

Rejoice!

March/April/May 2023



The Magazine of the

West Norfolk Methodist Circuit

Happy Lent

Can we say that? We say Happy Christmas, Happy Easter and of course Happy Birthday and Happy New Year. But Happy Lent? I don't think so. I guess it has to do with the fact that we look forward to all those other days but do we actually look forward to the season of Lent? Well, if we consider the day before Lent starts, I do believe we might have our answer: it's *Pancake Day* [and to other parts of the world *Shrove Tuesday* or *Mardi Gras*, i.e., '*Fat Tuesday*'].

How do you like your pancakes? Savoury or Sweet? It's hard to beat freshly made fluffy buttermilk pancakes, large or small, [or even waffles] with deliciously hot real North American maple syrup topped off with whole or slices of strawberries covered in whipped cream. Yummm!!! Many may prefer fresh blueberries or other fruit; some skip the fruit and add butter. Another variation adds a fried egg to the pancake stack. And yet other variations swap-out the buttermilk pancakes for crepes or Swedish pancakes. Then there is an additional class of pancakes that deletes the 'sweet' components and adds a long list of possible savoury fillings. What they all have in common is that we *LIKE* them, therefore, we *LIKE Pancake Day*.

Lent has traditionally been a time of fasting or giving up something that we like and choosing to stop and pray for the world every time one thinks about what they have given up for Lent. If you happen to give up all sweets, just chocolate, coffee or tea, you just might be on your knees a lot in prayer for a good portion of the Lenten period.

The Lenten Fast traditionally lasts from Ash Wednesday through to the Saturday before Easter, that's 46 days but also typically the 6 Sundays are not included in the fast, reducing our fast to just 40 days. If you've never tried a Lenten Fast, why not do it this year?

Another approach to Lent is to '*add*' something to your normal routine that will focus your mind on an aspect of God. An example of

this is to do a Lenten Study throughout the 40 days. For the last couple of years we have done a Circuit Lenten Study via Zoom.

This year here are three in-person Lenten activities in the Circuit for you to consider:

London Road MC, Monday at 1 pm

5 sessions, 27th February through to 27th March

Lent Course based on ‘*Stories of Hope*’ through the eyes of people who have experienced prison based on the book ‘*40 Stories of Hope*’

Heacham Methodist and Parish Churches, Wednesday at 12 pm

5 sessions, 1st March through to 29th March

Short reflective services focussing on Jesus, followed by a soup lunch.

These sessions will alternate between the two churches:

Methodist Church: 1st March, 15th March and 29th March

Parish Church: 8th March and 22nd March

Downham Market MC, Thursday at 11am

5 sessions, 2nd Mar through to 5th April [Not 30th March]

Lent Course based on ‘*Les Miserables*’ using characters from the novel and songs from the musical, exploring God’s grace and redemption

Perhaps, after this year’s fasting, studying or reflecting, we will be able to say that we *LIKE* the season of Lent and therefore, be able to wish one and all: ‘**Happy Lent**’

Blessings of peace to all, Rev Robert, Superintendent

(A suggestion for adding is contained later in Rejoice.)

Praying together in the Circuit

My devoted servant, with whom I am pleased,
will bear the punishment of many and for his sake I will forgive them.

I saiah 53:11

As soon as Jesus was baptised, he came up out of the water. Then heaven was opened to him, and he saw the Spirit of God coming down like a dove and lighting on him. Then a voice said from heaven “This is my own dear Son, with whom I am pleased”. Matthew 3:16 Then the Spirit led Jesus into the desert to be tempted by the Devil. The first two temptations began with ‘If you are God’s Son’ challenging his identity. Jesus responded to all three temptations saying “Scripture says” affirming the authority of scripture and claiming victory over each temptation. In the wilderness Jesus was obedient to God and committed to His purposes.

He was humble and walked the path of obedience all the way to death

- his death on the cross’ Phil. 2: 8

‘Man of sorrows’ what a name, for the Son of God who came
Ruined sinners to reclaim! Hallelujah! What a Saviour!

Lifted up was he to die, “It is finished” was his cry,;

Now in heaven exalted high, Hallelujah, what a Saviour

When he comes, our glorious King, all his ransomed home to bring,

Then anew this song we’ll sing Hallelujah, what a Saviour !

[A.P.Bliss]

Gracious God lead us through Lent,

‘Draw close to God and he will draw close to you’ James 4: 8

Look to the Lord and his strength; seek his face always. 1 Chr.16:11

Fill us anew with your Holy Spirit. May we always be faithful to you

and your purposes, fervent in prayer to seek your will and your ways.

We pray for your Church throughout the world to worship you in Spirit

and truth, to serve you in love and to be guided and enabled by Your

Spirit to be your witnesses for such a time as this.

We pray for the whole world and all its people in every place and

situation. For your Holy Spirit moving all over the world bringing

revelation of the truth,

'The earth shall be filled with the knowledge of the glory of God even as the waters cover the sea' Hab.2:14

First of all, then, I urge that petitions, requests and thanksgiving be offered to God for all people; for kings and all who are in authority, that we may have a quiet and peaceful life with all reverence toward God and with proper conduct. 1 Timothy 2: 1 -2

We pray for the forthcoming Coronation of King Charles 111, and for his reign as King.

