

Rejoice!

March 2014



**The Magazine of the
West Norfolk Methodist Circuit**

Dear Friends,

Easter is late this year, so as March arrives we have still not entered the season of Lent. Ash Wednesday falls on 5th March, preceded by the delights of Shrove Tuesday. Perhaps many of us are more enthusiastic about that last minute feast of pancakes than the season of fasting and penitence that follows. Lent, however, offers us a wonderful opportunity to 'put our house in order': not only to reflect on our lives but to refocus them, to ensure we are on the right road as we travel in faith towards the glorious celebration of Easter. Some choose to do this through the discipline of abstinence and giving up treats and luxuries. Others choose to take up a discipline, whether a programme of prayer or reading, joining a Lent group (see the notice in this issue of Rejoice! about a group in South Wootton) or by schemes such as Action for Children's 'Count Your Blessings'. If you have not had a 'Count Your Blessings' sheet, do ask your Action for Children rep or look on the website www.actionforchildren.org.uk. It is a simple but effective way of reflecting on our lives during Lent, and helping an excellent cause as we do. This Lent I will be reading Janet Morley's book "*The heart's time*" which has a poem for each day of Lent with a page or so of reflections on the poem and some questions to ponder. She begins with a poem by George Herbert which I would like to share with you:

Trinity Sunday

Lord, who hast form'd me out of mud,
And hast redeem'd me through thy blood,
And sanctified me to do good;

Purge all my sins done heretofore;
For I confess my heavy score,
And I will strive to sin no more.

Enrich my heart, mouth, hands in me,
With faith, with hope, with charity;
That I may run, rise, rest with thee.

It may seem odd to begin Lent with a poem called 'Trinity Sunday', but as Janet Morley points out, the theme of this poem-prayer are central to the traditional observance of the Lenten season. The poem's narrator recalls his place in the story of creation and salvation, offers confession for sin, and dedicates himself to a life lived more closely with God. You might like to use the poem in your devotions as you enter Lent, and as you read the poem to place yourself in the story and respond in the same way.

However you choose to mark the season of Lent, I pray that God will bless you as you seek to walk with Him in desert places and on the way of the cross, so that you may better rejoice with Him in glory on Easter day.

Every blessing,
Catherine

LIFE EXHIBITION

The Life Exhibition is a national resource and provides a multi-media experience aimed at Key Stage 2 children (7-11). Having visited King's Lynn in 2007, 2009 and 2012, the Exhibition was based for the first time at London Road this year. Over the course of a week at the end of January some 780 children from local primary schools visited London Road and were guided round the exhibition by an ecumenical team of volunteers from King's Lynn, Hunstanton and Downham Market.

The Life Exhibition is designed to explore what Christians believe about Jesus. It aims to

- Help visitors understand what Christians believe about Jesus.
- Enable questioning and exploration of the life of Jesus.
- Encourage visitors to consider His impact in today's world.
- Allow visitors to think for themselves about the teachings of Jesus.

Children have tablet computers to interact with as they go round the exhibition, as well as video presentations and talks from volunteers. The Exhibition has been called "God's gift to teachers" because it fulfils so many targets of the RE curriculum. From a church perspective, it was certainly thrilling to welcome so many children into church and to have the opportunity to teach and share about our faith and about Jesus. Many thanks to all who supported the Exhibition with practical help and with prayer, and to Churches Together and the CROWNS trust who met the £1250 cost.

Thanks

On behalf of my family and I we would like to thank you all for your kindness and prayers. You helped us when we lost our loved one, Ted, and this will live in our hearts forever.

God Bless You All,

Gwen Dearsleyand family.

Praying together in the Circuit

So then, my friends, because of God's great mercy to us I appeal to you: Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him. This is the true worship that you should offer. Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind.

Then you will be able to know the will of God - what is good and is pleasing to him and is perfect. Romans 12: 1-2

We journey through Lent mindful that the victory of Calvary could not have happened without the victory in the wilderness.

Jesus was tested and tempted by the devil in an attempt to thwart the purposes of God.

Jesus overcame every test. His desire was "I came not to do my own will but the will of my Father who sent me".

The Father who said of His Suffering Servant Son,
"Through him my purpose will succeed"

I need Thee every hour, stay Thou nearby ;

Temptations lose their power when Thou are nigh. [Annie Hawks]

In the wilderness of the world, increase our hunger for your living word, to inwardly digest it and stand on its authority.

Have Your way in our lives and our churches,

Not by might, not by power, but by Your Spirit.

