

Rejoice!

July/August 2018



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

Dear friends,

I am writing with the recent Circuit Meeting still on my mind. With the knowledge of the retirement of our Superintendent Andrew and the moving on of Catherine in 2019, the Circuit agreed to look for a new Superintendent Minister to replace them. It means dropping presbyters from 4 to 3 from 2019. It reminded me so much of the 8 years I spent in Sheffield where we began with 4 staff then reduced to 2 before adding 2 half-time ministers. We coined the phrase 'marmite ministers' to indicate how thinly spread we were over the whole circuit. Rather than fall into pessimism, it all helped us to re-focus and look with fresh eyes at what we were doing, could do, and might be within the purposes and providence of God.

Let me give you an example –

At Wesley Stocksbridge, the church came to the realization that it was treading water. They had 40 members but were in a poor location on a main road (no car park and double yellow lines everywhere). Rather than go on because one must go on, they decided to take radical action. They wrote to each of the churches in 'the Valley' asking if they wanted a conversation about the future. Only one church replied, and this was Stocksbridge URC. There followed 18 months of conversations and an independent survey to determine which was the preferred building. Then the 2 churches formally joined. It was tricky at first getting used to each other's ways. The URC wanted the same preacher / minister every week and Methodists did not want a monthly congregational meeting as they already had masses of meetings at circuit level anyway!! But a new church was born renamed Christchurch. During my sabbatical in 2010, the URC minister quit suddenly, meaning that when I returned I was Minister. The new church had a car park but also a dilapidated separate schoolroom (more like a Nissan hut) built in the 1950s and expected to last for 20 years!! So, they had a building scheme and attracted big grants and lots of fundraising. Out of the blue, the District Chair told us of a minister aged 65 looking for a half-time appointment who owned a house in Sheffield. This was Ian and he was just the right person to lead the church forward. I went to the Circuit expecting them to say that there was not the money there to pay him but what do I know! Instead the Circuit found the money. The church in Stocksbridge has been reborn through

radical action and trusting in the God of new beginnings. Ian is still there having been invited a further 3 years.

As I remember these things, I recall the courageous decision of Stoke Ferry to close and to transfer their collective membership to Southery. That has clearly been a blessing to Southery. I also recall the decision taken in 1966 to join the three churches of Downham into one. It now seems the obvious thing to do but I bet it was not looked at like that universally at the time. Imagine the scene if I now had 6 villages in the Downham area plus another 3 more churches in the town probably with a small number of members each. The marmite would be spread very thin indeed. Instead we have a strong base for mission which is what we are supposed to be about. As Dietrich Bonhoeffer wrote "The church exists for others as Jesus was the man for others."

So, I hope and pray that in the years ahead we will give serious thought and prayerful discernment as to what we are to do and the people God calls us to be. The bottom line is that we are called not to live for ourselves but for his glory and in line with God's will, plan and purposes.

Sincerely

Maurice

ransomed SAVIOUR Jesus Christ LOVE	THE GOSPEL HOUR	restored JOY healed PEACE FORGIVEN
	 with Rev. Steve Oliver every Sunday evening at 9.00.p.m. Listen on	
Radio Heacham .org.uk Local Internet Radio		

Praying together in the Circuit

Seek first the Kingdom of God and His righteousness and all these things shall be added to you. Matt. 6: 33

Ask and it will be given to you; Seek and you will find;
Knock and it will be opened to you.

For everyone who asks receives, and he who seeks finds,
and to him who knocks it will be opened. Matt: 7:7

O Lord our God, we come in worship to acclaim you
and praise you for your goodness and faithfulness to us.

We come in faith believing that as we pray you will answer us
according to your perfect will.

We ask for your guidance as we move towards a time of change,
may we be faithful in prayer, our trust is in you.

Open your way for our Circuit ministers as You lead them forward
into the plans you have for them when their time in this Circuit
comes to fulfilment.

We give thanks for them and pray they will be richly blessed
and upheld in prayer in their remaining time with us.

We seek your way forward for our Circuit
for our churches throughout West Norfolk.

We seek your face, your presence, your enabling
to serve you and be your witnesses in our communities.

We ask that you will appoint those who will come to minister here.

We hold before you our Circuit Leadership team.

We commit to you the ministry of all believers
serving in various ways according to your calling on each one.

Thank you for those responding to your call to new areas of service.

Prepare us to be ready for the new things you want to do
within us and amongst us.

Yours Lord is the Kingdom, the power and the glory for ever and ever.

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, Petula

We pray for times of refreshing for all, especially for those
who have problems overshadowing them.

May your peace be the reality in their hearts and in their situations
and their trust in you hold them secure.

PRAYER HANDBOOK 2018/19 – A WORLD TRANSFORMED

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

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

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

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

LWPT DIARIES

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

Elizabeth Batstone

Email: pebatstone@gmail.com

Tel: 01485 541068

Another date!

Johnny was asked, “When did Julius Caesar die?”

Johnny replied, “A few days before his funeral,”

Living with Alzheimer's

I would hazard a guess that the last thing one would think about when they get married is that one of you will get Alzheimers in later life

My family had to come to terms with this in 2016.

The year had started off fine and in May Jo and I had been invited to a Garden Party at Buckingham Palace followed by the presentation of my BEM by the Lord Lieutenant of Norfolk at Norwich.

One of the first inclinations we had that something was not right with Jo was when Kathryn and I took her to Sandringham. We were looking at the books in the gift shop when Jo noticed a book that had a dog on the front very similar to the dog she had (Tink) when she was a girl, the dog died when she was 15. She said to Kathryn "You remember Tink!!!"

This really upset Kathryn as it was the first time lapse Jo had shown.

More forgetfulness and situations occurred in the next few months and after a very bad evening in October when she could not finish her sentences I managed to get her to discuss the problems with her Doctor.

