

# Rejoice!

March 2017



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

Dear Friends,

Recently I watched on TV (BBC4) a programme about the famous 14<sup>th</sup> century Norwich Christian mystic writer – Mother Julian. It was first shown last year but was being repeated.

I found the whole programme fascinating, both from the point of view of local history and Christian life/spirituality.

Mother Julian, living in Norwich, had been severely ill with the plague, almost to the point of death. She was given the last rites, with a priest holding a crucifix before her eyes. Remarkably she survived and believed that at that point of extremity she had received visions of God's love.

Shortly afterwards she took a vow to live a solitary life of prayer in a small room attached to a Norwich church. She reflected on the visions she had received and wrote a book (the first woman to write a book in the English language) called "Revelations of Divine Love".

In this work she wrote about the amazing love of God and his good purposes for all things in a way that may have been taken as contradicting some Church teaching of her day. Some of her views were a little controversial emphasising God's love and the possibility of salvation rather than the torments of hell.

After her death her writings went underground because of their controversial nature. Several surviving manuscripts may have been destroyed during the time of the Reformation. Some nuns who held Julian in high esteem and valued her writings fled to France. There also, during the French revolution, there was opposition and an attempt to suppress.

Julian may have been almost forgotten but then, wonderfully, a manuscript was found in the British Museum in the early 20<sup>th</sup> century by an enthusiastic Scottish Presbyterian Woman, Grace Warrack (a rather unlikely candidate to rescue the work of a Roman Catholic mystical writer). She set about the task of translating Julian's medieval English into a version more accessible to the modern reader. Her work was published by Methuen and since then there has been a huge resurgence of interest in Mother Julian and her writings.

It is a remarkable story from so many points of view:-

- the courage and commitment of Julian in prayerfully writing down and reflecting on her experiences, even though her views were at odds with what powerful Church leaders were saying;

- unlikely people preserving and making accessible Julian's work, which could so easily have been lost;
- one of the most uplifting and optimistic reflections on God's love that has ever been written.

Perhaps it is something to read during Lent when each one of us could make just a little more time for prayerful reflection.

Andrew Maguire

## **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

The Spirit then compelled Jesus to go into the wilderness where he was tempted by Satan for forty days. Mark 1: 12

The wilderness experience of Jesus was unique. Tested and tempted for forty days Jesus remained obedient to the will of His Father which was always his priority. The word of God equipped him to respond and be victorious. He left the wilderness and his ministry began. 'The Suffering Servant' from Isaiah reminds us just how much he went on to bear for us.

We encounter our own wilderness experiences, unique to us. "Have we trials and temptations, is there trouble anywhere?" We are not to be overcome but hold on to the fact that the victory which Jesus secured in the wilderness, at Calvary, and through his resurrection makes all the difference in everything we go through. He is with us, he will never forsake us, always there to sustain and keep us. 'So let us come boldly before the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most' Heb.4:16

Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you.

I will uphold you with my righteous right hand. Isaiah 40:1  
Lord, hear our prayers for

all who are obedient to you, faithful through persecution and trial  
those who daily take up their cross to go forward in your perfect will  
those who willingly make sacrifices to follow in your way  
those who suffer in life's bleakest situations  
for those who care for and encourage people in their darkest hours  
for your presence dispersing the darkness, bringing peace and hope  
as you hold each one secure in the embrace of your love  
we rejoice in Your victory  
and pray that we may live in your victory day by day.

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. For all who have health problems.

## **KENYAN TRIP**

Andrew, Molly and I were so thrilled that the bag and scarf stall, bacon butties and very generous donations raised £429.50 on Saturday 11<sup>th</sup> February.

I will send a cheque to Karibuni Children and request it might be sent to the Meru project we will visit. We will take the other money raised to 'Peacemakers International' Denis Marshall Foundation in Kivuria. It may be used to buy a DVD player for the school very nearby and also the license to play the DVDs.

Your tablecloths, tea towels and teaspoons for the restaurant to be opened on the Peacemakers site in Kivuria, are packed tightly and neatly! Thank you very much for your help with these.

We look forward to sharing our adventures in a few weeks time.

