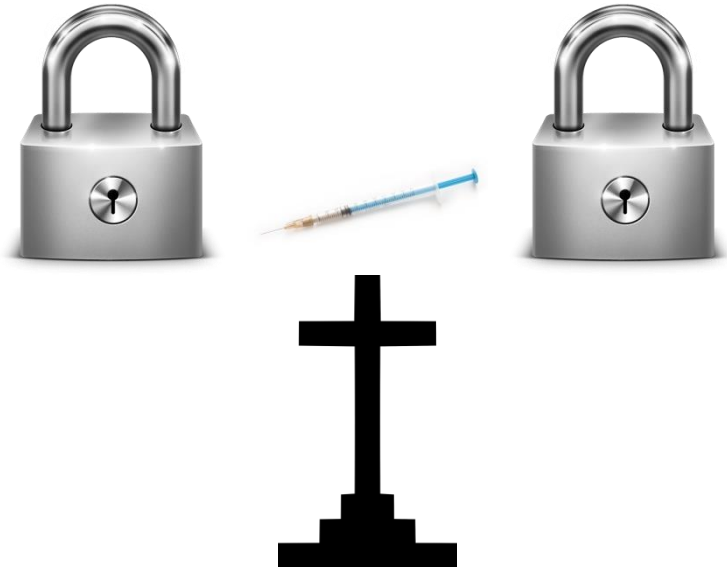


Rejoice!

January 2021



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

A new beginning...

It's that time; it's a New Year. Have y'all got any resolutions? I didn't say 'new' because many of mine are quite 'old.' I hasten to get them out, again. You might recognize a few of them: I'm going to lose a stone by May bank holiday (purposely being nebulous about which one) or I'm going to go through my wardrobe and get rid of everything that I haven't worn in the last 5 years (unless of course I do lose those 14 pounds, even if they're terribly out of fashion) or I going to go through the garage, straighten it up, and make space so I can park the car in it. These are some of my 'old' faithfuls that have been hanging around a while. What's on your 'I'm going to...' list of New Year's resolutions?

I need some new ones that I might actually accomplish; maybe just one would be enough to make a difference. But on the other hand, maybe there's something I've already started and finished that I need to take account of properly. Perhaps, there's an action you took during Lockdown 1 or Lockdown 2 that is significant for you and change has already happened? I'm certainly walking the dogs more and the garden is getting much more regular attention.

What if our resolution is to keep doing the new thingy (I love that word, it's so technical). Does that mean we've got to continue to let go of some habit or way of doing something? Oh my goodness, did I say 'let go' of something, anything? Now that might be getting closer to...a new beginning.

Shalom, Rev Robert

A Prayer for longer days...

Hi God, I'm looking forward to the days getting longer now. It'll be nice to be able to go out after my tea and still see the world that's around me. Help me to make time for the light of the world, to notice what's growing and what's still in winter slumber. I'll need your help God in how I fill my extra daylight time; it's the balance between what needs to be done and what would help me see and hear you calling me. You are my shepherd; help me not to want so much but to be willing to just be with you. Thank you Lord for the gift of seasons, a new one is just beginning. Amen.

Peace, Rev Robert

Praying together in the Circuit

I have come as light into the world, so that everyone who believes in me will not remain in darkness. John 12:46

6th January - The season of Epiphany begins. Epiphany - 'shining forth' 'manifestation' 'revelation' 'divine majesty'.

We have celebrated the birth of Jesus and give thanks to God for his indescribable gift, the wonder of knowing him personally and as the disciples, expressed, 'we have seen his glory, the glory he received as the Father's only son'

Paul who had a life changing experience when he 'saw the light' on the road to Damascus shared his deep desire for new believers.

I ask that your minds may be opened to see the light, so that you will know what is the hope to which he has called you, how rich are the wonderful blessings he promises to his people.

Ephesians 1: 18

He has saved us and called us to a holy life, not because of anything we have done but because of his own purpose and grace. This grace was given us in Christ Jesus before the beginning of time, but it has now been revealed through the appearing of our Saviour, Christ Jesus who has destroyed death and has brought life and mortality to light through the gospel. 2 Timothy 1: 9

Thou, whose almighty word,
Chaos and darkness heard, and took their flight;
Hear us we humbly pray, and where the Gospel day
sheds not its glorious ray, let there be light !

John Marriott 1780-1825

Long my imprisoned spirit lay fast bound by sin and nature's night
Thine eye diffused a quickening ray,
I woke the dungeon flamed with light. My chains fell off, my heart was
free, I rose, went forth, and followed Thee.