Lord, hear our prayers for all affected by the devastation caused by the earthquakes in Turkey and Syria. For those traumatized by all they have experienced to be held in your peace. For those who are in despair, not able to find family and friends. We pray for necessary provision for those who have lost everything and are vulnerable, living in extreme cold weather conditions. Thank you for all aid agencies working to bring help and hope, we pray for continuing help and worldwide response.

We pray for those in Ukraine longing for an end to oppression we call out to you for your intervention.

God is our refuge and strength, a very present help in trouble.Ps.46:1

We ask that you are with John Miles and his family as they adjust to life without Hazel.

Prayers have been requested for : Derek, Stephanie, Margie, Janice, Trisha, Linda, Andrew, Mavis and Julia, Judy, Kath, Stephen + Victoria, William, Tom, Sarah..

2023 A year of prayer across East Anglia www.PRAY23.ORG

Praying Renewing Healing

PUSH Pray Until Something Happens

Around the churches



Downham Market

I am no "Joan Macey". I do not have the art of writing so fluently. However I have taken on the task of collating various pieces of information about what is happening at Downham. This will be more of a catalogue than an article. I hope you will bear with me. This first attempt will be quite lengthy, as we are playing 'catch-up', but I hope that in future it will be shorter.

Before Christmas, we hosted a visit from **FenSong** who performed **Alternativity**, which was what the title suggests and was most enjoyable. Their leader, Cate Markwell writes:

"This year, we performed our AlterNativity which got the Christian message of the Birth of Jesus across to our members. The piece involved dance, song, sign language and was written as a comedy."

"FenSong take children from all around the local area, and for NO cost to the parents/ carers, gives children an opportunity to learn about British Sign Language, keyboards, juggling, mime, puppetry, mask-making, acting, physical Theatre. They gain life-skills such as how to be part of a team, how to work to deadlines, how to project their voices and how to communicate with others with hearing difficulties."

"We have performed "The Passion", "The Magician's Nephew", "The Daniel Jazz" and "The AlterNativity "at Downham"

"Thank you Downham Methodists for making us SO welcome again."



Messy church continues in spite of various set-backs. Lesley Dent has sent the following:

The growth of numbers of people coming to Messy Church in December and January has been encouraging, especially as some of the families also came in pre-Covid times. We have two new helpers, Bhuna and Sara as well. In January 14 children came accompanied by 5 dads, 6 mums, a grandmother and a great grandmother. We had ten helpers that day, which may sound a lot but there's lots to do; registering the families, keeping the activities flowing and providing refreshments. It is also important that those in the team, who are regular church goers have time to chat with the families. Since Covid, we have had to change the ways we do things and we are still trying new things. January's Messy Church included storytelling through Godly Play for the first time. We also had a painting activity as the families gathered, a treasure hunt in the church, craft activities and singing with British Sign Language during our closing worship. Messy Church meets monthly on the second Friday of each month from 4.30 to 6.00p.m. We set up the hall between 4.00 and 4.30 and we need to clear the hall after the families have gone. If you feel that you could help with any aspect of Messy Church, we are always pleased with offers of help. If you would like to find out more or offer occasional help, please contact Lesley Dent (01366 385986), Ralph Perkins or Rev. Paul Critchley.

I have also had information about the **Tufty Club**, which is a 'Mums & Toddlers' group

"Tufty club meets weekly in term time 9.30 -11, every Wednesday and costs £2 for up to 2 children with 50p for every extra child.

Fun and socialising, in a small to medium group "

Here is a contribution from Ralph about Boys Brigade:

Downham Market Boy's Brigade

It's with sadness that I report that the 1st Downham Market Company is the last remaining company in the Norfolk Battalion. Before Covid we were down to 3 companies but the pandemic has reduced us to one. Sadly this seems to be a nationwide phenomenon with BB shrinking so much it's having to sell of its HQ at Feldon Lodge. BB was founded in 1883 in Glasgow, the first uniformed youth organisation in the UK. It may be that once again the UK HQ returns to Scotland. Interestingly the BB flourishes in Singapore, Malaysia and was strong in Hong Kong.

Back in 1984, when the 1st Downham Market Company was formed, there were 20 or so companies in Norfolk. We would parade in Norwich with bugle and drum band and the boys would stretch out nearly 100 yards with each company parading its colour. Back in the '80's and early 90's Downham had its own drum band and have paraded locally and in Worksop. I remember

marching with the bass drum at a village fete. There was a strong cross-wind and I had a real job managing to march in a straight line!

We are hoping to join the Mid-Suffolk Battalion who have a company in Bury St Edmunds which, hopefully, will give our boys the chance of joining in some activities which will broaden their BB experiences and maybe enable them to establish new friendships. BB has really expanded my range of activities including camping, horse riding, caving, canoeing, sailing, abseiling, climbing, rifle shooting and archery. Hopefully our present boys will get the opportunity to do some of these.

Ralph Perkins (Captain)

Guides and Brownies are well supported and when Barbara went to visit the Guides were sewing badges on their blankets for camp and the Brownies were busily engaging with each other.

Our premises are well used all through the week. The activities do not always bring people to church services, but everyone is a form of service to the community. For information, I include extracts from our notices.

