

Rejoice!

August 2017



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

Dear friends,

August really is a strange month for Methodists! In the local church meetings dwindle and only Sunday worship remains. It would be unusual if a circuit gathering of any kind were called during August. So much less happens than in other months. Perhaps a church has a "Holiday Club" although churches do not always have the personnel to do so. Perhaps a summer wedding request. But this is the exception and against the flow. Then in September it all cranks up again and our diaries fill up with meetings and events.

Why does this happen? It may be that it reflects a time when everyone was off in August whereas today people take breaks and holidays throughout the year. Most people like August as it is chance for a breather, a rest before hectic September.

So, August is a time to do nothing, just fall asleep – NO, NO, NO! Instead here are some suggestions –

August can be a time to de-stress. There are fewer church commitments but we need to use the time wisely not just slumber. It can be a time to be open to God. There may be time to find and read a good Christian book or read a little more of scripture. When I was about 20 and training to be a local preacher, a senior preacher came up to me and advocated that I read a Christian hymn every day. I cannot say I have stuck to it but what a simple thing to do, yet worthwhile since we tap into a great treasury of Christian verse from all eras and periods. It will deepen our life in God.

August can be a time for reflection. What is going well? What is not? Are there changes that need to be made to the life of the church that need to take place? How can the church be what it is meant to be? What is my part in this? Only as we reflect can we discover, with the Holy Spirit's leading, what we are meant to do. In August, we should not be rushing around so there is a chance that is harder in other months. August can be a time to create space for ourselves and each other. We sometimes take each other for granted in our work for God, so caught up are we in the church machine. August could be a time to pop and see someone whom we work alongside but do not get time for that important conversation. We can use the month to be available to each other in ways that seldom happen throughout the year.

August can be a time for trips out. I do not understand why retired folk cannot have midweek breaks and then get back to support the church where they serve, however, we can learn from other churches. If you are near Blakeney, call in at the chapel where you can learn their story and eat cake as well. It is good to return encouraged.

There are no staff changes this year. However, an important item on the agenda for September will be to consider whether invitations (initial invitations are always 5 years) that end in August 2018 should be extended. This relates to Catherine Dixon and myself who arrived in September 2013. Both Catherine and I have indicated that we are open to an extension beyond 2018. The Circuit will decide about each of us. But that's for September. In the meantime - enjoy August, it will go all too quickly and as September 1st is the beginning of a new Methodist Year can I be the first to wish all of you a happy and good year ahead.

Sincerely **Maurice**

Sundays

It seems that Sunday is not for rest anymore. We typically carry out about fifteen jobs on that day. In fact, it seems that one in ten of us make that one of the busiest days of our week, with cleaning, ironing and washing topping the list of laborious tasks. The study was carried out for Chef and Brewer.

When is the last time you gave yourself simply a day of rest?

Andrew's sabbatical is getting very close. A reminder of how we'll cope without him at the helm!

Stephen Oliver will be Acting Superintendent.

We have done our best to ask some preachers to offer one or two extra appointments during the time of the sabbatical to cover for the services Andrew would normally take.

Maurice Stafford will take responsibility (in co-operation with Maggie Blowers and Sheila Johnson) for making the December 2017 to February 2018 Plan.

Catherine Dixon will chair the Local Preachers and Worship Leaders Meeting.

Gail Kerry will have pastoral responsibility for Clenchwarton and is willing, if needed and subject to her availability, to take funerals at Clenchwarton, Terrington St Clement and St German's.

Gail, again subject to her availability, will also cover for baptisms in these three villages if needed.

Gail is the "authorised person" for marriages anyway at Terrington St Clement.

Maurice Stafford will have pastoral charge at St German's and chair the Church Council.

Catherine Dixon will have pastoral charge at Terrington St Clement and chair the Church Council.

Rebecca Rogers will have responsibility at North Lynn - where she already shares fully in the ministry as an "authorised to serve" Methodist Presbyter.

Catherine Dixon, with Andrew, is a Methodist member of the Ministry Team at St Faith's and will, working with the ecumenical team there, ensure that the responsibilities of the Methodist Minister at St Faith's are covered as needed. Julie Boyd and Andrew Maguire normally share (alternate meetings) the responsibility for chairing the Church Council. Julie will chair on the occasions when Andrew might normally have done so.

A big thank you to everybody for support during this period.

Andrew Maguire

What was Eve's telephone number in the Garden of Eden? Adam 812.