Strengthen us to overcome every temptation to act in a way which would not be in accordance with Your perfect will.

I need Thee every hour, teach me Thy will ;

and Thy rich promises in me [us] fulfill. [Annie Hawks]

You alone are worthy of our praise, adoration and worship.

All the honour and glory be to You O Lord.

El Shaddai, our all sufficient God.

Prayers have been requested for:-

Derek + Viv , Stephanie, Janice, Marie + children. Anne, Amy, Trisha, Linda, Ruth Harbach, Andrew, Mavis, Julia, Rachel, Judy, Ruth, Dulcie + Neill. Kelly, Kath, Stephen + Victoria, William, Tom . Ken and Norma. Brian and Marjorie Osborne.

Margaret Dean in King's Lynn Hospital, Sheila Nunn, waiting to go to Papworth, Rev Marie Whitcombe after an operation on her hand. Doreen Wilson rushed into hospital.

Praying for the Circuit.
Mondays 9.30 am at London Road.
Thursdays 11.00am at Downham Market

Come and join in prayer for
CHRISTIANS REACHING OUT IN WEST NORFOLK SCHOOLS
Thursday 20th March 7.30 pm
at Highgate Methodist Church.

Sure God created man before woman. But then you always make a rough draft before the final masterpiece.

Dates for your diary

EVE OF PENTECOST CELEBRATION IN THE WALKS, KING'S LYNN

Please reserve in your diary the date of Saturday 7th June 2014 (2pm - 4.30 with the main celebration at 3pm) for what should be an exciting occasion. Further details to follow. We would like all the churches to be involved, and we would also like to see as many churches as possible represented on the planning group.

People are very welcome to come to our next planning meeting on Thursday 6th March at 10 am at London Road. Please try to make sure that a representative from your church is there!!

WELCOME AND INVITATION

Please also put in your diary the date of Sunday 22nd June 2014 (3pm - 6.30 at London Road) - a session for all the Circuit following some resource materials which encourage us to reflect from several different angles on how welcoming our churches are. Further details to follow.

Today

Here hath been dawning another blue day:

Think, wilt thou let it slip useless away?

Out of Eternity this new day was born;

Into Eternity, at night, will return.

Behold it aforesaid no eye ever did;

So soon it forever from all eyes is hid.

Here hath been dawning another blues day:

Think, wilt thou let it slip useless away?

Thomas Carlyle (1795-1881)

Methodist Women in Britain Reminder

Women's World Day of Prayer to be held on Friday 7th March 2014 at:-

St. John's Church, King's Lynn at 11.00am; and

St. Dominic's Catholic Church, Downham Market at 2.00 pm.

Spring District Day to be held at Trinity Church, Lowestoft on 17th April 2

Easter Offering at Downham Market on 21st May 2014 at 2.30pm.

Conference Weekend to be held at Belsey Bridge on 12th and 13th July Jill Baker will be the speaker.

A.G.M. on 6th October at London Road Church at 2.30pm.

Autumn Rally to be decided at a later date.

All the pennies that we collect will be donated to Tapping House.

Many thanks,

Margaret Shelton.

“WE`VE BEEN TOGETHER NOW FOR FORTY YEARS”

As the old song goes and yes, the 23rd of February marked the Ruby Anniversary of Anglicans and Methodists coming together in a Local Ecumenical Partnership. Fittingly on that Sunday we had a Methodist Local Preacher, Elizabeth MacLeod, preaching at an Anglican Service of Holy Communion. I understand that a special celebration is being arranged for Sunday July 20th. Watch this space!

I have told this story before but I thought it might be appropriate to remind you how this came about from a Methodist point of view

We have to go back to 1932 when the Wesleyan, Primitive and United Methodists came together to form the present Methodist Church. One of the results of this was that a number of buildings became redundant. In King`s Lynn we could not have two central churches and the main Tower Street Wesleyan Church was closed in favour of the Primitive Church, St James, popularly known as Chapel Clock (now London Road). Some of the members went to remaining ex-Wesleyan Churches, London Road South (near the South Gate) or Gaywood. Many sadly went nowhere. Tower Street was demolished and sold for its very valuable site, although the schoolroom was taken over by the Council for a Youth Club.

