swap**  
Bring some packets of seeds to swap. Games for the children. Cakes, hot and cold drinks.  
Playford Village Hall, 11-12 (stay as long as you like)

**March 22** **The Way of Humility**  
The love of Jesus looks like self-denial. How do we raise others up above ourselves?  
Drinks & snacks, songs, Bible story & activities for all ages. Playford Village Hall, 10:15-11:30am

**March 29** **Palm Sunday Celebration**  
Worshipping God through singing and movement. Prepare to get active! Bible based activities, for all ages.  
Playford Village Hall, 10:15-11:30am, with drinks & snacks



## Place By The Water

Lightwave The Place by the Water Ripples 4pm Sunday, began in March with The Story Of Jonah, craft activities and Fish Finger Sandwiches!

## Bungay & Beyond

Lightwave Community Bungay had the winter Olympics alternative Theme for their 4pm HUB meetings during February. (no snow was involved)



**Lightwave**  
**4pm**  
For the month of February  
@ The Hub, 12 Broad Street, Bungay

Refreshments from 3:45pm

ALL AGE  
WORSHIP  
BIBLE FUN  
ACTIVITIES  
REFRESHMENTS

Holy Trinity BUNGAY  
LIGHTWAVEBUNGAYANDBEYOND

## Forest Heath Team



The Lightwave Community Red Lodge enjoyed the first use of the newly extended hall at St Christopher's Church following Sunday's service.

It was a wonderful opportunity to gather in the expanded space for refreshments, conversation, and fellowship — a lovely milestone for the church community as we begin making use of this much-anticipated extension.

Lightwave Bridge Communities Wellbeing Café is back from January , everyone is welcome, first & third Fridays of each month. Bridge also have The community Cafe on Mondays 1-4pm at On The Hue St Peters Street, 2 mins walk from the Diocese office, everyone is welcome.

## Bridge Communities



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

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

## Please pray for. . .

The Lightwave Community Churches across Suffolk, Bridge Community, Emerge, Bungay, Place by The Water and Lightwave Community Church Red Lodge serving on the frontline of God's mission in Suffolk

Continue to pray 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 Discipleship Groups for primary and secondary-aged children, Faith Quest with 10 young disciples, and Deep Rooted with 12 young disciples. Blessed to have adults committing to Jesus, Jennifer and Daniel, are preparing for baptism and confirmation

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 , David, Angie and Kirk who have stepped up to train as Elders and doing the Diocese preaching course at Lightwave Red Lodge

Please pray for unity in mission for Lightwave and the parish church in rural Suffolk.

Thank you for all your prayers.

Every Blessing

Diane Grano

