

Rejoice!

July/August 2016



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

From Revd.Maurice Stafford

Dear friends,

I am writing the letter for July and August, the summer edition as the rain pelts down on my study window. Hopefully as you read this the weather will have changed and these summer months will be relaxing and refreshing for each one. If you are going away for some of the time, it is good to have a book on the go. I thought I would share with you something of the book I am currently reading. Here it is :-

The Enneagram: A Christian Perspective by Richard Rohr

Richard Rohr is a Franciscan writer and speaker who is in some demand. He writes about prayer and the spiritual life but here turns to the Enneagram. The Enneagram (Ennea is the Greek for nine) is a setting out of 9 ways or patterns or coping strategies that people adopt as they go through life. Richard Rohr finds them a helpful tool to understanding ourselves and our relationship with God.

They are as follows :-

TYPE ONE	The Need to be Perfect - The Perfectionist
TYPE TWO	The Need to be Needed - The Giver
TYPE THREE	The Need to be Succeed - The Performer
TYPE FOUR	The Need to be Special - The Romantic
TYPE FIVE	The Need to Perceive - The Observer
TYPE SIX	The Need for Security - The Loyalist
TYPE SEVEN	The Need to avoid Pain - The Epicure
TYPE EIGHT	The Need to be Against - The Boss
TYPE NINE	The Need to Avoid - The Peacemaker

Of course there is a lot more to it and each type has much more detail. Each type has great strengths but also pitfalls that can be serious. For instance Extreme THREE's are very driven people but they can almost lose their identity in their quest for success. They can be workaholics who neglect family life and key relationships.

. Often they only reluctantly go on holiday as relaxing is not something they know how to do. Extreme ONE's can get obsessed with the imperfections of themselves and others. That can be painful for others close to them. People develop along these lines because of early childhood experiences that shape them. The pattern becomes engrained as if squatters have taken over in the house that is their life, dictating what they should do and how they should live. Richard Rohr puts it like this;

“We live like machines and follow compulsions and programmes that we have been chained to and to which we chain ourselves. But those filled with God’s Spirit are ready for surprises. They are capable of things that were not sung to them in the cradle. Their true divine potential can begin to unfold.” In other words we find our true self in Christ who sets us free.

Some people may dismiss all this as tripe or pseudo-science but some people have genuinely found it helpful
Maybe this is not for you - but it is a book to open our minds to new possibilities and we certainly need that. I would like to explore the issues raised by the book with others who are interested. Please let me know if that is you.

In the meantime, have a good summer and take a book to read that will blow the cobwebs away and alert us in fresh ways to the glorious Gospel that we live by and move us forward.

Sincerely Maurice

SANKEY SONGS OF PRAISE SERVICE

at Highgate on August 28th at 3pm
if there is a hymn from 'Sacred Songs and Solos'
that you would like included
please contact Rev'd Catherine Dixon
All very welcome

Downham Market Methodist Church

50th Year Anniversary



Flower Festival



Come Celebrate With Us

15th, 16th and 17th July 2016

Friday 15th 10am to 5pm

Saturday 16th 10am to 5pm

Sunday 17th 2pm to 4pm

Sunday Services 10am & 6.30pm



All welcome and bring your friends



IT'S FREE
RADICAL HOSPITALITY
Methodist Church

WHERE...
Heacham Methodist Church

WHAT...
The return of inspiring & joyful music for heart & soul by REVELATION and 2 YANKS AND A BRIT

WHEN...
Saturday 30th July from 2.30pm

Free food & refreshments
Be Uplifted and Fed!

Flower Festival

"I am..."

7th. - 10th. July 2016

*Stalls - Refreshments - Music
Admission & Programme Free*

**Thurs/Fri/Sat 10 a.m. - 5 p.m.
Sunday 12 noon - 4 p.m.**

(N.B. Cafeteria closes 4pm daily)

Festival Worship
Friday 9.15 a.m. Holy Communion
Sunday 10.30 a.m. Festival Worship

Proceeds for Church Funds
and a donation to 'The Nook Appeal' for EACH
(East Anglia Children's Hospices)

St. Andrew's Methodist Church
Sheringham, NR26 8SA

www.sheringhammethodist.org.uk



STANHOE FLOWER FESTIVAL

A Radical Hospitality event on Saturday 3rd September is to be held at the Stanhoe Methodist Church. There will be free entry to the Flower Festival and free refreshments.