Helen Maguire

## **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)





## Downham Market

### Ladies Friendship Group

We have had our first meeting with a Beetle Drive which went very well. We had 17 members. Several of our members are unwell and we pray for them. The March meetings are 8<sup>th</sup> which is our annual lunch at the Castle and March 22<sup>nd</sup>. This will be a slides show "A village in Ghana" with Helen Cross.

Margaret Fox

### Three Wise Men

After many months of scouring items for the Christmas Tree Festival, the last monthly event of our 50<sup>th</sup> Anniversary, it came and went! It was well supported, raising approximately £600 to be shared between the Church and E.A.C.H.. We would like to say a big "Thank you" to everyone involved for their hard work and dedication at a busy period of the year.

Pam Beckett and Janet Hunt

Writing an article for the March edition of Rejoice I am cheered that we are now well on through the Winter season. The last few days have turned bitterly cold and with no sun the days are rather dismal and though the snow and ice forecast hasn't come to much we still have another month or so of possible bad weather to get through. Spring doesn't always start when it's officially meant to, but we look forward to getting out into the garden and in the fresh air and already the snowdrops and aconites are in flower, a sign and promise of what is to come.

Meanwhile the work of the Church carries on in our warm snug premises; all that work to get the Church windows double glazed really is paying off. Some of us attended three weekly sessions of a pastoral training/revision course ably run by Hazel and Gill. It was good to share our thoughts and enjoy fellowship with others on the pastoral team.

In March our Lent course will commence meeting on Thursdays 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> of March in the Church at 1.30 repeated at 7.30 in the Manse (I Camomile Close) on Mondays 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> March and 3<sup>rd</sup> April. Do come and join us as we prepare for the most important celebration of the year in our Church life. As well as preparing spiritually I must start organising the Easter decorating of our eleven window sills which last year were done by

various groups of the Church. It worked very well with our young people, Boys Brigade, Junior and Messy Church contributing their interpretation of the Easter message.

Meanwhile our usual Church activities continue; refreshments and lunches are served in the Social Centre Mondays to Fridays; our Saturday coffee mornings continue to provide the opportunity for fellowship in warm friendly surroundings, a refuge from the inclement weather outside. The funds raised from the sale of the homemade refreshments, bric a brac, book and plants stalls have helped Church finances. We have recently had fire proof electric metal shutters installed to seal off the kitchen area – no more struggling to close the old shutters and fix the retaining bar and no more pinched fingers – it was as lethal as Arkwright's till. Some of our coffee mornings benefit charities; the next one is in aid of Action for Children.

The coffee and chat group that previously met on Mondays now meet on Tuesdays in the function room, 9.30 to 11.00. If you have young children to care for bring them along too. I am sure they will enjoy playing with the toys provided and with the other children, while the adults enjoy a cuppa and a chat and they get free biscuits.

Now with all our activities, business and sometimes lack of time I am sure there are occasions when we feel too tired to carry on with some things, or indeed to persevere with some people. With this in mind I would like to share with you an item from the magazine of my previous URC Church, which since we moved away has joined with another Church in a purpose built modern building, just as we did some 50 years ago. I found there were several lessons one could learn from this story; patience, the realisation that our differences make us more efficient and useful in our work for our Lord and also trust that all things work together for good

One Sunday at a small southern Church the new Pastor called on one of the older Deacons to lead the opening prayer. The Deacon stood up, bowed his head and said "Lord, I hate buttermilk". The Pastor opened one eye and wondered where this was going. The Deacon continued "Lord I hate lard" The Pastor was totally perplexed. The Deacon continued "Lord, I ain't too crazy about plain flour, but after you mix them together and bake them in a hot oven, I just love biscuits". He paused "Lord help us to realise when life gets hard, when things come up we don't like, whenever we don't understand what you are doing, we need to wait and see what you are making. After you get through mixing and baking, it'll probably be something even better than biscuits. Amen".