"Downham Market Social Centre: The social centre is open Monday to Friday between 9am and 1pm and can be found in the church building. Everyone is welcome to come to the social centre – you don't have to belong to the church in order to use it! You can buy a drink or soup (£1) but there is no obligation to buy anything – you are welcome simply to come and be in the warm. At lunch time you can purchase a traditional two course meal cooked from scratch on the premises – lunch is £5.50 and a sweet is £2.50. The Friday roast is particularly popular." Dianne in the kitchen also prepares meals to be taken to housebound customers. The del

Monday: Art for All, Carpet Bowls' Bridge Club, Brownies, Guides. **Tuesday:** Keep Fit with Domonique, Tai chi, Boys Brigade. **Wednesday:** Tufty Club (Mother and Toddler), Stroke Club, Holy Communion, Ladies Friendship (alternates with Singing for Pleasure), Yoga, Alcoholics Anonymous. **Thursday:** Church Choir, Singer's Inspired (Choir), Bridge Club. **Friday:** Carpet Bowls, U3A Art. **Saturday:** Tai Chi, Ballet. **Sunday:** Church service 10am-11am.

Ladies friendship has been meeting regularly. Last Wednesday (1st February) about 20 ladies attended and we enjoyed a very interesting talk by Maggie Blowers about her time as a prison warder. It was mainly about the characters she met at Long Sutton and Holloway.

Last Sunday, we had our annual Covenant service, which was very good, very challenging, and very thought provoking. I, personally, was most helped by the alternative version of the covenant prayer – much more applicable to the present day, I thought.

It is so good that, since the Covid lockdown, we can now meet normally in

church at 10:00, though the zoom services continue at 6 for 6-30pm every week. They are very helpful to many.

Dudley Pickston

Clenchwarton

Like most village chapels we are struggling but we have resolved to continue and we have a number of events being planned for the year.

In December we had a Christmas concert which was very successful and a new one is being planned which is likely to be performed in April.

Every month we have a speaker and the talks are on a variety of subjects, so far we have included subjects as diverse as bees, the work of Sir Robert Peel, and the straightening of the river. Talks are going ahead for this year and will usually be on a Saturday Afternoon starting at 2.30 on the third Saturday of the month.

Expect the odd quiz, teams of four can take part. Questions are to the team and not to the individual.

All of our events can be found on the Circuit Web page. Please come and join us, everyone is welcome.

Stanhoe

Here we are, poised between Christmas and Easter, and thinking soon about Lent - but remembering what meaningful and memorable services we had over the Christmas period.

On 10th December, Stephen Harrington, Local Preacher, led our Carol Service, with some wise words about the Incarnation, as well as accompanying the carols with his guitar. He had kindly allowed the congregation to choose their favourite carols beforehand, so naturally, we sang with enthusiasm. The church was decorated beautifully with flowers arranged by Sushila Russell, and seasonal contributions from other church members. Afterwards, we enjoyed our usual time of fellowship, welcoming several friends who always support this particular service, as well as celebrating Valerie Shackcloth's 70th Birthday with cake, made by her grandson, Tom. The collection, made up to £300 from church funds, was divided between the King's Lynn Foodbank and the Night Shelter.

On 23rd December, some of us attended the funeral of Enid Poll, a member of the Burnham Market congregation, who had died at the age of 96. We had shared so much with Burnham Market, and Enid was well known and loved by Stanhoe members. It was a dark and cold afternoon, and, because of the timing, the service was not very well attended, but another service, of thanksgiving for Enid's life, will probably be held later this year at Stanhoe, when we hope that more members from the circuit will be able to attend. We

will circulate details when we know more.

Our Christmas Day Service was a truly family occasion, with several generations present - nine grandchildren between the Chaloners and MacLeods, ranging in age from one to 29, plus their parents and others. Elsa, aged 17, who is studying music in Stockholm, played on the guitar and sang a Swedish Christmas song - and of course we sang Away in a Manger. It felt so right to have little children present on Christmas Day.

Love certainly came down at Christmas.

Now we look forward to Easter. Our service on Palm Sunday will be led by Rev. Dr. Richman Ncube; on Good Friday afternoon at 2pm, Elizabeth and Philip Batstone will lead us in a service of Quiet Reflection, and on Easter Sunday, our preacher will be Sheila Johnson. On Good Friday morning, as usual, we shall be welcoming our friends, the pilgrims from the Student Cross organisation, as they stop by for refreshment on their way to Walsingham. Enid Poll, a longstanding and much loved member of Burnham Market Methodist Church, died in December at the age of 96. Her funeral was on 23rd December, and, because of the timing, not many people were able to attend, or actually heard about it in time.

A Service of Thanksgiving for her life has been arranged for Saturday, 20th May, at Stanhoe Methodist Church, at 2.30pm, to be followed by refreshments, and a time to share our memories of Enid.

All are welcome.

As I write this, we have been saddened by the news of the death of Local Preacher, Hazel Miles. Hazel made a point of coming all the way from Downham Market to preach for us, several times, and especially early on when the circuits had only just joined together. We always enjoyed and appreciated her message; and loved her bright presence and personality. We send our love and sympathy to John and the family, and to the Downham Market members.

Elizabeth MacLeod

Hilgay

We have had a much better response to events just lately. At an All Souls service of remembrance we had a good congregation including villagers who also signed our Christmas card and donated to New Dawn India which meant this year we raised a record total of £100:00 for this cause which will help street children to have a good meal, school books and other resources. Thank you to all who donated.

Our last bi-monthly coffee morning also saw more people joining us as did our Guild meeting when we had a talk on Hilgay on Maps from 1566 to the present day.