The Doctor carried out a short test, which Jo failed and referred her to the Fermoy for a further assessment. Although she said Jo could continue driving.

Jo failed the larger test and after examination the staff informed me that Jo had Alzheimer's and they would be referring us to the Dementia Nurse at Chatterton House.

Jo was put on a drug called Donezeparide which we were told would keep her stable for up to 2 years.

Jo's lack of understanding of time meant that on Christmas Day she had the dinner ready by 10.45am. That was probably the last meal Jo cooked.

In the new year things deteriorated rapidly – Jo had an appointment at the hospital on Brancaster Clinic at 12 Noon. When I awoke at 7.30am Jo and her car were missing – she had only gone to the Hospital – fortunately they had had a cancellation and saw her straight away.

I then had to take Jo's car keys away from her –if I had not my daughter would have reported me to the authorities- she was so worried about Jo driving and causing an accident.

Jo soon lost her power of speech, except for Yes, No, Right. One of the last sentences she was able to say to me was "David, what is going to happen to me."

How do you answer that!!!!

By July 2017 Jo was getting very aggressive and exhibiting the “Sundowners “ syndrome – her stick became a weapon and she used it to great effect by hitting the floor when she demanded to be taken out in the car each day immediately after I had finished eating my dinner.

Again the Mental Health nurse came to see us and because of Jo’s obvious deterioration she prescribed the strongest drug in their arsenal Memantine.

This drug has to be given at the same time each night – I administered it at 9.30pm which allowed me to get back from Talking Newspaper and Church meetings in time.

This gave Jo a good night’s sleep and she did not get up at 5am to make tea!!!

Jo started going to bed earlier and earlier sometimes at 4pm – but she got up on numerous occasions to come down to have a biscuits etc.

The drug helped quieten Jo down and we had a few months free from fighting and aggression but by November things had worsened.

I was working off a very short fuse and had an interview with Independence Matters at Crossroads. The manager there told me that I should be getting some help and told me to contact Social Services- she also told me that I should see the doctor to get some assistance. The doctor bit was easy – he put me on some pills to quieten me down- they took Jo in one day a week at Crossroads ,which meant I had a David day each week. Unfortunately Social Services were changing their computer system – have a guess whose name got lost in the Change Over.

Kathryn was with me the first day we took Jo to Crossroads. When we got back in the car she started crying and said “Dad, you do realise that this is the first step to Mum going into permanent care”- So true.

Over Christmas I was struck down with a bug and my daughter Kathryn looked after Jo and kept me supplied with hot drinks. Kathryn is a Vegan so Jo had Nut Roast for Christmas dinner!!!!

January saw Jo get more and more aggressive, fighting me over every issue- some mornings with 7 pairs of pants on, some mornings none, and when given a pair she would put them on , on the outside of her trousers.

At the beginning of February Kathryn came to Crossroads again – they agreed to take Jo 2 days a week and were horrified that Social Services were not helping us. We were told to ring Social Services every day which my daughter did and even threatened to leave Jo at A and E if they didn’t do anything.

This prompted some action. The emergency nurses from DIST were at the house the next morning and visited regularly until Jo was in care. We also had a visit from the Dementia nurse based at the Hospice who also prevailed on Social Services.

Jo had told our solicitor that she wanted to stay at home as long as possible and this is what I aimed to do.

The breaking point started when Jo lost control of bodily functions, instead of going to have a shower she would go to the lounge spreading the problem on carpets and chairs.

I did manage to get her to the shower and she resisted taking her dirty clothes off. When I tried to insist she bit me on my arm.

What do you do when your wife's teeth are embedded in your arm? You don't say "Please darling don't do that" The only way to get her teeth out was to slap her. That makes you feel bad for the rest of the day.

I have great sympathy for those who work in care homes who get exposed in the tabloid press for rough treatment of patients. If the patient's teeth are in their arms I can fully understand how they react.

After the first episode I said to Kathryn – if this was an accident I can accept it, but if it becomes a regular feature of Jo's behaviour I don't think I can cope.

It soon became obvious that this was going to be a regular feature of her behaviour. With the help of the Dementia Emergency team I did get Jo into Amberleigh Hall for three weeks respite care, which I had to pay for.

It was obvious that Jo would have to stay there but I had not heard from Social Services.

I consulted my solicitor who advised me to contact my County Councillor to help me to get some movement from them. That was a waste of time .Despite emails and phone calls the County Councillor never replied. I hope he doesn't come knocking at my door seeking my vote at the next county election.

Amberleigh Hall said Jo could stay there until I got things sorted out.

Social Services visited in Jo's third week. Within a week they had agreed that she was an emergency and agreed to fund her with immediate effect. The controller at Amberleigh said she was amazed as normally this can take months.

When I told my daughter she said "Dad, They owe you one!!"

So is life a bed a roses now – No such luck!!!! – Because of Jo’s skin problems I have to bring her washing home every day to wash in non bio powder.

Her aggression is now directed to the staff and to other patients who advance into her space. They are trying to figure out what triggers her aggression. After living with it for months all I can say is that it is completely random.

When you are physically ill people will come and talk to you because they know you can answer back. With Jo only being able to say Yes/No/Right it is difficult to make contact with her to ask questions with one of those answers.

What has kept me going :-

I promised to look after Jo in sickness and in health.

The prayers and faith of everyone at London Road and further afield

The friends who have listened to my story “endlessly” over the last year and not told me to shut up.

The care that Jo’s nursing training friends from QEH Birmingham who have travelled to Kings Lynn to see her.

The full support of both Kathryn and John. And their friends who are going through the same situation

Age Concern for getting my attendance allowance.

My neighbours especially my neighbour who lost her husband because of Alzheimer’s – in my darkest moments I knew she had been there, got the T shirt and would understand.

Alzheimer’s Society for all their help and assistance.