The February session of **Messy Church** was on the topic of 'Salt and Light'. We made edible candles, shadow puppets, light headdresses, did salt painting and much more. The celebration featured different sources of light and even balloons that magically lit up. We thought about how Jesus asked his followers

to be light to those around them. We sang 'We are marching in the light of God' and 'See this little light of mine', before going to enjoy a light meal, including Valentine buns.

We are always very grateful to all who help us and to the families who come and share with us. If anyone from another church would like to see our version of Messy Church, they will be made most welcome. Sessions are held on the second Friday of each month from 4.30 – 6.30 pm. Every Messy Church is different, but it would give you an idea of what we mean by 'Messy Church'. Good health and strength and stamina to you all, God bless.

Joan Macey

## Stanhoe

Stanhoe Methodists had a good Christmas, with our Carol Service on 11<sup>th</sup> December, beautifully led by Elizabeth Batstone, when Valerie found herself playing the part of Mary, and the rest of us were the supporting cast. We took a retiring collection in aid of St. Martin's Housing Trust in Norwich (which supports homeless people across Norfolk) at which we raised the sum of £167.00, made up from Church funds to £200. Our service was enhanced by solo singing from Jean Bourne, whom I know from singing with her in Fakenham Choral Society. On Christmas Eve several of us supported the Burnham Market Carol Service, led by Rev. Steve Oliver, and on Christmas Day, we held our own short family service, led by me, when I spoke about the paradox of the feasting and over spending etc. which is attached, perhaps wrongly, to our celebration of the birth of Jesus, into a poor family, and in terrible conditions. I then gave out Quality Street chocolates to everyone as they left! (I said it was a paradox).

Our very meaningful and inspiring Covenant Service was held on 22<sup>nd</sup> January, and was conducted by Rev. Steve Oliver. Steve was back next day, as we held our annual service celebrating the Week of Prayer for Christian Unity, when the preacher was the Rev. Peter Cook, rector of Stanhoe. We welcomed Burnham Market members as well as Anglican friends from Docking, Stanhoe, South Creake and Syderstone, and after the service, we shared tea and cake and a good time of fellowship. Our retiring collection raised £254.05, made up to £275, and this was sent to the Norwich Diocesan Fund for the Relief of Refugees, which is concerned with resettling mainly Syrian Refugees in this area.

Bible Study meetings recommenced on 9<sup>th</sup> January, and we continued with our study of The Sermon on the Mount, with much discussion and lots of laughter, and, of course, tea and cake at the end.

Elizabeth MacLeod



## Wimbotsham

A delightful little book "*Children's Letters to God*" cites a fervent wish from one young boy "Dear God. I keep waiting for Spring but it never come yet. Don't forget. Mark". I am sure many of us have felt the same way as we await the magical moments of seeing new life springing up around us with the eternal hope of fresh experiences.

"How do we see the way ahead?" was one of the many items covered in the full Agenda at our Church Council Meeting on 6<sup>th</sup> February. Interesting suggestions were put forward, one of which was to form a Bible Study/House Group to begin after Easter – watch this space for further news!

Our monthly Holy Communion service in February was led by Rev. Maurice Stafford who also blessed the beautiful chunky Comfort Shawls lovingly knitted and crocheted by the ladies group in the Downham Market area. As well as visiting preachers, several of our Sunday services are led by our own Don Gates and Mary Rose. We all enjoy our worship together, some of us also reading lessons, performing short sketches and speaking on various inspirational topics. Often we have coffee after the service which gives us a lovely time to chat and mingle – please do come along and join us some Sunday.

Mary Davies

## Dersingham

The New Year is moving swiftly on and our activities continue, but the Queen's cold seems to have spread amongst us and there have had to be some replacements on the organ, reinforcements called in to help with the washing up after the community lunches, and some swapping of duties to keep everything running smoothly. Nevertheless there was a successful and well supported coffee morning at the end of January and also a much enjoyed Chicken Foot evening to cheer everyone up. Hopefully the sufferers are now on the mend and things are getting back to normal!