Events to look forward to are a service to celebrate the Coronation of King Charles 111. More coffee mornings and events to help us become an Eco Church. Dates to be finalized. Look out for more information.

Pauline Driver

THE BEACON – North Lynn



Who are they, are they still going you may well ask! I'm glad to report we're alive and well and despite challenging circumstances we continue to share Jesus light, through fellowship, activities and just being in the community. We want to give thanks to God for the amazing provision and help we've received in bringing the vision of our new community café/toddler soft play nearly to completion. It's so exciting and it's been wonderful to hear comments and positive feedback from the community who are very keen that we get open soon (us too)! As I write we're trusting that God will supply what we need for completion of the Church and hall area.

As our Church building and grounds became a building site we had to think how to continue being Church without a 'home'. For our services we held many outside in the garden and in colder months moved inside homes. Our weekly community meal has continued throughout albeit many being outside in the garden, wrapped up in several layers around a firepit eating jacket potatoes! Other homes and venues have kindly been shared for some of our regular get togethers – the difficulty is making sure everyone knows where to be each week!

Our community outreach activities have still continued throughout the building project and have involved a street party for the Queens Diamond Jubilee, Summer fete, Bonfire event, Christmas wreath making and bulb planting. Our latest plans are for pancake party, Easter egg hunt and King's coronation picnic. Thankfully we were able to close the road for 2 of these and still have areas of grass next to the Church we can use so that we continue to be a 'presence' in the area.

We are thrilled with our nearly finished new building and the opportunities and exciting plans that will spring from this but more than anything we pray that we

may continue to share the love of Jesus in this place so that others can begin a new relationship with him and share in His welcome, His love, His hope, His peace.

With love, thanks and prayers from friends at The Beacon, North Lynn

London Road

A belated 'Happy New Year' to everyone!

At last, life at London Road is very much back to normal as all the regular users of our facilities are back in their regular slots.

Our scouting groups are flourishing and meet in the early evening on Mondays, Tuesdays and Wednesdays and have occasional 'sleepovers' in the hall. The Lynn Players, a local amateur theatrical group, meet on Monday and Wednesday evenings and have been rehearsing their forthcoming production of Jeffrey Archer's play 'The Accused'. The production will be held at The Guildhall, King's Lynn from 16th April. Exercise sessions for the over 50s are held on Monday mornings and Wednesday late afternoons and on Thursdays, the Spectrum art group meet in the mornings followed by the Sing Your Heart Out choir in the afternoon. The art group will be holding their annual exhibition in the church between 17th and 22nd July – a note for your diaries – and this year, if all goes to plan, we will be having our own craft stall at the event to raise much needed funds for the church. Once a month, West Norfolk Carers run a café for those afflicted with dementia. They and their carers were treated last year to a visit by some miniature donkeys. Several of us went along to the event and enjoyed some time with the other guests both two legged and four.

The pleasure given by the two donkeys was immeasurable. They munched their way through innumerable carrots, allowing the guests to pet them and they definitely wormed their way into our hearts. We are hoping for further visits in the future.

In addition, our premises have been used for some special events which included:

On 29th October, we enjoyed a concert performed by Trianon, a music group from Suffolk which consisted of a choir of 51, an organist – the joy of the organ playing at full power – a piano and 3 other instrumentalists. The evening began with a welcome from Rev. Roberts following which we were entertained by the choir and musicians to a variety of works with anecdotes from their musical director. The evening concluded with thanks from Rev. Roberts with both the audience and entertainers joining in with 'The Grace'. On 19th January a service of thanksgiving for the life of Dr. Elizabeth Harrison was held conducted by Rev. Roberts. Dr Harrison was a local doctor who,

having qualified in 1964 became the first female GP in King's Lynn when in 1969 she became the youngest partner in a local firm where she practiced for 33 years. During this time, as well as her day to day duties as a family practitioner, she introduced among other things a nurse-led family planning service, was a founder member of the King's Lynn branch of Sorooptimists serving as Club President in 1985 and as Regional President in 1991, was a school governor and supported the local Methodist churches.

On 18th January a 12 week course commenced at London Road organised by the Lily Team from the Borough Council of King's Lynn and West Norfolk in conjunction with the College of West Anglia. The object of the course is to help residents in the locality budget better, eat healthier and learn new cooking skills whilst giving people in the locality an opportunity to meet socially. Most of the time is spent in the kitchen whilst the chef demonstrates how to prepare the food and then cook it before we all have the opportunity to taste it. Nutritional advice is given throughout and recipes are provided. There is no charge for this service and you don't have to live in the immediate area to attend.

Since November, our services have taken place in the hall as the church itself tends to be cold but we will return to the church itself at some point in March. We are now enjoying fellowship with tea, coffee and biscuits twice a month after the services which we had been missing. The ladies' group meets each month and have now planned one of their annual 'food trips' as we meet to enjoy a meal together at a local restaurant, enjoying both food and company and plans are afoot to bring together those for whom Christmastide can be a bit flat after New Year. Food will definitely be on the cards!

Our fellowship extends to all members, including those who are unable to attend church, by our monthly newsletter – we have just issued our 30th edition. This endeavour began during lockdown and is used as a means of keeping all members aware of activities in the church, and includes various anecdotes, some humorous and some less so.