Time of opening 2pm – 5pm followed on Sunday at 11am by a Flower Festival Harvest Service led by Rev. Steve Oliver

All are very welcome to share in this celebration of God's creation and giver of good gifts

Pott Row Methodist Church

It has become the tradition at Pott Row to host a lunch on the fourth Thursday of each month. These delicious three course lunches are prepared and served by Beryl and Stephen Watts, and Beryl and Fred woodhouse along with other helpers. Not only is the food good but the company is too!

New folk are always welcome, so why not come and join us?

For more details just ring 0145 600593

POTT ROW METHODIST CHURCH.

STRAWBERRY AFTERNOON TEA.

Saturday July 9th at 3pm.

Plenty of Sandwiches, Cake and of course Strawberries.

Entertainment By "FLUKES" Fenland Ukulele Group. Hope to see you there.

FLOWER FESTIVAL

To celebrate our 140years Anniversary, we are holding a Flower Festival in August.

We shall be open on Friday and Saturday August 12th and 13th.

10 am till 5pm , and Sunday 14th 2pm till 5pm.

Tea/Coffee and cake will be available

Everyone Welcome

For more info ring Beryl on 01485 600593.

Thanks

Jenny Baker.

HEACHAM FLOWER FESTIVAL

THEME - CREATION

The Heacham Methodist Church Flower Festival

is to be held on the 19th – 21st August

10am to 5 pm on Friday and Saturday.

Lunches/refreshments (including tea/coffee/cold

drinks/cakes) And

2pm – 4pm Sunday

Tea/coffee and cakes to be available.

Proceeds to Church and a charity (yet to be

DERSINGHAM

Dersingham Methodist Church was filled with colour, fragrance and beauty at our recent annual Flower Festival, to celebrate the Church's 126th anniversary. The theme 'Have you heard the story about' was intriguing to many, especially those who had expected this to be about well-known stories not Bible parables. But as many who attended said 'we love your Church flower festival because it's always Bible based'. And Bible based it was with arrangements such as the Good Samaritan, the pearl of great price, the lost son, the lost coin, all depicted in flowers. One of the most eye-catching displays was the lost sheep done by year 1 children of Dersingham Primary School with numerous multi-coloured sheep made from cardboard tubes and wool! The children opened the Festival on Thursday morning with songs, readings and prayers. The Reception class entertained us on Friday morning with the story of Jack and the Beanstalk. Revd Kim Nally took the morning service on the theme and mentioned several other parables we had not depicted in flowers. We raised, after expenses, £2,469.94. £500 of this has been donated to Norfolk Accident Rescue Service, staffed by volunteer doctors and paramedics to provide emergency care. At the Songs of Praise service on Sunday evening we were joined by the Vicar and members of St Nicholas Church, the collection raised £201 for Medecins Sans Frontieres (Doctors without Borders).

Many thanks to everyone who came and supported us.

Elizabeth Batstone

HILGAY

On Sunday 12th June Hilgay Methodist Church held a tea party and Songs of Praise to celebrate the 90th birthday of Queen Elizabeth II. Thanks to all who helped make this a successful occasion. The church was decorated with red white and blue bunting and balloons. the tables were laid with union flags and red, white and blue check cloths. A wonderful selection of savouries and cakes were provided as well as very popular strawberries, jelly and cream.

At 6pm Mrs Pauline Driver led a Songs of Praise service when some of our Queens favourite hymns were sung. The gospel reading was Luke 10: 25-37 often cited by the Her Majesty when suggesting ' we should love our neighbour'. Excerpts from books were used including Words from the Coronation, Articles about the Queen's association with Norfolk through her home at Sandringham and how she enjoys visiting local schools, retirement homes etc and being president of Sandringham WI. Also several mentions of her Faith and service to God, Country and Commonwealth.

At the close of the service each family represented received a copy of the book, ' The Servant Queen and the King she serves'.

Our thanks to all who attended.

On Saturday July 23rd we shall be serving refreshments and providing facilities for the STEP OUT FOR CHILDREN 2016. If you are not able to walk, feel free to come along and support the walkers by joining them for refreshments when they return.

Pauline Driver

Gaywood St.Faith's

The big news this month is the installation of the Revd. Julie Boyd as the new Team Rector of Gaywood. By the time some of you read this article, Julie's service of welcome and installation, by the Bishop of Lynn and the Dean of Norwich the Venerable Jane Hedges, will have taken place and Julie will have started her new role.