Charles Wesley 1707-1788

Lord, in your mercy hear our prayers,
for an end to the Covid19 pandemic and its devastating effects.
We give thanks for those who have worked to produce the vaccines
which are now available and pray for the means for all to receive it.
We pray for all serving in the medical profession, protect them
from infection and from overwhelming tiredness as they are physically
and emotionally drained with their workload.
We pray for those who have tested positive to the virus, for their
recuperation and full recovery.
We pray for those in the public sector working under pressure in
difficult times.
Lord, comfort the bereaved as they experience an emptiness in their
lives in the loss of loved ones.
We pray for people of all ages and families who at this time are being
affected in many ways with ensuing problems.
for those with mental health conditions
for those who feel alone, isolated , depressed
Lord in your mercy minister to each one. Emmanuel, God with us, our
companion through all the changing scenes of life, your presence
brings peace and a living hope shining through which only you can give
and which people desperately need to experience. Come, Holy Spirit
come, enlightening hearts and minds to the truth of the Gospel.

Prayers have been requested for:

Derek + Viv, Stephanie, Margie, Janice, Amy, Trisha, Linda, Andrew,
Mavis & Julia, Judy, Dulcie+ Neil, Kath, Stephen + Victoria, William,
Tom, Sarah.

Rev Steve Oliver beginning third round of high dose chemotherapy and
for Jill as they face this together.

- S** - Support each other.
- E** - Encourage each other.
- C** - Call on Jesus' name and be calm.
- O** - One for all and all for one.
- N** - Never give up.
- D** - Draw on the inner strength which comes from God
- L**- Listen to God's voice and reflect. Let go and let God.
- O** - Obey his word and his teachings
- C** - Call on Jesus' name as often as you need.
- K** - Know what is the purpose of all this.
- D** - Dwell in his presence, do not panic.
- O** - Offer a prayer for everyone's safety.
- W** - Wait and be patient. This too shall pass.
- N** - Nurture our personal relationship with him.

<p style="text-align: center;">Mrs Barbara Foster 140 Stow Road Magdalen, King's Lynn PE34 3BD Tel. 01553 811867 E mail rabbit1308@btinternet.com</p>
--

Some of the articles in this edition may be a little dated but I think we need to feel that we belong somewhere and still have a place. Don't forget the editor's word is final!!

If you can let people near you see the magazine that would be great. Perhaps when we are let out of tier four we can have a celebration issue of all the things members of the Circuit have been doing to fill their time.

Around the churches



WIMBOTSHAM

Having rejoiced in the opportunity of resuming our Sunday morning services for a few weeks in the autumn it has now been very disappointing, but essentially wise under the Covid situation, to put these on hold again for the foreseeable future. However, we are able to keep in regular close contact with one other - without even leaving the comfort of our armchairs - thanks to the telephone, emails, Zoom or of course, reviving the practise of actual handwriting letters too!

For the past two or three years we have been gathering together various "items of interest" for our Wimbotsham archive. These include a record of the history of Methodism in Wimbotsham and a bundle of **Plans and Directories for the Methodist Church, Downham Market Circuit** which make fascinating reading. The earliest Plan, price threepence, is dated January 2nd to March 27th 1938. At that time in Wimbotsham there were 2 active chapels with a combined membership of 28.

Several other villages had 2 chapels, Downham Market town had 3. A total of 51 chapels in the Downham Market Circuit were listed with 7 Ministers and 134 Local Preachers, the longest serving being A Proctor (1868) of Downham and the most recent R. Grindling (1937) of Black Horse Drove. Nearly all the chapels held 2 services on every Sunday plus a regular week-night meeting. Membership numbers ranged from 3 at Salters Lode to a total of 263 at Downham Market.

By comparison, the Plan for the Methodist Church **West Norfolk Circuit** dated September, October and November 2019 shows active chapels reduced to only 1 in each town or village. A total of 22 chapels are listed, 6 Ministers, 19 Visiting Ministers and 38 Local Preachers. Only 3 chapels were holding 2 services on every Sunday

Mary Davies

GAYWOOD ST FAITH'S

St. Faith's Church, Gaywood, has, along with Churches throughout the country faced up to the challenges imposed on us by the Government as a result of the Covid 19 virus.

St. Faith's has operated under the strict guidelines issued by the Diocese of Norwich. This has meant that entry to the Church has been severely restricted. When we have been allowed to, Sunday Services have been held but currently, in view of the increased number of people contracting the infection, the Church is closed again for services.

Plans to bid a fond farewell to the Rev. Canon Julie Boyd on Sunday 27th December had to be changed at the last minute because Canon Julie was unwell. The farewell to her and her husband Matthew was carried out on Zoom and Facebook.