I thought a recent contribution would be a fitting end to this article:

'I wish you humour and a twinkle in the eye

I wish you glory and the strength to bear its burdens

I wish you sunshine in your path and storms to season your journey

I wish you peace in the world in which you live and in the smallest corner of your heart where truth is kept

I wish you faith to help define your living and your life

More I cannot wish you except perhaps love to make all the rest worthwhile'

Jan McQuade

Wimbotsham

We continue to worship together and serve the community. Our coffee mornings are usually well supported and the dates are in the diary on the back page. Everyone is welcome. We have a popular bric-a-brac stall and if you have anything we could sell we would be very appreciative.

We thoroughly enjoyed an evening service back in the Autumn; A SONGS OF PRAISE IT WAS!!! Our thanks go to Rev. Robert for leading it and to Debbie who brought along her flute – it was a very happy evening,

The idea came from Mick Blanks. Sadly it was one of the last services he shared with us. Mick has been a great help and support at Wimbotsham Chapel, always cheerfully willing and ready to fix any problems and jobs that needed doing; taking part in our local arrangement services and most importantly leading our Bible Study Group. Mick is very much missed.

At the end of this month we look forward to the Circuit service, to be led by Rev. Robert here at Wimbotsham (Dare we hope that Debbie will also join us? And flute!)

Meg Cooper

St Faith's

At St Faith's our observation of the great Festival of Easter begins for us on Palm Sunday on 2nd April. The services commemorate the ride of Jesus on a donkey into Jerusalem as onlookers scattered palms in his path. There is an 8am service (Book of Common Prayer) with Holy Communion at 9.45 Holy Communion service and at 6.30pm an evening devotional service.

On Maundy Thursday, on April 6, there will be a service with foot washing (this element of the service will not be live streamed).

Good Friday starts when we gather at St Faith's for the Walk of Witness. After prayers and a hymn outside the church, we process in silence to King's Lynn town centre and follow a large wooden cross that is carried at the head of procession. There are stops along the route into town at Highgate Chapel and St John's Church. The procession then continues on its way to the King's Lynn Minster where, after prayers and a hymn, the enlarged procession makes its way through the town centre stopping at a number of locations for a Bible reading and a hymn.

At 2pm, back at St Faith's, there is an Hour at the Cross. For children (and their parents) starting at 3pm, there is Messy Church at the King's Lynn Minster.

On Easter Saturday evening, starting at 8pm, there will be a vigil service.

On Easter Sunday there will be an outdoor dawn service starting at 6am. There will be a Book of Common Prayer Holy Communion service at 8am and at 9.45am we have our main celebration of Easter Day.

Every evening during Holy Week Compline will be live streamed via the St Faith's Facebook page.

There will be a number of opportunities to take part in Lent studies and reflections. More details for any of these from the Church office.

If you need to know more details about any of these Easter services please call the Church Office on its new landline telephone number 01553 279687

The re-modelling of the Church bungalow to create a new community hub has taken a major step forward with the new church office being the first occupant. It seems a long time ago now when the idea was first put forward by our previous Rector, Canon Julie Boyd and her husband, Matthew in 2018.

There was a carnival-like atmosphere in the church drive when, after a special blessing given by the former Bishop of Norwich, the Rt Revd Graham James, Julie and Matthew and their daughter Hattie set off on their motorbikes on their remarkable memorial expedition to Inverness following the route of 20-year-old Andrew Boyd.

A vigorous campaign of fund-raising was launched to raise funds for the old bungalow to be adapted for its new use. Many grant applications were made and some of these gave a contribution which helped the funds.

After one or two hiccups along the way and delays caused by Covid, the bungalow alterations were finally completed in the first weeks of 2023.

The new community hub may also provide a Gaywood base for MIND, the mental health charity.

The hub will be officially blessed and opened on May 14th by the Bishop of Norwich, who will officiate at a confirmation service that morning.

Bungalow project chair and churchwarden Susie Cranko-Page said that she and her small team were delighted that the plans have now become a reality.

"We wish to thank all those who have supported the project in numerous ways. It has been a joy to see the project completed and we look forward to it playing a leading role in Gaywood and the wider community," she said.

Mrs Cranko-Page said special thanks go to the various grant-making bodies for their positive interest in the scheme.

The building now has meeting room space and any groups or organisation interested in hiring space should contact Gill Hiles at the church office for more details.

All of us at St Faith's were deeply saddened and shocked by the news in December of the death in Australia of the Rev. Heather Berry, whose association with St Faith's Church goes back several decades.

Her funeral will be held in Somerset on March 6th and there is an opportunity for those who wish to attend a vigil at St Faith's between 11am and 12 noon on that day.

A memorial service for the Rev Berry will be held at St Faith's Church on Friday, 10th March at 11am. All are welcome to attend these services.

Heather retired after a career as a teacher and became ordained. As well as serving at St Faith's she also served in the Weasenham St Peter group and at Middleton. She was actively involved in many aspects of church life including Churches Together in King's Lynn and The St Faith's Open the Book ministry (through which volunteers go into local schools and present dramatized Bible stories). The Rev Berry was also known for her passionate and enthusiastic work for Christian Aid heading up and developing a West Norfolk support group.

We have much to thank God for in Heather's life. May she rest in peace and rise in Glory.

The wonderful Prayer Shawl Ministry has just celebrated its 13th birthday and since its inception its focus has been based on love. Its concept is quite simple - the prayer shawls are knitted by a group of mainly women in a variety of colourful patterns and designs. Once a new batch of shawls has been completed they are blessed in church before being made available to anyone who would like one. Over the years as well as local recipients the shawls have been despatched to places around the world where there have been hurricanes and earthquakes.