Alzheimer’s touches so many families – as a member of London Road I am pleased that we make our premises available for their Café meetings.

There are so many hymns in the hymn book that I have always sung, but now I look at the words very carefully and with my experience have difficulty singing some lines.

“We expect a bright to-morrow;
All will be well”

Sorry, for Alzheimer’s patients there are No bright tomorrows Just the illness getting worse and worse!!!

I guess the hardest things to come to terms with are:-

Why did this have to happen to Jo?

Whatever happens now it is not the actions of the Jo I knew but of the illness.

Alzheimer's is such a cruel illness – Remember sufferers and especially their Carers in your prayers.

Remember in your prayers the work of Alzheimer's Research – so one day all Alzheimer's sufferers can sing “We expect a bright tomorrow!!!!!!”

David

Fellowship Breakfast as was!

On August 11th there will be a Fellowship Lunch at 12 noon at 140 Stow Road Magdalen. Barbecue, salad and rolls will be provided but if you wish to come please bring two pieces of fruit. All are welcome to a time of fellowship and prayer.

Barbara Foster

Safeguarding

There will be courses at :-

Hunstanton: Saturday 14th July at 9.30 to 12 noon.

London Road: Saturday 28th July 9.30 to 12 noon

Please could Church Safeguarding reps encourage people from their church to attend. It is mandatory not optional!

We need enough people to respond to make presenting a course worthwhile.

Contact Wendy Murray

01553 827390

wendyjoymurray@outlook.com

Looking forward to hearing from you.

Around the churches



Downham Market

Ladies Friendship Circle

Our outing to Sandringham on May 16th was a great success. The coach was full and although the weather was not good we all enjoyed it. It was cold and windy and the rhododendrons were not at their best but we blame Mother Nature for that. We rode around Wolferton and then to Sandringham for a cup of tea and a look around the shop. After we got back on the coach our driver Mark took us for lovely tour around the villages before stopping at Hunstanton for our fish and chip tea. A good afternoon was had by all, arriving home about 6,30pm

Our Mad Hatters Tea Party was a great laugh. We had the Mad Hatter, Alice, Queen of Hearts, Tweedledum and Tweedledee there and several decorated hats. We had 17 members present. We had jelly in cups, fresh fruit salad, tiny sandwiches and lovely cakes. We had a quiz of scrambled letters of people taken from the Alice in Wonderland book.

The next meeting is July 11th, AGM with Sheila Forth

July 25th is an outing to Newmarket and Saffron Waldon. The coach leaves at 9.30 from the Hollies.

There are no meetings in August so after that it will be September 12th 2018.

Margaret Fox.

Summer is now really here and we have had some beautiful days. My early morning river bank walk with my little dog is a joy in the sunshine with so many wild flowers, ox-eye daisies, ragged robin, red and white campion, clover, buttercups, yellow water irises and white and pink may. When Winter comes my walk takes place much later to be in daylight with no flowers and not too many leaves left. We must make the most of Summer while it is here which reminds me this edition of Rejoice is for July and August so by the time the next edition for September is out we shall mostly have had our holidays and the evenings will be drawing in. As for the weather? Spring was very late so perhaps Autumn will be too and we get reasonable weather up to Christmas. Time alone will tell.

So far for our Saturday coffee mornings the weather has been good so my plant stall has done well though there don't seem to be many people about. What with the royal wedding, the football and the carnival centred on the Howdale the town centre has been very quiet. A safe guarding session one

Saturday morning with folk from neighbouring Methodist Churches brought more customers and the week Churches Together has organised a day of prayer from 10 to 4 will hopefully bring more gardener customers and Sandy and I can manage the stall and take turns to go in to the tranquillity of the prayer sessions.

This month our services have been centred on the story of Jonah and with all the wickedness and mayhem in the world at the moment we can only pray that we are not due to be thrown overboard. The Junior Church I am sure enjoyed their session with the tent as the belly of the whale and Messy Church youngsters recently enjoyed the 4th birthday of Messy Church. Hazel reports 'In June we celebrated the 4th birthday of our Messy Church. There were some new families to welcome and more attending than last month. We thought about what is the most important thing in life and the story of the Rich Young Ruler asking Jesus what seemed like a riddle. There were lots of different activities and a party style meal with birthday cake and other cakes. It was all good fun, and we trust, the opportunity to show how important Jesus is to us.' So much to learn and keep abreast of these days. We have just had some lessons on operating the industrial dish washer in the social centre kitchen to be able to use it as we phase out paper cups. It seems that hand washing is not acceptable these days. If everything gets so sanitised no one will pick up a peck of dirt and build up any resistance to germs in the future. I am reminded of some of the working men's cafes we used to go to in France on our way to meet our twinned Rotary Club near Lille where the food was excellent but the hygiene doubtful. At one dinner (in a posh clean restaurant) I remember going in with both feet trying to explain (in very bad French) a play on words based on a geometrical theorem. To cut a shaggy dog story short it went thus. A red Indian reservation had a birthing tepee with three couches for expectant squaws. One couch was covered in deer hide, one with a horse skin and one with a hippo hide. At one time three squaws delivered babies at the same time. One squaw had a boy, another squaw had a girl and the third squaw had twins. Which only goes to prove that the squaw on the hippopotamus hide is equal to the squaws on the other two hides. Needless to say getting this over provoked gales of hilarious laughter and made me vow never to be so ambitious again.

Now the holidays are almost on us I must organise reliefs for my Saturday stall, having some folk come every week to see what's new I don't like to close. And then I must try to get some help with watering, both in the Church garden and my own where I have a 30ft length of 4 tiered shelving full of boxes of shrubs, annuals and perennials. I hate losing plants because they have dried out but am glad that the supermarkets don't always water properly so that I can buy plants cheaply to tlc them back to life. Some people are like plants in this respect, aren't they, they get depressed (wilt) through loneliness

perhaps (lack of tlc) and I enjoy having the stall open every week for those who don't want to buy but just come for a chat.