As the gardens begin to wake up we look forward to the spring. Lent will soon be with us and the Heacham and Rising Deanery services, entitled "Praying Lent with the Saints", will commence on Wednesdays at 7 pm as follows:

8 <sup>th</sup> March	St. Mary Magdalene, Sandringham Fr John Bloomfield Praying Lent with Benedict
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15 <sup>th</sup> March	Heacham Methodist Church Rev. James Munroe Praying Lent with Teresa of Avila
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22 <sup>nd</sup> March	St. Nicholas Dersingham tbc Praying Lent with the Jesus Prayer
29 <sup>th</sup> March	St. Mary's Titchwell Rev. Margaret Whittaker Praying Lent with Ignatius
5 <sup>th</sup> April	St. Andrew, Ringstead Fr Andrew Mitcham Praying Passiontide with Mary

Copies of the booklet to accompany these topics will be available.

The theme for our Flower Festival, 25<sup>th</sup> – 28<sup>th</sup> May this year is Called to Serve and the arrangements will depict the many characters in the Bible who were called by God to serve, from Moses to Peter, to Paul and through to Lydia the dyer of purple cloth, with many others in between.

Rosemary Caink

## London Road

### A reminder

Our Anniversary weekend is 25<sup>th</sup> /26<sup>th</sup> March. There will be a Coffee Morning on the Saturday from 10am till noon and a Vintage Hornby and others Exhibition from 10am till 3.30pm. Our anniversary and Mothering Sunday services will be on the 26<sup>th</sup> with Rev. Catherine Dixon.

Rachel Vyse

## North Lynn

Don't try this at home! That is, assemble as many radiant heaters as you can when your central heating fails! We were faced with this dilemma at the end of January when all the radiators in the building went cold and we endured two freezing Thursdays at "Coffee on the Couch" and a bitter Sunday service. But stalwarts that we are, we went on. 'Business as Usual' was our motto. The system was repaired (many thanks). So much so that a previously cold stage area suddenly contributed to the warmth of the hall, and the two previously tepid cloakrooms became like sauna's (well not quite). And enough air was bled from the system to inflate a hot air balloon. So if you need a warm meeting venue we have just the place for you! Which was just as well as we welcomed the Bishop of Lynn, Johnathan Merrick, to our coffee morning on 2<sup>nd</sup> February. Lots of our regulars came in good time as did some other visitors. Bishop Johnathan was delighted to see us in action, paid compliments to Natalie for her excellent cakes and shared in our vision for future developments in North Lynn.

Amongst those developments is the potential upgrade of the building to provide enhanced facilities, creating more meeting rooms and an attractive exterior perspective. We are fortunate that our Anglican partners are to make available to us the proceeds from the sale of the former St Edmunds Church within North Lynn and we hope that from Methodist resources the proceeds from the sale of part of our land on which to build a vicarage can be put into the fund too.

At our council meeting on 7<sup>th</sup> February we were advised that the Anglican monies are in a reserved account as are the land sale monies so we approved the seeking of a suitable architect to whom can be given our 'Vision Statement' which we have prepared.

The plans for an Anglican Vicarage next to our church have also been approved.

These then are exciting times in North Lynn.

To strengthen our partnerships with other King's Lynn Churches we were invited to join the congregation of St John's for a 'Bingo and Chips' late afternoon event on 4<sup>th</sup> February. We avidly ticked off our Bingo cards (and some gained prizes too) before even more enthusiastically tucking in to the 'Fish and Chip' supper we had ordered in advance. Brilliant! (even if excessively portioned!). By way of further entertainment we played 'Rock and Roll Bingo', spotting assorted pop music tunes written on our personalised cards. A certain music loving family from North Lynn won hands down!

This edition will reach readers just as Lent begins and once again we are pleased to be sharing in a Lent Course jointly with King's Lynn Minster and St John's. In looking at the Beatitudes we hope to gain further insights into Christian living.

Meanwhile our midweek activities continue and we are delighted our links with the Eastern European Community flourishes.

Please pray for all these links we are making into the Community and for our own Christian growth.

Neville Posnett

## Stow Bridge

Have all the coughs and colds with feeling down days of winter gone yet? I suspect not all of them. How these winter ailments seem to hang about; chesty coughs, sore throats, headaches, weakness and so on, with the busiest place in town being the Doctors' surgery. And yes we are thankful for our N.H.S. in spite of all the grumbles we hear. I have read in charity leaflets and magazines of many people in Asian and African countries who have one doctor among hundreds of people and have to trudge through miles to reach an ill equipped health centre or hospital, with a small staff, desperate to help.

