

# Rejoice!

October 2015



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

Dear Friends,

What were the Aims of Jesus? What did he intend to do? It is good to ask stretching questions such as this. A good starting place is Mark's opening remarks, "The Kingdom of God is at hand, repent and trust in the good news." Those who heard his message were expecting something. Isaiah, Jeremiah and Ezekiel had all spoken of God coming to rule in power (Isa 40:10) or beginning a new covenant (Jer 31: 31) or giving them a new heart (Ezek 36:26) , but that had not taken place. The promises were as yet unfulfilled. The people of God returning to their land found that they were part of the Persian Empire and then conquered by Alexander the Great and now the Romans. For the Kingdom to come, surely meant deliverance from puppet kings like Herod, and Roman governors like Pilate and freedom from the Roman Emperor. We know from Acts 5 that Theudas and Judas had tried to bring the kingdom in through violence. Joesphus records others who tried after the time of Jesus.

But the kingdom Jesus brings does not deliver in this way; instead it is far more revolutionary. One book on my shelves refers to it as the upside down kingdom. Imagine people listening to Jesus preaching the Sermon on the Mount and being astonished as they heard "Blessed are the poor, meek etc .... Surely not". Then they hear "Whoever wants to save their lives will lose it and whoever loses it will save it." When James and John ask for positions of power they are told that Jesus came to serve. Later he takes a towel and bowl and washes their feet. The list is endless. Imagine the scandal as they read that the traitor Zaccheus has a place in this kingdom and so too do deviants like the Samaritan people, all sorts of marginalised outcasts and sinners. No wonder they plotted to kill him.

If Jesus had got rid of Pilate or Herod another greedy oppressive ruler would have taken their place. Instead God in Jesus goes to the heart of the matter and roots out self-centredness and greed and the abuse of power. Those who planned a coup are largely forgotten but the revolution Jesus started goes on and on in changed lives and hearts.

Every time we pray the Lord's Prayer we say "Thy Kingdom come". Perhaps it is all a bit routine, but it ought to challenge us to be open to the Kingdom and its radical character that Jesus still brings in today. If we did I believe our church life would change and our world would change.

Sincerely

Maurice

# Praying together in the Circuit

All who serve me must respect my holiness;  
I will reveal my glory to my people. Lev. 10: 3

2 Chronicles 5: 13 - 14 describes a carefully planned occasion to praise and worship God. Suddenly everything came to a standstill, and they were completely overwhelmed by *the glory of God* which filled the whole place.

Hebrews 1:2-4 The Son is the radiance of *God's glory* and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven. Our glorified Lord.

2 Corinthians 4: 6 For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of *God's glory displayed in the face of Christ*.

Creator God, thank you for the beauty of this Autumn season.

Sunshine enhancing the Autumn colours,

hedgerows adorned with colour, golden leaves about to fall.

We give thanks for God's glory revealed in creation and pray for the need of our day - for revelation of God's glory in Redemption.

Come Holy Spirit, come, shine light into increasing darkness.

We pray for the time when all will fall on their knees and proclaim that Jesus Christ is Lord, to the glory of God the Father. Amen.

Prayers have been requested for:-

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

## **Downham Market Churches Together**

At the last meeting of Churches Together it was reported that the Christmas hamper fund was not sufficient to provide the thirty-five hampers costing approximately £30 each which we usually distribute. It was decided to ask each Church to fund raise to contribute £80 to make up the deficit, but it was hoped the larger Churches could contribute nearer £100 to help out the smaller Churches.

The report on the Social Centre included the fact that helpers are needed . The centre is open every morning for refreshments and a cooked lunch. We have paid cooks to do the actual cooking but need others to help serve the food and chat to the people who come in, many of whom live on their own and appreciate a time of fellowship. The cooked lunches are over by 1.30 but some stay to make use of the many games we have. We aim to provide good fresh food and companionable fellowship. So if you enjoy talking to people or are good at listening, pop into the social centre one morning and volunteer your time.

There will be a service for World Peace at Eternity Church (Downham Market Christian Fellowship) on 18<sup>th</sup> October at 6.30 p.m. All are welcome. Churches Together is hoping to have a slot in the Christmas lighting up ceremony and we shall be singing carols at one of the supermarkets to raise funds for the food bank again this year, so watch this space.