After a rather unsettling 18 months at St Faith's, following a Rector vacancy, following the early retirement on health grounds of former Rector, the Rev Canon Beryl Wood, we are all looking forward to seeing what plans Julie has for us all and what direction she will take us in our worship and witness at Gaywood.

The appointment of Julie as Team Rector will be the first of our Anglican vacancies to be filled. Hopefully once Julie has settled into her role, the search will begin to find a new Team Vicar to replace the Rev Dale Gingrich who left us in April to take up a new post in the Diocese of Oxford.

From what I understand, it is going to take a while longer before we see a new curate at St Faith's. Our existing curate, the Revd Zoe Ferguson, presided at her final service on June 19 and we said goodbye to her and her family at a reception and presentation after the 9.45am service.

Zoe, who joined us at St Faith's from the Trunch Group on the North Norfolk coast, has only been with us for just over two years but during that time became a well-loved, popular and enthusiastic member of our Anglican Methodist clergy team. We will much miss Zoe's lively style of worship leadership and we will certainly miss her laughter and her sense of fun.

Everyone at St Faith's wishes Zoe every joy and happiness in her new post as Priest-in-Charge of Mundford with West Tofts. Our prayers and love go with Zoe for many years of fruitful and rewarding ministry.

These clergy moves are interesting aren't they?

Zoe's move to Mundford from Gaywood follows that of a former St Faith's Team Vicar, the Rev Peter Farrow and his wife, Olwen, who moved from Gaywood to Mundford a few years ago.

A former Rector, the Rev Canon Sally Theakston, had a particularly memorable and busy farewell when in August 2009, she married her former churchwarden, Michael Fillenham, at St Faith's days before she moved from the Rectory to take up a new post as Vicar of Dereham with Scarning. In doing so, she followed a former Rector, the Revd Canon Dennis Rider, to the mid-Norfolk parish.

As has already been said, St Faith's will from now on have a complete new Anglican clergy team but through all these changes, our Methodist Minister, the Rev Andre Maguire has remained as a constant figure taking a leading role in ensuring that the pattern of services continued without too much inconvenience.

We all owe Andrew a sincere thanks for all he has done, together with our Rural Dean, Canon James Nash. Rector of the Church in The Woottons, in ensuring that everything has continued to run as smoothly as possible during these Anglican vacancies.

Again, it has been said before, but change is a part of our life whether it be sacred or secular and we must embrace it in a positive way and not be afraid of it. I'm sure that everyone at St Faith's will agree that we need to move forward with Faith as the modern hymn goes One More Step Along the World we go.....And Its From The Old We Travel to the Newand with God travelling along with us, we have nothing to fear.

People celebrated the 90th birthday of our Monarch, Queen Elizabeth, in a variety of ways including street parties, barbecues, flower festivals and concerts. In whichever way people marked the monarch's milestone birthday, (and the 95th birthday of the Duke of Edinburgh) most people agree that Queen Elizabeth II has given amazing service, loyalty and devotion to her subjects in this country and the wider Commonwealth.

I personally was fortunate to attend two celebration services on June 12 in two sharply contrasting locations.

The first was held at the King's Lynn Minster (St Margaret's Church) when the preacher was the Lord Bishop of Norwich, the Rt Rev Graham James and the Minster Choir, under the baton of Director of Music,

Richards, sang Parry's beautiful anthem, I was glad when they said unto me'. The service also included the ceremony of the Mayoralty of Councillor David Whitby as Mayor of the Borough of King's Lynn and West Norfolk. The service led by the Vicar of Richards, sang Parry's beautiful anthem, I was glad when they said unto me'. The service also included the ceremony of the Mayoralty of Councillor David Whitby as Mayor of the Borough of King's Lynn and West Norfolk. The service led by the Vicar of the Minster, the Rev Canon Chris Ivory, was full of music, colour and pageantry.

Just a couple of hours later, the Bishop of Norwich was back at Norwich Cathedral, for a service to mark the Queen's milestone birthday. It was a busy day for the Bishop who also preached the sermon in which he again spoke of the Queen's dedication and sense of duty to her country and the Commonwealth.

The service also included the anthem, Handel's Zadok the Priest, sung by the Cathedral Choir.

After the service, men and women from across the Norwich Diocese who are celebrating their 90th birthdays during this year, joined the the Bishop outside the Cathedral's great West door to curt a giant red, white and blue, birthday cake.

Taking part in the cake cutting from St Faith's were Margaret Fray, Jean Deas and Audrey Mark , who all thoroughly enjoyed the memorable service.

