

# Rejoice!

October 2017



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



This is my first time writing the lead letter for the Circuit Newsletter! Although it is for the October edition, I've been asked to have ready for the 12<sup>th</sup> of September and so it means I'm writing it at the end of the Summer school holidays. I have just had two weeks holiday and I'm feeling refreshed and energised. I didn't go anywhere, instead I did some jobs around the manse, some DIY, gardening and rearranging amongst other things. We've been in Downham Market for a year and the time seems to have flown by. During term time I tend to get very busy with work and school runs and so I find myself putting a lot of jobs and tasks on the side to do them during the school breaks.

Being a single parent and a deacon means life gets very busy and I often find myself having to explain my situation because not a lot of people in church are in the same position. Only last week on the BBC news, there was a report about how parents with young children often struggle to cope with the balance of work and parenting. This is because childcare is very expensive and sometimes not available at all. Grandparents were said to be of great support and parents were encouraged to lean on them especially during the long school breaks. Parents were also advised to seek flexible working hours. The most stressful times are when children get sick. The report said some parents were having to use their annual leave to look after sick children, it is difficult.

These are some of the problems I face as a minister but maybe struggle to articulate clearly enough for everyone to understand. I often arrive just in time for a meeting and sometimes have to leave straight after or before it is finished and people don't understand why. Those that have asked me will know that it is often because I need to pick up my children from school which involves travelling to Hilgay or because I pay the person who looks after my children by the hour and so if I take longer than the 3 hours stated

in our contract for a single session (that's how long I think I need for a single meeting) then this puts the childminder in an awkward position because technically I'm supposed to pay extra. Another difficult time is meetings on weekends such as Synod and Retreats, for example, the Minister's Retreat and the Deacon's Convocation, an annual 3 day gathering. Most childminders don't work on weekends nor offer sleepovers and so I've had to rely on some very kind church members. The trouble is I also know that these church members are already extremely busy with many other things and so I often feel guilty having to ask them for help. As a deacon though, I should not really be struggling with maintaining a healthy work /life balance because as deacons we follow a Rule of Life. We are an Order of Ministry which means that we are recognised as ministers in the Methodist Church but we also belong to a Religious Order, The Methodist Diaconal Order. This requires that we follow a Rule of Life, a discipline which involves, amongst other things; endeavouring to

- 'set aside time each day to read the Bible devotionally and to pray, including a time of intercession for members of the Order',
- to also 'order the rhythm of each day, month and year, to allow for study and relaxation, weekly day off, regular holiday', and
- to be 'sensitive to the needs of those close to them, their families, dependants and friends'.

As I start my second year of ministry in the West Norfolk Circuit, my hope is that this will be a better and more settled year for me and my family. With the help of a healthy life style that involves a healthy diet and regular exercise together with the knowledge I have attained in the first year about what ministry looks like in Downham Market and Hilgay, hopefully it will be.

Irene Tafirenyika

# Praying together in the Circuit

"I am the Alpha and the Omega, the beginning and the end,"  
says the Lord God, "I am the one who is, who always was,  
and who is still to come - the Almighty One!"

Revelation 1:8

Thank you for hymn writers who express the  
truth of your promises and help us to celebrate what is to be.  
There's a light upon the mountains and the day is at the spring  
when our eyes shall see the splendour and the beauty of our king.

Sing we the King who is coming to reign,  
glory to Jesus the lamb who was slain.  
At the name of Jesus every knee shall bow,  
every tongue confess him King of glory now.

Sovereign God, wonderful in all your ways,  
you alone are worthy of the highest praise.  
Gracious God, you gave your son in perfect love,  
and the outpouring of your spirit from above.  
Redeeming God, you make each one a new creation,  
Bring people at this time to respond to your salvation.  
Eternal God, faithful and true,  
You alone, by your great power, will make all things new.  
Hallelujah !