## **SANKEY AFTERNOON**

On 11<sup>th</sup> October the 3pm service at Highgate will take the form of a Sankey Songs of Praise. All are most welcome. If you would like to suggest a hymn please get in touch with Catherine (01553 676918, revcdixon@gmail.com).

## **Churches Together in King's Lynn**

Public meetings at London Road Methodist Church – all welcome

Wednesday 30<sup>th</sup> September 7.30pm (after the AGM at 7pm)

Bob Wilson: 'Prison Chaplaincy, the Church and me'

Wednesday 11<sup>th</sup> November 7pm

Paula Hall (Chief Executive of the Purfleet Trust): 'Purfleet Trust – helping to meet the needs of the homeless in our community'

# Around the churches



## Downham Market

Back from our holidays and hopefully freshly energised for the new church year, we are back in our routine of choir practices, preparing for Harvest and Christmas, Guides, Brownies and Boys' Brigade meetings, Messy Church, mid week service and of course our popular Saturday coffee mornings with the opportunity of shopping without dropping or overspending and lots of refreshments and fellowship. We began these mornings four years ago, now have an average of seventy people coming through the doors and have raised over £6,000 for church funds enabling us to finish double glazing all our premises and get various other improvements done. We have a good team of workers and lots of stock, but bric a brac is always welcome.

Janet and John also run a Fair Trade stall fortnightly in the function rooms after the morning service which is not very well patronised. We could do better. John also has the new Fair Trade catalogue to help you with your Christmas shopping. It's so much better to support charities than the commercial shops.

In October on 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> at 2.00 p.m. repeated at 7.00p.m. there is to be a series of meetings on Methodism, learning more about our roots and our identity. All are welcome.

Messy Church continues to thrive and the theme of September's session was 'Love God' featuring the story of the prodigal son. Children were invited, among other things, to put their hands in our version of pig's swill (coloured porridge) with the reward of a sweet or decorate a biscuit to look like a pig. We enjoyed singing 'Our God is a great big God' and the meal followed the celebration. Thanks to all who enable Messy Church to happen whether by help of various kinds, gifts or encouraging support and prayers.

We have had some very uplifting and challenging services over the past month, especially the morning when the fellowship service took the theme of the refugee problem. There have been three baptisms and two people received into membership. Quite an eventful month. I have one little whinge however, It would be good to sing the Lord' Prayer more often. I find the swell of the music and the slower pace of the words enable me to concentrate more

on what I'm saying. Sorting out some old papers prior to my house move, I came across an article about the Lord's Prayer written many years ago in a monthly URC magazine which is well worth including here

### LORD TEACH ME TO PRAY

I cannot pray 'Our if my faith has no room for others and their need

I cannot pray 'Father' if I do not demonstrate this relationship to God in my daily living.

I cannot pray 'who art in Heaven' if all my interest and pursuits are in earthly things.

I cannot pray 'hallowed be Thy name' if I am not striving, with God's help, to be holy.

I cannot pray 'Thy Kingdom come' if I am unwilling or to accept God's rule in my life.

I cannot pray 'Thy will be done' if I am unwilling or resentful of having it in my life.

I cannot pray 'On earth as it is in Heaven' unless I am truly ready to give myself to God's service here and now.

I cannot pray 'give us this day our daily bread' without expending honest effort for it, or if I would withhold from my neighbour the bread that I receive.

I cannot pray 'forgive us our trespasses as we forgive those who trespass against us' if I continue to harbour a grudge against anyone.

I cannot pray 'lead us not into temptation' if I deliberately choose to remain in a situation where I am likely to be tempted.

I cannot pray 'deliver us from evil' if I am not prepared to fight evil with my life and prayer.

I cannot pray 'Thine is the Kingdom' if I am unwilling to obey the King.

I cannot pray 'Thine is the power and the glory' if I am seeking power for myself and my own glory first.

I cannot pray 'for ever and ever' if I am too anxious about each day's affairs.

I cannot pray 'Amen' unless I honestly say "cost what it may, this is my prayer".

There is a lot to think about as we say the Lord's Prayer each week in a church service and I am sure the slower pace with music will help us in our thinking.

Whinge over. I pray we shall all have more uplifting challenging services in the coming months to strengthen our faith and our fellowship.

Joan Macey

Ladies' Friendship

We haven't had a meeting so there isn't any news.

