

Rejoice!

November 2021



we will remember them.

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

Will your lights go out?

At the beginning of October I was taking stock of the things I might need as winter approached and one thing stood out: I needed to buy a new torch, just in case of power cuts. We all have some precautionary stocks tucked away on a shelf or in a cupboard... just in case. Candles, perhaps; but a modern torch-lantern with long-lasting rechargeable batteries (and perhaps with a flashing red light) is better, so scan the pages online and start clicking!

It was the British Foreign Secretary Sir Edward Grey who said in August 1914, 'The lamps are going out all over Europe and we shall not see them lit again in our lifetime.' The First World War was inevitable, leading in turn to the second. 'The lights are going out,' Churchill observed in 1938. Dictatorships were taking freedom from the people and small countries were being swallowed by larger ones. (How has the world changed?)

If you've read the first part of "The Lord of the Rings" you'll remember how The Shire and the surrounding regions were slowly but inevitably enveloped by a suffocating darkness as the evil Lord Saron wrought his evil works. But skip ahead to the end of the story, where light and life return to the world.

War, disease, earthquake, fire and famine: it's a depressing picture if you focus on the darkness... but recall those stirring words of John's Gospel, '**The light shines in the darkness.**' Recall the Good News. In the words of the hymn, we have a Gospel to proclaim!

The psalmist declared that the Law was the supreme light; it showed mankind the way to live in ways that please God. The Pharisees made this the supreme principle of their approach to life. When Jesus came he took up a different theme, one that the prophets had taught: the impetus has to come not from laws imposed from without, but from the

Spirit within: from the desire of the heart to overcome the self-serving desires of human nature and obey God because we love him and delight to please him. One influence on our human lives is from the created physical world, the other from the Creator himself. One is based on the desires of flesh and blood, the other on the desires of God's spirit within us. One languishes in the darkness in which humanity finds itself, and struggles to be free; the other brings light to the soul. **We need something more than laws to live by: something that lives within us.**

We urgently need that spiritual light, as our newspapers constantly remind us, but the bad news is that the dark side of human nature seems to hold the upper hand. People seize power and amass worldly wealth; criminals assert their power and destroy those who oppose them and "the world" seems to hold the upper hand — **but the good news is that Jesus has overcome "the world" and has handed humanity back to the care of God.** Those who believe in him — build their lives on him and allow the spirit that lived and ruled in him to live also in them — are overcomers too.

John's words in his stirring Prologue remind us constantly of this good news: the light shines in the darkness and the darkness has not (and never will) overcome it.

One of my abiding childhood memories is of the way that days in our village primary school inevitably ended. I never really liked our Infants' teacher but she imprinted something of great value in my mind. Every afternoon as time to go home approached, it would be "hands together and eyes closed" and she would pray with us, 'Lighten our darkness we beseech thee O Lord and by thy great mercy defend us from all perils and dangers of this night, for the love of thy son, our saviour Jesus Christ.' "Amen" to that.

But how is God lightening our darkness? By putting his spirit within us to shine, through knowing Jesus.

William Barclay made three observations on just how Jesus is the Light of the World.*

1 To so many people today, life has no meaning: it's all darkness because it is chaos, like the beginning of the universe. They don't know why they are here, what to make of their lives or what it's all leading to. **Jesus dispels the chaos in our souls and gives us that meaning:** all things were created by a Father of Light and Love, and he wills us to live according to his loving purpose and receive a life that is eternal: to share a knowledge of him.

2 **The light that Jesus brings is a revealing light:** he shows us how things really are. As William Barclay so astutely observed, 'We never see ourselves until we see ourselves through the eyes of Jesus.'

Hate and destruction of life are wrong: love and the enhancement of life are right. It's futile trying to live by being subject to laws and regulations, as he pointed out to the Pharisees. The answer is to welcome the Spirit of God into our lives, directing and controlling us through love.

3 **Jesus is a guiding light.** People came to him, asking "What must I do?" And he told them. Love not only your friends but your enemies as well. Forgive as you desire to be forgiven. Respect God and believe that his loving purpose will be fulfilled: believe in him and trust him.