Prayers have been requested for:-

Derek + Viv, Stephanie, Janice, Amy, Trisha, Linda, Andrew, Mavis,  
Julia., Rachel, Judy, Dulcie + Neill, Kelly, Kath, Stephen + Victoria,  
William, Tom, Ken + Norma, Brian Osborne, Sarah. Willie receiving  
treatment and for Valerie, his wife.

For those scheduled for operations, for successful surgery and  
complete recovery..

For those who live with pain,

Lord, touch the source of the pain and bring your healing peace.  
We give thanks for those who have had good news and successful treatment, and continue to pray for those with ongoing treatment.  
For Jack due to start his treatment.  
For Amy who has thrown one crutch away and now needs to strengthen her leg.  
For those who have been bereaved.  
For Maisie who didn't quite reach her 100<sup>th</sup> birthday.

Action for Children

**COFFEE MORNING & STALLS**

Downham Market Methodist Church  
Saturday 4<sup>th</sup> November 10 – 12 noon

Christmas Cards & diaries will be on sale



## The Pratt Green Story

Just fifty years ago, in 1967, a supernumerary minister, the Rev Frederick Pratt Green, who had served in several English circuits and had been Chairman of the York and Hull District, came to live at Norwich in the East Anglia District. Far from “sitting down” (the usual term for Methodist ministers’ retirement), he was to embark upon a new venture which would bring him world-wide renown as a hymn writer. That year saw him appointed to serve on the working party set up to produce “Hymns and Songs”, a supplement to the 1933 Methodist Hymn Book. That prompted him to write some himself and 8 of them appeared in the supplement. In later hymnals he was to have 24 in “Hymns and Psalms” and 23 in “Singing the Faith” as well as some in the American Methodist hymnal and those of other denominations. He was honoured by the Hymn Societies of Great Britain and Ireland and of America, and was awarded an honorary doctorate by Emory University. One day he had a telephone call from Buckingham Palace to say that a hymn he had written for the Queen’s 25<sup>th</sup> Jubilee had been chosen for the service in preference to one by the Poet Laureate..

It is God who holds the nation in the hollow of his hand  
It is God whose light is shining in the darkness of the land  
It is God who builds his city on the rock and not on sand....  
(and in the 3<sup>rd</sup> verse).....When a nation looking back unites to celebrate  
Those who reign in our affection by their service to the state  
When self-giving is a measure of the greatness of the great  
May the living God be praised.

Shortly afterwards he was awarded the MBE.  
It was a great privilege to have Dr Pratt Green in the District and when “Hymns and Songs” came out in 1969 he gave an introductory talk on it to the Synod and I had the honour of playing for him. One of the hymns I specially liked which didn’t find its way into “Hymns and Psalms” was:

When the Church of Jesus  
Shuts its outer door  
Lest the roar of traffic  
Drown the voice of prayer  
May our prayers, Lord, make us  
Ten times more aware

That the world we banish  
Is our Christian care

A real message that we must not let our worship become an escape from the world.

I also remember a talk he gave to ministers on why a new hymn book was necessary to replace the 1933 one. Every hymn book, he told us, will have three main strands. There are the great timeless hymns, shared by all the churches..."Now thank we all our God"... "How sweet the name of Jesus sounds"... "The Lord's my shepherd"... There are the denominational hymns; Catholics under this heading will have their hymns about Mary; Anglicans their office hymns and processions; Methodists our Wesley hymns and hymns on Holiness. There are also contemporary ones and not a single hymn in the old book was written in the 20<sup>th</sup> century. Sentimental Victorian hymns such as "There's a friend for little children" were no longer appropriate. Or "These things shall be", written in the heady days at the turn of the century, not really suitable for people who had lived through two world wars.