St Faith's Prayer Shawl Ministry was shown to a wider public when representatives of this amazing talented Group showed their work at the Celebrate King's Lynn event staged at The Walks in King's Lynn on June 11. Members of the Group, Gill Hiles and Sarah Russell, were based at the St Faith's stand run by the Outreach Committee under the direction of Julie and Ian Swinton.

Since it was formed in 2010 , the ladies of the Prayer Shawl Ministry have now knitted more than 900 shawls and these have been sent to various parts of this country as well as overseas.

The brightly-coloured shawls are knitted with love by the team and are tangible signs for people suffering hardship, such as a bereavement or caught up in a global tragedy, such as an earthquake or flood, of God's love surrounding and supporting them. The team have been sent lots of thank you cards from grateful recipients of the shawls expressing

When the shawls are being made there is sometimes a particular person in mind who will receive the completed knitted item and sometimes the recipient is known only to God. The makers pray for the wearer of the shawls to be wrapped in God's unconditional love . They are created in a range of shapes and sizes in various colour combinations and they are all blessed in St Faith's Church by a member of the clergy before being despatched to their recipients. If you know of someone (they make scarves for men) who would benefit from a prayer shawl please contact St Faith's Parish Office on 01553 774916 (Monday to Friday 9am to 12 noon) and leave your contact details. Everyone is most welcome to join the Prayer Shawl Ministry and, even if you can't knit or crochet, the team will soon teach you. The Team says : "The ministry has brought many blessings to its members - friendship, love, support and a sense of belonging" The summer months are traditionally times of rest and relaxation as the school holidays start and families enjoy spending time together while on holiday both at home and abroad. Whatever way you spend the summer months, may they be a time of enjoyment and refreshment for you....the summer weeks fly by so do make the most of the sunshine while it lasts.

Richard Parr.

Downham Market Ladies Friendship Circle

Not much news but the Open evening went well everyone enjoyed the entertainment by the Denver Handbell Ringers and the buffet supper.

Our July meetings are July 6th AGM taken by Revd M Stafford
July 20th bring and Buy Sale for the Deep Sea Mission.
This is our last meeting for the year and we hope to see you all again in September.
Best wishes to you all have a nice break.
Margaret Fox

STEP OUT FOR CHILDREN 2016

Saturday, June 23rd

10 a.m. start

Starting and finishing at

Hilgay Methodist Church

This is a very pleasant walk through the countryside around Hilgay. Hilgay Methodist Church will be open before and after the walk for refreshments and toilet facilities! Come and share in a time of fellowship and fun whilst raising money for Action for Children '*The Children's Charity of the Methodist Church*' and supported by Methodists nationwide. You can just turn up on the day, but it is helpful for us to know beforehand, if at all possible. Sponsor forms are available from Hazel & me. Dogs welcome if they're on short leads!

John Miles



Any items for the **SEPTEMBER** edition should be with the editor by **AUGUST 12th**, earlier if possible. **If you don't get an acknowledgment of emails PLEASE 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

140 Stow Road

Magdalen, King's Lynn

PE34 3BD

A VERY LOCAL SAINT

In his June letter for St Faith's "Together" Andrew wrote "It is good to remember some of the saints associated with our region." I wonder if he realised that one came from just a mile or so from his manse. I came across him when I was choosing hymns for my special birthday service. The Old Hundredth picked itself, and then I wanted Hymns and Psalms 374. "Thou God of truth and love" both for the words and the tune which is called St Godric. John Bacchus Dykes who composed it was a minor canon, precentor and deputy organist at Durham Cathedral when his tune appeared in 1862. He wrote some 300 hymn tunes. So here we have an Anglican tune commemorating a Catholic saint set to Methodist words (Charles Wesley)!

Godric (c1066-1170, another centenarian!) was born at Walpole of humble parentage. He chose not to go to work on the land but to be a travelling salesman, peddling his wares round the surrounding villages. He was so good at buying and selling that he became quite a prosperous merchant and ship-owner. There is some indication that he even engaged in piracy. However his travels took him to Lindisfarne where he became acquainted with tales of St Cuthbert and he experienced a profound conversion. His change of heart manifested itself in a series of pilgrimages to the Holy Land, Santiago de Compostella, Rome and Cumberland. It was here that he obtained a copy of the Psalms which he learned off by heart and was to provide the material and inspiration for a life of prayer and contemplation. Back to Jerusalem he spent some time working in a hospital and living with the hermits of St John the Baptist. He visited the river Jordan and, contemplating his own feet, vowed: "Lord, for love of your name, who for men's salvation walked barefoot through the world and did not deny to have your feet struck through with nails for me, from this day I shall put no shoes upon these feet." Godric always remained faithful to this vow even in the bitterest winters. Cuthbert remained his inspiration, however, and it was a vision of Cuthbert in which the saint promised him a hermitage in England that prompted him to return to his native land, this time to Durham where Cuthbert was buried. For two years he lived with an elderly hermit named Aelric. Upon Aelric's death he made one last pilgrimage to Jerusalem. Returning to England he served as a doorkeeper, the lowest of the minor orders, at St Giles Hospital in Durham. He went to school with the choir boys at St Mary's Church