Our next meetings are October 7<sup>th</sup> A talk on Bee Keeping by Mr Winks

October 21<sup>st</sup> is our annual Fish and Chip Supper at 7pm

Everyone welcome

Margaret Fox

## Terrington St Clement

### 10<sup>th</sup> Anniversary of Terrington St. Clement new Chapel Calendar

We are producing a glossy 2106 calendar of photographs of events at Terrington over the past year or so priced £5 - £5.20, which is professionally made. It will be on sale at our Harvest Coffee Morning and sale with lunches on Saturday 3<sup>rd</sup> October between 10 a.m. and 1 pm.

If you are interested please 'phone Helen on 01553828998.

Helen Maguire

We are having a Christmas Coffee Morning on Saturday 5<sup>th</sup> December 10am-1pm. Usual stalls and light lunches, including mince pies ! Everyone is welcome.

Most things have been on hold over August. We had our 1<sup>st</sup> Network [MWiB] meeting on Wednesday, with Harvest hymns and readings. Ruth Hannay read the parable of the sower. Jenny Howling read The Diary of a Church Mouse, Linda Howling read "Harvest and Autumn" and Frauke Adkins read "Just Food". Some people brought food for the Food Bank.

Two members had their forthcoming birthdays celebrated, especially Ivy Gagen who will be 90. Lots of cake was provided of course, thanks to Mary. Sad news from Terrington that Mr Edgar Hunter has died. Our thoughts and prayers are with Lorna and her family.

Linda Howling

## Dersingham

At Dersingham we have recently acquired a new organ/piano to replace our 25 year old organ which had started showing signs of wear and tear. Apparently a piece broke off at one point which meant that one of the stops was permanently on! Luckily it was a stop which was frequently used anyway but the question of whether other pieces might start popping off, making the job of our organists increasingly worrying, arose. It was decided after advice from other organists around the Circuit to take the plunge and on the first Sunday in September the new instrument was put through its paces at an ordinary morning service. It was agreed at a specially called meeting that the organ would be paid for with part of a legacy left us by Mrs. Doris Bristow (or Renee as she was more often known), who spent many years helping in our Sunday School. So with the flick of a switch our organists, Christine Baker and Heather Titcomb, can change from a traditional organ sound for

traditional hymns to a piano sound, more conducive to the more modern worship songs.

Our Coffee and Chat sessions start again at the end of this month, Thursday 29<sup>th</sup> October from 10 am to 12 noon. All are welcome to come and discuss some of the topical issues facing us to-day and to air their views over a cup of coffee. The mid-week Communion service will be held on Wednesday 23<sup>rd</sup> September at 10.30 am.

Rosemary Caink

## Stow Bridge

Recently on a long weekend holiday with many members of our direct family (21 of us!) I marvelled at the young people, grandchildren and great grandchildren. I was amazed at the energy they all displayed, playing outdoors, cricket, football, rounders - and how they catch the ball and your innings is over! At football they dribble round you and bang- it's a goal; running round the rounders posts and leaving us all standing! The youngsters run upstairs, are confident drivers, not many coughs or colds, no stiff joints and many of them having enough money to do this and that; travelling abroad for a stag or hen party. In most of them there is a genuine kindness and caring attitude. Yes, they have their grumbles, but don't go on about them.

The younger ones still at school have some great talents too, with dancing and singing, acting and very good school reports.

Youngsters these days from babies to teenagers are well fed and clothed and love to have their favourite logo on trainers and shoes. Even the poorest children in Africa, playing football on a dusty ground with a tin can...it's good to see their smiles and energy.

What a task it was to control the children in Sunday school, I mean keeping them quiet at times and suppressing their energy at times; feeding their appetites at Sunday school parties and of the endless energy playing games. Don't let us forget the good eyes, ears, teeth, hair and good mobile limbs that they have. So, I could go on and on like our God, forever young, forever new. Have you noticed groups of young people enjoying a drink or a party? They are smiling, laughing, joking about 101 things and enjoying life. We are all blessed by our young people and children

There seems to be a lot happening at St Peter's with the Anglicans but we are one together really.

BUT The Methodist Church Stow Bridge Harvest Festival will be on Sunday 4<sup>th</sup> October and led by Rev. Chris Bishop.

We will share an afternoon tea following the service. We will welcome you.

