

# Rejoice!

March 2018



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



## *Just a thought*

As I was walking along a woodland close to where I live I saw leaf buds just coming out. On the floor lay the old dead leaves of the past winter, and this scene showed me in one single moment what Easter day is all about. It is the story of death and decay being completely overturned by the new life; life after death; light after the darkness. And as we look forward to Easter once again we will see that light, the risen Lord symbolised by the flowering of the cross. And we can experience that moment of resurrection each day if only we opened our eyes to what is around us; open our ears and listen to the birds singing, the river babbling, the trees groaning, the flowers blooming and the sun shining; they all depict the amazing story of the resurrection. New life, new light, new dawn. Can't you just feel Christ in all his glory surrounding you with his promise of being the way, the truth and the life within us and around us?

Of course, over the next weeks we will grieve over the death of Jesus. Both Maundy Thursday and Good Friday are times when we can truly reflect on His life and death, perhaps shedding a tear, keeping our thoughts close to our hearts. It's strange isn't it but even when we know what happens, when we know that Jesus will be raised from the dead, we still spend time watching and waiting; waiting for that solemn moment of Good Friday to end so that we can breathe freely again and rejoice over the resurrection.

No one on earth can say what happened inside that tomb, because those who saw Him all arrived after the fact. Two of them saw clothes, one of them saw angels. For the rest of the disciples and for us too, Easter begins the moment the gardener says, "Mary!" and she knew. That is where the miracle happened and goes on happening -- not in the tomb but in the encounter with the living Lord.

The tomb was just the shell. The crucified Jesus who had once been inside of it was gone. He had people to see and things to do. His business was among the living to whom he appeared not once but four more times in the Gospel of John. Every time he came to his friends they became stronger, wiser, kinder, more daring. Every time he came to them, they became more like him. And that is the Easter glory for us too, that as Christ comes more and more into our daily lives the more we can become like him and be a witness to those we meet on our journey through life.

That is Easter that is new life in Christ. And the amazing thing is the infectious excitement felt by those who believed then will continue to be infectious today because our faith, our belief in conquered sin and death, can and will bring a new challenge and purpose in the lives of whom we touch.

Jesus gave us all a great commission when he said “Go into all the world and proclaim the good news to the whole creation”. Well we may not be able to go out that far this Easter, but just over the doorstep may be enough to awaken new life in Christ for those who search.  
May you have a happy and blessed Easter

Steve

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

How true!

To steal ideas from one person is plagiarism; to steal from many is research.

The colder the x-ray table, the more of your body is required to be on it.

## Praying together in the Circuit

Then Jesus took a piece of bread, gave thanks to God,  
broke it, and gave it to them saying,

"This is my body, which is given for you. Do this in memory of me"

In the same way, he gave them the cup after the supper saying,

"This cup is God's new covenant sealed with my blood,  
which is poured out for you".

Luke 22: 19-20

Jesus, the Suffering Servant, became sin for us.

He took the punishment which should have been ours.

He shared our humanity that we might share his divinity.

God's mercy. underserved, delivering us from sin and death.

God's amazing grace, undeserved, redeeming us by the blood of the  
lamb

to live in the Covenant of Grace.

Our response: -

I have been crucified with Christ and I no longer live,  
but Christ lives in me.

The life I now live in the body, I live by faith in the Son of God,  
who loved me and gave himself for me.

Galatians 2: 2

Thank you, Father, that in your love you have reconciled us to yourself.  
You have saved us from a hopeless end - You have given us an endless  
hope. You have included us in your purpose which will succeed through  
your son. Bless our communion with you, ever mindful of all you have  
done to secure us in your love forever. As we take up our cross may  
we live by faith and not by sight with our focus on you, your will, your  
victory, your glory. Abba Father, Jesus Lord of all, Holy Spirit of life,  
truth and power make us a people for your glory faithful to you and  
fruitful for you in your eternal purpose.

The Grace of our Lord Jesus Christ, the love of God and the fellowship of the Holy Spirit be with us all now and forever. Amen.

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, Betty Holmes, Gill Johnson and Brian Ogden

Father, we place into your hands those un-named who are on our hearts. For your presence with them, your love holding them secure, your peace enveloping them, your strength upholding them, your perfect will for each one.

## **SPRING PASTORAL DAY - Saturday 21st April 2018**

The Rev. Catherine Dixon will be offering reflections on the topic "**the glory of God is a human being fully alive**".

Hunstanton Methodist Church, 9.15 for 9.45am

The morning will end with Holy Communion and a soup lunch All welcome.