He guides us through the valley of shadows and brings us into the light of a new day.

The light and peace of the Lord Jesus be with you all.

* William Barclay, *Daily Study Bible: Gospel of John (1)*.

Thank you David Clarke for responding to my plea.

Praying together in the Circuit

Christ is the head of his body, the church. Colossians 1: 18

Romans 12: 5

Though we are many, we are one body in union with Christ,
and we are all joined to each other as different parts of one body.

*Jesus, Saviour, Redeeming Lord, lead your church forward,
with complete confidence in the gospel,
the power of God to save all who believe.*

*Gracious Lord, Your love has touched our lives,
You have saved and redeemed us, called us to discipleship,
and poured out your Holy Spirit upon us, uniting us as one
in faith, in love, in fellowship, in prayer and purpose.*

*May we live under your authority with Kingdom vision and
Kingdom values, prayerfully investing in Kingdom growth.*

Living Lord,

*may we listen to what the Spirit is saying to the Church today.
and honour your word, a lamp to guide us and a light for our path*

*Sovereign Lord, we pray for the worldwide church, for your purpose
for the gospel to be preached in all the world.*

*Draw people to yourself to receive salvation and new birth
for no- one can see the Kingdom of God unless they are born again.*

*We pray for your church in every place,
in worship, in witness, in service, in love and compassion
to reach out as Your Spirit leads*

*We pray for individuals who are suffering persecution, hold them
secure in your love, may their faith and trust in you shine through
and challenge those who persecute them*

Safeguard churches in danger, strengthen and sustain them.

From strength to strength go on, wrestle and fight and pray,
Tread all the powers of darkness down, and win the well-fought day

Charles Wesley

*Lord hear our prayers for our Circuit, our leadership team,
and each one of us united in the body of believers.
for each of our circuit churches seeking your way forward.
In our worship, in our praying, in our serving, in our giving
may we be fully surrendered to your will
Lord, keep us focused on you, what you are able to do,
what you want to do and what people really need.*

*Lord, thank you for answers to prayer, may we pray in faith
believing that with you all things are possible and expect great
things to happen for your glory*

*Gracious God as members of your body, we pray for members
who are hurting in body, mind or spirit.
May we encourage and build one another up in our faith.
For those who have not been able to worship together
and miss the fellowship which means so much to them.
For those who are depressed and fearful for the future
For those with medical problems, awaiting appointments
For those who find their faith has been shaken.
May your love, your presence, your peace, bring healing.*

“I am with you always, even to the end of the age” Mt.28:20

Prayers have been requested for:

Derek + Viv, Stephanie, Margie, Janice, Trisha, Linda, Andrew,
Mavis & Julia, Judy,, Kath, Stephen + Victoria, William, Tom, Sarah.
Dulcie who has been on the prayer list passed away recently.

Dr Phil, who is often in dictionary corner on Countdown maintains that laughter is a very good medicine and often tells true stories about people at the doctors or in hospital. I tend to agree. I hope you do.

How does Moses make tea? Hebrews it.

Venison for dinner again? Oh deer!

Around the churches



HILGAY

Hilgay Methodist Church celebrated in style for our 150th Anniversary. On Saturday October 2nd we welcomed a good crowd to our Open Day where we displayed items of history relating to our Chapel including a preaching plan from 1878 when the Downham Market Circuit had 17 churches.

Other items on show were the Communion table and lectern, the Easter Cross made from bog oak which we fill with daffodils every year and stand outside as an Easter message to the village. Wrought iron flower stands which were made from parts of the old communion rail when renovations took place. A stained glass cross, a painting and our banner all made by members and friends of Hilgay Chapel.

There was also an opportunity to make Art and Craft items including bookmarks and a (S)octopus and a worksheet with facts about various items and people connected to the chapel with gaps to fill in what information you could find by looking around you as people enjoyed tea, coffee cake and soup that were served during the day.

With the proceeds from a raffle and donations this day's events raised £308.55 for which we are very thankful.

