

# Rejoice!

April 2017



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

Dear Friends,

Recently it was my joy to visit John Garfoot, our centenarian supernumerary, as he was recovering from surgery. While I was there I took the opportunity to address a rather unsettling rumour I had heard. 'John', I began. 'Is it true that, post-surgery, you wrote your monthly piece for *Rejoice*?' His eyes twinkled. 'Well, I dictated it in intensive care' he replied. I was awestruck. Nothing was going to stand in the way of his timely submission to this magazine.

By way of contrast, all my life I have been a deadline chaser. As an undergraduate I would sit up through Sunday night writing an essay, and be urging the pages to come out of the printer faster as the 9am deadline loomed precariously close. It is just as well the editor of *Rejoice* is blessed with the gift of patience, as when it is my turn to write the pastoral letter it often arrives in her inbox precariously close to the moment the magazine is due to go to print.

The late, great Douglas Adams, author of *The Hitch-Hikers Guide to the Galaxy*, said on this subject 'I love deadlines. I love the whooshing noise they make as they go by'. A rather more ancient voice is that of the Delphic Oracle, a wise woman who exerted great influence in the ancient classical world. In the Temple where she was based there are two words carved in the stone: Know thyself. Wise words indeed. But I think we need to ask, is that enough? Douglas Adams knew himself well enough to have a relaxed attitude to deadlines (and, no doubt, a very understanding publisher). I know I chase deadlines like a greyhound after a rabbit, but this can cause a moment of panic for me and certainly for others if they are waiting for me to complete a task.

In this season of Lent we are called to a number of things: prayer, fasting, charitable giving, and self-examination. Self-examination involves reflecting clearly on our lives and recognising the truths about it. In other words, 'know thyself'. But we are not called to simply recognise these things. We are called to repentance. To recognise the things which cause pain to others and to ourselves, and - above all - to God, and *to do something about them*. Not to maintain the status quo, or to react to our shortcomings as things that cannot be changed. That is not to say it will ever be easy. If I start working on it

now, I might be better at getting things done before the deadline by the time I retire. And as for my more serious and spiritual failings, well, I could fill the pages of *Rejoice* twice over. This is not false modesty. We all have faults and failings, and while change takes time and effort and prayer, the first step is to recognise those things in us which are not of God, which make us unChrist-like.

May God guide you through the remaining days of Lent, and may the editor forgive me for the very late sending of this letter.

Every blessing,

Catherine

Unfortunately, although I had notification of the article from Rev.

Garfoot it never actually arrived!!

As for forgiveness, we haven't quite reached 70x7!!

## **And another letter.**

Dear Friends,

I am writing this shortly after returning from a fortnight's trip to Kenya. My wife, Helen, and I together with Molly Hunt, a friend from Terrington St Clement, experienced a trip that was both exciting and challenging. It was a delight:-

- to experience a fortnight of hot, sunny weather
- to live for a few days alongside Kenyan people who were so warm and welcoming
- to experience Christian worship in Methodist churches which were growing
- and of course to see amazing wild animals (elephants, giraffes, lions, hippos, zebras and lots more) in their natural setting in the Masai Mara reserve.

It was challenging to witness significant poverty at close quarters. Some of the children at schools we visited had no shoes, although they needed to walk to school each day. Some children came from families who could not afford a decent meal and needed to have a meal at school provided by a charity each day. In most of the classrooms there was nothing on the walls to stimulate the children and the textbooks used were years old. For many there was no clean water supply and for

some their homes looked flimsy to say the least, hardly up to keeping out the wind and rain.

People's situation had been compounded by several months of drought. One morning two women with babies arrived at the charitable centre where we were staying in search of food. They had walked over 30 miles.

In the large and hectic city of Nairobi there are some amazing gleaming modern skyscrapers, but there are also slums where people are living in rusty and ramshackle huts packed tight together.

The funds raised through special events at local churches were warmly received by charities working direct on the ground. Table cloths for a community centre donated by people in our Methodist Circuit were accepted with a big smile. Jumpers carefully knitted by people at Terrington St Clement and St Germans were accepted with a broad grin by staff and children at a school near to where we were staying.

Another interesting aspect of our trip was a visit one day to Kenya Methodist University at Meru where we met an English Methodist minister, the Rev. Dr Peter Ensor, who is the theological tutor there and has served in Africa for several years. It is a lovely campus. A pleasant surprise was to see in the University Library books which had previously been at Wesley College Library in Bristol. Wesley College (for ministerial training), which I used to visit regularly when I was a Superintendent Minister in Bristol, was closed a few years ago now. There has been considerable discussion about what should happen with the books from its extensive library. They are now in a new home in Kenya Methodist University and it is good to think that they will help in the training of Ministers for the growing Methodist Church in Kenya. Apparently, we were the first people from the UK to see these books in their new location.