BB are saving aluminium cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

A man stood on one leg at a cash point. Asked why he replied, "Just getting my balance."

What happened to the man who invented the door knocker?

He got the No-bel prize

Doctor I keep thinking I'm a goat.

How long has this been going on?

Ever since I was a kid!.

Praying together in the Circuit

When John saw Jesus passing by, he said,
"Look the Lamb of God"

When the two disciples heard him say this they followed Jesus.
Turning around, Jesus saw them following and asked,

"What do you want?"

They said "Rabbi, where are you staying?". "Come, and you will see"
Jesus said. So they went and saw where he was staying and spent that
day with him. It was about four o'clock in the afternoon. John 1 35-39

Jesus noticed the disciples following him,
connected in conversation with them and asked "what do you want?"
They indicated by their response that they wanted to spend some time
with him, after all, he was the one John said was God's chosen one.
They drew near to Jesus and he was more than willing to draw close to
them. We don't know the conversation which took place, but it must
have been a special time - just what they wanted ! Just what Jesus
wanted too ! Andrew was one of them, he immediately went to
find his brother Simon Peter and took him to Jesus. How wonderful !

'What do you want?'

Lord I want to draw ever closer to you in love and relationship.
to learn from you, to trust you completely and step out in faith,
to know the leading and enabling of the Holy Spirit.

I want Your will, Your Kingdom, Your glory.

Lord, hear our prayers for those who have responded to the call of
discipleship in total commitment to your calling.

Refresh those in ordained ministry in special times with you. Be with
ministers who will move to new circuits, new phases of ministry.

And those who are stepping down from full time ministry,
those recently Ordained, those beginning training for ministry.
those in Lay Ministry and for the ministry of all believers.

For Andrew and Helen about to experience a sabbatical time for it to be a special drawing aside time and you will bless them. For Your provision and blessing for the circuit in all areas of ministry.

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. Willie receiving treatment and for Valerie, his wife.

For Amy and all the other young people undergoing treatment at UCLH.

John Bell and his daughters Pamela and Rachel would like to thank everyone for their prayers, cards, phone calls, visits and expressions of condolence on Ann's passing. Ann was a joyous hymn singer and a regular at Ladies Group. We would especially like to thank Rev. Catherine for her beautiful services. They have given great comfort, peace and support in these difficult weeks. We are assured of her being in the arms of our Lord and Saviour.



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
Tel. 01553 811867
E mail rabbit1308@btinternet.com

Around the churches



Downham Market

. Well into Summer now and gardens all blooming beautifully, except mine which is still a builder's site after the renovations to my tiny cottage but I hope to get it sorted in the Autumn in time for Spring. These long hot spells have been a trial especially as physically I can't cope with the heat and I have to water all the plants for my stall and my daughter's garden every day and watering at 10.30 at night results in lots of insect bites. Then it rains for several days and involves rescuing plants literally drowning. Hey ho but it's worth it when the plants flourish and bloom beautifully and are sold to someone to beautify their garden. Our efforts at our weekly coffee mornings have really helped our Church finances as one big bill follows another. We recently had to have areas of flat roof seen to (buckets catching leaks look so unsightly) which involved expensive scaffolding. Unfortunately the scaffolding blocked the entrance to a storage area and we were unable to get to the trolley used to cart my boxes of plants to the front of the Church where the gazebo is pitched each Saturday morning so they all had to be carried round. We are always very busy on Saturday mornings, there is a lot to set up and more volunteers would be very welcome to set out our extensive bric a brac stall. We need to keep the items selling as we have lots of donations, so prices are very low. Do drop in if you haven't managed it so far; there is a lovely friendly atmosphere with refreshments including home made cakes and a good variety of books for your summer holiday reading.

Summer holidays are almost here, the children have broken up and meetings and choir practices finished until September. Our Church choir has been very active lately singing an anthem 'Safe in His loving arms' at the Action for Children service. Representatives from Action for Children came to tell us of their work and the number of projects they run to help families was truly amazing. It is now recognised that mental