May I go a little further to remind ourselves of our daily bread, (with some to spare), friends and family help and care, warm homes, good clothes, a good education, cars, public transport, social; and leisure time. What other perks and blessings have I left out? HUNDREDS!

The older I get the more thankful I am for every day things. We have everything to live a good life with God's providence. Oh, I know we will trip up many times. I remember my father-in-law telling me God answers our prayers in three ways; yes, no and wait! He needs us to trust Him and be led by the life Jesus lived. I know we will be blessed in His Heaven and thank Him.

Hang on a minute, the dustcart has just been, now I've got to go out in the cold to get the wheelie bin in. oh! What a hard life I lead!

Peter Hewitt

## Terrington St Clement

The New Year's party went well. We had an Ice breaker game, played "Name the Celebrity" which was won by Mary Houghton. Ruth Hannay read a Pam Ayres' poem, "Did I turn off my tongs?" which earned much laughter and applause! "Pass the Parcel" was won by Ruth Cooper. Another quiz was a "link word" which was won by Jenny Howling. We had some entertaining musical items too. Frauke Adkins and Linda Howling dressed up and sang "Were a Couple of Swells". Oliver Saunders played the piano and Helen Maguire the violin. Rev. Andrew Maguire played Schubert's Impromptu in E flat and Andrew and Helen played a piano duet. Another poem was read by Wendy Murray, "Oh No I have Caught a Cold" with appropriate "props". Delicious refreshments were enjoyed prior to going home.

Network began with a members' afternoon, disclosing "With whom would you most like to have a cup of tea?" at the next meeting Ruth Hannay and Helen Maguire shared their impressions of their visit to the Royal Albert Hall for the recording of the "Big Sing".

Our Easter Coffee Morning will be on April 8<sup>th</sup> from 10am to 12md, with stalls, a raffle and Hot Cross Buns.

The committee of "Celebrate King's Lynn" hopes to repeat last years successful event on the Walks on June 3<sup>rd</sup>. If anyone feels they can support the event by cooking refreshments, having a stall or becoming a steward for the day, please contact Alison Hill [alisonuk@gmail.com](mailto:alisonuk@gmail.com) telephone 01553 764940 or me [lindahowling1948@gmail.com](mailto:lindahowling1948@gmail.com) telephone 01553 829146 or on my mobile 07443540234

Thank you.

Linda Howling

## Hilgay

Hallelujah, Praise the Lord! We now have all of our new windows and doors fitted. Thanks to the huge generosity of our Members and friends we managed to raise our part of the necessary cash without too many fund-raising events. Thank you to everyone who contributed.

Pauline Driver.



Any items for the **APRIL** edition should be with the editor by **MARCH 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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Magdalen, King's Lynn  
PE34 3BD  
Tel. 01553 811867  
E mail rabbit1308@btinternet.com

**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>**



## **Open Meetings at London Road Methodist Church: 'Refugees – What's the Plan?'**

Speaker Maurice Wren, CEO of the Refugee Council

Wednesday 8<sup>th</sup> March 7pm

## **Fun Quiz Night at London Road Methodist Church**

Friday 3<sup>rd</sup> March 7pm

Free entry; light refreshments available

Come as a team, or join one on arrival

Rev'd Catherine Dixon will be asking the questions

Donations to Christian Aid

## **All Welcome**

## **A Lampedusa Cross**

A Lampedusa Cross - made from the wood of a migrant boat – will be on display at King's Lynn Minister from Ash Wednesday 1<sup>st</sup> March for a week, with opportunity for prayer and reflection. The cross will be taken to the open meeting on March 8<sup>th</sup>.

## **Mental health: What can I do?**

**This open public meeting** held on Wednesday 1<sup>st</sup> February 2017 was a talk by Hannah Cooper and Jacque Wrout about their work at the charity One to One. The One to One project has been running for 33 years helping adults with mental health problems. There are 3 staff members and a large team of volunteers. Hannah and Jacque had prepared a handout sheet of information which is copied below.