and picked up such hymns and prayers as he thought would be enough for his spiritual needs. He himself wrote four hymns. In a vision the Virgin Mary appeared to Godric with at her side “two maidens of surpassing beauty clad in shining white raiments.” They pledged to come to his aid in times of need and the Virgin herself taught Godric a song of consolation to overcome grief or temptation. His hymns are the oldest in English for which the original musical settings survive. You can listen to them if you google “St Godric music.”

Godric eventually became a hermit at Finchale, a wooded bend in the river Wear four miles from Durham where he lived for the next sixty years an austere life of mortification. At first he lived on berries and roots but later grew vegetables and milled and baked his own barley. Even then he would not eat it until it had gone bad. He wore a hair shirt under a metal



breastplate. He sat night after night, even in winter, in the cold water of the Wear. Many stories are told of his affinity with animals and snakes of which he had no dread. This was a royal hunting forest and he would often bring exhausted deer or hares into his hut to save them from the chase. In art St Godric is depicted as a very old hermit dressed in white, kneeling on grass and holding a rosary, with a stag beside him. Many people sought his advice either in person or at a distance. The

latter group included both Thomas a Becket and Pope Alexander III. He built a wattle oratory and later on a small church dedicated to St Mary. The ruins of Finchale Priory, built in his honour, mark the spot today. It is a pity that St Godric's day, May 21st is not in our church diary.

John Garfoot



Downham Market - Golden Anniversary

By the time you read this we will have already shared in a prayer walk around the town and enjoyed a lively praise service on the last Sunday evening in May. We will have had great fun when we held an evening of home grown talent and a super afternoon at the Garden Party with Strawberry Teas. A more detailed report will follow.

However, we are so looking forward to our July events. They are our Flower Festival to be held on 15th/16th & 17th July and an evening with DADS & Dads KIDDS on July 23rd.

The Flower Festival will be open from 10.00 - 5pm on Friday and Saturday and refreshments will be available including lunches. On Sunday it will be open between 2-4pm. Also on Saturday, in the hall, there will be an exhibition of the creative works of local artists.

Do come along and support us - it will be good to see you. The preacher at 10.00am and 6.30pm on Sunday 17th will be the former chair of East Anglia District, Revd. Graham Thompson.

What is DADS I hear you ask? Downham Amateur Dramatic Society is the answer. They have been entertaining folk here for over 20 years and their pantomimes are legendary! They will be sharing with us on Saturday 23rd from 7pm and their offering is this years entry into the Hunstanton Festival of One Act Plays. It is called "Hostages" and has been written by our local award winning playwright Steve Harper.

KIDDS are the children and young peoples group that are part of DADS and they will also be performing on the night. Their short play is "Ernie's Incredible Illucinations" - yes that is correct! And it has been written by Alan Ayckbourn.

So head for Downham Market that night for a good time and all for £5 per adult and £2.50 per child.

Terrington St.Clement

NETWORK-- Barbara and Terry Foster spoke about their trip to Edinburgh with slides to show various sites they visited. " Lots of coffee breaks "

June 1st reader Lorna Hunter read a Pam Ayres poem "Once I get up from my chair" about doing the garden. Psalm 23 read by Ann Cross. Jenny Howling gave a talk on "Girls Brigade" .She enjoyed the comradery and learning different skills. They also went on trips to Isle of Man and Scotland. Ruth Hannay also shared her memories of the

Brigade

NEW

BEGINNINGS led by Rev. Jackie Goddard , we made a model to represent ourselves in Playdoh .there was a plan containing various churches with different styles of worship. We had to put our person in the church we would least like to worship in and give reasons . Then the church we would most like to be part of. Hymns and prayers led by Jackie.