End of ramblings. Enjoy your Summer even if you are not going away. The cessation of some of our usual activities in August gives us a change from our usual routine and they say a change is as good as a rest. Certainly I find the routine seems more enjoyable after a break. Hopefully the weather will be kind to our farmers and we will start back preparing for our Harvest Festival celebrations. God Bless.

Joan Macey

Terrington St Clement

Our Hunger Lunch raised £127.35 for Christian Aid.

Many thanks for supporting the Trio Concert. £168. 50 was raised for the Alzheimers Society.

We are growing sunflowers at Junior Church which will be sponsored [if they survive the slugs!]

We are busy preparing for our Anniversary Weekend June 1th /17th.

Linda Howling

Pott Row

STRAWBERRY TEA.

Time for our afternoon tea again on

Saturday July 14th at 3-0'clock

cakes, sandwiches and, of course,

Strawberries, all with a nice cup of tea or coffee.

Hope To See You There.

Dersingham

The month of May has come and gone and our Flower Festival is over for another year. We gave the church and other premises a spring clean before the big event (although the regular cleaning ladies and gentlemen keep it very clean throughout the year I can assure you!), the catering ladies made long lists and brought in items which had been kept in freezers over the last few weeks and the flower arrangers began to work their magic. The flower arrangements were greatly admired and the ways in which the different Biblical journeys were portrayed in flowers was amazing. Quite a challenge this year! The youngest two age groups from the school came walking all the way down Dodds Hill and across The Pastures in their high visibility jackets on Thursday and Friday mornings to open the proceedings with their singing and they had also done a display about the story of Joseph in the corridor for us. It was good to see friends from around the Circuit supporting us and partaking

of the excellent culinary delights on offer in the hall. The final grand total of £2,301.98 was raised, £500 of which has gone to the Fund for the Rifton Dynamic Walker for a local boy, Alfie Rump. Our morning service was led by the Chairman of the East Anglia District, the Rev. Julian Pursehouse, who joined us afterwards for a Bring and Share lunch. The collection at the united evening Songs of Praise which the Rev. Steve Oliver led amounted to £251.55 and this will go towards a car seat for Alfie. Our thanks go to Elizabeth Batstone for organizing another very successful event and to all those who worked so hard over the four days. The monthly community lunches will continue over the summer and the next Coffee Morning will be on 18th July.



Rosemary Caink

Stow Bridge

Our meetings on Sunday mornings are rather low in numbers, but we enjoy our time of worship together and we are glad to have our congregation swell to around 30 once a month when the “Meths” meet with the “CoES” in one happy group. It really gives us variety, as God does in creation.

The birds have been giving us a lot of interest lately. We have 5 or 6 sparrows feeding at a time on nuts and seeds. Great tits, blue tits, long tailed tits, starlings, robins - and a lesser spotted woodpecker has been on our peanuts this last few days. With lots of jackdaws, rooks nearby, swallows flying high and swifts going at breakneck speed around the houses. Not forgetting the beautiful song of the blackbird in the evening. We enjoy the antics and their ability to fly about to wherever!

No doubt some of you have been working hard in the garden with grass and shrubs and with the crops that are growing quickly and give us so much weeding, planting and trimming to do, making us very hot. A cuppa and a rest is welcome, a dose of weedkiller for the yard and a chance for the hoe to cool down!

Again I say, what a wonderful world, what a pity that a few are not playing ball. Wait a minute Peter, do you play ball all the time? Sorry, no I don't!

Now may I be cheeky and give you six mini sermons?

1. It's wise to pick your friends...but not to pieces.
2. When you come to the end of your tether remember God is at the other end.
3. Religion was meant to be our steering wheel, not our spare wheel.
4. A lie can travel the earth while truth is still getting its shoes on.
5. Swallowing your pride will never give you indigestion.
6. Don't give up when clouds surround you. It can be a sign you're climbing higher.

Sorry no hymns, prayers or notices. Just a blessing.

Peter Hewitt

Hilgay

Wow! Did we have an uplifting Service on June 10th!

Ten young people aged between 13-18 plus their leaders from Ashill **Fountain of Life Church (Folyouth)** came to share with us their Mission Adventure to Albania, which took place during the school Easter holidays.

We saw a video of their training exercise at Ywam (Youth with a Mission) in Harpenden.(Ex N.C.H.) , their flight and arrival in Albania plus some of the work they did whilst there.

Then each person gave their own personal story and testimony of what a difference it had made to them. Everyone smiled all the way through and were so sincere and genuine in the way they spoke.

We also watched a drama about how things we do hurt Jesus.

Vicious attacks, thieving, rejecting friends, taking unknown substances and drunkenness and self-harming to name a few. Rich who played the part of Jesus wearing a crown of thorns on the cross was smeared with blood after every demonstration of sinfulness.

No words involved but a very powerful drama which they had performed in the prisons they visited during their journey.

Two girls sang a very moving duet about the Wonderful name of Jesus!

All this plus singing together, 'In Christ alone', and prayers made the whole morning a wonderful occasion.

It was so good to see our chapel full in support of these young people. Thanks to everyone who attended. After worship everyone shared in fellowship over

tea, coffee, cold drinks and cake. The whole morning was one of enjoyment, fellowship, worship, encouragement and a very uplifting experience for all. It's good to know that what these youngsters did is part of a much wider on-going programme with YWAM so the good work goes on!

On July 27th to celebrate NORFOLK DAY we shall be serving a Norfolk Lunch at 12:30 pm. No admission charge, but a retiring Collection.

Pauline Driver



Stanhoe

Some more long overdue news from Stanhoe!