**The talk started with the story of a typical patient;** Steph's story. 'The black dogs' names are depression and anxiety. You never know when they are going to come back to their master. Although I am their master I have no control over them. They are constantly barking, confusing me. I can't think with them barking so loudly. The shame of owning these black dogs is real. You feel like they are a

sign of weakness. You're so worried about people seeing the black dogs, so worried the black dogs will escape and bite someone that you give up trying. You isolate yourself, wanting to be alone with them. The dogs soon take over everything in your life. This is why you hide.'

**Mental health in our community:** Mental health problems are very common in our community. 1 in 4 people experience a mental health problem in any given year, so we would do well to look more closely. 3 in 4 people who have mental health problems fear the reactions of family and friends when they talk about their mental health problems. Almost 9 in 10 people with a mental health problem have faced stigma, three quarters have lost friendships. 1 in 10 young people will suffer from mental health problems. Mental health issues affect people from all backgrounds and if you are at work you probably work with someone who has a mental health problem. It is a myth that people with mental health problems are violent; they are more likely to be victims.

**Statistics in Norfolk:** Norfolk has a population of about 800,000. Of these 70,477 women are affected by common mental health disorders compared to 44,434 men. The prevalence of depression in Norfolk is 12.3% and this is above the national average of 11.2%. In Norfolk, 52.5% of the population live in an area which is classified as rural. Rural isolation is known to exacerbate mental illness.

**What can I do?** Do offer emotional support, patience and encouragement. Remember that depression / anxiety are illnesses and people cannot simply 'pull themselves together'. Do remind them that you care - invite them to talk about their feelings. Do keep in touch. Encourage them to take part in activities that give them pleasure. Do find out about self-help / support groups in the area. Do encourage them to get professional support if necessary from the local mental health services or from their GP. Do remember to look after your own emotional wellbeing as well.

**Some things to avoid:** Try not to get drawn in to 'cheering them up' – validating their true feelings will be much more helpful. Try not to worry about saying the wrong thing – this may lead to you showing fear and avoidance to the patient. Try not to pressure them to talk, they might not want to talk about their mental health problem but it is important they know that they don't have to avoid it. Avoid assuming you know how they feel – you will stop listening to their experience. Avoid assuming that you know what is best. Avoid thinking that you need to be the expert – you don't have to be an expert on mental health to make a difference.

Together UK – [www.together-uk.org](http://www.together-uk.org) 02077 807300.

West Norfolk Mind – [www.westnorfolkmind.org.uk](http://www.westnorfolkmind.org.uk) 01553 776966.

King's Lynn Samaritans – [www.samaritans.org](http://www.samaritans.org) 116 123.

### **What can we do for ourselves? Five ways of Wellbeing:**

1. **Connect:** Connect with the people around you. Connect with family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these as the cornerstone of your life and invest time in developing them. Building these connections will support and enrich you every day.
2. **Be active:** Go for a walk or a run. Step outside. Cycle. Play a game. Garden. Dance. Exercise makes you feel good. Most importantly discover a physical activity you enjoy and one that suits your level of mobility and fitness.
3. **Take notice:** Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
4. **Keep learning:** Try something new. Rediscover an old interest. Sign up for that course. Take over a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.
5. **Give:** Do something nice for a friend or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

**Accessing professional help:** The following are some helpful points of contact which can be accessed on-line:

West Norfolk Directory; Ask Lily (Living Independently in Later Years).

Wellbeing Service – [www.wellbeingnands.co.uk](http://www.wellbeingnands.co.uk) 0300 123 1503.

Adult Community Mental Health Service – [www.nsft.nhs.uk](http://www.nsft.nhs.uk) 01553 609933.

Crisis Resolution and Home Treatment Team – [www.nsft.nhs.uk](http://www.nsft.nhs.uk) 0300 790 0371

One to One Project – [www.onetooneproject.com](http://www.onetooneproject.com) 01553 770770.