After four and a half years Canon Julie and Matthew have left Gaywood in order that she could take up her new post as Team Rector of the Aylsham and Blickling group of Parishes which she takes up from January 21st 2021. She will have oversight of 17 rural parishes.

Although very saddened that they have left us, we have sent them on their way with our love and our prayers for their future happiness.

Canon Julie said "Thank you to all those who have sent messages and emails on Sunday and to all of you who came bearing gifts. Your care for us has been very much appreciated, Bless You"

Churchwarden Suzy Cranko-Page commented "We have had some challenging times coping with Covid 19 and Government restrictions but St. Faith's clergy and a team of volunteers have worked together to take out food and gifts to the elderly, vulnerable and isolated people in Gaywood. We have continued to glorify God and worship together, sometimes physically in Church and sometimes using Social Media'

Ms. Cranko-Page added "What a lot we have learnt about supporting one another and sharing the love of God.

Sadly during the months of lockdown our Church has lost three of its regular congregation, namely Maggie Linney, Tracey Day and more recently Kath Park. They were much loved and will be sadly missed.

St. Faith's clergy and Church members are praying and hoping that, following distribution of the virus vaccine, we will all be safer, happier and able to come together with our family and friends. We will meet again.

Richard Parr

TERRINGTON ST CLEMENT

Since March and our church being unable to physically meet , two members of our Junior Church Daniel (13) and Peter (10) have been busy making crafts, writing letters or making cards to send out to the members of the congregations at Terrington and Clenchwarton. They have been doing something at least once a month to send to our church family especially to the older members of the congregation who are on their own. The boys have then received some lovely letters in return, it is obvious that the efforts the boys put in are appreciated and enjoyed by all. They also sent information to the CBBC programme Blue Peter, who were equally impressed with what the boys have been doing that they have now both received the Blue Peter badges as rewards.

Jackie Goddard has been amazing at leading joint services for both Terrington and Clenchwarton since March. She will deliver the service by hand to those who have no internet access, sent out the service via email to those with internet and also leads the service via What's app on a Sunday. It has been a great way for everyone to be included and kept in touch during this difficult time. It has actually brought us all as a congregation closer together during this time. Daniel and Peter have been following the services with the family each week, but we also take time out for Junior Church activities. They have been learning to find their way around the Bible, joined in family discussions related to the subject of the service and doing crafts/activities around those themes. After the service has ended we will often send over to the What's app group a photo or description of what we have done, which again is enjoyed by all.

Caroline Meaden.

DERSINGHAM

The last Methodist year seemed to get hijacked in the middle and here we are half way through another Methodist year still not regularly able to meet for worship in our church. Elizabeth Batstone has kept us all in touch with a fortnightly Newsletter which has either been emailed or hand-delivered to every member or adherent and we are all very grateful to her for that. It contains a list of people who need our prayers, lectionary Bible readings and

prayers and a message from our minister. We are up to edition 18! There is usually a Quiz which is very often HARD!! Pastoral leaders have also phoned the people in their groups from time to time to make sure everyone is alright. Then, when it looked as though we were going to be able to meet for worship again, albeit in small groups, a tremendous amount of work was undertaken to make the church as safe as possible from Covid 19. Deep cleaning took place, suitable signing was put up designating a one-way system and the comfortable chairs were transferred to the hall and the more easily cleanable plastic chairs from the hall were placed in the church. Finding out who felt safe enough to come to church and placing them in suitably-sized groups on a rota basis was undertaken. Since then there has been a period of Stop/Start so that most of us have had the opportunity to worship a couple of times, but one group has only managed once. However, everything is prepared and ready for the appropriate time and we are very grateful to those who laboured in hope, masked and no doubt socially distanced! Not living in the village, we have only seen members of our group at worship or those who manage to join the group services on Zoom which have been arranged by Julia Warnes from Hunstanton, and we do miss seeing our friends and having a chat with them. Meanwhile the Rev. Richman Ncube has arrived and been joined subsequently by his family who are settling into a new way of life, not made very easy by all the restrictions on their activities. It has been good to see Richman and his wife on Zoom. We welcome them all and look forward to the time when we shall see them in the flesh and be able to talk face to face. There is light at the end of the tunnel with the roll out of the two vaccines. We were fortunate enough to have our first one at the start of the roll out (my birthday came just at the right time!) and were very impressed with the way it was organised. Again, due to a considerable amount of hard work by many committed people.

The wallflowers are out, bulbs are poking through and I am sure my snowdrops have got buds fattening up! Spring is on its way! Praise the Lord!

Rosemary Caink

Filler

What is an underground train full of professors called?

A tube of smarties!!