Easter services included a Good Friday visit from Student Cross pilgrims, who had walked from Leicester and were on their way to Walsingham. As always we were delighted to welcome the pilgrims into the church for a time of refreshment (hot cross buns, of course) and a short time of worship. As I said to them in my words of welcome, it is sometimes difficult for us to remain hopeful as to our future as a place of worship and, indeed, as to our future as Methodists, but having our small chapel filled with mostly young and enthusiastic Christians, worshipping and singing with us, brings back our hope for the Christian Church in general.

Our joint (with Burnham Market) Bible Study meetings continue to meet on alternate Mondays. We are now using the Scripture Union Lifebuilder Study guide, "Listening to God." Possibly Rev. Steve hopes that we shall also learn to listen to him - we are a rather undisciplined rabble!

We continue with our prayer ministry through our Prayer Chain, having a very active group of people, some from other churches in the Circuit, who commit to praying on a daily basis for those whom we know who are ill, bereaved, or otherwise in trouble and in need of prayers.

Our support continues for the local Messy Church, which is taken into one of our primary schools, mostly by local Anglicans, but Rev. Steve sometimes comes to deliver the worship part of the proceedings, and I help with the crafts

(not very skilfully - the children are better at it than me).

Pastorally, there is some good news. Gill Johnson has finally had her hip replacement surgery after months of waiting in severe pain, and is home and doing well. Willie Shackcloth, husband of Valerie, our senior steward, is in remission from prostate cancer, following his treatment last year, and has recently had a successful hernia operation. The rest of us struggle on with the usual problems connected with ageing! Our congregation remains small, but our numbers are often enhanced by our regular visitors: Malcolm and Margaret Lyth from the Enfield Circuit and Moira Sleigh and Colin from London, who have holiday homes in the area, as well as Judith and Tim Chaloner, who moved into Syderstone a couple of years ago. We appreciate their support, and of course, that of Burnham Market members, who join with us on alternate Sundays.

Elizabeth Macleod

Gaywood St Faith's

Revving it up Rev.....yes, the big news at St Faith's Church this summer is a novel and challenging memorial fund-raising venture by the Rector, the Rev Julie Boyd, her husband, Matthew and their daughter, Harriet.

The project was officially launched in St Faith's Church in June.

The Boyd family is to ride their motorbikes to Inverness, in Scotland, following the route of the last journey taken there by their son, Andrew. Tragically Andrew, 20, took his own life last September and the ride will be in his memory.

The fund-raising will be for the exciting new church office a new base for the West Norfolk MIND and also a new welcoming café space where people can just call in for a cuppa and a chat. This is a project very close to the hearts of Julie and Matthew.

It is expected that work to convert the former four-bedroom church bungalow (in the church drive, close to the church) will cost many thousands of pounds and so the Boyd family will be seeking sponsorship for their trip. People can either sponsor them per mile or offer them a set sum of cash.

Rev. Julie said: "Andrew was a keen motorcyclist and often suggested that his sister, Hattie and I should also learn to ride. At his funeral in St Faith's Church last year we made a promise that we would do exactly that and now the time has come to fulfil that promise."

Julie went on to explain that her son left three motorbikes and so Julie and her daughter will be learning to ride to enable the Boyd family to take part in their sponsored ride to Scotland. Matthew Boyd can already officially ride a motorbike. So the Rev. Julie is "revving it up!" for the first time ever, having never ridden a bike before in her life. She and her daughter will have lessons

to qualify to ride. They plan to set off from outside St Faith's Church on Monday, 13th August, at 11am. It is hoped that as many people, including other motorcyclists, will turn out and give them a good send-off. The trip will also be their holiday and they expect to be away for two weeks. Anyone wishing to sponsor Julie, Mathew and Harriet, or would like to find out more details about this exciting fund-raising scheme, can contact Julie on 01553 770952 or the Church Office on 01553 774916.

Connected to the exciting Bungalow conversion project is a novel fund-raising idea from church members, Pat and Patsy Jackson. The couple were responsible for organising the very successful Quiz and Chips evening in May and are now preparing for their second fund-raising event. This will take the form of a Mystery Auction in the Church Rooms on October 20th at 7pm. They are asking people to bring back a present from their summer holidays and these items, wrapped but not identified, will be auctioned off on the evening. For more details of this event please speak to Pat or Patsy at church on Sundays or call them on 01553 277268. They thank people in anticipation for their help with their present request.

If anyone else would like to arrange a fund-raising event in support of the Bungalow conversion project they are asked to contact Rev. Julie Boyd to discuss their idea.

By the time you read this article St Faith's new curate will have been ordained in Norwich Cathedral and will have taken part in her first Sunday morning worship at St Faith's.

Laura Purnell has spent the past two years training for the Ordained Ministry at Ridley Hall in Cambridge. She and her husband, Martin, will be making their home in a recently-purchased four-bedroom house on Wootton Road, Gaywood. The couple is looking forward to getting to know church members and Gaywood and the wider King's Lynn area in the coming months and years. Please continue to keep Laura and Martin in your prayers and thoughts as they prepare for the next exciting step on their Christian journey.

Don't forget to put the date of Saturday 7th July in your diary for this is the date of the latest St Faith's Church monthly coffee and more session in the Church Rooms. These cuppa and chat sessions, starting at 10am, are particularly popular, with all the tables and seats taken.

As well as cups or mugs of tea or coffee, (and free re-fills) there will be a variety of stalls selling various goods including home-made cards, charity stalls and the creations of a baker and a butcher.

Everyone is welcome to the Coffee Morning and More... starting at 10am and admission is free.

Although we are now in July, and many church folk have yet to enjoy their summer holidays, some church members have been thinking about Christmas 2018 and the fourth St Faith's Christmas Tree Festival.

The previous three Festivals, 2012, 2014 and 2016 have all proved very popular with visitors and church members alike. We hope this will also be the case with the fourth Tree Festival which is due to open on 7th December. As well as around 30 real and artificial trees decorated by various groups and individuals there will be two evening concerts.