Peter Hewitt



## St Faith's

At the time of writing this article, St Faith's Church Council have still to meet on 22<sup>nd</sup> September when it is expected that the all-important vote on whether the parish wanted to go ahead with proposals to join Gaywood with The Woottons to create a combined Benefice with three churches (St Faith's, and two churches in The Woottons) will be taken. The proposals were put forward by the Archdeacon of Lynn, the Venerable John Ashe, and the Rector of The Church in The Woottons, the Rev Canon James Nash.

Church members have discussed and debated on the proposals since the plan was revealed to them on August 17<sup>th</sup> by Archdeacon Ashe.

If the proposals are taken forward and become a reality it would mean the most significant change in the large urban Gaywood parish to take place for centuries.

The Woottons PCC (Parochial Church Council) have already taken a vote with the result being in favour of the proposals. Obviously, for the proposals to go forward in their present form, both church communities would have to be in agreement.

On 6<sup>th</sup> October a new Autumn course starts at St Faith's aimed at giving a new insight into some of our well-known as well as lesser known Saints.

For All the Saints will be held in Church starting at 7.30pm until 9pm and there will be time for tea and chat.

The first session will focus on St Faith and Saints Perpetua and Felicity.

The second session, on 13<sup>th</sup> October, will look at the life of St Ignatius of Loyola. October 20<sup>th</sup> those attending will look at St John Chrysostom with the final session on 27<sup>th</sup> October looking at St Francis.

Do put these dates in your diaries and come along and be inspired. Everyone is welcome to all or some of the evenings.

Looking ahead, on 1<sup>st</sup> November, will be the annual Service of Resurrection Hope at St Faiths Church starting at 6.30pm.

At this special service, the names of all those people with connections to Gaywood past and present who have died during the past year and whose funerals have been held at St Faith's or the Mintlyn Crematorium will be remembered by name. Prayers will be said for the repose of their souls and for their immediate families and friends.

This is always a moving and uplifting service with the focus being on the fact that these people we no longer see physically are now at rest in God's care. The love for these individuals by their families and friends is eternal. People

who have lost someone close to them in past years are also very welcome to the service. Candles can be lit by those present in memory of their loved ones. Although you are probably reading this article at the beginning of October, thoughts of some church members have already been looking at preparations for the 2015 St Faith's Christmas Fair. These people are those who serve on the fund-raising committee under the chairmanship of Ann Ess.

This year the Fair will be held on 21<sup>st</sup> November in the Gaywood Church Rooms and, as always, there will be the usual colourful variety of stalls and games of chance to tempt visitors to part with their cash. All proceeds go towards the general running costs of the Church on Gayton Road.

Please make a note of the Christmas Fair date in your diary and do come along for some bargain Christmas shopping. The Fair opens at 2pm.

One of the positive things to emerge from the week-long Artist-in-Residency, staged under the direction of Church member Mary-Rose Upton in August, is the formation of a new Art Group at St Faith's Church.

The first session was being held on 16<sup>th</sup> September and then it is due to meet each fortnight on a Wednesday afternoon, beginning at 2pm. It is open to everyone, whether experienced at painting or a novice. Those attending are asked to bring along their own art materials. There will be a small nominal charge to contribute to the cost of the Church heating.

It is stressed that the group will be run on an informal basis with no rules or regulations to worry about.

Church member, John Woodford, has made a wooden bench from sections of oak in memory of his wife, Margaret, who died suddenly on 2<sup>nd</sup> February 2013 after returning to their Gaywood home from a holiday with John in Cyprus.

Margaret was a very creative lady, particularly in the specialist area of flower arranging.

It is fitting that John has been equally creative in making the bench.

It is currently on show at its temporary location, outside the Church Bungalow in the church driveway, and people have been invited to take a look at John's fine workmanship and make their views known about it. The bench is due to be discussed by members at the meeting of the Church Council on 22<sup>nd</sup> September.

## Stanhoe

The summer passed quietly as far as the church was concerned, although the grandparents among us saw plenty of activity, as children and grandchildren came and went.

Now it's back to usual, with Bible Study starting a new session on 7<sup>th</sup>

September, led by Rev. Steve Oliver, who encourages us all to participate, and then, no doubt, wishes that occasionally some of us would shut up! We are at present studying The Lord's Prayer, and have got as far as, 'Your will be done,' - just four words, which kept our hearts, minds and tongues busy for a good hour.