How do you make an apple puff?

Chase it round the garden!

FELTWELL

We wish all our readers and members of our community a very safe and healthy 2021.

Some of you may have chanced to see the Nativity scene we had in the foyer of the main chapel. It will remain until 12th night (6 Jan) In our Community Hall, where normally we have Sunday worship, Zumba, Maria's Exercise group, & Feltwellbeings, we put up the Christmas Tree and decorated the hall.



Craft & Chat group will be unable to meet under Tier 4 rules. **"Old Codgers"** may meet again in this socially distanced hall, soon. We will put up our new banner in the car park. It's an



open event with no age limit and its only £3, and that includes some refreshments! This event will comply with Methodist Church of Great Britain & UK Government instructions. **Sunday morning worship** may continue weekly at 11.00am in the Community Hall, depending on our tier rules and guidelines. However that may have to wait as we have decided to suspend worship during Tier 4 rules, but remain open for individual prayer and solace.

We welcome anyone and everyone to share our moments of peace in this hectic world. Families can sit together and other visitors have safely distanced seating. We all wear masks. Currently the BBC and other media are claiming that singing is not allowed. But if the guidance is read thoroughly it can be seen that this is not the whole truth. Singing has to follow the specific guidelines issued for the Performing Arts community. We have recently heard some promising information on the news about the effects of singing on the spread of the virus. It has been shown that speaking without a mask produces "aerosol" from the mouth which can travel up to a maximum of 2m (just over a yard in old money!). However, with a standard (blue) mask on very few droplets escape and those which do escape do not



travel but fall to the floor. This scientific information is being presented to the government who will decide whether it is information they want to use!
ELEVENZES – will hopefully start again soon and will be on the **FIRST WEDNESDAY OF EACH MONTH AT 10am**, when our usual home-made cakes & pies will be available and served with all the necessary protective clothing.
Thursdays - Feltwellbeings have been meeting in the Community hall under government guidelines for “support groups”. One Thursday before Christmas our Sybil played keyboard (in organ mode!) for members to enjoy some carols. This was followed by mince pies and coffee. Seating is around safely distanced tables and refreshments are available and served at table. Friends chat, share concerns and celebrations and support each other through personal challenges and these difficult times. We’ve a snooker table, bagatelle, all of which entertain us and we have a few minutes guided exercise each week. We’re just looking for some insulation board to make a backing for the dartboard. These are all fun activities which also provide gentle exercise for the members.

Oberammergau 2022

The trip Mary Cumbers organised for 2020 was cancelled. There are still 9 people booked.

The trip will now take place in 2022 all being well.

It will be from 18th to 25th May 2022. 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 you are willing to share your room with.

The cost will be about £ 1,500 per person.
Single room supplement at Lake Garda will be £119 p.p.
A £400 deposit will be needed on booking

Travel insurance is not included, you MUST have repatriation insurance. The company will arrange it if you wish.

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

Phone number 01366 727929 or
by email mary_cumbers@hotmail.co.uk that's Mary_Cumbers

The trip is open to all comers and should go ahead in 2022, we hope.

Spirit Lifters

Some of the readers of this magazine are well acquainted with a certain gentleman who cannot speak more than a couple of sentences without including a joke or two. So I asked for a few to make us all smile a little!

I just lost my job as a psychic: I didn't see that coming.

Inspecting mirrors is a job I could really see myself doing.

I think my job as a bug sorter went well: I boxed all the right ticks.

I became a professional fisherman but discovered I couldn't live on my net income.

I thought about becoming a witch, so I tried that for a spell.

I'm aspirin' to be a chemist.

I managed to get a good job working for a pool maintenance company but the work was just too draining.

I got a job at a zoo feeding giraffes but I was sacked because I wasn't up to the job.

I focussed on being a photographer but nothing ever developed.

I can't believe I was sacked from the Calendar Factory just for taking a day off.

Why did the Can Crusher quit her job? Because it was soda pressing.

I've just heard that the company's going to fire the employee with the worst posture; I've a hunch it's going to be me.

A customer returned a book on medical procedures. "Anything wrong with it?" the librarian asked.

“Someone’s removed the appendix!”

Finally, I quit my job in the helium factory: I wasn’t going to be spoken to in that tone of voice.

Rev Paul’s WW1 Wanderings

In October this year I will – Covid permitting(!) – be walking 100km of the WW1 Western Front to raise much needed funds for ABF The Soldier’s Charity. ABF support veterans, soldiers and their families in times of crisis and their work is very much needed. The walk takes place over three days and I thought that I would take the opportunity over the next three issues to describe the places I will be walking (with over 100 others) so that you can get an idea of the route I will be taking. In this issue I will be taking you through the route for Day 1.