Names for catering purposes, please, to Mrs Phyllis Bowman, KL 671288

*Please note: the day on sudden bereavement will follow later in the year*

**Faith** is taking the first step when you can't see the whole staircase.

Martin Luther King Jnr

# Around the churches



## Downham Market

Many thanks to all the members who turned up for the first meeting of the year, it was a dreadful evening cold wet and windy. Several members were poorly and we wish all of them all a speedy recovery, Well the Bingo went down very well. We had jolly evening, lots of laughter and fun and finished with the usual cup of tea and biscuits.

Our March meetings are March 7<sup>th</sup> Annual lunch new venue Chequers Inn at Wimbotsham

March 21<sup>st</sup> This is our Easter evening with Hymns and readings. The competition is " Built a nest" using any material of your choice.

Margaret Fox

Now very cold but we have had some lovely sunny days since I complained last month about the foggy dark days and the evenings are getting lighter though evening meetings still mean driving after dark. Roll on Spring and Summer.

I have at last managed to find a landscape gardener to sort out my tiny garden which has resembled a builder's yard for so long. Following a plan drawn up by a friend he has laid paths, made slightly raised beds and a small pond for the wildlife and hopefully frogs to keep insects under control. So now I am waiting for warmer weather to get planting. Having had the garden treated with a weed killer, last resort to get rid of a huge patch of ground elder, I was pleasantly surprised to find some delicate mauve crocuses flowering and some celandines growing again which will be useful for round the little pond. I only hope the ground elder is gone for good.

All systems go at Church after our Christmas break. We had a very meaningful and joyous Covenant Service which was led by the Methodist Padre from Marham, the Rev. Wing Commander Paul Mellor. With the theme 'Are we yet alive' a meeting was held recently to talk about future visions for growth and development of the Methodist Church in our area following a directive from the Methodist Conference 2017 that every Church should annually consider the question 'Do you have a growth plan or an end of life plan?' A number of topics were considered 'Does size matter; what does your dream Church look like and how do we achieve our dream Church. Discussions concluded with the call 'Go forth and tell' but we need encouragement to get out of our

comfort zone. A further meeting was held when the question was put 'if you had a sum of money for the Church, how would you spend it?' Various suggestions were made including holding services in local cafes, taking the elderly shopping and inviting folk in for meals. David Friswell, a DMMC member and former World Church Relationships Team Leader on the Connexional staff facilitated the discussion and will collate the results. Watch this space. Our Lent groups have already started (19<sup>th</sup> Feb) and will continue on Mondays at 10.00 at Church and repeated at 7.30 p.m. at the Manse. Do come and join us if you have not found another course you can attend. Our latest session of Messy Church was on the theme of families. Those who attend Messy Church are part of that family as well as being in the family of the Church and part of their own family and the children looked at family trees as well as making thank you cards for their own family. Messy Church is always held on the second Friday of the month from 4.30 to 6.30 when the children enjoy crafts, games and singing, finishing with a meal. More helpers are always welcome to help with the meal or games, or just to chat to the families to make them feel welcome. If you have young children do pop in and try a session. There is no charge, though donations towards the cost of the supper are welcome.

Our hard-working social centre staff continue to provide hot lunches especially for folk who live alone and need some company from Mondays to Fridays, our fund-raising Saturday coffee morning is open every week and of course the Church is also very busy on Sundays. We are just like the Windmill, we never close, albeit the programme is very different and hopefully more effective in showing our love for our neighbours. Keep warm and keep going; next month we shall celebrate Easter and Spring can't be far away.

Joan Macey

## Dersingham

Our giving over the Christmas period was centred on the work of the Leprosy Mission this year and the £502 we raised will buy a donkey and cart to help a family transport their goods to market, two latrine blocks for a community and two bicycles for community health workers. The money still remaining will go into their Emergency Fund for general use when needed.

The January Coffee Morning raised 305.85 for Mission in Britain and World Missions. The monthly community lunches continue to be enjoyed and much appreciated by between 30 and 40 people and the bi-monthly Chicken Foot evenings continue to provide food, fun, fellowship and laughter as well as raising money which is split between the church funds and a charity, the East Anglian Air Ambulance being the beneficiary of the February evening.



Our local Women's World Day of Prayer service will take place at Hunstanton Methodist Church on Friday 2<sup>nd</sup> March at 11 a.m. Coffee will be available beforehand from 10.15 a.m.

Now the weather has changed, the Mart is about to descend on us and our thoughts are turning to the period of Lent culminating in Easter. As usual the Heacham and Rising Deanery is arranging a series of Lent meetings on Wednesdays at 7 p.m. as follows:

28 <sup>th</sup> February	Hunstanton Methodist
7 <sup>th</sup> March	Old Hunstanton
14 <sup>th</sup> March	Sandringham
21 <sup>st</sup> March	St. Mary's, Heacham

Our Easter Fayre will be held on Saturday 24<sup>th</sup> March and the proceeds will be split between Methodist Homes and Action for Children. The service on Good Friday will be led by the Rev. Steve Oliver at 10am and will, as usual, be followed by the Walk of Witness around the village. Steve will be leading our celebration on Easter Sunday with Holy Communion and we will be welcoming Greg Sargent to our pulpit at 6pm on Easter Sunday evening.