So, a trip that was both exciting and challenging. We have concerns in our own country, but it certainly brought home to us how fortunate we are in so many ways. We were also deeply challenged afresh in a way very appropriate for Lent about how we "might live more simply so that others might simply live".

Andrew Maguire

PS – The two charities we helped were Peacemakers International (<https://www.peacemakers-international.com/>) and Karibuni Children (<http://www.karibuni.org.uk/>)

## **Radio Heacham**

**The Gospel Hour  
Every Sunday from  
9.00 - 10.00p.m.**

**DJ Rev. Steve Oliver**

Listen on  
[www.radioheacham.org](http://www.radioheacham.org)



## **Fired Up!**

**A Circuit Service to celebrate Aldersgate Sunday  
and Pentecost**

**Saturday 20<sup>th</sup> May 2.30pm at London Road**

**During the service we will be giving thanks for 50 years of  
service (each!) as Local Preachers by  
Elizabeth and Philip Batstone.**

### **Get involved!**

**Musicians are needed for the worship band - please contact  
Catherine Dixon if you would be willing to play.**

**Also - get in touch if you have exciting and creative ideas for  
the service.**

# praying together in the Circuit

Isaiah 45: 22

Look to me and you shall be saved, all the ends of the earth,  
for I am God and there is no other.

One snowy Sunday morning Charles Haddon Spurgeon, diverted by the weather conditions, found his way into a small Primitive Methodist Church. The minister could not make it through the snow, so a preacher from the congregation went to the pulpit and preached on Isaiah 45:22.

At one point he looked directly at Charles and said, "Young man, look to Jesus Christ, you have nothing to do but look and live". It was just what he needed to hear, his heart opened to the message of salvation. He looked in a new way - and saw - and began to live in a new way with great joy. A new journey started for him that day; he was fifteen years old. Within a year he preached his first sermon and became one of the most influential preachers of the second half of the nineteenth century, his ministry and legacy still bearing fruit today.

Amelia Hull a hymn writer was inspired to write one of her hymns on Numbers 21: 8-9 and John 3:14 "There is life for a look at the Crucified One, there is life at this moment for thee. Then look. sinner, look unto Him and be saved, unto Him who was nailed to the tree. Look, look, look and live! There is life for a look at the crucified one, there is life at this moment for thee."

Everyone who has come to faith believing in Jesus and his finished work on the cross will have their own story to tell, their own testimony. Let's pray that as we reflect on what Jesus did on Good Friday through his death on the cross and as we celebrate his resurrection on Easter Sunday it will be the time for people to 'look' and 'see' and live - a moment to look at the crucified one, a personal encounter with the one who offers us salvation, life, eternal life, life

in all it's fullness.... His special offer to the entire world - which requires a personal response.

Salvation is found in no-one else, for there is no other name under heaven given to men by which we must be saved. Acts 4: 12

One by one, the people will say 'I am the Lord's' Isaiah 44: 5  
Lord, your desire is that all should come to know your saving grace  
keep our hearts at one with yours, co-operating with you in your mission.

Enable minds to be enlightened, eyes to have clear vision of who you are and hearts to be ready to respond to You.

Through your Living Word spoken in the power of the Holy Spirit  
touch lives today in a life changing way.

Bless every seed sown in faith as we witness and serve you  
and look to you to bring life to each seed.

Holy Spirit convince people of our Lord Jesus Christ  
'The way, the truth and the life' 'The Resurrection and the life'.

As there is rejoicing in heaven over one sinner who repents  
our hearts overflow with joy as people experience your saving power.

As you make every believer a new creation  
continue to transform us and let Christlikeness grow in us.

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 + Norma, Brian Osborne, Sarah

our prayers also encompass others who have health concerns  
and those who stand alongside them,

for those facing surgery, having treatment, awaiting test results,  
those recently diagnosed and now seeking the way forward.

In our weakness strengthen and sustain us, hold us secure in your  
peace, may each one experience 'your very present help in times of  
trouble'

We

give



thanks for all who are recovering well and for the professional care and treatment received.

## Downham Market

### Ladies Friendship Group

Our bring and buy sale at the last meeting was very well attended, we had lots of fun, the red theme brought a lot of different items - surprising where they all come from, such a wide variety. Anne was our auctioneer and we made £60 for own funds.

April 5<sup>th</sup> Andy Malcolm from the Deep Sea Fishermen's Mission will be with us again. He talks about the wonderful work the mission does and is always very entertaining.

April 19<sup>th</sup> Quiz with Margaret and Ruby.

We welcome new members. Come along and see what we do - mostly a lot of talking.

Margaret Fox

Now Spring is really here, but we must still guard against the odd blip of frost and even a snow shower, the recent hail storm was quite fierce for a while. However we seem to have got through the Winter without very much severe weather (apart from the winds which cut off our electricity for some time – the penalty of having overhead cables). Indeed some house plants orange and lemon trees which I had forgotten and left in the Church garden survived and almost everything is now producing new green shoots.