Each shawl is knitted with love and when wrapped around the shoulders of someone who is unwell or struggling to cope in any way they can feel the love and support of God around them.

If you are a knitter and would like to know more about this very unique and worthwhile ministry please contact the Church office for more information.

The Fund raising Group have been busy planning the Spring Fair which will be in the Church Rooms on March 19th starting at 2pm with all the usual stalls and games of chance. Come along and spend time in the company of friends and pick up a bargain at the same time.

Richard Parr

Heacham

It seems a long time ago that we were planning and taking part in Christmas activities but looking back we did manage an Advent Carol Service held at 3.00 pm early in December. We were hoping to accommodate those of us who were not keen on venturing out on a dark,

winter's evening.

Other December events included a Christmas three course lunch – attended by 30+ friends – with a collection taken for our Christmas charity. A Toddlers' Carol Service was organized by Val Fisher was held and was pleasantly well attended by youngsters and their mothers/parent. This year, or twelve months, is going to be one celebrating 1942/1943. In December, John Harris celebrated his 80th with a party held in the schoolroom. He entertained many friends and was able to gather over £1000 towards his chosen charities. (He is still wearing his 80th birthday badge.)

Earlier in the year, Pauline Simpson had celebrated her birthday – again with tea in the schoolroom. The last celebrant has been Mike Careless – and again a gathering in the schoolroom for tea. His birthday cake represented our chapel – beautiful and tasty – thanks Mark and Val. For the coming year, we are hoping for more worship activities ecumenically. We have Lent services and soup lunches planned on Wednesdays in March – beginning on the 1st at Heacham Methodist and the following week at St Mary's Church. These will continue alternately during March. (15th – Methodist, 22nd St Mary's, 29th Methodist. Ascension 18th May – 7 pm Heacham Methodist. Pentecost 28th May 10 am St Mary's.

We are hoping to encourage and join in activities with other local churches too as well as establish a Mother and Toddler Group after Easter. Also in mind is to offer our Tuesday open church mornings as a warm space. So Heacham has plans, hopes and prayers for the coming year. Many members have fond memories of Hazel Miles – and wish to add their thoughts and prayers for John and his family.

Joan Careless

Feltwell;

Our Community Hall is now used 7 days a week. The new Youth Café on Fridays is going well since its first members attended in January. Up to 20 young people of High School age have attended each night and enjoy snooker, table-tennis, darts, Nintendo Wii, UNO, card games and Jenga. Guess what's missing?..... Yes..... computer games! They've told us they can do that at home, and this gives them the chance to interact socially and engage in physical activities. Our recycling ventures continue to expand and now include the village Cell Battery collection point; Pill Blisters collection point

Community Singing – took off then voices were lost due to differing views of style.

And now

"THE BOOKCASE" a book exchange rack where villagers can borrow books or donate books for others to read. This is in memory of one of our loyal and most recent members, Geoff Dennis who sadly passed away at West Suffolk Hospital on Christmas Eve.

So to SUNDAYS – our day to relax and reflect on our lives, where they've been and where they should be going.

10.45am for 11 to 11.45 – Fellowship and Refreshments

On 26th February we will share fellowship with Wimbotsham followed by a church family meal at Baytree Restaurant

Find us by scanning this QR code on your Android or iPhone.

We can be contacted on Facebook, Messenger or mobile 07712578721 or by email mikegw15@gmail.com Mike & Brigitte Wilkinson

Give us a call or message us or one of our members.



Dersingham

Our first Coffee Morning in the New Year we were not expecting to be very well attended. It was January, it was cold and it was not very enticing for turning out. But we prepared everything as usual and were amazed at how many turned up. Right from the beginning the coffee and tea was flowing, cakes and scones and sausage rolls were being consumed, the tables were full and it was a nice warm place to be. This continued all morning and we raised over £300. We have some very loyal people from the circuit and from the village who support us and are glad to meet up. Some villagers are joining us at our services now as well as at our other activities like the Bowls Club and Jigsaw Club (also a very popular group with people coming a long way once a month to choose three or four more jigsaws to take home and keep them busy). The March Coffee Morning is on the 25th from 10am to 11.30am and will be in aid of Action for Children and Methodist Homes for the Aged.

The Good Friday service on 7th April will be taken by Rev. Rich and will be followed by the Walk of Witness.

We are now planning for the Flower Festival to celebrate our 133rd Anniversary. It will run from Thursday 25th May to Saturday 27th May. This year's theme is Psalms of Praise and the morning service on Sunday 28th May will be taken by the Rev. Gordon and Lynne Tongue and the evening Songs of Praise at 4pm by our own minister the Rev. Dr. Richman Ncube. £500 of the

proceeds will go to build two toilet blocks through the Toilet Twinning charity in a place yet to be chosen and the rest will be for our own funds.

Rosemary Caink

(Women's) World Day of Prayer

For the past 30 or more years local volunteers have organised a special service so that people can join a wave of prayer which starts at dawn in Western Samoa and rolls round the world, linking women and their communities from the smallest Pacific islands to Europe, Africa and the Far East.

In recent years "women's" has been dropped from the title to make it clear it is a service for everyone, although there have always been a few men in the services.