One of the most popular features of each past Festival has been a Christmas craft stall (which always sells out its stock). The craft stall is run under the direction of church member, Joan Greening, and her creative Craft group, which meets regularly to make products to sell.

Anyone who would like to be involved in the 2018 Christmas Tree Festival or has any ideas for features to be included is asked to contact Rev. Julie Boyd. Again on the subject of Christmas, when we all come together to celebrate the birth of Jesus Christ the Saviour of the World, thoughts are also focusing on a second Christmas Day lunch in the Church Rooms.

The first event of this kind, so well run by Rector Julie and her husband Matthew and a small team of volunteers proved very successful.

A total of 45 people, most of whom would have otherwise spent the special day alone, were invited to come and share in fun and fellowship and a traditional three-course Christmas lunch. They were collected from their homes and taken home and it was all free of charge.

If you feel that you might like to join us this year and sit down with others for a traditional three-course free Christmas lunch on Christmas Day, rather than be on your own, please contact Rev Julie Boyd.

Richard Parr

Mike Gunnell

As a fellow Local Preacher, I am immensely proud of Mike Gunnell. I am proud to be a personal friend; I am proud to have known his wife, Chris; I have been privileged to hear him preach and to preach to him. I have even been privileged to have my sermons critiqued by Mike, sometimes when I asked for feedback, and sometimes unasked.

This Circuit should be immensely proud of Mike Gunnell. Mike is probably one of very few living Local Preachers who served in the RAF during the 2nd World War, in Mike's case, being decorated for his service with Bomber Command.

The motto of the Royal Air Force is: "Through adversity to the stars," and this typifies Mike's attitude to life. I have been his friend for nearly twenty years, and in that time, I have watched in awe, as he faced so many problems, including the death of Chris some ten years ago, and his own

failing health. All of this he deals with, with courage and determination and good humour, and self-deprecation.

As I'm sure he won't mind me mentioning, Mike is 95 years old, and what is more, he is still, occasionally, preaching, albeit in his own church at Heacham, where he is respected and loved and revered and cared for.

His preaching career began not here, but in Amersham, when, already in his 50s, he was prompted to take up the call to preach by a fellow church member. He and Chris retired here to West Norfolk when they were in their early 60s, and rapidly became well known in the old Hunstanton Circuit, as they took a very full part in church and Circuit life, with Mike, of course, preaching across the Circuit and Chris playing the organ.

Sadly, many of you won't have heard Mike preach.

Mike has a very methodical approach to both his own Christian disciplines and to his preaching. He will tell you that his day always begins with an early cup of tea and a period of Bible reading and prayer. His research is wide ranging, and his theology soundly based in the Protestant faith and in Methodism.

Mike expects a lot of his congregations. Like the poet Robert Browning, I think that he believes that, "A man's reach should exceed his grasp." He makes few concessions.

When I once preached in front of him and divided up my sermon into two parts, his response was to advise me that I was patronising my congregation, by implying that they were incapable of listening to a full-length sermon.

Somehow, he manages to achieve that difficult balance between intensive research and knowledge of his subject, with a clarity which makes his words accessible and his message clear to all of his listeners. It is because of his meticulous preparation and his intimate knowledge of the Scriptures, that, when Mike preaches, he preaches with authority.

I don't suppose that Mike imagined, when he took up local Preaching comparatively late in life, that he would ever receive his certificate for 40 years of loyal service. Mike, we are delighted that your day of recognition has come at last!

Elizabeth Macleod



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!**

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My Teacher

Lord, teach me to
Be right when wrong.
To give me strength
The whole day long.

Even at night
While I'm sleeping,
Be thou my light
Watching keeping.

Please stay with me
In what I do.
Just keep me safe
The whole day through. Amen

Sue Ash

At the Royal Wedding Bishop Michael Curry invited his hearers to think of a time when they first fell in love and the whole world seemed to revolve around them and their beloved. That has encouraged me to tell you

A TRUE LOVE STORY

On 21st February 1944 the “Princess Kathleen” docked in Taranto Harbour, crowded with soldiers coming over from Alexandria. Among the units was the No.25 Field bakery, RASC. John and his friend George had been with them in the Middle East and North Africa for three years and now for the first time were stepping onto European soil. Their unit was sent across Italy and shortly got established in Torre Annunziata, 15 miles south of Naples, working in a requisitioned macaroni factory in the Via Vesuvio. The company headquarters, where the two friends were, was on the first floor of a house in the Via Maresca. The Santo family lived below.

Starved of home life, civilian contacts and feminine company for so long, the British soldiers naturally relished the new situation. Many soon got themselves invited into homes. John and George, slow off the mark, were green with envy. From their vantage point at the office window they could see Maria Santo and her girlfriends coming and going, and several little schoolgirls leaning out of the window opposite. On the 11th April one of them was sitting at that window reading, looking so sad. George, a canny Scot, said, “I’m going to make that wee lassie smile.” He went to the open window and held a bar of chocolate up to her. The girl found herself smiling back before she escaped inside the room. That evening, as they got dressed up and emerged for a stroll, the two army friends were met by a deputation. Three very young ladies kept shyly in the background while it had been arranged that Maria Santo should make the first move. “Do you like to go to their `ouse?” she enquired.