When I was minister in Lynn 1957-1963 we were still suffering from the aftermath of all this upheaval and with the proximity of my Church, London Road South, and St James we were considered to be over-churched. In addition the North Lynn Estate was then being developed and we started a thriving Sunday School in St Edmundsbury Primary. I was released from London Road South so that this church could be integrated with St James, while I was to work in the new area and eventually help to get our North Lynn Church built . Gaywood was bursting at the seams; I have seen a congregation of over a hundred crowding into the tiny building with only a very small schoolroom (now the Evangelical Church). The only solution seemed to be to rebuild. Not surprisingly they had their eye on money from Tower Street to build a new church. I went with Leonard Barrett and others to view a possible site in St Faith`s Drive and actually bought it. Who knows...we might have had a Methodist Church where Tesco is now.

However there was a change of plan. The ecumenical movement was gaining ground so the Methodists and Anglicans decided to go in together, with Methodist money from the sale of this site being provided for much needed Church Rooms, Phase 1. I would especially mention those whose hard work and vision made this possible, Methodist ministers Revs Alan

Bidnell and Tony Windsor, the Rector, Rev Gerald Phizackerley, and of the lay people the late Leonard Barrett and Vernon Price-Jones.

By now I was in Ely and had been appointed Synod Secretary when the scheme came before the District for approval so I had the great privilege of joining with the Chairman of the District, Rev G Thackray Eddy, on that great day to lead the Methodists across the road first for the opening ceremony of Phase I of the new Church Rooms, with the Bishop of Norwich, the Rt Rev Maurice Wood, for their first service in St Faith`s. I am still in touch with Geoffrey Eddy. He is even older than I am but remembers this happy occasion well. He said he was pleased to hear the LEP is still going well and added that it was a model to us all.

I little dreamt that this would become my own spiritual home for the past 30 years. My Christian pilgrimage has been enriched by worshipping in such a beautiful church, the very walls of which are saturated by the prayers of God`s people for 900 years and by learning and sharing in Anglican liturgy. I greatly appreciate the outreach of St Faith`s....Messy Church, Open Door, a presence in schools and residential homes. We are there for all who need us. I love the quality of the music, both ancient and modern. What means a lot to me too is the warm fellowship I always feel in the services, our house group, ACE meetings and social events.

What of the future? So much depends upon what our church leaders are able to achieve as they discuss the Covenant. We must have women bishops. We must have interchangeability of ministries, with the historic episcopate and the fellowship of all believers side by side, equally valuable, equally valued. The recent report of the Joint Implementation Commission celebrating ten years of the Covenant stated: "The present method of seeking to combine elements of Anglican and Methodist polity and structures has exhausted the potential for convergence without any realistic prospect of achieving a complete integration." It suggests that "A new ecumenical method is required for the next stage of the Covenant."

That cannot come too soon for us at St Faith`s.

John Garfoot

The Mission Support Service

This will be on Wednesday March 19th at Downham Market Methodist Church at 2.30pm. The speaker will be Rev Karen Burnett-Hall. All are welcome.

Around the churches



South Wootton

We at South Wootton had a really great Christmas. We had a Ladies' Fellowship party, when Catherine joined us to play party games reminiscent of Sunday school days, followed by a super buffet.

On December 15th we had our Chapel Carol Service when we were joined by the Rainbows and their families. Catherine led what was a joyful time, sharing fellowship, mince pies and cake with our coffee. On December 17th Rev Catherine led our ladies' Fellowship Carol Service. Some readings were chosen by members and we exchanged greetings as only real friends do.

Christmas morning Mary Uttin led our service in an almost full Chapel as we were joined by the Pastor family and 14 of his flock from the Gateway Church.

It has been an uplifting time all through Advent and Christmas.

Phyllis Bowman

Downham Market

LADIES FRIENDSHIP CIRCLE

March meetings are as follows:- March 12th This is our Annual Lunch at the Castle Hotel 12 noon for 12.30 pm

We always enjoy ourselves here being waited on and no washing up to do! The meal is always very good.

March 26th Mrs Rosie O'Grady from the Magpie Centre (Riding for the Disabled) is coming to talk to us about the work they do there. We will give her the money we made at our Harvest Festival evening and we have also made a blanket which will be raffled and she will receive the proceeds from this. Should you wish to participate then

put your name on a piece of paper with a telephone number and give it to a member of the LFC together with £1.

We meet in the function room at 7.30 pm all are welcome

Margaret Fox

Getting through the Winter with January over and no severe cold yet, but still it rains! One can only pray for those poor folk who are flooded; they must be living in a lengthy nightmare. We in this area have a lot to be grateful for.