By the time this April edition is circulated our Lent course will be almost over. Do hope you have managed to attend a few sessions, each one of a different character in the Easter story so that it was not important to attend every session without losing the continuity or getting the benefit of the shared discussions. Also there are no discs to listen to which is quite a relief for



those of us who are a little hard of hearing, and for the person in charge wondering if the technology would work.

The next meeting of Churches Together in Downham, after the deadline for this contribution to Rejoice, will be firming up the details of the Walk of Witness on Good Friday morning. Let's hope the weather is kind; we have had some glorious days in the past but also a few windy wet ones. The Walk will finish at our Church as usual for hot cross buns before the 11.00 a.m. service. Then on Saturday, apart from the usual coffee morning, all organisations will gather to decorate our 13 windows to celebrate Easter Day.

The youngsters of Messy Church will be decorating a windowsill. This month the theme of their session was 23<sup>rd</sup> Psalm and they made a banner, hanging in the function room, depicting the countryside with sheep as well as making marshmallow sheep, using maize to map out the right path and shepherds' crooks from clay while learning how the shepherds cared for their flocks by guarding them and finding them fresh pastures. After this a meal of sausage and mash followed by mousse was provided for 50 of which 30 were children. Our thanks go to Hazel and John and their team of helpers for this outreach on our behalf. Extra helpers are always needed and welcomed so come and enjoy the fun at 4.30 on the second Friday of each month.

At the beginning of Fair Trade Fortnight, John Miles took this as his theme for the morning service he led, with a short skit, borrowed from the URC which starred two people having coffee in a cafe. One person complained bitterly that buying Fair Trade coffee put the price of his cup up by one and a half pence while other voices told of the plight of badly paid workers in the third world and how a fair price for their produce helped them to lead longer and healthier lives. Only today on the food programme I heard an item of the tea pickers of Assam who earn £1 a day and live in the tea company's broken down, unsanitary houses, resulting in the hospitals losing people to disease and malnutrition, which could so easily be remedied. These estates supply tea to most of the major brands and we were asked to urge the major brands to put their weight behind improvements for these poor folk, our brothers and sisters. Protest groups have managed to get some wages increased to £1.50 a day and some repairs done and sanitation installed, but the task is still on going. The answer of course is to buy Fair Trade tea.

My daughter has a tall hedge stretching the length of the back garden, home to lots of wildlife. One half looks neatly trimmed but further down a two foot growth sticks out. I enquired of my son-law whether the trimmer had broken down, or whether he had run out of time while trimming the hedge and he assured me he had finished the job and it was all neat and tidy. The first section of the hedge appears to be some sort of slow growing laurel, while the unruly long section is privet. This made me think of how different people are and so indeed some Churches. Some Churches seem static like the laurel,

faithfully worshipping but not much happening, while others, like the privet, are more alive and growing. I pray that, with our outreach of the Social Centre (serving lunches and providing fellowship for those who live alone, every day of the week); our Messy Church (attracting and teaching youngsters) and our Saturday coffee mornings (providing refreshment and fellowship for all ages) that we are like the privet hedge and will keep growing. We are certainly like the Windmill Theatre during the last war, being open every day, we never close, albeit the programme is slightly different.

A happy and peaceful Easter to you all from all of us at Downham.

Joan Macey

## Wimbotsham

The lovely daffodils alongside the roadway leading to our little Chapel truly heralded the long-awaited Spring. Now with more buds and blossoms breaking into flower all around us, we are reminded that Spring is the season of the miracle of resurrection.

This past month has, as ever, brought an interesting and inspiring mix to our Sunday services.

One Sunday in addition to an organ Medley by Meg Cooper playing Mozart's "In the Minster" we were also treated to her musically gifted grandsons Thomas, aged 10, playing Mozart's "Romanze" and Joseph, aged 7, playing "My Black Cat". Pure delight!

Margaret Mould and Marian Sparrow entertained us, complete with woolly ears, to the sketch "Baaing Uncertainties", two sheep catching up on news of the wondrous birth of the Royal babe born in a manger.

Some members of our congregation have been enjoying the weekly discussions at the Lent meetings at Downham Methodist led by Rev Maurice and Deacon Janet Stafford. Another welcome opportunity to join others from the local churches was at the Women's World Day of Prayer held at the Eternity Church on 3<sup>rd</sup> March.

The Rev. Alan Bennett led our monthly Holy Communion service and spoke on Temptations, based on Matthew Chapter 4 telling how Jesus was goaded by Satan during His forty days in the Judean desert.