In contrast, Fred Pratt Green brings out the issues we should be concerned about today – the oppressed, the hungry, the refugees:

Across the world, across the street  
The victims of injustice cry  
For shelter and for bread to eat  
And never live until they die  
(from "The Church of Christ in every age")

It is not every minister whose birthday is celebrated by the ringing of church bells, which came about when he was 90 years old (I had to wait until I was 100). A special ecumenical thanksgiving service was held in Wisbech Parish Church, preceded by "A Quarter Peal of Yorkshire Surprise Royal." Being a Lancastrian I am not sure what he would have made of that, but unfortunately he was not able to be present. However, a telephone call was put through to him. The interviewer asked what the central message was that he wanted to get across through his hymns. Unhesitatingly he replied that it was "God is Love" That was his firm conviction.

It was high praise indeed when the BBC mentioned him in the same breath as Charles Wesley. The strange thing is that he said he didn't like hymns. He would not join in the hearty singing of "And can it be" His first love was poetry. He has the distinction of having a poem called "The Old



People” in the Oxford Book of 20<sup>th</sup> Century Verse. You might be equally surprised to know that he liked rock music and was a fan of Coronation Street.

Fred Pratt Green could easily have become a very rich man but he decided that all the royalties from his hymns should go into a trust for the benefit of church music.

John Garfoot

**MWiB**  
**AUTUMN DAY at ELY**  
**WEDNESDAY OCTOBER 11<sup>TH</sup>**  
**COFFEE FROM 10.30 FOR 11 START**  
**SPEAKER;**  
**BISHOP EVERALD GALBRAITH**  
**FROM JAMAICA**  
**COMMISSIONING FOR**  
**RUTH ARNOLD**  
**THE NEW PRESIDENT**  
**CONTACT MARGARET SHELTON**  
**01553 631585 FOR MORE DETAILS**

(Or the Editor)

# Around the churches



## Terrington St Clement

We had three "Tea and Chat "afternoons led by different members of the church.

The first Network meeting, led by Mary Houghton , was themed "Harvest" with harvest hymns and readings. Mary read A Church Mouse and A Mouse moves in a Mysterious Way. My reading was entitled Apples, Ann Cross read Autumn and Ruth Hannay Seeds in the Summer, Lorna Hunter Fellowship of the Field, Jenny Howling Harvest of the Spirit and Autumn Sunset . We are looking forward to our Harvest Weekend, how it goes will be in the November issue of Rejoice.

Linda Howling.

## Hilgay

We are looking forward to our Harvest Festival Service on Sunday 1<sup>st</sup> October at 10 am when the preacher will be Rev. Steve Oliver.

We hope refreshments will be served after the service. A warm welcome awaits you.

Our Wesleyan Guild will begin the 2017/18 session on Tuesday October 3<sup>rd</sup> at 2pm. Everyone is welcome to join us for all or any of our meetings fortnightly from this date.

The meetings for October will be led by:

October 3<sup>rd</sup> Deacon Janet Stafford - Devotional.

October 17<sup>th</sup> Mrs Mary Cumbers - Oberamagau

October 31<sup>st</sup> Member's afternoon.

For the winter months the Hilgay Bowls Club will be meeting at 2pm on Thursday afternoons, not 7pm Tuesday evenings.

Also on Wednesday October 25<sup>th</sup> I am hoping to hold a Coffee Morning at 1 Palmer Way, Downham Market, 10 am -12:00 noon to raise funds for our eldest Grandson Dominic Driver (15 years old) for his trip to Albania on a programme called 'Mission Adventures', This is run by Youth with a Mission (YWAM) and is designed specifically to train and take young people out onto the Mission Field. This will take place in the School Easter Holidays next year and Dominic will be going with a group from his church. Ashill Fountain of Life.

Pauline Drive

## **Dersingham**

Some of the members of the Needles and Pins Club, which meets fortnightly on Mondays from 2pm – 4pm, have been making twiddle muffs for the local hospital. They are given to dementia patients when they get agitated or anxious and have a soothing effect as they twiddle with the buttons and toggles and other decorations sewn on to make the muff look attractive as well as useful. And they also keep patients' hands warm! When I deliver bags of them to the hospital they are received very gratefully by the staff and put into immediate use and sent home with patients. Chunky wool and buttons, buckles and toggles are always welcomed by Doreen Kemp and other members of the Club as more muffs are always needed.