I expect we shall get some colder weather before this Winter is over and in this connection it is good to report that finally our double glazing is in hand and should be installed soon so we will benefit from the tail end (hopefully) of the Winter. Having said that sometimes our Summers are pretty cold and necessitate some heating. We have practically paid for the double glazing with our Saturday coffee mornings, and once our total is reached we shall need to press on with fund raising to double glaze the actual Church, probably in about two years time.

Our coffee mornings continue to be very popular. We have raised over two thousand pounds since the Church year started in September and even in this off peak time we are still averaging over a hundred pounds a week thanks to our stalwart catering staff who provide delicious homemade cakes each week, all who man the bric a brac stall and book corner and those who donate items or buy them. Not the time of the year for gardening, but on occasion I have brought in some house plants and bulbs to help swell our coffers. On the non-financial side the friendships and fellowship engendered make this project so worthwhile.

Churches Together in Downham - The Foodbank goes from strength to strength (such a pity it is so desperately needed) with the two collections at Tesco producing 3/4 of a ton of food and there is a steady trickle from the Churches. Our new Downham branch has had 60 clients since it started, with 22 so far in February, some people coming more than once depending on the time taken to sort out benefits. The new shelving needed for storage has been bought

thanks to a donation from the local Lions Club and the freezer which our choir Christmas concert helped to fund is now storing bread. The food bank is open at the Sovereign Centre on Tuesdays from 12.30 to 2.30 and Fridays from 10.30 to 12.30. If you feel you could help at these times (especially the Fridays) please give Alex a ring on 01336 384474.

There are some Lent House Groups being organised but I have no details at the moment. Maurice has introduced us to John Pritchard's book "How to Pray", and we shall be meeting fortnightly on Mondays at 2.30pm in the Annexe at Downham Market or 7pm at 1 Camomile Close to read and discuss,

Our Sisterhood Group meetings start again on 5th March. We had no meetings in January or February to avoid the winter weather which has not yet appeared. We start our new session with Janet and John Roust and Meg and Rob Harrison giving us some drama and perhaps some comedy. On 19th the Mission Support service will take place and there will be a members' meeting on 2nd April for Easter thoughts. Both of my grandsons have been down with the sickness bug which has been going around in the schools so we wish everyone a healthy, bug free gentle Spring with no more rain.

Joan Macey

Burnham Market

We share alternate Sunday morning services and also Bible study with Stanhoe. We find this works very well.

We still hold our own Carol Services at our own churches. Kim has always come to us on Christmas Eve, to lead us. we shall miss him very much. This year we were able to send £40 to the Norfolk Children's Hospice.

Our church was built in 1994 and the hall 10 years before, when we had some young people, though sadly not now. Property is too expensive to encourage young ones to stay. Lots of cottages have become holiday homes.

However, we do have bookings for the hall. It's used by different organisations; the Parish Council, a weekly art class, bowls and the

Anglicans come for their business meetings. (Our hall is so warm and the chairs more comfortable!)

The Women's Day of Prayer will be held here on March 7th.

The Craft Fayre on the second Saturday in August is a very busy day for us as we do refreshments and are right next door to the car park!

We are blessed with our regular organist, John Loose and Margaret, his wife, is constantly baking cakes for us.

We have two new members so we do feel blessed indeed.

E.Poll

St Faith's

The first weekend in March will be a particularly busy one at St Faith's because the usual Coffee Morning in Gaywood Church Rooms, starting at 10.30am, will be followed by a lunch starting at 12 noon.

In addition to the Coffee Morning and Lunch, there will be the third Clothes Sale. The previous two sales have proved very popular, offering the opportunity to purchase good quality clothing and other goods, at low prices. Donations of nearly new clothes, shoes and bags would be very welcome and information about where these goods can be left can be obtained by contacting St Faith's Church Office on King's Lynn 01553 774916 (weekdays between 9am and 12 noon).

The Coffee Mornings, Lunches and Clothes Sales have proved increasingly popular in recent months. As well as being a means of raising funds for the Church, they are seen as an important Outreach project through which contact can be made with people from the wider Gaywood community. Everyone is welcome, so do come along and meet friends or make new friends over a cup of tea or coffee or a simple lunch.

St Faith's Anglican and Methodist Church members will be welcoming their new curate, the Rev Zoe Ferguson, on Sunday, March 2, at the 9.45 am service. During the service, the Rev Ferguson will be licensed into her new role by the Bishop of Lynn, the Rt Rev Jonathan Meyrick. Everyone is welcome to attend this special service and meet Zoe and her family.