Rosemary Caink

## Gaywood St Faith's

Saturday March 3<sup>rd</sup>, at 10am in Gaywood Church Rooms sees the latest in the monthly Coffee Mornings. Everyone is welcome to come along and enjoy coffee (or tea) and company in a friendly atmosphere. These sessions are growing in popularity and February's event saw a large number of people really enjoying themselves. As well as coffee and eats, there are also stalls and a raffle with good prizes. Admission is free and newcomers are particularly welcome.

March, of course, is the month when the Spring Fayre is held.

Saturday March 17<sup>th</sup> is the date of this year's event starting at 2pm and all proceeds go towards the running costs of St Faith's Anglican and Methodist Church.

As usual, a whole variety of stalls will be set up in the Gaywood Church rooms and this year it is hoped to have a children's home-made Easter bonnet-making competition. Prizes will be awarded for the most imaginative and colourful bonnets. The competition is open to both girls and boys and there will be age categories. Prizes will be awarded to those judged as the best. The Spring Fayre, along with the Summer Fayre and the Christmas Fair, are the three major fund-raising events arranged by St Faith's fund-raising group

under the direction of Anne and Eric Ess. All money raised is used for the ongoing worship and mission of the church at Gaywood.

There is always a family friendly atmosphere at the fayre and after visitors have toured the stalls and games of chance tables, they can sit and enjoy a coffee or tea and a slice of delicious home-made cake.

St Faith's is offering people a number of ways in which they can journey through Lent this year.

The Rev. Catherine Dixon will be using Stephen Cottrell's book, "The Things He Carried" for Tuesday sessions from 10 am until 11am at South Wootton Methodist Church. These sessions continue each Tuesday until March 20<sup>th</sup> and there is no requirement to book.

St Faith's Bible Study Group opens its doors to all during Lent focusing their study on the Penitential Psalms. The 7.30pm sessions continue each Tuesday until March 20<sup>th</sup>. There will be an opportunity of Reading the Gospel according to St Mark in Holy Week. Those interested are invited to join Team Vicar, the Rev Karlene Kerr, at her home in Jermyn Road, Gaywood on Monday and Tuesday March 26<sup>th</sup> and 27<sup>th</sup> between 10am and 11.30am and all are welcome to attend.

Lent lunches are being held in Gaywood Church Rooms on Fridays in the lead up to Easter.

A simple lunch of soup and bread followed by tea or coffee will be served.

Donations are invited in support of the Bishop's Lent Appeal enabling local ministry in Simboa, Papua New Guinea.

In each of these lunch sessions there will be a short talk given by a member of the clergy team on the theme of "Resources of Lent."

On Friday, March 2<sup>nd</sup> at 1pm the Rev Karlene Kerr, will be talking about Spiritual Pathways to God.

On Friday, March 9<sup>th</sup>, the Rev. Andrew Maguire will speak on Music.

Daphne Sampson will talk on Imagination and Scripture on Friday March 16<sup>th</sup>.

The final session on March 23<sup>rd</sup> will be St Faith's Rector, the Rev Julie Boyd, speaking on Art.

On Palm Sunday there will be a service of Holy Communion at 9.45am and in the evening at 6.30pm there will be a Passiantide Choral Service with special readings and items by the choir.

On both 26<sup>th</sup> and 27<sup>th</sup> March there will be Night Prayer at 7.30pm and on 28<sup>th</sup> March there will be Stations of the Cross at 10am followed by a service of Holy Communion at 10.45am and Night Prayer at 7.30pm.

On Maundy Thursday at 7.30pm, there will be a service of Holy Communion with feet washing and the stripping of the altar.

On Good Friday people will gather at St Faith's Church at 10am for prayer before heading off following a large wooden cross being carried on the Walk of Witness. The group will stop on the way to Lynn town centre at Highgate

Chapel and St John's Church in The Walks before gathering in the Saturday Market Place and setting off for the walk around the town centre, stopping at various locations for a reading and a hymn. The Walk ends with a hymn and final prayer at the Minster followed by Hot Cross buns and coffee. Back at St Faith's Church. There will be the Hour at the Cross observation starting at 2pm.

On Easter Sunday services begin at 6am with the open-air Dawn Chorus service in the churchyard followed by breakfast in the Church Rooms. There will be an 8am celebration of Holy Communion and followed by a 9.45am service and an evening service at 6.30pm.