On Sunday 3rd October an Anniversary Service was led by Rev. Arthur Windridge, a former minister of this circuit on two separate occasions. The organists were Mrs Meg Cooper and Thomas Burt. This service was attended by 33 people which was about our limit at present with Covid restrictions. It was encouraging to see village people joining us as well as friends from around the Circuit. Thank you to our ministers Rev. Robert, Rev. Paul and Rev. and Mrs Richman Ncube for taking time to join us on one or other of these occasions. It was also lovely to have Rev. and Mrs Chris Bishop join us. After the service everyone enjoyed afternoon tea.

Future events we hope will include a Band Concert with Hilgay Silver Band, an inter-church quiz, Desert Island discs and coffee mornings to enable people to engage in fellowship with others after a difficult 18 months of Covid.

It is also hoped that we can have the Chapel open on November 2nd (All Souls Day) to allow people to come in to take time to remember family members and friends they have lost during recent months. To give thanks for their lives and to light a candle in their memory. This will take place between 10:30am and 2:00 pm with a short time of worship around noon.

The annual RBL remembrance service will be at the Chapel on November 14th at 10:45 am.

Pauline Driver

TERRINGTON ST CLEMENT

We are enjoying our services and look forward to 7th November WhatsApp at 10.30 and Holy Communion at 4pm. On 14th November we will be in church and WhatsApp at 10. 30 for Remembrance Sunday. On 21st we will be in church and WhatsApp Maggie Blowers will lead. November 28th will be in church and WhatsApp.

It was good to have our first Network MWiB meeting on September 15th We celebrated HARVEST at our meeting on October 15th On Sunday 26th September we welcomed Joella Nash to take our service'.It was so lovely to be able to sing and enjoy the music.

Linda Howling

HEACHAM.

As we gravitate back to “normal”, it seems to be getting busier. Obviously the lack of joint activity so far has lulled us (me) into a lack of “do it now” rather than “there’s nothing demanding my attention – I shall put that off until later”. So that is my apology for late communication from Heacham.

However – we are planning things. Services in the main Chapel area have resumed with singing albeit with masks. On 5th September we resumed having refreshments after the service. This was extra special as Lilliane and Bill Byatt shared their Diamond Wedding anniversary cake. (Event actually in April but cake safely preserved and kept so that it could be shared.)

Our first Saturday coffee morning took place on 21st August and should occur on the third Saturday of each month. Coffee, (etc), cake and bookstall plus music!

On 11th September, John Harris presented a daylong music event. (1-3 and 7-9) in aid of the NHS and those who have died.

Our Harvest Festival weekend started with a supper on 18th and the service on 19th led by Rev Rich Ncube.

Christmas lunch planned for 4th December.

We also have a “closed” slimathon in aid of two charities (including the Smile Train) that has just begun. By closed I mean the “slimmers” are not declaring their details but trusted to record and carry out the plan,. Their achievement

to be revealed at the end of November. Only losers here – but winners and achievers too.

So Heacham has been reactivated.

To close – a happy summer memory to share. (know you will forebear.)When “playing” rounders with my family on Old Hunstanton beach (age range 78-4) it came to my turn to bat. Eventually, I managed to hit the ball. A small voice behind me (the smallest participant) came “ You know, Nana, when you grow up you could be quite good at this”).
Could this be a reflection on faith?

Best wishes
Joan

FELTWELL METHODIST COMMUNITY

It may seem that we are few in number and our future is questioned by the new Conference membership criteria, but we are great in community. We are confident in our significant community involvement and opportunity that gives us for mission.

I remember a book I read with a picture which displayed a notice on the closed church doors one Sunday morning.

It read

We believe that our purpose is not to get people to come to us in the name of Jesus, but for us to go out to the community with the message of Jesus and show by our love, what we believe. It is by our community work that our community is working with us, helping us maintain the building, make changes happen and demonstrate our work to others. We have a powerful community spirit and with the local pub we are working to reignite the sense of community in the village.

One of the ways we will develop this is by taking part in the 2022 “Anglia in Bloom” and inviting the community to be part of it with us. Evidence of the success of this project is by the number of plants and bulbs which have been donated to us to help make this happen.

CRAFT GROUP MEETS EVERY MONDAY at 2pm

.... A new era of craft with new members, new ideas & new challenges. The men are constructive and are helping make raised beds for vegetables, building equipment for groups to use

Plus we have refreshments. No membership fee! No gender discrimination!