Our Harvest Festival Service will be held on 20<sup>th</sup> September, and will be conducted by our own Minister, Rev. Steve Oliver. Our gifted member, Sushila Russell, will be in charge of decorating the Church with flowers and produce, and we shall be selling the produce off after the service, and having a retiring collection, proceeds to go to Save the Children Refugee fund. Like everyone else, we are concerned about the refugee situation, and, together with Burnham Market congregation, we are exploring the possibility of collecting goods to be sent out to wherever there is need.

Elizabeth MacLeod

## Heacham

### Radical Hospitality.

It was an ecumenical meeting between the two Churches of Heacham, St. Marys C of E and the Methodist.

We were trying to think of something that could evangelise the village. When suddenly "the new bloke on the block" Rev. Steve Oliver spoke. "How about radical hospitality" a free tea for all in Heacham that will come with inspiring and joyful music for heart and soul. "RADICAL", it being free from two Christian Churches! It was decided to hold it at the Methodist Church as this is more central to the village, and held in mid summer. Come the day the 25<sup>th</sup> July the church was transformed to cafe style both inside and out. Two groups from Steve's previous Circuit at Thetford provided the music. A Gospel band called Revelation and a Saxophone trio called Two Yanks and a Brit featuring an Officer and his daughter from USAF Lakenheath.

The weather stayed fine, over 160 attended, and all including us helpers were uplifted and fed. Praise the Lord. When's the next one?

WELL DONE STEVE

Terry Martin

## Hunstanton

We started off the last three months by voting in two new stewards and we wish them both all the best. Then it was the Church Anniversary. We had the Boys' Brigade that weekend so we decorated the Church with balloons and we had a cake and party poppers. On the cake there were some magic candles and the boys had great fun trying to blow them out!

We then carried on the summer and had plenty of visitors. Our Church was full every weekend. During this time we welcomed the Girls' Brigade for a

weekend and the following weekend a group of young people from Bedford. It was lovely having so many children in our Church.

On Sunday 23<sup>rd</sup> August we had the puppets again, who gave us a demonstration of what they were going to take into the schools this Autumn. We also welcomed two new members, Dorothy and Phil. On the darker side we said goodbye to Richard and Joy, who will be greatly missed, especially Richard who did so much for our monthly lunches amongst all the other activities they both did. The Church members went to various events in Hunstanton, despite all the bad weather.

Now we start the new Methodist year and look forward to everything starting up again, our first one being Harvest, which we celebrate on the first weekend in October.

j. Broadway

### **M.W.I.B. - Forthcoming Events - Reminder**

A.G.M. at London Road on 5<sup>th</sup> October 2015 at 2.30pm.

Autumn District Day on 8<sup>th</sup> October 2015 at Diss where Heather Sorrell will be inducted as our new President.

Autumn Rally; at Clenchwarton on 21<sup>st</sup> October at 2.30pm .

Margaret Shelton

### **MULTI-FAITH BRITAIN – THE NEED FOR RELIGIOUS LITERACY**

There will be a talk by Michael Wakelin on this theme in Holt Methodist Church on Saturday 24<sup>th</sup> October. Michael is Executive Associate in Public Education in the University of Cambridge Faculty of Divinity and Director of Coexist Programmes for Coexist House. Michael's talk will begin at 7.30 p.m. and will be preceded by a fellowship meal at 6.30. Anyone wishing to join in the meal is asked to contact Judy Harrison on 01953 886659 by 17<sup>th</sup> October.

<p><b>DOWNHAM MARKET CRAFT FAYRES</b> <b>SATURDAYS OCTOBER 24<sup>TH</sup> AND NOVEMBER 7<sup>TH</sup></b> <b>9AM – 4PM</b> <b>REFRESHMENTS</b> <b>PROCEEDS TO CHURCH FUNDS</b></p>
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# WEBSITE FOR THE WEST NORFOLK METHODIST CIRCUIT

At the last Circuit Leadership Team Meeting it was agreed that we should have our own Circuit Website. This is now up and running at:-

<http://westnorfolkmethodist.org.uk>

Currently it simply gives some brief information about the Circuit, our Churches (with map location) and upcoming dates. It also has a link to the current edition of the plan (without contact details) and Rejoice magazine. Do pay it a visit.

We can develop the site in future in whatever ways might be helpful for the life of the Circuit. Please let one of the Circuit staff team or Circuit stewards have your ideas. We hope that before long the site and its church pages will show up in Google searches.