health problems in adult life go back to early childhood and AFC now train staff to recognise symptoms and all this as well as the usual domestic science aspects of feeding and budgeting for family life. Help is also given to youngsters in care who are suddenly at the age of eighteen expected to cope on their own. Our boxes were collected and dedicated to help their good work, but they also need our prayers. We also celebrated the Church's 51st anniversary when the choir sang 'To His glory' and we all enjoyed a well supported shared lunch afterwards. I don't think we could have kept up the pace of last year's 50th anniversary celebrations when we had a special event each month. We had a ball with varied interesting and fun events with lots of food and fellowship but my, were we exhausted at the end, though very happy at what we had achieved and the new friends we had made. There was a meeting of Churches Together in Downham last Monday with lots of changes happening. The Rev. Karen and David Burnett Hall have retired and moved away, already sadly missed, but fortunately we have a new treasurer, Peter King, to take David's place; Major Leiby Pinner of the Salvation Army is being relocated to Lavenham and we shall miss her. But we have two new members on the committee, Janet Jenkins from St Mary's, Denver and John Donney from Cornerstones who were both welcomed by our chairman, Marion Stamp. There was a discussion as to how we would use our four minute slot at the Christmas lighting up ceremony. Last year we had Crazy Bananas set up a nativity scene with figures made of balloons, which was very popular with the children. It was reported that the booklet 'It's your move' had been sent to twenty primary schools for 380 children who were moving up to senior schools. The booklet gives helpful advice on some situations the children might meet and how to cope. Chris Young and his helpers were thanked for all their work in delivering the booklets which were named for each child and in some schools were personally handed over after a presentation at an assembly. Arrangements were discussed for the service of world peace which will take place at St. Dominic's on 17th September at 6.30. Enjoy your holiday, if you are going away a change is as good as a rest, and if not, a rest from the usual routine helps us start again with recharged batteries and we do seem to enjoy our routine more after a break from it. When we resume normal activities in September harvest

festival will be upon us with lots of lovely music, decoration of the Church to be done and hopefully a harvest supper or lunch. God bless.
Joan Macey

Wimbotsham

Have just been reminded (thank you, Barbara!) that this August “Rejoice” is an extra edition this year.

This does provide another opportunity to say a big thank you to all those who contribute to the warm fellowship of our little Chapel which always feels so welcoming, reflected too by the lovely flowers which Jean arranges week by week throughout the year. Meg and Mary (Rose), our organists, take turn to accompany our hearty hymn singing. As our congregation continues to thrive and increase in number we are grateful to all those who lead and participate in our Sunday worship.

Our fortnightly Bible Study/House Group is also much enjoyed and we would be delighted for others to join us for open friendly discussion and chat over a cuppa.

The Breakfast Fellowship on 8th July was another lovely opportunity to meet others from neighbouring Chapels. Thank you, Maggie, for bringing the breakfast to us and for so faithfully organising these regular events around our Circuit. Leading the devotions, Don inspiringly reflected on v 10 of Psalm 46 “Be still and know that I am God”. We need to be continually mindful of these words in these very unsettling times when we could easily feel overwhelmed by personal tragedies and appalling catastrophes especially those beamed live by TV and radio into our homes..

In the Psalms written over a long period of time, collected and used by the people of Israel who themselves lived through and witnessed troubled times, we read not only of their pleadings for help and protection, but also of their trust and faith in our ever present God.

Mary Davies

Heacham Methodist Church

Since changing the name from “Women’s” Fellowship to Fellowship, our meetings have been very successful.

At our last Tuesday meeting (until September), Val and her husband cooked a special vegan meal. On arriving we were surprised to see the tables beautifully set with posies on each table.

Our meal consisted of Moroccan stew accompanied by dishes of bulgar wheat with vegan fairy cakes, tea and coffee to follow.

This vegan meal was quite a new experience for most of us, but most tasty and enjoyable. Val had also made an iced cake to celebrate the wedding anniversary of our minister Steve Oliver and his wife Jill. This was an added surprise and well appreciated.

Our thanks go to Val and her husband and helpers.

Ena and Roy Layton

Pott Row Strawberry Tea

This year I think the Strawberry Tea was attended by more people than last year. It was good to welcome members from other chapels as well as many returning friends.

As usual the centre table was full of cakes, sandwiches and many other delights.

Two members of the Springwood School Cello Group came to delight us with their music and playing a wide variety of pieces throughout the afternoon - very enjoyable!

Time for tea and Catherine invited everyone to take a plate and help themselves to whatever they fancied from the middle table. This was followed by the trolley bringing round the strawberries and cream.

As usual the raffle had many prizes, which included a Teddy Bear - a popular choice!

The kitchen team were kept busy washing up, and they and all the other helpers were thanked for their hard work in making the afternoon such success.