On Wednesday, 28<sup>th</sup> March, there is to be a Taize Service at 7.30pm at St Mary's Church, West Winch.

For more information about the programme of Easter Services please contact St Faith's Church Office on Monday, Wednesday or Friday only between 9am and 12 noon telephone 01553 774916.

Richard Parr.

## Terrington St Clement

Our Network (MWiB) meetings involved sharing favourite poems and Helen's favourite pieces of music.

The New Year Party began with an observation quiz, won by Daniel and Peter Meadan. Wendy played the piano and Amy showed photographs of nature, she had taken with her Christmas camera.

Ruth's "Hat " game involved paper and pins to make your neighbour a hat. The winner, "Andy Capp" was made by Pauline Gadsden for Marjorie Bocking. Linda H read "McCavity The Mystery Cat " with audience participation. Peter and Daniel performed "The Little Green Frog" which we all enjoyed. Pass the Parcel with forfeits was next.

Rev. Andrew played a Scott Joplin Rag and Oliver demonstrated his skills on the piano. Helen on violin and Andrew on piano played "Sailors Hornpipe" Then an excellent tea was served. Very good fellowship and free hospitality.

Linda Howling

## Stanhoe

Some long overdue news from Stanhoe! We are still alive and kicking in this far flung corner of the circuit, and very grateful to the Local Preachers who sometimes come long distances to take our joint services, held on alternate weeks at Burnham Market Methodist Church and our own (thanks to the chauffeurs, too).

Christmas services were held in both churches. At Stanhoe, led by Rev. Steve

Oliver, we combined our Carol service with morning service on 10<sup>th</sup> December, when several visitors enhanced our usual numbers, and on Christmas Eve, we had our usual morning service with lots of carols. After the Carol service, we served mince pies and drinks, and took up a retiring collection, which we made up to £150 from church funds, and donated to the St. Martin's Trust in Norwich, which provides for homeless people across Norfolk.

Our joint Bible Study meetings were suspended in December, but started again in January, when Rev. Steve Oliver continued to lead us in our study of Fruits of the Spirit, looking at the topics of faithfulness and gentleness. Next time the topic is self-control - that should lead to some interesting discussions!

During the Week of Prayer for Christian Unity, we held our usual service conducted by Rev. Steve Oliver, while our preacher was the Rev. Peter Cook, Rector of Stanhoe. We used material prepared by the Churches of the Caribbean, on the theme of, "That All May Be Free." We were delighted to welcome friends from Burnham Market, from the Methodist Church, as well as from St. Henry's R.C. church, while Anglicans joined us from Syderstone, Stanhoe, and Docking Parish Churches. Afterwards, we served tea and cake and enjoyed a good time of fellowship. Although we did not invite any kind of offering, several people did put money into the collection box, and this was made up to £50 from church funds, and donated to the Bible Reading Fellowship, who source Messy Church. Locally, Messy Church is taken into one of our primary schools, mainly organised by St. Mary's Parish Churches in Syderstone and South Creake, but supported in a small way by Stanhoe Methodists and by our own Minister, Steve, so a good example of ecumenism at work.

Pastorally, Stanhoe Methodist members are having a difficult time. Betty Holmes and Gill Johnson are both quite unwell. Membership numbers are down to six. Representing Methodism is not easy in this area of North West Norfolk, where, in Burnham Market and Stanhoe, the percentage of holiday cottages is somewhere between 60 and 70%, and in Stanhoe at least, there is only one child of junior school age left in the village. Our former member, Brian Ogden, now a local preacher in Dereham, is still very unwell following his triple bypass operation and a cataract operation which was only partially successful. He suffered a minor stroke in December, which has left him with weakness on one side. We invite your prayers for Betty, Gill and Brian.

Elizabeth Macleod

## Wimbotsham

Thank you to all our visiting preachers for sharing the Good News of God's message with us at our Sunday services. We truly appreciate you having faced all types of winter weather to join us here. Thanks, too, for the warm fellowship of our growing congregation and to the ladies who faithfully serve us with coffee and biscuits after many of our services. At our January Gates & Co service, we heard from Malcolm about Solomon's wise words in Proverbs and from Margaret of Simeon's blessing on Jesus. Don recounted Jesus's visit to the temple at the age of 12, and I spoke of what Jesus's childhood would have been like growing up in Nazareth.

There are now regularly about 8 of us at our fortnightly Bible Study/Fellowship Group. Please do come along if you feel like joining us for friendly discussion (coffee and biscuits too). Meeting dates in March are 6<sup>th</sup> and 20<sup>th</sup> at 10.30 am in the school room.

Mary Davies

## Stow Bridge

Those lovely wild flowers are again blooming near the door of St. Peter's Church. They are aconites which appear to spread without any human aid. The bright yellow flowers and deep green leaves give a real show of colour as the crocuses and daffodils soon will.