Heather Brown will be leading our Mothering Sunday service on 26<sup>th</sup> March and has asked us all to take along to her in advance an item which had belonged at one time to our mothers. We eagerly wait to find out how she will be incorporating these items into the service – read all about it in the next issue of Rejoice.

Soon it will be Eastertide, when we will be reflecting upon what Calvary and Christ's glorious Resurrection means to each of us.

Mary Davies

## London Road

The School Hall at London Road usually reverberates to the noise of Beavers, Cubs and Scouts as they engage in their activities with gusto.

On Saturday 18<sup>th</sup> February the hall full of Rainbows, Brownies and Guides was much quieter as Kings Lynn South Section carried out their activities for Thinking Day.

This year they were asked to think about, Africa, India, Mexico, Switzerland and London.

The India group finished with a session on Indian Dancing – Rev. Catherine arrived during this activity but declined to participate because of respiratory concerns, the Swiss chocolate fountain was also being cleared away at this stage. “And it wasn’t Lent yet Catherine!!!”

The Rainbows, Brownies and Guides then held their Thinking Day service in the church which was led by the Rev. Catherine. Using Catherine’s “blow up” world globe the various groups explained what they were considering during the sessions.

A candle was lit for the Thinking Day areas of the world studied.

As well as singing Guiding songs all three sections and Leaders renewed their promises.

At the end of the service Catherine was presented with her “Thinking Day 2017” Guide badge – unfortunately I don’t think it is the done thing to affix it to her Scout Necker.

**“A cold coming we had of it!!!!!!”**

This was certainly true for all those hardy souls who attended the Pastoral Visitors day at London Road. During storm Doris the boiler fan gave up the ghost, if we had laid the tables on Friday afternoon instead of Thursday we may have noticed it!!!!!!

Undeterred the participants huddled together in the warmest section “the foyer “ for the session-but the soup and rolls were endured in the cold church. By using all available electric heaters the church was just ok for Sunday service- thank goodness it was a warm sunny morning.

Repairs were carried out JIT (just in time) for the Ash Wednesday Communion Service.

After the Gospel reading of the Temptations Catherine invited everyone to take away a “LENT BAG” after the service.

Inside the Lent Bag were a sachet of sand –a stone – a stick human form and a night light. Catherine explained their significance and asked the congregation to think on these items during Lent.

And now for your homework – What do you think is the significance of these item for LENT

David Gifford

## North Lynn

The season of Lent has finally arrived! Later than usual and we began to think perhaps it wasn't happening this year! But it has and we have been uplifted by the way it began.

For at the first meeting of our discussion group twenty-one people gathered in North Lynn for the opening session led by Rev. Laura Baker when she introduced the topic for Lent 'The Beatitudes'. Lively discussion ensued and much prayerful thought.

We were delighted that members of North Lynn were joined by those from The Minster and St. John's, almost in equal number, and we pray the trend will continue for the rest of Lent.

The discussions in the afternoon came after our usual 'Coffee on the Couch' and so as to enjoy fellowship together lunch was served between the two gatherings – thanks to stalwart efforts of the cooks!

The same Thursday also marked the beginning of another venture – offering English Classes to help those from other countries master the complexities of our language. We had several 'takers' and we hope this will expand over the coming weeks.

Our regular activities also continued apace, notwithstanding the customary breaks for holidays and weather.

Sunday worship too has been well attended including the 'outing' to Terrington in support of Stephen.

Several of our ladies were able to support 'Women's World Day of Prayer' in The Catholic Church of the Holy Family', including those with speaking parts. As the service had been devised by the people of the Philippines, several ladies from that country came dressed in beautiful traditional costume. Then as a real treat, we were invited to stay for a light lunch comprising authentic foods from the Philippines. Many thanks to them for their enterprise.

Thinking of people from other countries leads us to our lent collection focus.

We agreed that we would support again the work of the 'Leprosy Mission'.

This year they are raising money to refurbish and extend the main Leprosy Hospital in India in Purulia, West Bengal. This city lies some 100 miles north west of Kolkata (Calcutta as we knew it). The Leprosy Mission has been working in Purulia since 1888 and the hospital now treats around 45,000

people every year from the surrounding districts of West Bengal, of which approximately 16% are people affected by leprosy. Purulia Hospital provides a wide range of services including leprosy treatment and surgery to correct disabilities, ophthalmology, dermatology, gynaecology, orthopaedics and general surgical procedures. The buildings dating from 1888 are getting tired and need updating. A new development is the construction of an Outpatients Department and a Nurse Training School, both of which will bring additional income to the hospital, making it more sustainable and allowing it to increase leprosy awareness, through reaching more patients and training more health workers.

We each have a collection envelope we hope to add to each week and our monies will be collected and dedicated on Easter Day and sent to the Mission. Anyone in the Circuit wanting to help us is very welcome and monies can be forwarded on to us.

An update on our efforts will appear in the next 'Rejoice'. For now we pray our efforts in this project and all our other activities will be rewarded.