This year's service on **Friday March 3rd is at the Minster** and focuses on Taiwan. Everyone is invited but it will be the last service in Lynn UNLESS new leaders are found. Our two main organisers are retiring after decades of hard work and finding new volunteers is proving difficult.

If there is anyone who feels they can take over this worthwhile role please contact Christine James on 01553 775535.

Margaret Shelton

Classes, Bands and House Groups

Back in the days of the Wesleys and 'the movement of people called Methodists', an important feature of the growing church were the midweek meetings that ran alongside Sunday worship and, for many, open air preaching rallies.

There were two types of midweek meeting - 'Classes' (compulsory attendance) and 'Bands'. Both of these groups were essential to the developing culture of Methodism and our understanding of the importance of salvation for all people. Back in the day, Classes were made up of about twelve people and their remit was so Members could 'watch over each other in love'. These classes were made up of men, women, single and married Members, and the emphasis in the meeting was for Members to grow and strengthen their faith. Bands, on the other hand, were much smaller, single sex, groups comprised of 'believers' whether they were Methodist Members or not. The aim of the Bands was to provide a safe, confidential space where believers could 'wrestle with flesh and blood... as temptations were on every side'. In a Band they could 'pour out of their hearts without reserve, particularly with regard to the sin

which did still 'easily beset' them, and the temptations which were most apt to prevail over them'.

Although the language of a few hundred years ago may not be that which we use today we, as the modern-day movement of people called Methodists, still really need to grow and strengthen our faith together whilst watching over each other in love.

So today most Methodist Churches tend to call their 'small groups', house-groups - but some use the terms 'cell' groups, Bible study groups or just 'small' groups.

At Downham Market Methodist Church, like many others around the circuit, we have a long history of house-group membership for many of the members of our church. Sadly over recent years, and particularly during the pandemic, membership of house-groups has dropped quite significantly. However, as part of a recent Local Arrangement service at Downham, the members of one of the existing house-groups used the time to share why they felt it was important that everyone should consider being part of a small group.

Two members of the group spend some of their time living in the UK and some time in The Netherlands. Using modern technology they were able to be part of the service and share their thoughts on why being part of the group is so important to them. Others shared how being able to discuss personal concerns in a safe and caring environment, meant that they were more confident talking about their faith with others.

The service ended with a call for more people to consider whether they would like to join a house-group. Maybe this is something that those in other parts of the circuit might also like to think about. The Methodist Church produces a number of resources to help churches start new house groups and these can be found on the Connexional website. (<http://tiny.cc/7x04vz>) However what is most important is that two or three (or more) decide to gather together in Jesus' name, to share faith, to learn more about Jesus, to support each other and to 'watch over each other in Christian love'. Why not give it a go...

Dave Friswell, DMMC

(Quotes used above are from John Wesley's "A Plain Account of the People Called Methodists")

MACULAR SOCIETY LOCAL SUPPORT GROUP at Downham Market Methodist Church Social Centre every third Tuesday of each month 1.30 – 3.30pm

Following an extremely encouraging response to our Information Day last October we are delighted to now be holding monthly meetings which are open to anyone affected by central

vision loss. Family members, friends and carers are warmly welcome too. These very informal meetings are proving to be very enjoyable, informative and inspirational, new friendships are being made and we are planning a programme of speakers on a variety of interesting topics.

More information about the Macular Society and the scope of support the Charity provides can be found on www.macularsociety.org or telephone 0300 303011. For more information about our Local Support Group please do give me a call.

Mary Davies Tel: 01366 388660

A TV Inspiration for Meg Cooper

Whilst watching Spring Walks, Monday evening's TV, the presenter was filming in Yorkshire and read a poem which I quickly googled and found it is a Quote! She had just popped into a church building, which was quite big but in the middle of nowhere.....and lovely.

I am in love with every Church
And Mosque
And Temple
And any kind of Shrine
Because I know it is there
That people say the different names
Of the One God



Any items for the **JUNE/JULY/AUGUST** edition should be with the editor by **MAY 12th**, earlier if possible. **If you don't get an acknowledgment of emails PLEASE enquire if I have received them!**

Mrs Barbara Foster
140 Stow Road
Magdalen, King's Lynn
PE34 3BD
Tel. 01553 811867
E mail rabbit1308@btinternet.com

CHANGING WORLD... ...UNCHANGING MISSION



**LOOKING AT HOW WE DO THINGS... HOW WE COULD
BE MORE OUTWARD FOCUSED, AND REACH OUR
WORLD WITH THE LOVE OF JESUS**



**EAST ANGLIA DISTRICT OF METHODIST WOMEN
IN BRITAIN**

**INVITE YOU TO PARTICIPATE
VIA ZOOM**

IN A MORNING WITH

CAROLYN LAWRENCE

(FORMER VICE PRESIDENT OF CONFERENCE)

SATURDAY 11TH MARCH 2023

**THERE IS NO CHARGE FOR THIS EVENT BUT PLEASE FORWARD
YOUR INTENTION TO JOIN US BY EMAILING
susan.synodsecea@gmail.com to receive
MORE DETAILS AND ZOOM LINK
NO LATER THAN 8th MARCH PLEASE**

M.W.i.B. Agenda

9.30 Welcome and Worship

9.50-11.00 Session 1 : 'Pre-flight checks - Where are we now?' 20 mins input / 10-15 mins Q&A / 20 mins input / 10-15 mins Q&A.

11.00-11.15 Break

11.15-12.25 Session 2 : 'Prepare for take off - Being a people with purpose.' : Format as for Session 1.