Many people say, "Don't wish your time away" but we look forward to Springtime with all its freshness and new starts, even as the Gospels tell us to look forward to better things, even Eternity.

On January 21<sup>st</sup> we Methodists had our Covenant Service led by Rev. Alan Bennett, C of E but often on our plan. He is a great character.

Thinking of beginnings, the Rev. came up with this poem, copied here with his permission. He said it came to him as he and his wife were driving. The words came to him after an astronaut claimed that the cosmic egg was the size of a grapefruit. The Rev. thinks it's much bigger and thence came these words.

### The Size of a Grapefruit

Was it just a ball of "Inches Four"  
That once exploded with a mighty roar  
And did God say, "Nothing is no more"?

Or was it really a mighty flash,  
As atoms formed and did a dash  
Making dust and all that trash?

That 'trash' became clouds of dust  
Some was clumpy looking like rust  
Then the fresh wind made it gust!

Curling, swirling, flying everywhere  
Creating gases, some like air  
Suns did shine like baubles at a fair.

And planets condensed out, including earth  
Where life came and had its birth  
Including humans with sadness and mirth.

Mountains, rivers, meadows, deserts, woods.  
Great seas and swamps, rain and floods.  
Minerals in earth for man to make goods.

"Be fruitful and multiply," God then said.  
"Fill the earth and make your bed.  
Remember me but don't live in dread.

I made you and gave you all  
Love, share, respect and don't fall  
Life can be happy, have a ball!

But greed, fear, hatred give no place.  
No violence should mar your race  
Because one day you'll see my face.

So live my way and not so fast  
And don't let sin ruin your past.  
Come to me, for my love is vast".

From a supposed beginning of all we come to looking forward, expectations  
and newness and to the question, what's to come?  
It really is beginning to take on.  
"All you need is love!"

Peter Hewitt

## Feltwell

It can be difficult to know what it is that we have to share in the monthly magazine when our fellowship is small. Then it depends who you believe is your audience, or readership. Maybe it is a combination of those with whom we already have a relationship as a community, and those with whom we would like to share our beliefs and our community life. So what do we have to share? What else but the love of Christ and everything which derives from it. For example, we promoted our carol service on Facebook and we welcomed people we hadn't seen before, people who possibly didn't know we existed. Even though some of our members are frail and others have family challenges, we hold together and continue in faith and hope. As with many buildings we have a list of targets for repair or decoration and look forward with fervour to tackling these as a team during the year.

We thank John and Mrs Houghton for help in identifying additional resources from St Germans that may help us at Feltwell to do things we need to do in the future. We also pray for our friends at St Germans as they come to terms with the end of an era, and that they will find fellowship elsewhere.

We have several community groups using our premises including Brownies, crafters, quilters, Feltwell History Society

As I promised in the February edition, I am pleased to confirm that we are having another "Hall of Stalls" in the Spring.

Our coffee mornings will continue at 10.30am on the 1<sup>st</sup> Thursday of each month; the next being 1<sup>st</sup> March and 5<sup>th</sup> April.

Mike Wilkinson

## Hilgay

On Saturday March 10<sup>th</sup> there will be a celebration for Mothers. At 10 am till 11:30 am. As this is the day before Mothering Sunday it seems quite appropriate.

On Mothering Sunday our 10am service will be led by Mr Stephen Harrington. Guild for March 6<sup>th</sup> speaker will be Gwen Dearsley talking about the 1947 floods and how Hilgay was affected. 20<sup>th</sup> March will be the AGM. Both of these begin at 2pm. Then the Good Friday service will be our last meeting of this session. This year the service will be led by Downham Methodist choir starting at 7pm. Everyone Welcome.

On Saturday 24<sup>th</sup> March a Safeguarding Course will be held at Hilgay, more details elsewhere in this magazine.

On Saturday 31<sup>st</sup> March Shell Club will be holding a Messy Easter morning 10am till 12 noon.

Pauline Driver.

## Report from the Missions Treasurer Mary Uttin

Many thanks to all who have supported Missions this year. The annual accounts have been duly audited. Totals this year are very slightly down. £4,313.27 as opposed to last year £4,397.30 plus an Easter Offering total of £1,257-43. Easter Offering material will be available at the Circuit Meeting. This year the theme is 'Seek peace and pursue it'. The dedication Service will be at London Road on Thursday 17<sup>th</sup> May at 2.30p.m.

### Methodist Church, Wesley Road, Terrington St Clement

Update on the 'Peacemakers' Charity Centre, Kenya  
and tea and cakes

Wednesday 7<sup>th</sup> March 2.30—4 p.m

Helen Maguire will share more recent news of work  
in Kivuria, Kenya with some pictures.