Neville Posnett

## **Terrington St Clement**

At Network Ann Cross tested our Bible knowledge with a quiz, all answers beginning with "J". We didn't realise there were so many!

The theme of Marjorie Bocking's talk was "the River Nar", tracing its history along the way.

Mary Cumbers spoke about The Passion play at Oberammergau, with beautifully illustrated books and photos.

Three of us attended the Carers day on Mental Health led by Rev. Steve Oliver. I'm sure all of us have been affected by this issue at some time in our lives.

"Bacon Butty" morning was a great success raising £429 which was taken to Africa by Rev. Andrew Helen and Molly on their trip.

You are welcome to join us on Wednesday April 5<sup>th</sup> at the chapel at 2.30pm to see more about their African adventure.

Saturday April 8<sup>th</sup> from 10am -12midday is our Easter Coffee Morning, with stalls and raffle plus Hot Cross Buns. All are welcome.

The Women's World Day of Prayer service was well attended.

Linda Howling

## **Hilgay**

On February 28<sup>th</sup> a very successful Pancake Party was held at 3pm in place of the usual Tuesday morning Drop In. This was attended by Parents and children after school and also members of the Guild came along. It was a good all-age get together.

On March 22<sup>nd</sup> we will be hosting 'A celebration of Mothers', after school.

Tuesday April 11<sup>th</sup> an Easter Coffee morning with decorated egg competition and activities table. 10:30am - 12:00 noon.

And on Good Friday our final Guild of this 2016/17 session will be a devotional Guild at 2:30pm to which all are welcome! This will take the place of our usual Hilgay / Southery Good Friday evening service.

Pauline Driver.

## St Faith's

As we approach the great celebration of Easter and Christ's Crucifixion and glorious Resurrection on Easter Day, a whole series of special services will be held at St Faith's Church.

On April 2<sup>nd</sup> it is Passion Sunday celebrated at an 9.45am service and an evening service at 6.30pm

Palm Sunday, 9<sup>th</sup> April, will be marked by a Family Service starting at 9.45am. The service will include the traditional distribution of Palm crosses to each member of the congregation. There will be a service of Anglican Communion at 6.30pm.

During Holy Week there will be a Joint Taize service on Monday, April 10<sup>th</sup> at London Road Methodist Church starting at 7.30pm

On Wednesday 12<sup>th</sup> April, there is to be a Stations of the Cross service in St Faith's Church starting at 10am. This will be followed by a communion service starting at 10.45am.

On Maundy Thursday, 13<sup>th</sup> April, there will be a communion service at 7.30pm followed by the Stripping of the altar and a prayer vigil until 10pm. People are welcome to stay for as long as they wish up to 10pm.

On Good Friday members of St Faith's Church will gather at church at 10am for prayers and hymns before heading off to walk to town, led by a church member carrying St Faith's large wooden cross to join the traditional Walk of Witness through the streets of King's Lynn town centre.

In recent years more and more people have joined in this very public Act of Witness. At various locations, or stations around the town centre, the procession stops for Bible readings and hymns. The procession returns to the Minster (St Margaret's Church) for a final prayer and blessing. People are then invited to share in home-made hot cross buns and tea and coffee.

Back at St Faith's, starting at 2pm, will be the Last Hour at the Cross service which in recent years has seen greater number of people attend.

The great celebration of Christ's Resurrection is held on Easter Day.

The day of celebrations and praise starts early for some with the dawn service which, weather allowing, will be held outside. The service, starting at 6am, will be followed by an Easter morning breakfast in the nearby Church Rooms. The menu includes porridge and eggs. All are welcome to attend the service and the breakfast.

The main morning service is an Anglican communion starting at 9.45am. After their lunch at home, families are invited to attend a Messy Easter event starting at 3pm.

This is a new venture this year being introduced by the Rector, the Rev Julie Boyd. There will be an Easter egg hunt, craft activities and short act of worship. Everyone is welcome to attend. The final service will be a simple Easter Praise service starting at 6.30pm.

For more details about any of these special services please contact St Faith's church office any weekday morning between 9am and 12 noon or by telephone on 01553 774916.

I wonder if I may crave readers' indulgence for a short time to tell you of my recent spate of ill-health which confined me in hospital for eight days. In common with many other people in January and February, I was laid low by a nasty flu bug coupled with a equally nasty chest infection which completely sapped me of my strength and energy. I was admitted to the Queen Elizabeth Hospital and transferred to Elm ward where the doctors and nurses worked their "magic" and gradually restored me to good health.

As we all know, people regularly complain about the NHS, saying how under funded it. .

Well, I can only speak from my own recent experience as an in-patient and the treatment and care I was given was excellent. I feel the medical staff deserve every penny they earn and they certainly couldn't have done more for me.