Bill Hone

Stow Bridge

In this long hot spell we have had recently I suppose one could say that Wimbledon has been a saviour so people could stay in the cool and watch this popular event.

I see the combines out harvesting last week, lovely juicy strawberries and now taties cooked with fresh mint from the garden. What more could you need? Oh yes, a cold drink!

I one of the matches I saw the score was 40 love, in simple terms forty nothing. Is love nothing? Of course not. As Paul would say it is everything. We may have sun, strawberries and new taties but if we have no love we have nothing.

God is love and that is what we must show to Him and to one another.

I went into my granddaughter's house the other day as she has recently moved. On the wall, in a picture, were the words, "All you need is love". On

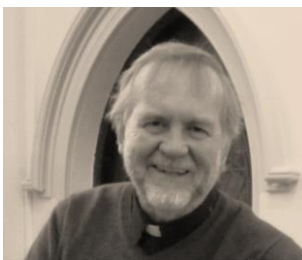
another item in the same room I read, "Love is all you need". To put love in action all the time is difficult, as you will see in Romans 7 verse 15 to the end. What a great answer he has to this conflict and difficulty in all of us. With Paul we too give thanks.

Peter Hewitt

HILGAY

On Monday August 7th and Tuesday August 8th Hilgay Shell Club leaders are planning to hold a Holiday Club from 10:30am till 12:30 pm.

For more details contact Lesley Dent 01366 387337 or Deacon Irene 01366 659383.



REV STEVE OLIVER

**JOIN ME
IN THE GOSPEL HOUR EVERY SUNDAY FROM
9PM
FOR THE BEST IN HYMN AND SONG
and
THE CHRISTIAN ROCK SHOW
FOR THE BEST IN HEAVY METAL AND ROCK
EVERY WEDNESDAY 7.30AM – 8.00AM
FIND ME ON
radioheacham.org.uk
(email revoliver@radioheacham.org.uk)**

A FAMILIAR LONDON LANDMARK

A verse at the end of Jeremiah 43 interested me. Jeremiah was prophesying that Nebuchadrezzar would come and smite Egypt and it read “He shall break the obelisks of Heliopolis” War took me to Egypt and I visited Heliopolis , “City of the Sun.” It is now a modern suburb of Cairo but I was most interested in the ruins of the ancient city. The Coptic Church organises pilgrimages to places where the Holy Family is believed to have stayed as they fled from Herod’s massacre and this is one of them. I saw the Virgin’s Tree, transplant of a sycamore beneath which Mary is said to have rested. Tradition says that they stayed there a year, with Joseph plying his trade. However the presence of Jesus supposedly toppled the altars of pagan gods which angered people so that they had to move on.

The most memorable thing I saw was a huge obelisk, lying on its side. I wonder if Nebuchadrezzar knocked it over. I learned that there used to be another one just like it. Many of you will have seen it; it is on the Thames embankment. We call it Cleopatra’s Needle, though it has nothing to do with her except that it was moved to Alexandria, her city, in Roman times. It was given to Britain by the Sultan of Egypt in 1819 to commemorate British victories in the Battle of the Nile and the Battle of Alexandria but was not brought to Britain until 1878. It had a horrendous journey. It was tied to a specially made pontoon which was to be towed by the ship Olga. However it broke loose during a storm in the Bay of Biscay ; a rescue boat was sent out but this capsized with the loss of six crew. Their names are inscribed on the monument. The pontoon was abandoned but remained afloat and was found by Spanish fishermen four days later and was eventually towed up the Thames by the paddle tug Anglia

Made of red granite, the obelisk stands about 69 ft high, weighs about 224 tons and was originally erected at Heliopolis around 1450 BC. When it was put up in London a time capsule was concealed in the pedestal, including 12 photographs of the most beautiful women of the day, 10 daily newspapers, children’s toys, a Bradshaw Railway Guide and copies of the Bible in several languages.

During World War 1 a bomb from a German air raid landed near the needle and the damage remains unrepaired to this day as a witness to the troubled

times in which we live. But there was something else in that time capsule, a copy of John iii 16, in 215 languages

“God so loved the world, that he gave his only begotten son, that whosoever believeth in him should not perish but have everlasting life.”

What a message!.... the love of God... to be kept there for all times at the heart of our capital city's life.

John Garfoot

An Experience

An early start one Saturday in June, found us on our way to Surrey, to a village called Bramley (outside of Guildford). Here, on an estate called Wintershall Farm, an amazing experience takes place every year for one week only.