Quiz lovers are looking forward to the MHA Quiz Night on Friday 13<sup>th</sup> October at 7pm and friends from around the Circuit will be very welcome. The cost will be £3 per person which will include light refreshments. A short film about the work of the MHA will be shown by the Rev. Pam Bayliss and all proceeds will go to the work of the homes. Put the date in your diary!

At the time of writing we are looking forward to our Harvest Festival and church lunch on the 24<sup>th</sup> September when Greg Sargent will take the morning service and the Rev. Steve Oliver will lead the Songs of Praise in the evening. Evidence of the harvest being gathered in is all around us and blackberries have been picked and apple picking at Sandringham will soon be over for another year. How blessed we are and how we wish that everyone in our world could enjoy the prospect of full stomachs, warmth and shelter in the coming months!

Rosemary Caink

## **St Faith's**

The hazy, crazy, lazy days of summer seem to have left us and now we are in days that are certainly more Autumnal .

In the church calendar, of course, the arrival of Autumn, the season of mist and mellow fruitfulness, means that we celebrate God's rich abundance to us with Harvest Festival thanksgiving services.

At St Faith's the Harvest Festival service is being held on Sunday, 8<sup>th</sup> October at 10.30am (note change of time from usual morning service).The Harvest Festival service is always popular, offering us the chance to sing again some of those well-loved harvest hymns warmly remembered from our schooldays. This year donations of harvest produce (which can be brought to the service) will be distributed afterwards to King's Lynn Foodbank and The Purfleet Trust. The collection at this service will go to the Lend with Care charity.

Following the service, there is to be a harvest lunch in the Church Rooms. The menu will feature "Homemade Favourites". Anyone who would like to contribute a favourite family dish, perhaps a family recipe for a Shepherd's Pie or Grandma's Sherry Trifle or a special occasion salad, please contact Gill Hiles on 01553 673768 or the Church Office on 01553 774916.

Tickets for the lunch are £6 each and £3 for children attending secondary school. Children not yet at secondary school are admitted free of charge but still require a ticket.

Anyone willing to help with the lunch on the day should also contact Mrs Hiles on the above number. All offers of help in the kitchen will be greatly appreciated.

On the Friday evening before the Harvest Festival a special concert is to be staged to mark the re-launch of The Friends of St Faith's Church.

The concert at 7pm on October 6<sup>th</sup> will be a variety show featuring local singers and musicians and arranged for the Friends of St Faith's by Stephen Hayter, who will also act as MC for the concert. There will be a special guest appearance by the Bishop of Lynn, the Rt Rev Jonathan Meyrick otherwise known as the Rockin' Bishop. The Bishop, who is well-known in West Norfolk for his singing appearances, has appeared in the popular TV show Stars in their Eyes.

Tickets are £7, including wine and cheese at the end of the concert. Tickets can be purchased through contacting the Church Office or at the door on the evening. It promises to be a really enjoyable evening of entertainment.

The Friends of St Faith's is a group of people who raise funds for the church building and their funds have provided a lighting system, a new boiler and other essential repairs to the building. It was decided that it was time for a re-launch of the group and to mark this newly-designed leaflet, giving information about the Friends and how people can join, will be available at the concert. You will be reading this article at the beginning of October, but already the thoughts of the St Faith's Church fund-raising group, under the direction of Ann Ess, has been looking ahead to Saturday, November 17<sup>th</sup> and the annual Christmas Fair. Retailers will tell us that it is never too early to start Christmas shopping and you are sure to find a bargain or two that would make an ideal Christmas gift for a family member or a friend. A colourful variety of stalls and games of chance stalls will be set up in the Church Rooms ready to tempt people to spend their cash.