The staff team have information about how to edit the pages for their section and we can add other "editors" for particular pages if that would be useful. So if you want to add or amend information on your Church's page, or to publicise a special event then please speak to your minister. Links have been included to individual church's websites where we know a church has one, and it would be good if churches who have their own website could reciprocate with a link to the Circuit website.

Andrew Maguire

## **Downham Market Golden Anniversary**

2016 marks the 50<sup>th</sup> birthday of the present Methodist building in Downham Market.

Throughout the year there will be a number of special celebratory events.

Each month we are planning something different. Some events will be "in house", others will involve special guests. Some will be outreach events, others purely social. There will be worship celebrations and a great deal of fun.

Our aim is to give thanks for all that has gone before, all that is happening now and to look forward and create a vision for a way in which we can serve the people of Downham in Jesus' name into the future.

**Watch this space for details month by month!!**

Deacon Janet Stafford

### **Anyone who had a heart**

15,000 people lined the streets and threw roses on to the bonnet of the hearse. Cliff came along to sing. Not everyone has a celebrity packed funeral but this was Cilla. Inevitably they had "Anyone who had a heart,"

Who ever loved could look at me and know that I love you

Anyone who ever dreamed could look at me and know that I dream of you

But it is unrequited love. I looked up the lyrics and this is how it ended:

Anyone who had a heart would surely take me in his arms and always love me.

Why won't you ?

There was a hymn too, one which in my working days people who didn't know the hymn book very well often chose, perhaps as a reminder of childhood days:

All things bright and beautiful

All creatures great and small

All things wise and wonderful

The Lord God made them all.

This is unconditional, unlimited love from the one who makes his sun to rise on the evil and the good and sends rain on the just and on the unjust. As another hymn says it is "Love to the loveless shown." I had the privilege of preaching the gospel for 73 years. If there is one thing more than any other that I hope I got across it is this love of God for everyone. We are all his children and he loves each one as if there were only one to love. I think of someone who has had a crippling illness for years yet she

is so cheerful and is like that all the time. It is because she knows God loves her. It was like that with George Matheson; struck blind at the outset of a promising career as a minister, he could write "O love that wilt not let me go"

As I write the news is of thousands of migrants desperately fleeing the maelstrom of life in the Middle East and parts of Africa, at the mercy of unscrupulous traffickers, setting to sea in crowded unseaworthy boats. On land some have been confronted by riot police and tear gas. How different if only we look upon them, talk about them, act towards them remembering that each one is equally precious to and loved by God, like one lady who took a family into her home. "It seemed the natural thing to do" she said.

One Sunday Songs of Praise came from the migrant camp at Calais. Some of us were perhaps surprised to learn that they had built a makeshift church. An Ethiopian Christian has given up the idea of trying to get through the barriers and get to England. He has decided to stay there and run the church. He knows that their deepest need is to know the love of God which is for all.

It is up to us all to respond to that love. Advent will soon be here with an opportunity to do so when the minister says in the Communion Service (Methodist Worship Book page 117 or similar in Common Worship):

"Our Lord Jesus Christ said :`The first commandment is, "Hear, O Israel: the Lord our God, the Lord is one; you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength" The second is this:" You shall love your neighbour as yourself."

John Garfoot

### **Singing *our* Faith day**

2-7pm, Saturday 17<sup>th</sup> October, Castle Street Methodist Church, Cambridge, led by organist and choirmaster Robin Walker.

Sessions on 'Re-finding our roots', 'The seasons ahead' and 'Finding new favourites'. Closing worship at 6pm led by the Rev. Alison Walker with a rather familiar guest preacher - the Rev. Catherine Dixon! For more information or to book places contact Phil Dale, phildale48@aol.com or 01223 871522.

**Harvest Celebrations  
at  
HILGAY METHODIST CHURCH**

**Saturday 3<sup>rd</sup> October**

Messy Church 10am-11:30  
12 noon Buffet lunch



**Sunday 4<sup>th</sup> October**

Sunday Worship 10:00am

A Harvest of Gifts. Led by Deacon Janet.

*Come and join in the celebrations.*

Gifts of tins and packets of food suitable  
for the local food bank would be  
appreciated.