Then enjoy a cuppa and cake and share with  
friends.

There will be a Bring and Buy stall and some goods  
from the Kenyan charity 'Karibuni children'.

All are very welcome.

Margarine is but ONE MOLECULE away from being PLASTIC.. and shares 27 ingredients with PAINT but  
The hardness of the butter is proportional to the softness of the bread.



## Bible Cake

Surely no one will identify from memory all the ingredients listed below in a traditional Bible cake that's appropriate and delicious for Easter baking.

Cream  $\frac{1}{2}$  pound each of Psalm 55, 21 (first clause) and Jeremiah 6, 20 with tablespoon 1 Samuel 14, 25. Add three Jeremiah 17, 11, still beating.

Add  $\frac{1}{2}$  pound each of 1 Samuel 30,12 (end of first clause) and Nahum 3, 12 (chopped). Beat again.

Now sift together and add 1/2 lb Leviticus 2,1; 2 Chronicles 9, 9 to taste; a pinch of Leviticus 2,13 and a teaspoon Amos 4,5.

Lastly, add three tablespoons Judges 4, 19 (last clause).

Bake in a moderate oven for about 90 minutes.

Translate leaven as baking powder; sweet cane as granulated sugar.

Thank you, Sylvia Perkins.

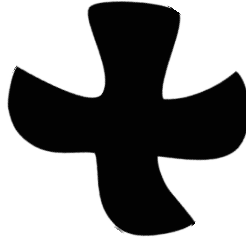
**(Pictures and samples to the ED please!)**



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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**"Thy Will Be Done"**



**Worship in Holy Week with the  
songs of Taizé**

**Wednesday, 28<sup>th</sup> March,  
7.30pm,**

**St Mary's, West Winch, PE33  
ONP**

**All welcome**



## **A District Celebration**

*Saturday, 5 May 2018 at 6.30 pm*

St Edmundsbury Cathedral,  
Angel Hill, Bury St Edmunds, IP33 1LS



**With guest speaker  
Revd Loraine Mellor, President of  
the Methodist Conference**

*This is a free event with refreshments included.  
Coaches may be provided by your circuit.*

**Come and share in a wonderful celebration!**

East Anglia District  
of the Methodist Church

## BLUE MOON

‘Once in a blue moon’ we say of something we hardly expect to happen, but it has done. As I write, the papers are full of pictures from all over the world of the incredibly rare super blue blood moon and lunar eclipse. The effect can be caused by smoke or particles of dust in the atmosphere. Perhaps you saw that extra-large full moon, caused by its being nearer the earth.

Any Manchester City fans out there? There is an old song called ‘Blue Moon’; I remember it well. It goes:

Blue moon you saw me standing alone  
Without a dream in my heart  
Without a love of my own  
Blue moon, you knew just what I was there for  
You heard me saying a prayer for  
Someone I really could care for  
And then there suddenly appeared before me  
The only one my arms will ever hold...

The club’s colours are blue and every time the team goes out onto the pitch this anthem is tossed out at full volume.

Those of us who are old enough will remember that great day in 1969 when two men landed on the moon and Neil Armstrong read from the first chapter of Genesis: “and God made two great lights, the greater light to rule the day and the lesser light to rule the night,” a declaration that, as we often recite in the Nicene creed, God is maker of heaven and earth. Just to look at the moon can renew our faith. The moon, too, has an important influence on our lives; for one thing it stabilises the rotation of the earth. When the earth spins on its axis it wobbles slightly. Without the moon we should be wobbling much more. The moon’s tidal influence is amazing. When we go to Hunstanton the tide sometimes seems miles out. at other times it is lapping over the promenade; that is the moon’s doing. There is some evidence that the moon has an effect on human behaviour; that is why it has played a part in some religions. I once had the privilege of being shown round a famous mosque in Cyprus by an imam; among the treasures he showed me was his watch. It was a lunar watch, for the moon played an important part in his worship. Then of course we are soon coming up to Easter and the phases of the moon decide the date of that. It can be any time between March 22<sup>nd</sup> and April 25<sup>th</sup> ‘the first full moon after the vernal equinox’ though I can never work that one out.

The Psalmist says “Consider the moon.” It will give us plenty to think about.

John Garfoot

## Oberammergau 2020      Extension

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

I have managed to get a booking extension until March. It will be from 13<sup>th</sup> to 20<sup>th</sup> May 2020. 8 days, 7 nights. It is impossible to get tickets for the play without it being part of a holiday

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

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

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

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

Travel insurance is not included, you MUST have repatriation insurance.

The company will arrange it for £44.00.

If you are interested will you please ask for a booking form a.s.a.p.