There is always a lovely, family atmosphere at the Christmas Fair and this year it will be no different. After people have browsed the stalls and sideshows there will be an opportunity to sit and relax with a cup of tea or coffee. The refreshment area in Hall One of the Church Rooms is always popular with visitors who find it difficult to resist the wonderful selection of home-made

cakes and pastries for sale. Many people like to wait until about 4.45pm when the Grand Raffle is drawn. At the Christmas Fair many of the prizes reflect the coming festive season and make good presents. Admission is free to the event and everyone will find a warm welcome from members of the clergy and stall holders. Do make a note of the date of the Christmas Fair, November 17<sup>th</sup>, in your diaries.

Saturday, October 7<sup>th</sup> is the date of the latest in the new-style Saturday Coffee Mornings in the Church Rooms.

The first two coffee mornings "with a difference" have proved really successful and attracted large numbers of people who have come along to the 10am event and enjoyed meeting friends and sitting down with a tea or coffee, a lovely piece of home-made cake or scone and having a chat for a couple of hours.

Stalls have been set up at the coffee mornings by local tradespeople including a butcher, a baker and a hand-made card maker. There is quite a buzz at these new look coffee mornings. Why not come along and see what all the excitement is about?

The Bishop's Day of Celebration and Prayer is being staged on Saturday, October 14<sup>th</sup> between 10am and 4pm at Norwich Cathedral.

This is a special event for all the family as everyone joins together for a day full of worship, celebration, prayer and activities. You will find lots of inspirational displays and activities.

You can even join the "scratch" choir and perform with others in the Cathedral towards the end of the day.

For more information about this special day, hosted by the Lord Bishop of Norwich the Rt Rev Graham James, look on the Cathedral website or talk to St Faith's Rector, the Rev Julie Boyd. It is hoped that people travelling from Gaywood in their cars will have room for other people without their own transport.

Richard Parr.

## Wimbotsham

After holidays or weekends away it is always a treat to return to our Sunday services in Wimbotsham and to our fortnightly Bible study and Discussion group.

Having lived for a time in the Caribbean (more years ago than I wish to record here !!) and experienced the eye of a hurricane passing over, my thoughts have been especially with those suffering from the devastating effects of Hurricane Irma.

Bringing to mind the hymn “Jesus calls us. O’er the tumult of life’s restless sea ... “ is also a reminder of how blessed we are to be living in the calm of the Norfolk countryside.

I confess that it was to my surprise when I looked up the author on my laptop to find that she was also the writer of the so familiar “All things bright and beautiful”, “Once in Royal David’s City” and “There is a Green Hill far away” among some 400 other hymns and poems.

Curious to find out more, I discovered that Cecil Frances Alexander was born in 1818, the daughter of Major John Humphreys (of Norfolk) and lived all her life in Ireland.

An extract from her biography written by her husband tells:

.....*“A rug is used as a convenient hiding place for dirt and dust, not usually a hiding place for one’s poetry. Yet when the strict disciplinarian, the Major John Humphreys of the Royal Marines noticed a bulge under the rug in a back room of his home, what he found upon investigation were papers on which his nine year old daughter, Cecil Frances, had written poems. She was near-sighted, timid and shy, and probably thought her musings would not please her father. But something about the childish lines touched this hardened soldier. He slipped them into his pocket and sent them to a member of the clergy at Oxford, friend and poet, John Keble who pronounced the young author a born writer who should be encouraged.*

*On a Saturday evening after hearing back from John Keble, John called the family together and proudly read aloud Cecil’s poems. He then made a box with a large slot in the top and whenever Cecil would finish a poem, she was to put it in the box. It became their custom to gather each Saturday evening, take out from the box and read what she had writtenn during the week. Members of the family would make helpful and encouraging comments. In a few short years she would be known all through the British Empire.”*

Cecil Frances, affectionately known as “Fanny”, was involved in charitable work for much of her life. Money from her first publications had helped to build a local institution for the Deaf and Dumb. She was also involved with the first Derry Home for Fallen Women and the development of a district nurses service. Of humble disposition, disliking praise and flattery, she was greatly loved by the many persons she helped by her kindness.