YOUTHGROUP has had a revamp to include busy adults who are finding it hard to make time for a get together and chat. We are now "UNITE" = a guided self run group for children and young a people with safe supervision from a distance. Parallel to this a group for busy adults on a coffee and chat basis, allowing time for fellowship and relaxation. Café provided by the youngsters who also request to take part in cooking, playing on the Wii, making smoothies and having access to games , table tennis, craft etc. We meet on the 2nd Friday of the month from 8pm to 9pm and may arrange some trips, meals out etc. Donation pot or minimal charges apply to maintain the running of the club.

.For more details contact Wendy on 827390.

Linda howling

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WELCOME SERVICE FOR DEACON IRENE TAFIRENYIKA

We look forward to welcoming Deacon Irene to our Circuit Staff Team from September 2016. Irene's welcome service will be held at Hilgay on Wednesday 31st August at 7pm. All welcome.

Andrew Maguire

North Lynn

As the summer approaches, thoughts turn for many to breaks from routine, perhaps time away from home, time with family or other such diversions from what we do for most of the year.

For some though the rituals will continue unabated, and we must spare a prayer for them also.

This thought came to me recently as we held a funeral in North Lynn for one of our then oldest members, Evelyn Hunt. Though active nearly to her last days, the thought of a break from her routine was not something Evelyn desired very much. And that is not just referring to daily tasks and duties. Rather I am referring to Evelyn's routine of prayer and reading of the Bible which was a hallmark of her ninety plus years life.

Evelyn set an example to us all which we found challenging to follow as indeed did her family. At her funeral, held at the end of May in North Lynn, Revd Becca read many tributes to her from her family, church friends and members of the North Lynn community. They all spoke of her quiet devotion to them all, derived from a serenity that came from her routine of prayer and study.

After the service, before the committal, family and friends shared a reception together, also held in North Lynn Church. Many memories were shared and friendships renewed, a fitting tribute to a local King's Lynn girl who had spent all her married life in North Lynn and had been present at the church since its opening. Indeed with her husband Wilfred, Evelyn had been very much part of the church community and along with their family, involved in many of the routine tasks of building upkeep and service to attenders. We are very grateful for the gift of a vase in their memory and donation for our continued work.

And what is our continued work? The bringing of the Good News of Jesus to the community! Our regular activities continue and show signs of growth and we hear of progress with the building of a vicarage next to the church in the joint venture with the Diocese of Norwich.

As this is written we are nearly at 'Celebrate King's Lynn' and looking forward to our participation in it. We said to one another at our Pentecost Service – "the spirit came upon the disciples and comes upon us too." We committed to follow wherever it would lead us and looking at where it led the disciples, pray we too would be led to serve our community.

A spirit led summer for everyone, whatever the outcome!

Neville Posnett

E-mail: neville.posnett@gmail.com

A Little Story

My friends took their adopted grandson and his mum to a farm where there were some lambs, which had to be bottled fed. Each child was given a bottle to feed a lamb because it had no mother. Well, the children were delighted to be able to feed the lambs. After feeding, the lambs were put in their pen and my friends said, "Come on Freddie. We will have another walk."

Off they went. After a time they suddenly realised that Freddie was missing. They went back to look for him. Guess what- there was Freddie in the pen with the lambs. When he saw them, he said "My lamb wants some milk because it has no mother so I must take it home." What thought this child had!

Gwen Dearsley

Stow Bridge

My quill pen has been liquidised again so I will write.
Have you noticed the beautiful countryside in the last few weeks?. All the growth of the countryside, trees, flowers, fruit, veg., including weeds, and world-wide growth, we can see an amazing range of living matter. Even on the market flower stalls we see so many colours, sizes and variety. Nothing so beautiful could have come from a big bang in the beginning of things.. I love the account of God's Creation in the Bible. It certainly strengthens my faith in our creator God. Was it Wordsworth who said we ought to "stand and stare"?

My granddad bought grandma a new fur coat for a birthday present, made from hamster fur. She wore it when granddad took her to Blackpool. She went for a ride on the Big Wheel, and it took granddad two hours to get her off it.

Six tortoise were playing Poker one day and they ran out of beer. So they sent one of the group to the Off Licence. After waiting two days the group became impatient. " Tommy is getting so slow these days" complained one of the group. Then a voice came from behind the door, "If you're going to start talking about me I shan't go!"

Man went into charity shop and said to the assistant. "Could I try that suit on in the window?" Assistant said "no, you must go into the changing cubicle like everyone else."