The event is an open air enactment of the life of Christ based on the Gospel of St Luke, as narrated by him. It is supported by the Bible Society.

All the actors are people from the local area, the part of Jesus is the only professional.

The setting is lovely, the hills, valleys making a natural amphitheatre. In three acts the story starts with the visitation to Mary, when appropriate real animals are used. (not so many sheep this year as they were wilful last year!!)

The audience move between three areas, not close together but transport is available for those who need it.

So starting at 10am, with a half hour break for lunch the story unfolded.

Just before lunch was the miracle of the Loaves and Fishes, when the audience shared, just the bread, quite an accomplishment as there must have been over a 1000 people!

The story continues with Jesus entering Jerusalem, (on a real donkey), the Last Supper, betrayal and trial. We move again for the Crucifixion, powerful and very moving. The tale continues to his Resurrection and appearances to the disciples.

We move back for the Ascension. It is then the performance ends, leaving you feeling some what stunned by the enormity of it all. Two weeks on and that feeling of awe remains.

Should any one be interested, the play takes place the last week of June. You will need something to sit upon that is also easy to carry and food. The play runs from 10am until 4pm. This year we did the whole thing in one day, but would be better with an overnight stay.

The web site is [www,wintershallestate](http://www.wintershallestate)

Jan Jarvis

(Can you remind us next year, Jan?)

The Lord is my Shepherd

A Sunday School teacher decided to have her young class memorise one of the most quoted passages in the Bible; Psalm 23. She gave the youngsters a month to learn the verses.

Little Rick was excited about the task but he just couldn't remember the words. After much practice he could barely get past the first line. On the day the children were scheduled to recite the Psalm in front of all the congregation Rick was so nervous. When it was his turn he stepped up to the microphone and said proudly, "The Lord is my Shepherd and that's all I need to know!"





CENTRE STAGE SWING BAND

St Faith's Church

Gayton Road, Gaywood, King's Lynn, PE30 4DZ

Saturday 26th August 2017
7.30pm

featuring **Tom Melvin** on vocals

Tickets £10 available in advance from
St Faith's Church Office, and on the door

Refreshments

Sammy Nestico
Glenn Miller
Duke Ellington
Irving Berlin
music from the 30s, 40s & 50s



E.A.C.H.

COFFEE MORNING
TUESDAY AUGUST 8TH

10.30 am

At

140, Stow Road,
Magdalen

01553 811867

This is the MWiB retiring
president's charity.

Come and help her reach her target
and give very ill children and their
families a better quality of life.



Bring and Buy



Raffle Quiz

Take Time

Do we take time to stand and stare at the beauty that surrounds us?

The grass that carpets neath our feet and majestic trees to shade us?

We dash around in such a haste - so many jobs to be done.

Why ever do we act like this? We own every mod con.

We have machines to wash our clothes, machines to do the dishes, Tumble driers, vacuum cleaners, microwaves and such.

With all these things to help us why do we rush so much?

In times gone bye on wash day clothes were washed by hand.

There was ironing day and baking day, days to sweep and clean.

Always very busy but they still took time to dream.

Dream of a brighter future, of happy, peaceful days

Where life flowed on so gently and Sundays were kept for praise.

So take time to look around, enjoy the beauty of a garden;

The flowers in bloom, the song of birds.

Take time to listen, you'll be almost lost for words.

Take time to be with family, for all your friendships too.

Take time for those who live alone, you'll be amazed what good you do.

We have a loving, heavenly Father, so we must take time to pray,

To give our thanks for everything that we enjoy each day.

Heather Venni

(Downham Ladies' Friendship group had a poetry evening. We all took poems but only Heather wrote her own. I grabbed it!! More please Heather.)

West Norfolk Methodist Circuit Diary

AUGUST 2017 onwards

Tuesday August 8th Coffee Morning for EACH at 140 Stow Road, Magdalen. 10.30 till noon

Saturday August 12th Fellowship Breakfast at Pott Row at 8.30 am

Saturday August 26th Concert at St Faith's 7.30pm

Saturday September 9th Fellowship Breakfast at St Germans at 8.30 am

Friday 15th September Safeguarding Refresher Course at Downham Market at 9.30 am

Saturday October 14th Fellowship Breakfast at Downham at 8.30 am

Saturday October 11th MWiB Autumn District Day at Ely Methodist Church

Saturday November 11th Fellowship Breakfast at Marham at 8.30 am