Phone number 01366 727929      or

by email      mary\_cumbers@hotmail.co.uk

The trip is open to all comers and WILL go ahead.

Mary Cumbers

## 2018 Sir George Edwards Memorial Meeting

This year's event will take place at the Gressenhall Farm and Workhouse Museum of Norfolk Life on Saturday 21<sup>st</sup> July, 2.00pm to 4.00pm. The meeting will focus on **Women in Agriculture** and the first speaker will be Dr Jill Barber from the Methodist Heritage Centre at Englesea Brook.

## God can use Sardines!

So you are now a Supernumerary!

What does that mean? Superfluous? Not in active ministry?

It is a bit like leaving school- a chapter of life closing.

But unlike school, it can feel like an ending, not a beginning of something new and exciting.

I thought of Robert Frost's poem:

"Two roads converged in the woods

And I took the one less travelled by"

I now had a choice of two roads to follow.

The green, pleasant looking one, full of time to follow all those things which had been shelved for later because the pressure of ministry didn't allow such frivolity.

But that somehow didn't seem the right path.

What of the other less enticing road then?

Being Supernumerary holds a challenge. What to do with your calling?

Does it end, or is there a new beginning which God has in mind for YOU?

I suppose every retiring minister is faced with this perplexing situation.

It takes time to find out exactly what, in the next part of life you are called to fulfil. And it will be different for every retiring minister.

Firstly, time to be still and listen, to open your mind to the opportunities and to wait upon God. And sometimes the opportunities that present themselves don't always seem to be the right ones.

Discerning God's will isn't always clear. For me it involved sardines, and still does so!

It all began on Christmas day four years ago.

After morning service, a man wandered into the church where I had been worshipping. He rather hesitantly asked "Do you know if there is a supermarket or food store open anywhere?" "No there wasn't even a corner store open!

"You see", he went on to explain, "I have come to spend Christmas with my uncle. I haven't seen him for a while, so I hadn't realised how frail he had become. When I got here I found he hadn't made any preparations for Christmas and hadn't actually got any food in the house."

A meal in someone's home was offered, but the man felt his uncle was too frail to accept, eventually some emergency food was found, only to be presented with another problem. "We don't seem to have a tin opener in the house I'm afraid, so it has to be ring cans- we had sardines!"

Just how many people were there out in the community, hidden behind the net curtains, who needed help?

And so I became involved in the beginnings of a local Foodbank.

We were linked with a national organisation which offers support and help to volunteers. This has become my ministry.

Yes, there are all sorts of tales about “scroungers and layabouts” but in fact they are few and far between.

Our foodbank has grown. We now operate in two rural towns, and the clients who come have grown in number.

They come not just for food, but in need of someone to listen to their story, to share their pain and a cuppa. I have heard the most horrendous stories of life on the streets, of illness, accidents, death and loss.

This is ministry at the rock face.

We have grieved over three suicides when young people have just had enough, and can't take any more. And then after the funerals there have been families left asking why.

And there are joys too- the birth of a baby, the families who come to say thank you for helping them in their time of need, and we have shared the joy of a few who have managed to find employment. To become a toilet cleaner in a restaurant might not seem a great career move, but for one man it was the beginning of a new start. And to have a home after a year spent living rough was another cause of joy for another person.

That is just part of this ministry. The small army of committed volunteers are another aspect. They too have needs, they are keen, enthusiastic, and will go to great lengths but also need a shoulder to cry on at times.

One of our volunteers commented. “This is the real world, and foodbanks are the church with its sleeves rolled up!”

This Christmas? Another tin of sardines!

A young girl barely out of her teens had been given food. She was living in extreme poverty sleeping on the floor with only a sheet for bedding. But she came back with a tin of sardines.

“You see,” she said “I have food now, and I had two tins of sardines. So, I've brought one back. Maybe you can give it to someone less fortunate than I am”. Riches from her poverty.

In three different foodbanks, I have heard these words too “Why do you bother with me? No one else does”.

We bother as Jesus would.

But all three people, in different towns, have also mentioned this. “I don't go to church for a service, but sometimes when it is quiet, I creep in. Somehow it gives me peace. I just sit in the quiet.”

That was a lesson for me too. In the midst of busyness, it is all too easy to miss out on that moment of creeping in to just sit in the presence of God.

And to be humble enough to hear God speaking through our guests, for that is what they have become, not clients.

And our greatest guest is God himself in the guise of the stranger.

Two roads converged in the wood  
And I took the one less travelled by  
And that has made the difference.