COMMUNITY GARDEN – WEDNESDAY MORNINGS We are following RHS guidance and have mown our meadow and planted clusters of Foxgloves,

Cornflowers and more. We want to step up and expand community involvement and include a social aspect.

Feltwell Methodist Church Community Hall

Only £3 for music, quiz & refreshments & a laugh!

Come and have a jig or a twist, a wiggle or a wobble, or simply sit and listen just for your own enjoyment. Could be some 'community singing' if you join in with those tunes you know. You'll get a warm welcome here in Bell Street.

Sunday morning fellowship 11 am

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. After a short time of devotions we have a chat & refreshments. We encourage visitors to wear masks.

Other activities we host include

Monday 6pm – MT Exercise Group

Tuesday 9am – Pilates

Thursday 10am – Feltwellbeings, support group for over 18s

Thursday 6pm – Brownies 7 – 11 yr olds.

All our work can be found on our page of the West Norfolk Methodist Circuit website.

We can be contacted on facebook or mobile 07712578721 or by email mikegw15@gmail.com

Mike & Brigette Wilkinson



DOWNHAM MARKET

So much has happened since I wrote an article for the Feb/March Rejoice to everyone as well as to me. Little did I think when I mentioned planting bulbs for my spring plant stall that the stall would not be opened again and that we would all be locked down. But I have been so lucky, let me rephrase that as with faith we do not believe in luck, rather in being looked after. I had open heart surgery August before last and was so looked after that my operation went ahead on the date given, just before all operations were cancelled; being within travelling distance of Papworth I was dealt with at the best hospital in the country and my younger daughter Anne became my carer enabling me to get home much sooner. She lives next door but one to me but stayed in my cottage for two weeks while I recovered and even now does all my shopping, cooking evening meals and driving me to the many medical appointments I still have. Having given up driving I am hopeful that once my problem of exhaustion and lack of breath have been sorted I shall be able to use the bus to get to Downham and become an active part of Church life again. At the moment I can keep in touch with the folk on my pastoral list only by phone and of course in my prayers but I do keep wondering, why me being so blessed. I

am reminded of the dear Queen Mum during the blitz who said that service is the price we pay for our space on earth.

During the lockdown some necessary functions were kept going. We are so grateful to the social centre staff and volunteers who continued to produce and deliver hot lunches. Even now the social centre is open meals are still delivered to some folk who are nervous about coming out. We are grateful too to our voluntary gardeners who have made it a pleasure to walk down the path to Church past borders full of colour and for the care they have taken of the memorial garden where many of us have left the ashes of our loved ones. I was particularly delighted with a clump of beautiful blue agapanthus, remembering seeing them growing wild on the hillsides in New Zealand. Our bookings for the Church premises are gradually increasing with keep fit and tai chi on Tuesday mornings, but unfortunately Downham Singers has folded. I understand from Ray Webb that carpet bowls is reopening (phone him on 384955 for details). Choir practices are now on Thursday afternoons, not evenings and anyone who enjoys singing would be made very welcome. Our choir mistress Meg would like to hear from you on 01366 388811. The prayer shawl ministry would like to hear from knitters phone Sylvia Perkins on 388846 and Barbara Foster is also appealing for knitters to make small angels which will be distributed around the town nearer Christmas. Contact Barbara for a pattern on 01553 811867. Messy Church has had two face to face sessions since the lockdown. The first was seasons and weather and at the second nineteen children and assorted adults did craft work on the theme of smiling; no doubt an extension of Rev. Paul's message about happiness on Sunday. More helpers to put away chairs etc. would be welcome so if you can help, or wish to bring some children to enjoy a friendly session contact our Minister, Rev. Paul on 388766. Churches Together hope to resume face to face meetings soon with fund raising singing at Tesco's, distribution of Christmas hampers and the Good Friday walk of Witness on the agenda. We had a marvellous Harvest Thanksgiving service led by our Minister with, behind our masks of course, hearty singing of old favourites and new ones with more up to date meaningful words to tunes we knew. There was a good collection of long keeping foods left in the social centre as we came in for the food bank. Rev. Paul carried on speaking while his youngest child and two from a Messy Church family literally ran backwards and forwards with their arms full of heavy packets and tins, out to the social centre, back into church, down the aisle to deposit the offerings on the Communion Table and when full on the carpet in front and out again. Those three youngsters worked so hard. Word of warning Rev. Paul there were an awful lot of witnesses should the youngsters decide to contact the NSPCC with complaints of child labour. Bless them they were so keen to help and they brought a smile to all our faces. And on that happy note I'll close as my dog is barking his head off needing