I was so impressed by the quality of treatment and care I received that on my return home I wrote to Elm ward telling them what excellent treatment and care I had been given. A couple of weeks later I received a letter from the hospital's chief executive thanking me for my letter and saying that my comments about the medical staff on Elm ward would be shown to them.

My sincere thanks also go to St Faith's clergy and church members who kept me in their prayers and thoughts during my time of illness.

My sincere thanks also go to church member and friend John Woodford who kindly allowed me to stay at his home for a few days after I was discharged from hospital. John kept a "watchful concerned eye" on me and made sure that I ate some of the wonderful home cooking he provided. Thank you so much John, a true act of Christian kindness.

As several church members commented to me, at least my stay in hospital meant that I had no choice but to rest my on-going poorly right foot. Every cloud has a silver lining ...as they say!!!

The end of April sees a special event at St Faith's Church.

On April 30<sup>th</sup> there is to be a special Songs of Praise service marking the 70<sup>th</sup>...yes, it's true..... 70<sup>th</sup> anniversary of Olwyn Barber being a member of the choir. In my book, serving and singing for seven decades in the SAME choir is worthy of a celebration and that is exactly what St Faith's Rector, the Rev. Julie Boyd has arranged for Olwyn.

It is amazing to think that Olwyn joined the choir as a 12-year-old schoolgirl and remarkably 70 years later she is still a mainstay of the choir although its numbers are sadly considerably fewer than they once were.

Olwyn, of course, is a familiar face to countless congregations at St Faith's Church and people often comment that they remember seeing her in the choir stalls 50 years ago!!!

For her part Olwyn says she has always loved singing and being part of the choir at St Faith's. She recalls that at one time she would attend church three times on a Sunday.

"I was never made to attend church by my mother, I wanted to go and I always enjoyed being in the choir. It has been the love of my life," she said.

Olwyn confessed that some people jokingly tell her that after seven decades in the choir St Faith's would need to get an official Faculty (the document required if any major change was being planned in the church) if they wanted to remove her.

Some people have also said that they wonder if Olwyn now qualifies as the longest serving choirgirl in the same church choir in the country. There certainly can't be many people who have sung in the SAME choir for 70 years. Perhaps we ought to contact the Guinness Book of Records about that.

During the special Songs of Praise Service of the World on April 30<sup>th</sup>, starting at 9.45, the hymns will be some of Olwyn's personal favourites and there will be a number of presentations. The special service will be followed by refreshments with a special cake when Olwyn will make the first cut.

Richard Parr

## **Pott Row**

On Friday 3rd March the Interdenominational Day of Prayer was celebrated throughout the world, with countless churches and groups following the service devised by Christian women of the Philippines. A joint service was held in Pott Row Methodist Church, led and attended by both Methodists and Anglicans. The theme chosen by the Pilipino Christian women was "Am I Being Unfair to You?" helping us to think about how our own lives can unwittingly contribute to the hardship of others anywhere in the world.

Following the service we enjoyed tea and cakes as we chatted with old friends and new ones.



Our annual Songs of Praise was led by the Rev. Catherine, who was able to skilfully use the fourteen hymns chosen by our members to illustrate just how loving and gracious are the many blessings we receive from God.

(To save our voices, we didn't actually sing every verse from every hymn!) and two hymns were very effectively used as prayers.

As always we finished our time together with fellowship, coffee and biscuits.

Shirley and Bill Hone



Any items for the **MAY** edition should be with the editor by **APRIL 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!**

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## **Oberammergau 2020**

I have been given permission by Rev. Andrew Maguire to try and organise a CIRCUIT TRIP to the next Passion Play in Oberammergau in 2020.

It will be from 13<sup>th</sup> to 20<sup>th</sup> May 2020. 8 days, 7 nights.

It is impossible to get tickets for the play without it being part of a holiday. A minimum of 40 people is needed to make the trip viable, but the more the merrier.

The holiday part will be spent in a hotel beside Lake Garda, single and double rooms available. There will be a coach and boat trip around the Lake, a day trip to Venice and a day in Verona. There will be a free day from the hotel OR an extra cost day trip to the Dolomites. On our way to Oberammergau we will visit Innsbruck.

We are in Oberammergau for 2 nights; there are NO single rooms only twin rooms, so be sure you have some one to share your room with.

The cost should be about £ 1,500 per person.

Single room supplement at Lake Garda will be £100 p.p.

Travel insurance is not included, you MUST have repatriation insurance. The company will do it for £44.00.

If you are interested will you please let me know so that the next step can be taken. Phone number 01366 727929

or by email mary\_cumbers@hotmail.co.uk

I need to have expressions of interest by the end of April 2017 in order to get official booking forms and further information printed.

If when the time comes the numbers are short the trip will be open to others.

There is no commitment at this point in time; I just need to know if you are interested.