On Sunday 6<sup>th</sup> September Southery Methodist Church celebrated their Service of thanks for the Harvest. We felt very blessed that Stephen Harrington had agreed to lead our Morning Worship and this got us off to a good start. The Songs of Praise in the evening was led by Rev. Maurice Stafford and this was well attended. Then we had tea, cake and sandwiches and of course a friendly chat. Then on Monday we celebrated once again with an excellent Harvest Supper and auction of produce by our auctioneer Mr. Walter Cornwell.. Grateful thanks to all who came and helped on all occasions and made it such a memorable time. We thank God for His goodness to us all.

Gwen Dearsley.





Any items for the **NOVEMBER** edition should be with the editor by **OCTOBER 12<sup>th</sup>**, 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  
Tel. 01553 811867  
E mail rabbit1308@btinternet.com

## Action for Children

### COFFEE MORNING & STALLS

Downham Market Methodist Church

Saturday 31<sup>st</sup> October 10 – 12 noon

Christmas Cards & diaries will be on sale

Stalls include: Cakes and Groceries,  
Toiletries, Bric-a-brac & Books, Shrubs & Plants



## **Be the Coffee Bean!! /**

*There was a young woman who was devastated as she talked to her Grandma about all the trials she was going through. She felt so worn down and was ready to throw in the towel and just give up. Her Grandma didn't say a word, just listened as she took 3 pots out and put carrots in one, a egg in another one and coffee beans in the 3rd pot. She proceeded to boil water in each of the pots and she just sat there with her granddaughter as the pots boiled. She put the pots in front of her granddaughter and asked what she saw. "I see carrots, an egg and coffee." She invited the girl to feel the carrots and the egg. The carrots were very soft, the egg had a hard shell for it was hard boiled. The grandmother told the girl to take a sip of the coffee, she did and smiled as its rich aroma was in the air and its sweet taste delighted her taste buds. She smiled, but was confused and asked, "What does this all mean Grandmother?"*

Her Grandmother replied, "Think of this. Which are you?" Are you the carrot that seems strong at first but with pain and adversity you wilt? You become soft and lose your strength. Are you the egg that starts with a malleable heart, but changes with the heat? Did you have a fluid spirit that has now become stiff after trials and hardship? Does your shell look the same, but on the inside you

have become bitter and tough with a stiff spirit and hardened heart?

Or are you like the coffee bean that actually changes the water, the very circumstance that brought the pain. When the water gets hot it releases its fragrance and flavour. When things are at the worst, do you get stronger and release your sweet spirit? When the hour of adversity gets the worst and things get darker, do you rise above it and make yourself better through it all?

So now do you know the answer to the title of this post? Which are you? Or what do you want to strive to be?

## **CIRCUIT PRAYER AFTERNOON**

Saturday 7th November 2015

at Pott Row Methodist Church

Arrive between 2-3pm for the prayer labyrinth

Service at 3.30pm

Refreshments available.

A time for fellowship,

A time to share concerns for our Circuit and Churches,

A time to pray for our life together and our future,

A time to have visions and to dream dreams! (Acts 2:17)

More information from the Rev. Catherine Dixon

(This has been rescheduled from September, with apologies for the late cancellation of that event.)

The Rev. Catherine Dixon

# **West Norfolk Methodist Circuit Diary**

## **October 2015 onwards**

Sunday 4<sup>th</sup> October Harvest Celebration at Hilgay

Monday 5<sup>th</sup> October MWiB A.G.M. at London Road at 2.30pm.

Thursday 8<sup>th</sup> October MWiB Autumn District Day at Diss.

Saturday 10<sup>th</sup> October Pastoral Day for All at London Road 9.30 am  
for 10 am

Saturday 17<sup>th</sup> October Fellowship Breakfast at Marham at 8.30  
am

Wednesday 21<sup>st</sup> October MWiB Autumn Rally at Clenchwarton at 2.30  
pm

Saturday 14<sup>th</sup> November Fellowship Breakfast at Downham Market at  
8.30 am

Saturday 12<sup>th</sup> December Fellowship Breakfast at Southery at 8.30 am

### **Circuit Pastoral Day**

At London Road

On Saturday October 10<sup>th</sup>

9.30 for 10

**Jackie Smith**

**Speaking on**

**Mind and Mental Health Issues**

**Lunch is provided. Donations towards the cost  
will be welcomed.**

Please inform Phyllis Bowman

01553 671288 if you will be there.

**THIS MEETING IS OPEN TO EVERYONE!**