And so it all began. They learned that the girls’ names were Vanda, Edda (who had been at the window) and Silvana. A little later, as they were laughingly trying to make each other understood, their big sister Iside, aged 22, came in and was surprised to see two soldiers sitting there. Practically every evening they went around, with Mama and Papa joining in the fun and conversation, learning Italian songs, sipping a cup of tea with lemon. Curfew time came round all too quickly. There were social events too. Some of the units put on dances at the Lido Azzurro. John and George suddenly found themselves popular and always received invitations, for whenever they went it could be guaranteed that a whole bevy of girls would come along too: the Ferraro sisters, their friends and cousins, fathers and mothers, uncles and aunts too, for a full chaperone system was in operation. Neither did they want to miss the refreshments: Mama Santo would bring a large bag and sweep bread rolls into it as they were passed round. But something else was happening. John’s wartime diary and a secret bunch of letters tied with red ribbon tell the story. To everyone’s surprise, not least their

own, John and Iside, across all the barriers of nationality, language, culture and religion (she was originally a Catholic), fell head over heels in love. In less than three months they were `fidanzati sul serio` and married a year later, three times over in one day: first the legal part at the `Municipio`, then in Italian and in English.

Shakespeare must have been right when he said, "There`s a divinity that shapes our ends, rough-hew them how we will." But it is strange that it should happen all because of a bar of chocolate.

This was a family whose home had been bombed and they had lost everything they possessed. Also there was very little in the shops in war-torn Italy, so the wedding was a little unusual. No invitations were sent out but half a dozen soldiers came along, one of whom, being a serjeant, appointed himself best man. About forty neighbours turned up to see what was happening. No reception – the bride handed round sugared almonds according to Italian custom. The wedding dress – borrowed. Bouquet – sisters gathered a bunch of flowers from the garden. Photography – a few snapshots taken with a Kodak Brownie box camera. But it isn`t everyone who gets to have a honeymoon at Pompei, which happened to be two miles away.

They were together for fifty wonderfully happy years.

John Garfoot



Apostle spoons

My duties as a full time carer mean many of the interests that I once had have had to go on hold but I still can refer back to them from time to time, though not in an active manner. One such hobby is the collecting of Silver Spoons, usually, though not always, Early English. Many people think this strange, but can readily identify frequently with the exclamation " Oh, you mean Apostle spoons, but how do you tell one from another?" Well, there is far more than Apostle Spoons to interest, but for the earliest of this form, outside of the scope of my purse I am afraid, the answer lies in the attributes or emblems the Apostle or Saint is seen to carry. In the words of the old Sunday school song, the best book to read is the Bible, and the emblems are often drawn from passages in the Bible. Remember that the various Christian traditions will often have different explanations and stories upon which to form these emblems. To illustrate a few.....St. Peter, a fisherman we are told, may be seen carrying a fish, but in Western tradition is usually depicted holding a key or crossed keys, a reminder of St. Matthew, ch.16, vs19, when our Lord tells him, " unto thee give I the keys of the Kingdom of Heaven..... I must say that to me the crossed keys look like a five bar gate and rather menacing!

St. Luke also has several attributes, but again in our tradition is usually seen with a recumbent cow at his feet reminding us that St. Luke is the only writer of the Synoptic Gospels to tell of the birth of Jesus, in a manger (stable or byre), see St. Luke ch.2 vs.7

St. Matthew, again has several emblems, but the most usual is he holds a money bag or purse, in St. Matthew ch.9, vs 9., Jesus sees the tax collector, called Matthew, sitting at in his office, saying to him follow me.

St. Simon the Zealot, or Zelotes, in the Bible rarely given much more than a named reference, and scholars seem to argue over who he actually was. (It seems the double dutch Greek has much to answer for), but see St. Luke chapter. 6 vs.15 and Acts ch.1 vs.12. By tradition Simon was martyred for his faith by being sawn in half, longitudinally. and so, his attribute that he carries is a long saw!

There are explanations for all the apostles and others, including women, perhaps I can deal with these in a further edition.

P.J.Screen, South Wootton

CELEBRATIONS



It's always good to share happiness. On May 25th Mrs Betty Woodley was 100 years young. There must be something in the air in Norfolk as we have a few centenarians in the Circuit!
She enjoyed a Tea Party on the day and a lunch with friends on the Sunday. As they say, a good time was had by all!
May the next years be just as joyful.

Greetings Special people

Words cannot accurately describe my feelings after my visit to Downham Market in May. I was blessed to receive a special welcome from everyone I met and

Sheila and David Forth spoiled me. What wonderful hosts they are. Seeing everyone again was lovely and I felt I had come home.

Douglas and I had such a happy time in the Circuit so it was good to be able to reconnect and share the memories with you all. Many of you went the extra mile to make my stay such a happy one. I appreciated the visits to some of your homes and that some of you even came out to David and Sheila's home to see me there.

You never complained when my camera came out and I now have those new memories to enjoy when I feel homesick. Sheila now messages me on WhatsApp so together with the many emails I receive from those who are in contact with me, you are never far from my thoughts. My children seem to think my visit was good for my soul and have encouraged me to visit more regularly so we will see what can be arranged.

So much was the same but then there were some changes too. The new kitchen is magnificent; Messy Church was an experience that I will share with churches here. The visit to Hilgay and Southery was an emotional journey for me. Thanks you very much for making my visit such a happy memory. Being back at London Road and being remembered by ladies there as well as being greeted in the Market Place in Downham will always be an overwhelming memory. The five years since Douglas' passing seemed like yesterday. I still miss him so much and hearing from some of you that you also miss him warmed my heart. His tree and rosebush in the grounds and the beautiful candle holder helps me know that he won't easily be forgotten and that I am not alone in my loss.

Thank you. Shalom

Lynese





And more friends.

We send the Sankey family greetings on the marriage of their daughter Debz.

Some thoughts from S.Ash

Angst and anger
Just cloud the mind.
Makes simple words
Harder to find.

Spending some time
Here and alone.
Trying to live
All on one's own.

Taking some time
To reminisce.
Now in the past.
Sealed by a kiss.

Carry on reading.....