The Rev Ferguson will be joining the clergy team at St Faith's after two years as part of the Trunch Group of Parishes where she has been based at Mundesley. In February, the Rev Ferguson, together with her husband and two teenage children, moved into St Faith's clergy house on Jermyn Road, off Gayton Road.

One of St Faith's major fund-raising events will be held on Saturday, 15th March, when the popular Spring Fair will be staged in the Gaywood Church Rooms. The Fair attracts a large number of visitors, both church members and people from the wider Gaywood community and is seen as an important social outreach event.

Together with the Summer Grand Garden Fete and the Christmas Fair, the Spring Fair helps to raise some of the £5,000 funds raised annually by St Faith's from these events for the upkeep of the Church.

This year there will be a colourful assortment of stalls and sideshows all aimed at tempting visitors to part with their cash. The Fair opens at 2pm so do come along and meet up with friends and take advantage of the opportunity to pick up some Spring bargains. Refreshments are available, including delicious homemade cakes and filled rolls.

Admission is free.

On 23rd February it was 40 years since Anglican and Methodist congregations came together to share the Church building for worship and the first phase of the newly constructed Gaywood Church Rooms for social activities. In those far off days, St Faith was one of the pioneering Local Ecumenical Projects (LEPs) in Norfolk. A special programme of celebrations is being planned for Sunday, 21st July when former Anglican and Methodist clergy will be there, including the Venerable Gerald Phizackeley and his wife, Annette and the Rev Tony Windsor and his wife, Maureen. More details about these celebrations will appear in future editions of Rejoice! magazine.

With the increasing demand for and necessity for Foodbanks, plans are at an advanced stage to establish such a Foodbank in Gaywood Church Rooms on Wednesday afternoons. This scheme is to be a joint venture with Gaywood Health Centre (opposite St Faith's Church).

Anyone interested in volunteering to help with the Gaywood Foodbank can find out more information by contacting the St Faith's Rector, Canon Beryl Wood, on King's Lynn 01553 774582.

An invitation has been issued to St Faith's Church members to take on roles as leaders of Lent Groups. One of the suggestions is that a York Course may be run covering the Five weeks of Lent. More detail information about what is involved in running a Lent Course is available by contacting the Church Office on 01553 774916 (between 9am and 12 noon) Monday to Friday.

Richard Parr

Terrington St Clement

Growing in God report on activities in TSC.

Monday Fun 2 Fit for 1 hour doing fitness videos.

Wednesday Methodist Women in Great Britain (Network) meets on alternate weeks 2.30 pm to 4.00 pm . We have a variety of speakers and hymns, prayers and readings.

Thursday evening once a month 7pm to 9pm Rev. Jackie Goddard leads New Beginnings. We have just started studying Isaiah.

On Friday CATS Youth Club meets.

We have Saturday Coffee Morning every week 10am to 11.30am. The Knit and Natter group also join us. There's lots of chat and fellowship.

Sundays there's worship and Junior Church at 10.30 am. Preachers enjoy coming to TSC as we have a wide age range. Refreshments are served after the service. Junior church has 4 main leaders:- Wendy, Ali, Linda and Dawn. At chapel we have families where several generations worship together, which is lovely.

On 7th March there will be a Women's World Day of Prayer service at 7pm. The speaker will be Joella Nash. On April 12th we are having an Easter Coffee morning at 10 am with stalls etc.. All are welcome.

During the weekend of 14th and 15th of June we will be celebrating 200 years of Methodist worship in TSC.

We thank all the stewards for all their hard work keeping the building, graveyard and grounds going.

Linda Howling

Stow Bridge

Only a short note this time. I've been blown home from the Q.E. Hospital after a short stay for tummy trouble, among all the rain and wind!

We give three cheers for our Winter Olympic competitors. I have one chair which is comfortable to sit in and now may I raise another three cheers for our local hospital. All the teams from cleaners to the Doctors are hard working people and they have little time to relax. Thank you everyone for your get well wishes. The love of family and Church family is great.

Peter Hewitt

Stoke Ferry

After our great Carol Service we are now looking forward to our Good Friday service, including our Walk of Witness. This will be a joint service with our C of E friends, as was the Christmas one.

We would like to draw people's attention to our future plans. From the beginning of March, when the new plan starts, we will be changing from weekly services to fortnightly. There will be no service on March 2nd so the first service will be March 9th at 11.00 am.

Marjory Stevens

Guess who!!

Went past a shop just before Christmas. There was a television in the window at a good bargain price. There was a notice on the tele stating that the volume was stuck on full.

I thought, "I can't turn that down!"