A tireless visitor to the sick and poor, she was very familiar with hardships and sufferings, but even so her talent for writing of the Christian faith in a simple but memorable way shone through and continues to enliven our lives today.

At a recent Sunday service in Wimbotsham we sang with gusto “All things bright and beautiful” whilst we imagined ourselves strolling through our lovely Norfolk countryside, aware of the birds and wildlife around us. We certainly have the rivers close by, and the glorious sunrises and sunsets. Particularly at this harvest tide, we see the ripe fruits in the garden. Well, no purple headed

mountains around here, but we cannot miss the purple headed wayside flowers!

Mary Davies

## **Pott Row**

The Norfolk Churches Trust held its annual sponsored bike ride on Saturday 9th September. As always, Pott Row chapel was open all day to welcome cyclists and to sign their forms.

After many years of taking part, and visiting many local churches, our own cyclist is now unable to ride on the open road - so for the last three years he has done his sponsored ride on an exercise bike set up in Pott Row Chapel, where he is monitored by his time keeper Alison. (At least this way he avoids all the rain showers!!)

He is always very grateful for the support he has from so many people. Well done, Bill!

## **Downham Market**

Ladies Friendship Circle

As I write this article we haven't yet had our first meeting so I have nothing to tell you about.

Our October meetings are on 11<sup>th</sup> October which we will be a Beetle drive. On 25<sup>th</sup> October we are having our Fish and Chip supper. Please note this meeting starts at 7pm.

Everybody is welcome

Margaret Fox

After a variable Summer we start Autumn with a very cold spell. I can remember when working in London when very young taking my holidays regularly in September, leaving August for those with families and I would swear the weather was always warm and sunny, albeit the evenings were drawing in and it was not possible to play tennis for long before it got too dark; but I guess this is just a faulty memory, or rosy view, of the long past. But we must not grumble considering the way some lives have been lost or badly affected by the loss of homes. I have just got back after an early morning walk along the river Nar with my dog and I really had trouble fighting my way back against the wind which was nowhere near what they have suffered. We are so lucky to live in this country where hopefully the weather will never be so wild as in other parts, though climate change does seem to be making itself felt already.

Back after the holiday break we start our Church year anew, appreciating everything more after a break from the routine and hopefully looking at what we do with fresh eyes to tweak some activities to make them more effective and perhaps discard some which are not proving profitable in our work for the Lord. We prepare for our harvest festival, which is a must to give thanks, celebrate his goodness and, by our donations of food to the food bank, obey his command to feed His sheep. Also we enjoy all the rejoicing with some favourite old hymns and very meaningfully worded modern ones. After the service we have a shared lunch which reminds us of so many mentions in the New Testament of Jesus sharing food with ordinary people. We had a good service for the commissioning of pastoral visitors, having been blessed with eleven new members received in over the past few months lists will have to be added to. As this was a Holy Communion service we were joined by Norfolk deaf Christians with Rev. Anne Richardson signing for them. I must confess I try to multitask and concentrate on the sermon but with half an eye on Anne to pick up some of the important words.

The Churches Together in Downham committee met for the September meeting when Chairman Marian stressed the need for a volunteer to take over as Chairman at the November meeting. We discussed plans for the Christmas hampers and it was agreed to repeat last year's successful experiment of providing a Christmas meal with all the trimmings (frozen turkey ready to thaw out at the appropriate time etc.), also toys for the children. Each hamper is prepared containing the right amounts for individuals or families with toys selected for the right age groups. Churches are being asked to fund raise for this project well in advance as some cheaper offers are withdrawn nearer Christmas. We are holding a quiz and pud night on 7<sup>th</sup> October when half the profit will go to this and our monthly charity for October is the hampers. Last Christmas thirty-one hampers were sent out at an average cost of £32 and at the last moment Social Services were asking for more, which was not possible as the ordering has to be done well in advance, especially the turkeys from Bernard Matthews. So please do give generously to this worthwhile cause so that we can provide as many hampers as possible. The recipients were so thankful and happy, older ones sometimes in tears, big beaming smiles on the faces of the children for the toys.