attention. You get your children offhand from the point of view of daily chores and then take on demanding pets. Take care everyone, let's pray we continue to have restrictions lifted with no setbacks. God bless.

Joan Macey

DERSINGHAM

We celebrated Harvest at the end of September and the Rev. Richman Ncube led our worship. Members of the congregation had brought their gifts the previous day when the first Saturday coffee morning was held since March 2020. On this occasion the coffee morning was only for ourselves, however, and had not been advertised so that it was not too crowded as we cautiously restart our activities. Nevertheless £118.10 was raised for church funds. The harvest gifts were for the Hunstanton Food Bank and 2 boxes and 10 large carrier bags full of food and toiletries were taken there to the delight of the Food Bank volunteers. The cash collection at the service went to the King's Lynn Foodbank.

Another coffee morning and Christmas Fair is planned for Saturday 27th November from 10am to 11.30am. The midweek Holy Communion services are again being held on the 4th Wednesday of each month at 10am.

Rosemary Caink

HUNSTANTON

We held our Harvest Celebration on Sunday 3rd October with Rev. Richman taking the service. Our members and friends had brought gifts to church in the weeks leading up to harvest, so we had a good display. On Monday David and Pauline Scotney took all the non-perishable items to the local foodbank and Di Cosbey's husband Derek distributed the fresh produce to a local residential home.

After Church coffee also re-commenced on 3rd October, so we are slowly getting back to normal.

On Sunday 31st October we will be having Cafe Praise when all the hymns, bible readings, prayers and poems will have been chosen [in advance] by members of our congregation. This is always a relaxed and popular service. Dare I say we are now thinking about Christmas.

Pat Sharman



Thank you to everyone who sent me "bits".

God wishes to see people happy, amidst the simple beauty of nature. I believe that nature brings solace in all troubles.
Anne Frank.

In all things of nature there is something of the marvellous.
Aristotle.

He who plants a garden plants happiness. If you want to be happy for a lifetime, plant a garden.
Chinese proverb.

Macular Society

Do you, a family member or a friend have low vision impairment? If so, I heartily recommend logging on to www.macularsociety.org. Being one of the 1.5m people in the UK with AMD (Age-related macular degeneration) I recently joined the Macular Society online. Membership is free for the first 6 months with the option to then subscribe on an annual basis. The website provides a tremendous scope of free specialist advice, information and guidance which is so enlightening to anyone affected by sight loss. The many topics include research, daily living skills, befriending services, virtual clinics by zoom or teleconference. Read about “Winter Warmers” - a series of weekly interactive telephone calls to help raise the spirits of members over the next few months featuring a range of light hearted discussions, fascinating speakers and entertainment. Read too of the many benefits Local Support Groups provide for those with macular disease, their family and friends. If you would like to have a chat about any of the above, please do give me a call or email me. I will be delighted to hear from you.

Mary Davies Tel: 01366 388660 email: mary.davies316@gmail.com

Some information and ideas about Climate Justice

As Methodists, we are being asked to give careful consideration to what it means to be a justice-seeking church, especially in relation to climate justice. The autumn synod of the East Anglia District had the theme “Love God, Love His World”. Information about various initiatives was shared at the synod including the **East Anglia District Environmental Policy and Eco Audit**. The aim of these is to encourage churches to look at and take ownership of becoming an Eco Church and to help the district to work towards gaining an Eco District Award. Churches can work towards bronze, silver or gold awards - <https://www.eangliamethodist.org.uk/we-care/environment>

Some ideas for action that you might like to explore:

- ❖ Finding out which local supermarkets offer recycling for **soft plastics**, plastic film etc and maybe registering to be a **tetracycline collection point**.
- ❖ **Planting a tree for the Queen's Jubilee**. This could be an opportunity to work with your local parish/ town council.
- ❖ **Sponsoring a tree in the dry lands of Africa through Tree Aid** info@treeaid.org or www.treeaid.org
- ❖ Swapping some supermarket purchases for buying household essentials, supplies for church cleaning & events, gifts etc from **Traidcraft**. **NO COMPUTER NECESSARY!** However online orders can be made – traidcraft.co.uk Phone: 0191 491 0855 Mon, Tues, Thurs, Fri 9a.m. -5p.m. Wed 11am. – 5pm.
- ❖ Water Aid or Toilet Twinning
- ❖ **Back British Farming** – backbritishfarming@nfu.org.uk
- ❖ [_https://ecochurch.arocha.org.uk/](https://ecochurch.arocha.org.uk/) is a useful source of more detailed information.

Deacon Lynne and I are in process of trying to form a Circuit group for anyone with an interest in social and climate justice so if you would like to be involved or would like more information, please contact us.

Lesley Dent

Bonfire: several folk think the meaning of this to be from the Middle English meaning: good fire.

Actually it has its origins in '**bone fire**'. The spelling in the word's earliest attestation is in the form 'banefyre', and bane is a spelling of bone which long continued common in Scotland.

Curfew is from the French **couvre-feu** and means 'cover fire'. People in the medieval Europe needed to cover the fire at the hearth before retiring for the night. It was a safety feature and hopefully stopped a fire taking place in the building or adjoining buildings. Also people had to be at home during the hours of darkness. It was usually indicated by the ringing of a bell.



There was such an actual thing as a 'curfew' which had a hole at the top and enabled the embers to be kept smouldering at night so that the fire could be re-

lit easily the following morning with a puff of the bellows.

11 o'clock on the 11.11

Originally called "Armistice Day" **Remembrance Day** was first observed in 1919 throughout the British Commonwealth.

It marked the end of hostilities during the First World War and gave an opportunity to recall all those who have served in the nation's defence from whatever generation.

We acknowledge the courage and sacrifice of those who served their country and acknowledge our responsibility to work for the peace they fought hard to achieve.

The poppy is the enduring symbol of remembrance of the First World War. It is strongly linked with Armistice Day but the poppy's origin as a popular symbol of remembrance lies in the landscapes of the First World War. Poppies were a common sight, especially on the Western Front.

It is thought that the Queen's five poppies represent each service in the war: the Army, the Navy, the RAF, the Civil Defence and women.

The red of the petals perhaps represents the blood of those who gave their lives, the black button in the middle perhaps for the mourning of those who never welcomed their loved ones home and the green leaf shows the hope that the grass and crops growing after the war brings.

Sylvia Perkins

**Rejoice needs a facelift so how about some new items!!
Meg Cooper sent me an Autumnal item. (Sorry Meg, no room for your illustration on the recipe!)**



Cookery Corner:

First, how about a Winter Warming Soup!

Spiced Pumpkin Soup

Serves 4

2 tbsp olive oil

1 onion, chopped

1 tbsp chopped fresh ginger

1 garlic clove chopped

1 small red chilli, deseeded and chopped

2 tbsp chopped coriander

1 bay leaf

1 kg/2lbs 4 oz pumpkin, peeled. Deseeded, and diced

600ml/1 pint vegetable stock

Salt and pepper

Single cream to garnish

Heat the oil in a pan and add the onion and garlic, cook for 4 minutes, stirring, until softened. Add the ginger, chilli, coriander, bay leaf and pumpkin and cook for a further 33 minutes.

Pour in the stock and bring to the boil.

Using a slatted spoon, skim any scum. Reduce the heat and simmer, stirring occasionally for about 25 minutes or until the pumpkin is tender. Remove from the heat, take out the bay leaf and cool slightly.

Transfer to a blender and process until smooth. Return to the pan and season to taste. Reheat, stirring gently.

Serve with a garnish of swirled cream. Eat and enjoy!