**Coffee Morning for Tapping House**

Post Row Methodist Church

Saturday 18<sup>th</sup> March, 10am -12noon

We would love to see you.

**Ash Wednesday**

a service of Holy Communion to begin the  
season of Lent

led by the Rev. Catherine Dixon

London Road Methodist Church

1<sup>st</sup> March, 7pm

**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!

**Lent Group at South Wootton**

led by the Rev. Catherine Dixon

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

Tuesdays at 10.30

14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> March

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

All welcome to one session or all

## **Women's World Day of Prayer - March 3<sup>rd</sup> 2017 to be held at:-**

Holy Family Catholic Church, Gaywood, at 11.00 am;  
Terrington St. Clement Methodist Church at 7.00 pm;  
Eternity Church, Sovereign Way Downham Market  
at 2.00 pm.

### **Week of Prayer for Christian Unity**

The main event of the week was the service held at London Road on Sunday Jan 22<sup>nd</sup> at 5pm led by Rev. Catherine Dixon with the sermon preached by the Rt Revd Alan Hopes, Roman Catholic Bishop of East Anglia.

The congregation was the largest I have experienced for this ecumenical service.

All churches were represented by the readers of Prayers and the Bible.

The material for this year's week of prayer was supplied by the German churches, especially those of the former East Germany. Before the wall came down many prayers for unity were offered and candles were lit in all Christian homes in the former East Germany to signify the desire for peace.

In her opening remarks Catherine commented that the Germans were not to know that the week their material was being used in the furtherance of Christian Unity a western leader would be installed with the manifesto to build another wall.

The start of the service was headed "Divided by our Sins"

The Wall was constructed of building blocks naming the following sins

Lack of Love  
Hate and Contempt  
False accusation  
Discrimination  
Persecution

Broken Communion  
Intolerance  
Religious wars  
Abuse of Power  
Isolation  
Pride

The wall was dismantled during the Reconciliation stage and the building blocks used to form a cross.

The Gospel reading "The prodigal's son" was a dramatic interpretation by one of the OPEN THE BOOK groups in King's Lynn who interpret Bible Stories for Primary Schools in the Area.

A classic story of "Reconciliation"

The sermon by the Bishop of East Anglia was centred on the theme of Reconciliation and he challenged everybody to look at those things we are holding on to that stand in the way of unity.

He highlighted the work of Ignatius Spencer who devoted his life in the cause of Christian Unity.

The Bishop again challenged everyone to seek Truth, and then paths will converge to unity in the body of Christ.

The service concluded with the section "Ambassadors for Christ - Ministers of Reconciliation".

*"A lighted candle is a deeply human symbol: it enlightens the darkness, creates warmth, security and community. It symbolises Christ.*

*As ambassadors for Christ we will carry this light into the world, into the darkest places where fighting, discord and division impede our united witness. May Christ's light effect reconciliation in our thoughts words and deeds.*

Candles were lit and the light was passed around to everyone in the congregation.

A very special occasion for Churches Together in Kings Lynn.

David Gifford

## **West Norfolk Methodist Circuit Diary**

### **March 2017 onwards**

Wednesday 1<sup>st</sup> March Ash Wednesday Service at London Road 7pm

Friday 3<sup>rd</sup> March Women's World Day of Prayer (See inside for details)

Saturday 11<sup>th</sup> March Fellow ship breakfast at Marham 8.30

Saturday 11<sup>th</sup> March MAF day at Hunstanton

Tuesday 14<sup>th</sup> March – Circuit Meeting at Gaywood Church Rooms – 7pm

Saturday 18<sup>th</sup> March MWiB Day Conference at Belsey Bridge

Saturday 18<sup>th</sup> March Coffee Morning for Tapping House at Pott Row 10am  
- noon

Wednesday 22<sup>nd</sup> March – Local Preachers Meeting at South Wootton –  
7pm

Saturday 25<sup>th</sup> March Coffee Morning and Hornby Trains at London Road  
starting at 10am

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 6.30pm

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

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

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

**Technic Organ** in good working order. Free to anyone (individual or church) who can make use of it. Contact Rev Catherine Dixon if you are interested.