Action for Children Projects in King's Lynn

Our King's Lynn projects are based at the Fairstead Community Centre

Vancouver Sure Start Children's Centre

What we do:

We support local families with at least one young child under five, in an area with one of the highest levels of deprivation. We also support teenage parents who live in our area, provide early education and a nursery for pre-school children, and offer more direct support for parents and their children facing particularly difficult problems.

Our staff includes health visitors, speech and language therapists and specialist midwives.

Our overall aim is to improve opportunities for the whole family and help them all work towards a brighter and healthier future.

Challenges we face:

The level of education in our area is low and unemployment high, so we have to work hard to help all our families deal with the issues that come along with this.

Norfolk Parenting Pathways (formally known as West Norfolk Young Carers)

What we do:

Young carers are children aged between 7 and 11 years old who provide care, assistance or support to a family member. They carry out significant or substantial caring tasks on a regular basis.

The person receiving care is either a parent or sibling who is disabled, suffers from a long term illness, mental health problems or substance misuse.

The aims of the groups are to help young carers to:

- Meet other young people with similar responsibilities and feel less isolated
- Have a break from their caring role and participate in age-appropriate activities
- Build up confidence and resilience

The weekly group sessions at our project give local young carers the chance to come to us for advice and support, and give them the chance to socialise with other young people in a similar situation.

Fundraising:

We hold weekly respite groups for young carers in the local area and would love to be able to give them an evening meal at each session. The money we're fundraising for will enable us to give 12 young carers a meal per session for 48 weeks. We are £605 from our target of £1,264.

Local Action for Children contact:

For more information, please contact Laura Hanratta on 01284 755953 or email laura.hanratta@actionforchildren.org.uk

ACTION FOR CHILDREN

'COUNT YOUR BLESSINGS' Lent Appeal

During the season of Lent it would be wonderful if you could use this period of reflection to learn a little bit more about Action for Children. Each day highlights an everyday blessing that you or I might take for granted but that means an immense amount to the children for whom we care. For example you might count the number of warm coats or jackets you wear and make a donation for each one to help the many neglected children who wear clothes that aren't suitable for the weather.

Your church may have received information in the January mailing pack but if not the required sheet can be obtained from Sheila Forth sheila@theforths.com Tel: 01945 772501 and it can be copied. Last year we as a Circuit raised a considerable sum by taking part so we are hoping for the same support this year.

***The Boys' Brigade
1st Downham Market
Company***

Special Service to Celebrate 30
years

Downham Methodist Church 10 am

Sunday March 2nd

Mini Display Tuesday March 4th

At Downham Methodist Church 7 pm

Refreshments, photographs and time to
reflect

**All ex BB members welcome and any
other supporters**

Also parents of perspective members.

Constant in Changing Times.

The musings of an Eastbourne octogenarian

It is strange but everywhere seems to be further away than it used to be.

It is twice as far to the village store
Now there's a hill that was not there before.
I've given up running for buses too
They don't wait as long as they used to do
And to add to my problems and my cares
They are building houses with steeper stairs
Then I have noticed when I read the news
It is now smaller printing that they use.
Car makers are now doing a foolish thing
Making doors so small you can't get in.
If I ask folk to read they speak so low
I cannot hear what they say, you know.
Even people's faces are changing, I see
For they all look so much younger than me.
While folk my age, it is sad to say,
Look older than me in every way.
An old friend I met recently,
A lady, had changed to such a degree
Although she was close enough to see,
Sadly, she didn't recognise me.
I thought about her when combing my hair
And I looked at my reflection there,
I couldn't believe it, though it's true,
They don't make mirrors like they used to do.
We smile, but changes do take place,
It's true of all the human race,
So face whatever the years may bring,
Resting on the truth of that great hymn,
"Change and decay is all around I see
O, Thou who changeth not, Abide with me".

Sent in by Joan Read.
Attributed to Fred Hudson

DAY FOR PASTORAL CARERS

Saturday 22nd March 2014

London Road Methodist Church

9.45am - 3.00pm

Theme:

*"Prayer and prayerfulness for the
Pastoral Visitor"*

Speaker: Rev Sister Judith Blackburn

To book a place please contact:

Phyllis Bowman

Tel. No. 01553 671288

*We are very pleased to welcome Janet Stafford on to
the Editorial Committee.*

*Still room for another as we haven't replaced Lynese.
I have had three offers for flour so enough for more.*

WORDS FROM NATIVE AMERICAN LEADER TECUMSEH

So live your life that the fear of death can never enter your heart. Trouble no one about their religion; respect others in their view, and demand that they respect yours. Love your life, perfect your life, and beautify all things in your life. Seek to make your life long and its purpose in the service of your people. Prepare a noble death song for the day when you go over the great divide. Always give a word or a sign of salute when meeting or passing a friend, even a stranger, when in a lonely place. Show respect to all people and grovel to none. When you arise in the morning give thanks for the food and for the joy of living. If you see no reason for giving thanks, the fault lies only in yourself. Abuse no one and nothing, for abuse turns the wise ones to fools and robs the spirit of its vision.