The service for Christian unity will be on 31<sup>st</sup> January at Downham methodist. At the Christmas lighting up ceremony we have been offered a tent for the duration of the event and we discussed providing nativity costumes for children so that families could take selfies along with a video of the Christmas story. Final arrangements will be decided at the November meeting. Last year Crazy Bananas erected a nativity scene made up of balloons, which was very popular with the children. This was later left in our memorial hall when more children came to see it. The Rev. Judith Grundy appealed for donations for



Samaritans Purse shoe boxes which need to reach her by 8<sup>th</sup> November. You can go on line for details of what is needed, but basically it is small toys for children, but also toiletries and nice smellies for teenagers.

Our weekly Saturday coffee mornings have continued through the Summer break, albeit with reduced numbers as some weeks the town centre was very quiet with few folk around. My stall is still outside till the weather gets really bitter. It has been full of colour recently, but now things are dying back for their hibernation time, but if bought cheaply now and planted they will come to life again in the Spring, one of God's ways of showing his care, by renewing everything after the Winter. The coffee morning has proved to be a very pleasant social occasion especially for folk living alone, held in the social centre but when the number gets near one hundred we overflow into the function room so there is always room for YOU. So if you are in an outlying village and have not come into Downham on a Saturday morning do try to pay us a visit. We are officially open from 10.00 till 12.00 but you can get in soon after 9.00 if your bus gets here early. You will be very welcome. We are of course starting our preparations for our Christmas Fair which this year is on 25<sup>th</sup> November. Mark the date in your diary.

I wish you good health, strength and stamina for all the hard, but joyous, work ahead.

Joan Macey

## Stow Bridge

By faith I gaze up at the Heavens and know within its vastness that this is your creation, planned and effected within eternity.

By faith I pluck an ear of corn and know within its symmetry lies the chemistry of life, the potential of creation within my hand.

By faith I listen for your voice and know the whisper that I hear breathed a world into existence yet listens to the prayer within my soul.

By faith I strive to do your will and know the door that I approach may lead me to shadows, where my role is to become your light.

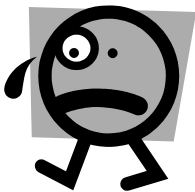
By faith I cling to your word and know the strength I receive has its source within the love that is at the centre of all things.

Peter Hewitt

**My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."**

**Eagles may soar, but weasels don't get sucked into jet engines.**

**DOWNHAM MARKET  
CRAFT FAIRS  
SATURDAY OCTOBER 28<sup>TH</sup>  
9.00 am – 3.00 pm  
SATURDAY NOVEMBER 11<sup>TH</sup>  
9.00 am – 3.00 pm  
Light refreshments  
Free Admission  
Profits to Church Funds**



Any items for the **NOVEMBER** edition should be with the editor by **OCTOBER 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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E mail rabbit1308@btinternet.com

## Safeguarding

We all know that churches need to be safe places. Many of us have attended a **Creating Safer Space** training session in the past. Things have moved on since that training module was introduced. There is a fresh understanding of some of the areas of abuse and the needs of all who experience abuse. The Methodist Church has decided that those people who were trained previously now need to attend a **Foundation Module Refresher** to ensure that they are up to date.

There are many people who need to attend. They include:

- Pastoral visitors
- Anyone working with 0 - 18 year olds in the name of the church
- Anyone working in activities targeted at adults who are vulnerable
- Church stewards
- Local preachers
- Worship Leaders
- Presbyters and Deacons

The sessions will be held on several occasions and in different places across the Circuit. Please note these sessions are for people who have already attended the original Foundation Training. If you are in one of the above posts and have not already attended the Foundation Training, a different session will be arranged for you. There will be more information about this later.