P.Hewitt

News from Downham

We are really into Summer now, albeit an English Summer, with varied days of sunshine with high temperatures, and cloudy days with rain and wind. It's what makes us Brits so resilient, having weather whereas others have climate with continuous days of the same sun and heat. It was just as well the weather forecast for the Bank Holiday Monday came a day late for the festivities on the Howdale. Even then it was overcast and very windy and cold. I saw one family having a picnic sitting on the grass (I suppose they had a groundsheet to sit on) under a large blanket with everyone tucked in like chicks under the mother hen. It could only happen here. I also noted our Church gazebo, which the Dementia Group who meet in the Church had borrowed, blowing in the wind, but it did not take off and was returned in time for my Saturday morning plant stall. It doesn't give much protection if the weather is bad but is, I hope, more noticeable to attract passersby both to sell the plants and introduce them to our fellowship, sending them in for homemade cakes. That's usually a winner.

We were a little more fortunate last Thursday when we had a coach outing to Epworth Church. Their Minister, the Rev. David Leese, came and took a service here back in February and fascinated both the young folks and the more mature young folks with his magic tricks; always of course linked to a message. He showed up pictures of the Epworth Church garden which had been redesigned complete with a statue of John Wesley which all cost more than the Church could possibly afford but donations of money, time and labour enabled the job to be completed. Their Sunday congregation is now unexpectedly and frequently increased by parties from all over the world. We were warmly welcomed and shown into the

Church hall, joyfully decorated by the pictures and models made by their junior and messy church groups, where lunch had been elegantly set out for us. After a tour of the Church, guided by Rev. David we set off down the narrow road to the Rectory, home of the Wesleys, where another guide gave us a very informative tour. I wouldn't have missed it for worlds, but oh those stairs, and of course it did take four hours to get there and three back, so it was rather a tired but happy party who got back to Downham. Our thanks to Margaret Fox for organising the trip so efficiently.

Back to our much newer and more modern Church in our anniversary year. On 14 May in the evening there was a prayer walk round Downham with four routes for folk to follow with stops for prayers or thoughtful discussion. Then back to Church for some light refreshment before and more prayerful fellowship. The talent evening in May was very enjoyable, a mixture of music monologues and jokes. I expected Meg Cooper and Ruth Cross who acted as MCs to break into 'I say, I say, I say' any minute but their Christmas cracker jokes went down very well; it's the way you put them over. There was a lot of talent from some very young folk, so good for them to conquer their nerves at an early age. They all performed with aplomb even when kept waiting for systems to click into gear. Our thanks to Meg and Ruth for a thoroughly enjoyable evening. Our July event, over by the time you read this, will be a strawberry garden party on 25 June. Strange to think that back in the 70ties/80ties when charity catering with my Inner Wheel Club we all had to be prepared to make our favourite exotic puds for our strawberry lunches in case the season had ended early. Now we enjoy them all the year round but I think familiarity makes them not such a treat as they used to be. Hopefully it will not rain or blow too hard so that we shall be outdoors with strawberry teas, music in the quiet garden, and games and stalls everywhere. Then in July our flower festival takes place from Friday 15th to Sunday 18th 10.00 to 5.00 Friday and Saturday, and 2.00 to 4.00 on Sunday. Refreshments and lunches will be served on Friday and Saturday, and there will be an art exhibition on the Saturday. On Sunday both our services will be led by our previous Chairman of the District the Rev. Graham Thompson.

so come and join us, help us to celebrate and give thanks for fifty years of work and witness in this place.

The Churches together in Downham group are still in desperate need of a secretary, not too onerous a job as we meet bimonthly. Do contact Father Michael Vulliamy on 01366 382353 if you can help. The Downham food bank is quite well stocked with some items but there is always a shortage of toiletries, cleaning materials, dog food, tinned meat, fish and fruit, custard, coffee, sugar and long life milk. There is a collection box at the back of our Church, in Barclays Bank and Tesco's. There is also a constant need for helpers at the distribution centre. Do ring the coordinator, Alex Coates on 01366 384474 if you can help in any way.

This edition of Rejoice is as usual for July and August as we all have a summer break to recharge our batteries and perhaps come to new decisions about our future service. By then the results of the E.U. referendum will be known and we may have some changes to take into account. However, He will still be walking with us to guide and strengthen us for whatever we have to face. So, whether you are going away on holiday, or just resting from the usual routine, happy holiday.