An 'atheist' prayer:

We are thankful for all the good things we have: that we have enough to eat, we are healthy enough to be here, we have somewhere to live, we have family and friends. We appreciate this wonderful world and its place in the universe. We are grateful for our community here and the friendship and support we find.

We agonise over the cruelty and violence that there is in the world, and support in our minds and our actions those who work for peace.

We feel the tragedy of those who have suffered from natural disaster and want to support those who work to bring relief.

We are thankful for the life and teaching of Jesus of Nazareth, who has brought us the knowledge that we need not carry guilt around with us. We know we do wrong from time to time, and we know that we should forgive those who wrong us.

We are amazed as to how we can find spiritual strength in so many different ways, not least when we gather in this place and we hope that all may find benefit this morning.

Sent in by Dudley Pickston

Big Pray

Saturday, 10th May 2014
St. Christopher's School, Red Lodge
10.30a.m. to 3.30p.m. [Doors open at 9.45a.m.]

BIG PRAY Options include:
Celtic Prayer
Outdoor Prayer
Contemplative Prayer
Prayer through Art
Prophetic and Healing Prayer
Soaking Prayer
Lectio Divina
Praying the Labyrinth
Signing Prayers
Photography and Prayer
Praying through Singing the Faith

BIG PRAY is an East Anglia District event for all ages. Many experiences of prayer will be on offer during times of worship, bookable Options and in the Market Place.

Prayer is communication with God and the more we can give to prayer the more in tune we will be with the God in whom we put our trust.

BIG PRAY is part of the District's discipleship programme

Journey into Faith.

Throughout 2014 we are focussing on prayer with the publication of a District Prayer Handbook, special materials for Lent and events to be hosted by each Circuit.

Contact Betty Guy for a ticket for the coach. £5

Never heard it put quite like this before

RECALL NOTICE:

The Maker of all human beings (GOD) is recalling all units manufactured, regardless of make or year, due to a serious defect in the primary and central component of the heart.

This is due to a malfunction in the original prototype units code named Adam and Eve, resulting in the reproduction of the same defect in all subsequent units. This defect has been technically termed "Sub-sequential Internal Non-morality," or more commonly known as S.I.N., as it is primarily expressed.

Some of the symptoms include:

1. Loss of direction
2. Foul vocal emissions
3. Amnesia of origin
4. Lack of peace and joy
5. Selfish or violent behaviour
6. Depression or confusion in the mental component
7. Fearfulness
8. Idolatry
9. Rebellion

The Manufacturer, who is neither liable nor at fault for this defect, is providing factory-authorized repair and service free of charge to correct this defect.

The Repair Technician, **JESUS**, has most generously offered to bear the entire burden of the staggering cost of these repairs. There is no additional fee required.

The number to call for repair in all areas is: **P-R-A-Y-E-R**.

Once connected, please upload your burden of **SIN** through the **REPENTANCE** procedure. Next, download **ATONEMENT** from the Repair Technician, **Jesus**, into the heart component.

No matter how big or small the SIN defect is, **Jesus** will replace it with:

1. Love
2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Faithfulness
8. Gentleness
9. Self control

Please see the operating manual, the **B.I.B.L.E.** (Basic Instructions Before Leaving Earth) for further details on the use of these fixes.

WARNING: Continuing to operate the human being unit without correction voids any manufacturer warranties, exposing the unit to dangers and problems too numerous to list and will result in the human unit being permanently impounded. For free emergency service, call on **Jesus**.

DANGER: The human being units not responding to this recall action will have to be scrapped in the furnace. The SIN defect will not be permitted to enter Heaven so as to prevent contamination of that facility. Thank you for your attention!

- **GOD**

P.S. Please assist where possible by notifying others of this important recall notice, and you may contact the Father any time by 'Knee mail'!



Fellowship Breakfast at Southery

I was reminded that it was Fellowship Breakfast on Saturday. No worry - Watts' transport will take us and we always arrive in good time.