I will begin this day at Lochnagar Crater – the largest man-made crater created during WW1, now preserved as a memorial for all those that suffered during the Great War. The crater was created from the explosion of a mine containing 60 tons of ammonal explosives, laid by the British Army’s 179th Tunnelling Company Royal Engineers underneath a German strongpoint called “Schwaben Hohe”. The mine was detonated at 0728 hours on the 1st July 1916, the first day of the battle of the Somme.

Cecil Lewis, an airman flying above the site on that morning of the 1st July was to write of the explosion in his diary;

"At La Boisselle the whole earth heaved and flashed, a tremendous and magnificent column rose up into the sky. There was an ear-splitting roar, drowning all the guns, flinging the machine sideways in the repercussing air. The earth column rose, higher and higher to almost 4,000 feet. There it hung, or seemed to hang, for a moment in the air, like the silhouette of some great cypress tree, then fell away in a widening cone of dust and debris."

The walk begins here at 0700 hours and, after time spent walking around the memorial we gather for a ‘team’ photograph and, as is a

Military Tradition, a prayer from the Padre at the beginning of the campaign. This honour has fallen to me on three of the four occasions I have undertaken that walk – a great privilege to seek God’s blessing on our endeavours as we walk in the footsteps of 100 years ago.

From here we walk to Mametz Wood, synonymous with the 28th (Welsh) Division and the Battle that saw 4,000 Welsh casualties alone. The memorial here is a Red Dragon sat atop a Plinth carved from stone quarried from the Forest of Dean. We walk a short distance from here to Flatiron Copse Cemetery and a break in walking for refreshments.

Setting off after refreshment, the walk moves to the Thiepval Memorial to the Missing of the Somme which bears the names of 72,334 names of the United Kingdom and South African Forces who died during the Battle of the Somme and who have no known grave. It was here, on my first walk in 1996, that Jo phoned and told me something quite extraordinary. She had bought me a Somme Poppy from the British Legion that she was going to give me when I got home – it had arrived with her only that morning when I was at Thiepval. Each poppy had with it a certificate to remember a soldier who had fallen during the Battle of the Somme. My poppy’s soldier was remembered at Thiepval so on discovering his name – Lance Corporal Henry Miller of the Essex Regiment – I found his name on the memorial and every year I have walked this challenge, I go and pay my respects to him.

Once we have eaten our fill of lunch at Thiepval, the walk takes us past the Ulster Tower and through the Beaumont-Hamel Newfoundland Memorial and onto the afternoon break at Hawthorne Ridge Crater and the Sunken Lane, made famous by Geoffrey Malins for the official war film ‘The Battle of the Somme’ and synonymous with the Lancashire Fusiliers. The walk continues with the Lancashire connections as it passes the Memorial to the Accrington Pals Battalion – one of the many so-called ‘Pals’ Battalions made up from groups of friends from local towns and villages who signed up together. It is near here that the walking is done for Day One, covering a total of 38km.

My reason for undertaking the walk was that Jo, having completed the London Marathon in 1995, challenged me to do something in

recognition of reaching the '40 years of age' milestone! My purpose for undertaking the walk became clear when we arrived in Arras, where we would sleep in a hotel each night! Many of the other walkers were either veterans or serving in the military themselves, had family connections to WW1 or family serving in the Forces and, at that stage, I had none of those things! I needed to ground myself in a purpose through the walk to sustain me. That purpose was discovered in a graveyard in Arras when I saw a headstone to an unidentified casualty. It read simply: "A Soldier of the Great War – known unto God." I felt quite emotional about this and wondered if anyone had every visited his graveside in remembrance of him. Therefore, I decided that every cemetery we walked by or visited, I would find a headstone for an unknown soldier, wait, kneel and offer a prayer. I did this to help me through the challenge. At the end of the walk, a veteran came to me and said, "Padre, can I have a word? Me the other vets have all seen what you've been doing and we want to say 'thank you'."



Actions speak so much louder than words at times and it made me think of my Christian witness in my actions much more than I had done before...

If you would like to donate towards my fundraising, every penny I raise goes to the ABF for them to help where help is needed. I was hoping to be able to do some fundraising events this year, but that is looking unlikely at the moment – maybe later in the year?! If you would like to donate you can do so in two ways either by visiting <https://events.soldierscharity.org/fundraisers/PaulCritchley/frontlinealk21> or by sending a cheque made payable to 'ABF The Soldier's Charity' to 1, Camomile Close, Downham Market, PE38 9UJ. I can then send it into the charity and they will add it to my fundraising total!