Three sessions have already been held of the Safeguarding Refresher Course but there will be another held at Hunstanton on October 27<sup>th</sup> 2-4.30 and at London Road on October 30<sup>th</sup> also 2 - 4.30

If you would like to attend this session, please book with Linda Howling at [lindahowling1948@gmail.com](mailto:lindahowling1948@gmail.com) or 01553 829146 or 07445340234. Booking is essential as personal copies of some literature are needed.

# RAC Motoring Services

Caller: "Does your European Breakdown Policy cover me when I am travelling in Australia ?"

Operator: " Doesn't the product name give you a clue?"

Caller (enquiring about legal requirements while travelling in France ):  
"If I register my car in France , do I have to change the steering wheel to the other side of the car?"



**REV STEVE OLIVER**

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

## **Circuit Pastoral Carers Day**

### **VALUING AGE**

Saturday 7<sup>th</sup> October at Downham Market  
9.15 for 9.45 ending with soup lunch

Led by the Rev. Catherine Dixon  
open to all who are involved in pastoral care  
or who are interested in the subject

Names (for catering purposes)  
to Phyllis Bowman 01553 671288

## **Coffee Mornings**

**Wednesday 4<sup>th</sup> October 10 – 11 am**

**South Wootton**

*Bring & Buy, Raffle, Book stall*

**Saturday 7<sup>th</sup> October 10 – 12 noon**

**Gaywood Church Rooms**

*with stalls from local traders*

**Saturday 14<sup>th</sup> October 10 – 12 noon**

**London Road**

*Missions weekend*

**The Friends of St Faith's Church Gaywood  
invite you to a Celebration Concert**  
to be held on St Faith's Day,  
**Friday October 6<sup>th</sup> at 7pm.**

The concert will be presented by Stephen Hayter, who  
presided over the very enjoyable first concert  
at the Christmas Tree Festival last year.

The programme will include songs from The Bishop of Lynn  
the Rt Rev. Jonathan Meyrick  
and our own male voice quartet from our choir.

Cheese and wine will be served, for which donations will be  
gratefully received.

All proceeds will go to The Friends in support of the fabric of  
our beautiful church.

Tickets, £7, available at the door or from the church office  
or from Jackie Pearce, Tel KL 674430



## **West Norfolk Methodist Circuit Diary**

### **October 2017 onwards**

Sunday October 1<sup>st</sup> Harvest Festival with Rev. Steve Oliver at Hilgay

Tuesday October 3<sup>rd</sup> Hilgay Guild at 2pm.

Wednesday October 4<sup>th</sup> Coffee Morning at South Wootton at 10am

Friday October 6<sup>th</sup> Concert at St Faith's at 7 pm

Saturday October 7<sup>th</sup> Pastoral Day at Downham at 9.15 am

Saturday October 7<sup>th</sup> Quiz and Puds at Downham at 7pm

Saturday October 14<sup>th</sup> Coffee Morning at Gaywood Rooms at 10am

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

Friday October 13<sup>th</sup> MHA Quiz Night at Dersingham at 7pm.

Friday October 13<sup>th</sup> Messy Church at Downham at 4.30pm

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

Saturday October 14<sup>th</sup> Coffee Morning at London Road at 10am

Tuesday October 17<sup>th</sup> Hilgay Guild at 2pm.

Friday October 27<sup>th</sup> Safeguarding Refresher Course at Hunstanton at 2pm

Saturday October 28<sup>th</sup> Craft Fair at Downham Market 10am

Monday October 30<sup>th</sup> Safeguarding Refresher Course at London Road 2pm

Tuesday October 31<sup>st</sup> Hilgay Guild at 2pm.

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