There is always a Christian welcome and we feel so glad we've come.

I sat in my usual seat and noticed Andrew and Maurice had arrived - Again the door opened, four more came in and then some more, a splendid number.

Soon the seats were taken and the line up began for cereals and fruit drink.

The plates of toast started arriving, the master toaster working flat out! The butter was in great demand, likewise the marmalade, jam and marmite.

With tea and coffee, drinkers satisfied and plates empty, the clearing up began.

We are always grateful for the hard work which goes on in the kitchen making the breakfast.

The tables were taken down, giving no resistance to the hands of Terry! In no time all the tables were out of sight, and I noticed on the altar bread and wine.

When all were seated hymn books were given out, together with a service sheet.

We sang a hymn (when Reg realised the organ was not switched on!)

Maurice then led the communion service which included sharing the peace.

After our special time together we said our farewells, and now look forward to our next meeting.

Bill Hone

**Downham Market Church Choir
presents**

'Words from the Cross'
on Good Friday (18th April)
at 7 p.m.

Birthday wishes for Fred who is 111 today.
Oh sorry! He's not 111 he's ill!

British Red Cross

Provides a range of Support Services

Mobility Aids including wheelchairs and commodes are available on short term loan.

**Call 01553 772369 Mon-Fri 9-12noon 1-3pm
or email tbrookes@redcross.org.uk**

Support at Home provides practical help such as shopping and collecting prescriptions to help aid recovery after a stay in hospital.

Call 01553 613613 and ask for Home from Hospital

Outreach Service provides information and support for older people. This can include housing options, moving or staying put, adapting your home, assistive equipment, using equity release, managing finances and debts, claiming benefits, accessing care and support services, coping with illness and disability, wellbeing and health support.

**Call 0844 893 7779 Mon-Fri 9-5
or email supportnorfolk@redcross.org.uk**

INVITATION

West Norfolk

Older Person's Forum Annual General Meeting

Monday 10th March

10.30-12.30

**British Red Cross Austin Fields
King's Lynn**

The role of The Forum is to give people the opportunity to challenge comment and influence the way that local services are planned and delivered

email june.stokes@ymail.com



Any items for the **April** edition should be with the editor by March **12th**, earlier if possible. If you don't get an acknowledgment of emails please feel free to enquire if I have received them as some articles have found their way into my spam bin which I don't check very often!

Mrs Barbara Foster
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Magdalen, King's Lynn
PE34 3BD
Tel. 01553 811867
E mail rabbit1308@btinternet.com

ST. FAITH'S CHURCH GAYWOOD LEP

The Anglican and Methodist Churches at Gaywood are celebrating 40 years of sharing . We are having a special day on July 20th with a Service at 10.30 am followed by lunch at 12.30pm Tea at 3.30 pm The evening Service will be at 4.30 pm. All are welcome.

West Norfolk Methodist Circuit Diary March 2014 onwards

Thursday March 6th Planning session for Eve of Pentecost Celebration at London Road at 10 am. Church reps welcome

Friday March 7th Women's World Day of Prayer St John's Church King's Lynn 11 am

Friday March 7th Women's World Day of Prayer St Dominic's Church Downham Market 2 pm

Friday March 7th Women's World Day of Prayer Terrington St Clement 7 pm

Saturday March 8th Fellowship Breakfast 8.30 am at St Germans

Saturday March 22nd Pastoral Carers' Day at London Road 9.45am

Saturday April 17th MWiB Spring District Day at Trinity Church Lowestoft

Saturday April 26th Farewell service for Kim Nally at Hunstanton at 4 pm

Saturday May 10th District Event Big Pray at St Christopher's School, Red Lodge, 10.30am – 3.30pm

Wednesday May 21st Easter Offering service at Downham Market 2.30pm

May 22nd – 25th Flower Festival at Dersingham 124th Church Anniversary

Saturday June 7th Circuit Eve of Pentecost Celebration in The Walks King's Lynn 2pm – 5pm

Sunday June 22nd Welcoming Churches session at London Road 3pm -6pm

Saturday, July 5th Farewell Picnic for GT at Cambridge

Saturday/Sunday 12th/13th July MWiB Conference at Belsey Bridge

Saturday August 30th Welcome Service for new Chair of District, Rev Julian Pursehouse at Chapelfields Road Norwich at 3 pm

Saturday September 6th Welcome Service for Rev Stephen Oliver at Snettisham at 3 pm

Monday October 6th MWiB AGM at London Road 2.30 pm