Joan Macey

Try this quiz

1.) Before he was a disciple, Matthew was a:

Pharisee, beggar, fisherman, tax collector

2.) Peter, the disciple of Jesus, had a brother named:

John, Thomas, Nathaniel, Andrew.

3.) How did Judas, the betrayer, die?

He was killed by Peter, He hanged himself, He was crucified, He was exiled and died alone

4.) Who was chosen by the other eleven to replace Judas?

Bartholomew, Paul, Mathias, Barnabas

5.) Who healed the lame man lying at the gate of the temple Beautiful?

Paul, Peter, Stephen, Mathew

6.) Who raised Dorcas (Tabitha) from the dead?

Paul, Peter, Stephen, Mathew

7.) Which of these disciples of Jesus used to be a disciple of John the Baptist?

Nathanael, Judas, Nicodemus, Andrew.

8.) Who said, "Can there any good thing come out of Nazareth?"

Nathanael, Bartholomew, Philip, Zaccheus

If only you knew what God gives and who it is that is asking you for a drink, you would ask him and he would give you life-giving water.

John 4: 10

Jesus was on a journey from Judea, through Samaria on his way to Galilee. Arriving in Sychar tired and thirsty he stopped at Jacob's well. Jesus asked a Samaritan woman for a drink and this led to a deeper conversation when He explained to her that whoever drinks water will be thirsty again, but the water that Jesus gives will become in us a spring which will provide us with life-giving water and give us eternal life. The Samaritan woman responded by asking for that life giving water. It's a wonderful encounter which not only touched her life, but many in the village when she told them about the man she met at the well. In the last book of the Bible there is an invitation 'Come, whoever is thirsty; accept the water of life as a gift, whoever wants it' Rev. 22: 17. Water is essential to life, it's God's provision for us. Life giving water is essential to eternal life, we are invited to receive it, if we want it.

Thank you Lord for the gift of water, essential for life our health and wellbeing. We pray for WaterAid and all agencies working to provide water in deprived areas of the world. May we never take for granted your provision. We pray for people today to become aware of your special offer, the precious gift, the water of life which satisfies our thirst in a way nothing else can. On our journey of life give us encounters with people and opportunities when conversations can develop to a deeper level, and we can talk to others about You and make a difference in their lives.

As the deer pants for the water, so I long for you, O God. Psalm 42:1

Prayers have been requested for:-

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

⁴ “The God who made the world and everything in it is the Lord of heaven and earth and does not live in temples built by human hands. ²⁵ And he is not served by human hands, as if he needed anything. Rather, he himself gives everyone life and breath and everything else. ²⁶ From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands. ²⁷ God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us. ²⁸ ‘For in him we live and move and have our being.’^[b] As some of your own poets have said, ‘We are his offspring.’^l

Answers to the quiz on page 19

1 Tax collector

2 Andrew

3 Hanged

4 Mathias

5 Peter

6 Peter

7 Andrew

8 Nathaneal

PRAYER HANDBOOK 2016/17 – FREEDOMS TO SHARE

Prayer Handbooks for Local Preachers and Worship Leaders, ministers and supernumeraries will be provided free of charge. Please let me know by **21st July** at the latest if you would like me to order a copy for you.

Churches are also able to receive a copy free of charge, stewards please let me know if you require a copy.

Copies can be ordered as in previous years for anyone else wanting a copy either through your church contact or by contacting me.

The cost of handbooks is £3.50 each (for 10 copies or more). Large print copies are available at the same cost. Delivery will be mid-August approx.

LWPT DIARIES

Please let me know by 21st July if you require a diary, cost £5.50, may be lower if 10 or more copies ordered. Delivery should be early September.

Elizabeth Batstone

Email: pebatstone@gmail.com

Tel: 01485 541068

West Norfolk Methodist Circuit Diary

July 2016 onwards

Saturday 9th July Fellowship Breakfast at Pott Row at 8.30 am

Friday 15th/Sunday 17th July Flower Festival at Downham Market

Saturday 23rd July Step out for Action for Children

Saturday 23rd July An evening with D.A.D.s at Downham

Market

Saturday 30th July-Churches Together

Sunday 31st July Praise Service at Downham Market
6.30 pm

Saturday 13th August Fellowship Breakfast at Barbara and Terry Foster's at 8.30am

Friday 19th-21st August -Heacham Flower Festival.

Wednesday 31st August Welcome Service for Deacon Irene –Hilgay 7pm

Saturday 3rd and Sunday 4th September Stanhoe Flower Festival

Thursday 6th October MWiB Autumn Day at South Lowestoft