Mary Cumbers

A mother was concerned about her Key stage 1 son walking to school. He didn't want his mother to walk with him. She wanted to give him the feeling that he had some independence but yet know that he was safe.

So she had an idea of how to handle it. She asked a neighbour if she would please follow him to school in the mornings, staying at a distance, so he probably wouldn't notice her.

She said that since she was up early with her toddler anyway, it would be a good way for them to get some exercise as well, so she agreed.

The next school day, the neighbour and her little girl set out following behind Timmy as he walked to school with another neighbour girl he knew. She did this for the whole week.

As the two children walked and chatted, kicking stones and twigs, Timmy's little friend noticed the same lady was following them as she seemed to do every day all week.

Finally she said to Timmy, "Have you noticed that lady following us to school all week? Do you know her?"

Timmy nonchalantly replied, "Yeah, I know who she is."

The little girl said, "Well, who is she?"

"That's just Shirley Goodnest", Timmy replied, "And her daughter Marcy."

"Shirley Goodnest? Who is she and why is she following us?"

"Well", Timmy explained, "every night my Mum makes me say the 23<sup>rd</sup> Psalm with my prayers, 'cuz she worries about me so much. And in the Psalm, it says, Shirley Goodnest and Marcy shall follow me all the days of my life', so I guess I'll just have to get used to it!"

A friend of ours had a young son who liked to sing Lord of the Dance.

**“Dance then wherever you may be. I am the Lord of the damp settee.”**

## FROM DEEP WITHIN

From deep within the garden knelt a man of thirty years.  
Jesus.

Fears and tears were upon him,  
deserted by his friends.

he had asked them to stay, three times  
but too sleepy eyed from the business of the day.  
There he was, left bereft.

The awfulness!

He prayed and asked his Father from deep within  
to remove the Cup of Suffering  
but not my will only yours.

At last he knew what was to befall him,  
and said to the three  
'Come my hour is here'.

Then a commotion.

Satan advanced, with soldiers and others,  
a kiss bestowed upon that hallowed head.

Betrayal.

But no condemnation from Jesus.

Judas took a breath as he saw  
Jesus taken

to face the agony of the Cross.

Whipped, beaten, intolerable pain.

The nails, the Cross

The sword, the crown

Sour wine on his lips brushed.

From deep within Jesus cried

'It is finished – done'.

Deep within the tomb he laid.

Three days passed,

Resurrection!

The story goes on-

From deep within

we know in each heart

we are forgiven our Sin.

Phyllis Bowman South Wootton

### **Any artists?**

I have two tubs full of floor and wall tiles in blues, greens and grey, mostly broken which someone might be able to use for a mosaic project. Contact me on 01553 812063 if you want to view. Joan Macey

## **Come and Praise**

### **Worship Band**

### **Worship Songs Old and New**

**Enjoy Fellowship, Testimonies.**

**All welcome at Downham Market 6.30pm**

**Next one: April 30<sup>th</sup>**

### **Ecumenical Taize-style service**

**London Road Methodist Church**

**Monday 10<sup>th</sup> April 7.30pm**

**All welcome.**

**If you don't know about Taize –  
come along and find out!**

# • **Property Stewards' Firefighting Training Course.**

**Venue** – South Wootton Methodist Church, Kings Lynn

Thursday 11<sup>th</sup> May

**SESSION No.1 = 9.30am –  
10.30am**

Property Stewards from  
Churches listed below:

Hunstanton	Dersingham
Snettisham	South Wootton
North Lynn	Highgate
Heacham	Burnham
Stanhoe	Market
	Pott Row
Gaywood St	
Faiths	London Road

**SESSION No.2 = 11.30am –  
12.30am**

Property Stewards from Church's  
listed below:

Clenchwarton	St Germans
Marham	Wimbotsham
Stowbridge	Hilgay
Downham	Southery
Market	
	Terrington St
Methwold	Clements
Feltwell	

If a property steward is unable to attend the course it is important that a representative from the same Church attends.

Should you have any queries concerning the above please do not hesitate to contact me.

David Scotney – Circuit Property Secretary - Tel 01485 535001 or email [david.scotney79@btinternet.com](mailto:david.scotney79@btinternet.com)

## **Lent Group at South Wootton**

led by the Rev. Catherine Dixon

**'Being a part of the Passion'**

Tuesdays at 10.30

4<sup>th</sup>, 11<sup>th</sup> April

All welcome to the last two sessions

## London Road –Churches Together Refugees – What’s the plan?

We ourselves need to see, and then to enable others to see, that migrants and refugees are brothers and sisters to be welcomed and respected and loved.

Pope Francis

There was a very good attendance at London Road for the Churches together meeting when the speaker was Maurice Wren, CEO of the Refugee Council. Churches Together is to be congratulated at getting such a high profile speaker to come to Kings Lynn.