In the previous article in this series the focus was on 'travelling'. I have travelled a number of years now in diaconal ministry and am currently in my fourth appointment stationed in the Airedale Circuit of the Yorkshire West District which consists of 18 churches including 3 LEPs and a staff team of 3 presbyters and a deacon working collaboratively with 3 church workers, a children's, youth and family worker, and active supernumeraries otherwise. The focus of my work alongside presbyteral colleagues is in the 4 chapels of the Worth Valley and the town centre church in Keighley. The area is a mixture of rural and urban contexts with many steep hills and of course the imposing moors, with the Pennines passing alongside.

Whenever I explain where I live and work the usual first reaction from others is either – ah.....'Bronte country' or ah..... the 'Keighley and Worth Valley Railway'. Both are true of the area of course, reflected in the visitors both bring from around the country and indeed the world. Both impact on the economy of the area.

Prior to candidating, I worked as a librarian and have loved books and reading 'stories' for as long as I can remember. So, it was for me, a particular delight to find myself stationed to an appointment with a rich literary culture most notably through the works of the Brontes who lived in and wrote from the Haworth Parsonage. I do also like trains and enjoy travelling on the KWVR but have not as yet reached the level of enthusiast!

All of my appointments have differed as diaconal appointments do reflecting the particular context and focus – no two are the same – no two deacons are the same! At our ordination we receive a Bible with the words: 'receive this Bible and bear witness to the Gospel by word and deed in the church and in the world.' So, here as elsewhere I am seeking

to live out that commission. I am asked to encourage, enable, explore with others how we as congregations can reach out to others; who we might work with both inside and outside our church buildings, discerning with others as to how we might continue to engage in mission and service, 'bearing witness to the Gospel by word and deed.'

I have been here for 18 months and in that first year or so in an appointment there is for me always a process of 'lurking about', having a look at what is already happening, understanding the context through getting alongside folk and listening in conversations. For me in all of that I will always carry on reading!

In our rededication at Diaconal Convocation each year we are asked:

'Will you continue to be faithful in worship, in prayer, in the reading of Holy Scriptures and in those studies which will equip you for ministry?' In our Rule of Life, we are encouraged to 'order the rhythm of each day, month and year and allow time for study and relaxation' – good practice for all, deacon or not!

So, what am I carrying on reading?

Reading for information: I am enjoying reading of local social history, discovering something of the heritage of the area but alongside that reports relating to current economic facts and figures.

Reading for inspiration: alongside my devotional Bible and discipleship reading, books covering the history of the chapels & non conformity in this area; and relevant books of others' experience and ideas for service and mission.

Reading for relaxation: I have undertaken to read all the Bronte novels (interspersed with other authors!) and am finding a new understanding as I read them surrounded by the hills and moors where they were written. (Say it quietly but prior to living here I was not a Bronte enthusiast!)

What have I discovered?

An area with a proud industrial heritage of mills in Keighley and the surrounding valleys; mostly now gone but still to be seen in the landscape and in the splendour of the civic buildings in Keighley. All a little faded now but perhaps beginning to show signs of new life although as in many other towns there are those struggling to make a living, to put food on the table.

A strong community spirit in the villages of the Worth Valley but again as elsewhere perhaps not as it was so there are those who experience isolation and loneliness particularly in later life.

An area strong in non - conformity with a rich heritage of faithfulness and commitment; once with many chapels of all varieties of Methodist and Baptist with a strong emphasis on Sunday Schools and their associated libraries. Many of those chapels are now demolished or in other use as in other areas of the country. In Methodism the influence of the Revd William Grimshaw, the incumbent in Haworth, was hugely significant. He was a contemporary of the Wesleys (who visited the area on a number of occasions). He preached with an evangelical zeal and encouraged the formation of the Haworth Round, a huge circuit stretching as far as Whitehaven in Cumbria. The first Methodist preaching house was built in Haworth in 1758 and so today Haworth West Lane remains one of the oldest Methodist societies in the country although the original building is now long demolished. Also of significance in a practical way was that of the Revd Patrick Bronte who later worked tirelessly for better sanitation for the village where until that point many were dying young.

Reading the context

Literacy at its simplest is defined as the ability to read and write but I believe it needs to be more than that, it is also about the understanding and the application of those words. So, in carrying on reading I find myself

reading and reflecting on the heritage of the area but also 'reading' the community now, 'reading' the current situation of our churches, 'reading' the signs of God's kingdom here and now. Treasuring our heritage is important and others' experience in other places can be helpful to some extent but the task is to serve the present age, moving on in mission and service – being there in this place with the message of God's love and compassion. Part of my role as a deacon is to act as a community theologian and articulate that 'reading.'

For now and the immediate future alongside involvement in the worship and pastoral life of the churches, working with others, I am involved in continuing to develop pay as you can cafés and town centre chaplaincy in Keighley; drop in coffee mornings, fellowship groups, lunches, and community libraries (life comes full circle!) in the villages; seeking to engage in meaningful ways with those organisations who use our premises such as Pre School and uniformed groups; in it all easing issues of isolation and loneliness and creating places of welcome and hospitality as we share the message of the Gospel in word and deed.

And because it's what I do - I will carry on reading – reading that opens up new places and new understandings, that fires my imagination and creativity, that informs me about issues, that nurtures my faith and touches my soul and who knows I may yet manage to read some of the growing pile of books to be read one day when there's time!

Deacon Jackie Fowler

West Norfolk Methodist Circuit Diary
JULY 2018 onwards

Saturday July 14th Cream Tea at Pott Row

Saturday July 14th Safeguarding at Hunstanton

Saturday July 21st 2pm - 4pm Sir George Edwards
Memorial Meeting at Gressenhall

Friday July 27th Norfolk Day at Hilgay

Saturday July 28th Safeguarding at London Road

Monday October 1st MWiB A.G.M. at London Road

Thursday October 11th MWiB Autumn District Day

Saturday October 20th Mystery Auction at Gaywood St
Faith's 7pm