Rev. Pam Bayliss

## Luke 10: 29

The expert of the Law asked Jesus " who is my neighbour"? I have just finished reading J K Rowling's book " The casual vacancy". It is a story about two neighbouring communities who basically despise each other. This lack of love for the neighbour is evident not only in the lives of the local leaders, but also in the way they "care" for a poor neighbourhood for whom they are responsible. In the background of the story is the tale of a young girl trying so hard to care for her little brother - despite their mum being on drugs, and surrounded by poverty -the young girl/woman's love shines through. Sadly, due to a moment of neglect the little boy drowns. Every character in the book points the finger at another, looking for someone else to blame for the little boy's death.

I have never felt so moved, or felt so guilty by such a book. It made me think about my attitudes to people who are different to me, about how I care for others. How I have walked by on the other side, or have a plank in my eye that stops me seeing what is going on. In other words, it brought me up short - stopped me and made me think hard. I pray to God for the times I have forgotten who are my neighbours, who are the invisible people that I pass by. As we come into Lent maybe we should all ask ourselves " who is my neighbour" and if we find ourselves wanting, ask God to show us the way. to lead us on a better path and to open our eyes to the world in which we live.

On another note I would like to thank everyone who has prayed, who has helped me and my husband in the past few weeks. At Christmas my husband, Graham had a heart attack. Just a day into the New Year my great nephew, Matthew age 8 had a double lung transplant at GOSH, and in mid-January my father in law was in hospital with pneumonia...and this year had only just begun. I thank you all for



prayers and support. *God Bless you all.*  
Heather Brown

## **Methodist Women in Britain Forthcoming Events**

**Women's World Day of Prayer** March 2<sup>nd</sup> to be held at:-

St Faith's Church, Gaywood (11 .00am)

Terrington St. Clement Methodist Church (7.00pm)

St Mary's Church, Denver (2.00pm)

Hunstanton Methodist Church (11am)

**Spring District Day** April 26<sup>th</sup> to be held at Methodist Church,  
Museum Street, Ipswich (10.30am for 11.00am start)  
Speaker Rev. Catherine Dixon

**Easter Offering** May 16<sup>th</sup> at London Road Methodist Church  
, King's Lynn.  
(2.30pm) Speaker Rev. Catherine Dixon.

**A.G.M.** October 1<sup>st</sup> at London Road Methodist Church (2.30pm)

**Autumn District Day** October 11<sup>th</sup> to be held at  
Cambridge Methodist Church  
(10.30am for 11,00am start).

**Really?**

I've got the best wife in England.

The other's in South Africa!

## **Creating Safer Space Foundation Course (revised)**

There are 2 sessions planned for the **new Foundation Course**.

They are:

- Downham Market March 10<sup>th</sup> 9.30 am - 12
- Hilgay Methodist Church March 24<sup>th</sup> 9.30 am - 12

People who need to attend these Foundation Sessions are those who have not already attended a Foundation Session and are:

- Church stewards
- Pastoral Visitors
- Local preachers
- Worship Leaders
- Presbyters and Deacons
- Workers with under 18's e.g.in Junior Church, Messy Church Team members or Shell Club
- Those who work with vulnerable adults, including in the Social Centre

If you previously attended the earlier Foundation Session, but have not been able to attend the Refresher Course, attending this course will be acceptable in place of the Refresher Course. Numbers on each session will be limited to 20. Please book asap by contacting Linda Howling at [lindahowling1948@gmail.com](mailto:lindahowling1948@gmail.com) or 01553 829146 or 07445340234. Booking is essential.



## **West Norfolk Methodist Circuit Diary**

### **MARCH 2018 onwards**

Friday March 2<sup>nd</sup> Women's World Day of Prayer

Saturday March 10<sup>th</sup> Safeguarding Course at Downham Market

Saturday March 17<sup>th</sup> Spring Fayre at Gaywood St. Faith's

Saturday March 24<sup>th</sup> 10 am - 11.30 am Terrington St Clements  
Easter Coffee Morning stall, raffle and hot cross buns.

Saturday 24<sup>th</sup> March at Hilgay, Safeguarding Course

Saturday 24<sup>th</sup> March Dersingham Easter Fayre

Wednesday 11th April 7pm - 9.30pm Safeguarding Refresher  
course London Road

Thursday April 26<sup>th</sup> MWiB Spring District Day

Saturday 28<sup>th</sup> April 10am - 4pm Ecumenical Day of Prayer at  
Downham Market.

Saturday 5th. May 2018 6:30pm District Celebration Service at  
Bury St. Edmunds

Wednesday May 16<sup>th</sup> Easter Offering Service

Sunday 27<sup>th</sup> May Circuit Celebration 3pm at London Road

Saturday July 21<sup>st</sup> 2pm - 4pm Sir George Edwards Memorial  
Meeting at Gressenhall

Monday October 1<sup>st</sup> MWiB A.G.M. at London Road

Thursday October 11<sup>th</sup> MWiB Autumn District Day