The meeting started with the Moderator Catherine’s Deputy Rev. Rebecca explaining the relevance of the Lampedusa Cross which, while situated in the Minster for Lent was brought to London Road for the evening .

Sicilian carpenter Francesco Tuccio made rough crosses from the wreckage of a boat carrying refugees that sank off the island of Lampedusa. The crosses were offered to survivors as a symbol of their rescue and a sign of hope.

Maurice Wren spoke of the whole breadth of his work from dealing with Ministers and Civil Servants at the home office to coordinating offers of help for refugees from Churches, local councils throughout the UK.

He discussed 4 areas which they were concentrating on – the most serious in my opinion was the turfing out of asylum seekers from temporary residences after 28 days – expecting them to fend for themselves!!!!

There was such an interest in his talk that the question session was quite considerable and there was a risk he would not get his train back to London!!!!

And the answer to the question – The Home Office doesn’t have a plan!!!!

David Gifford

## KENYAN TRIP February 2017

Andrew, Molly and I really enjoyed amazing experiences in Kenya, along with very warm welcomes and the most beautiful hot sunny weather.

It was a joy and very heart warming to be able to give all the jumpers and school books and pencils to the Head teacher at Kivuria. Money was spent on getting the television to work in the small home for disabled children. We also gave school things to James and Francesca for the children at the township school in Meru at the Karibuni children project.

Of course there were some challenging and heart rending times too but we were very blessed and the memories will live in our minds for ever.

If you would like to hear an illustrated talk about our trip do come to Terrington St. Clement Methodist Church, in Wesley Road, at 2.30 p.m on Wednesday 5<sup>th</sup> April. It is an open meeting for everyone. There will be a raffle and tea and cake.

All are very welcome.

Helen Maguire

## **Gideon Bibles in Hotels**

It was once considered normal to find a Gideon Bible at the bedside in a hotel, guest house or a B&B. However, times have changed and many establishment owners and managers are questioning if it is appropriate to have Bibles in their rooms. This means that increasingly Gideons are being asked by owners and managers to remove Bibles from their hotels, guest houses and B&B's. Some establishments are choosing to have just a few copies at the reception desk for the use of guests who ask for one and others are declining the offer to have any Bibles at all.

Whilst we respect the concerns of those involved in the hospitality industry we are aware that it is very rarely those of other cultures and faiths who are questioning the benefit of the Bibles in hotel rooms. Most often it is those who mistakenly believe that a Bible is something that is no longer relevant in our society and could cause offence. However, in a society where customer satisfaction is paramount there are things you can do to ensure Bibles remain in rooms for those who need them most:

- Ask for a Bible when you book or check into a hotel.
- Compliment the owner or manager in person or through their customer satisfaction survey sheet when a Bible is in your room at your hotel.
- Place a comment on a recent stay on review sites such as "TripAdvisor" sharing your satisfaction that a Bible was available for you.
- Let the Gideons know if a Bible is missing or needs replacing in the room where you stayed. The Gideons International in the British Isles can be contacted at [hq@gideons.org.uk](mailto:hq@gideons.org.uk) or on 01455 554241

Please help to keep a Bible in every room. It could change someone's life!



## **West Norfolk Methodist Circuit Diary**

### **April 2017 onwards**

Saturday April 8<sup>th</sup> Fellowship Breakfast at Southery 8.30 am

Monday 10<sup>th</sup> April Ecumenical Taize Service at London Road 7.30 pm

Wednesday 26<sup>th</sup> April MWiB Spring District Day at Downham Market Methodist Church

Sunday April 30<sup>th</sup> Come and Praise at Downham 6.30 pm

Saturday May 6<sup>th</sup> (early to avoid clash with Shell Club) Fellowship Breakfast at Hilgay at 8.30 am

Wednesday May 10<sup>th</sup> Easter Offering service at London Road Methodist Church at 2.30 pm.

Thursday May 11<sup>th</sup> Stewards' Fire Fighting Course

Saturday 20<sup>th</sup> May – 2.30pm at London Road – Fired Up! A Circuit Service to celebrate Aldersgate Sunday and Pentecost

Thursday 25<sup>th</sup>/Sunday 28<sup>th</sup> May Dersingham Flower Festival

Saturday June 10<sup>th</sup> Fellowship Breakfast at Terrington at 8.30 am

Saturday July 8<sup>th</sup> Fellowship Breakfast at Wimbotsham at 8.30 am

Saturday August 12<sup>th</sup> Fellowship Breakfast at Pott Row at 8.30 am

Saturday September 9<sup>th</sup> Fellowship Breakfast at St Germans at 8.30 am

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

Saturday October 11<sup>th</sup> MWiB Autumn District Day at Ely Methodist Church

Saturday November 11<sup>th</sup> Fellowship Breakfast at Marham at 8.30 am

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