12.25-12.30 Closing comments

From Winter to Spring

The oppressive heat of last summer is only a distant memory; winter came upon us briefly in December and we're progressing into Spring. As the seasons come and go, and as we move on in our own life's journey, the pace seems to quicken. Days flit by and weeks all too quickly become months. But perhaps you can say with certainty, as Paul did, that '*our inner self is being renewed day by day*' (2 Corinthians 4:16).

'A cold coming we had of it...' Those lines of T.S.Eliot's will be familiar to most readers, especially if they were heard again in a church service: *The Journey of the Magi*, the Wise Men who searched for the infant Jesus in Bethlehem, and found that life would never be the same. *The poem is about the inner self*. It was a journey from Bethlehem to Calvary and beyond: not a moment of startling revelation but a long journey, a gradual progression, as it is for many of us.

T.S.Eliot wrote the poem following his own conversion and commitment to an Anglo-Catholic faith, which had itself been a difficult progress after leaving behind the "Waste Land" experience of sterile desolation and pessimism following the Great War.

We should think of a journey that took weeks or even months rather than days: enthusiasm fading at times, doubts on the wisdom of the quest and serious misgivings. It all seemed so demanding and even futile. Have there been moments when your own faith journey was difficult? No moments of doubt or glancing back?

It was at first 'the very dead of winter', comfortless and challenging.

There were all too many moments of wishing for what they had left behind:

'...The summer palaces on slopes, the terraces,

and the silken girls' bringing delicious soft drinks. Such may be the hardships, even the deprivation and suffering, of pilgrimage. A 'hard time' they certainly had of it; somehow they found the strength and determination to continue – but

'With the voices singing in our ears, saying
That this was all folly.'

The poem is concerned with the inner experiences of the travellers; glimpses of landscape are there to tell us what the encounter with Jesus meant to them, and how they were called to another journey, one demanded by that encounter: not just self-discipline and persistence, but a kind of death, *of dying to the old world and entering the new – being born again*. This is how Eliot experienced the doubt and pain of venturing to commit himself to following a crucified and risen Saviour and his call to take up the cross. How near to this has been your own experience? Did you hesitate when it came to the point of commitment?

The Bethlehem experience was more than just seeing in Jesus an infant king; it was sensing that it led to something far more demanding: 'Love so amazing, so divine, demands my soul, my life, my all.' The wise man or magus who is the narrator recalls 'three trees' silhouetted against the heavy sky: Calvary; hands dicing for Jesus's clothes, the pieces of silver given to Judas Iscariot; there is 'beating' and 'kicking'. Who is the 'old white horse' that gallops away? Could it be Peter denying his master? All this reminds us that an encounter with Jesus involves a kind of dying: an old life left behind and a new one discovered.

In another of his poems Eliot uses the phrase 'the awful daring of a moment's surrender'. This is what conversion can be if all the consequences are weighed up and the implications regarded seriously. It can be like plunging into the sea and trusting that the water will bear you and you will not sink; like the moment of take-off when you grip the arm rest and trust in the pilot's skill, followed by the elation of feeling the aircraft lifted into the sky.

'Then Peter called to him, "Lord, if it's really you, tell me to come to you, walking on the water." "Yes, come," Jesus said.

Jesus calls us...

*With faith I plunge me in this sea,
Here is my hope, my joy, my rest...
Though waves and storms go o'er my head,
Though health and strength and friends be gone,
Though joys be withered all all and dead,
Though every comfort be withdrawn,
On this my steadfast soul relies—*

Father, thy mercy never dies.

"Now I have found the ground wherein"
Johann Rothe; tr. John Wesley

David Clarke

Rules: who needs them?

There are certain areas where rules are necessary – e.g. the Highway Code. A lot of people like rules, perhaps because they feel they can do what they like so long as they don't break the rules. The Jewish religious leaders of Jesus' time were like that – they had 'The Law'. But Jesus was not impressed. He was much more concerned with the principles behind the law, so also was St Paul.

I once taught in a school that had just one rule: 'You must behave sensibly with consideration and courtesy at all times.' (or something like that) Surprisingly, it worked – but the pupils didn't like it – they wanted rules! But are rules necessary in a religious context? They cause a lot of problems (e.g. the 'hijab' rules in Iran). The church always seems to have had rules, and these have often caused problems. Christians need one rule only: "Follow the way of Jesus". Both Jesus himself and St. Paul would endorse that – wouldn't they? Every organisation needs 'procedures', but procedures are not rules – they can be modified according to circumstances.

In my view, the Methodist Church has to have procedures, but does not need rules. What do you think?

Food bank and Lent

We, at Downham, donate to Downham food bank. This request is technically from King's Lynn but the same could be done anywhere. Lent is fast approaching, and we at the Foodbank were wondering if you'd consider donating to the Foodbank as we launch our 'AdLent' Appeal.

They write; We have had our busiest winter on record and given out food parcels to 90% more people than last winter. This means that the generous donations that came in through Harvest festivals and

pre-Christmas collections have all been given out and we need to replenish our stores.

I know Lent has already started but only just, so could we contribute to the scheme. One item every day.

Ed.

Ash Wednesday Long life milk	23 Sponge pudding	24 Tinned vegetables	25 Biscuits	27 Toilet roll
28 Jam	March 1 Soup	2 Tinned fish	3 Rice	4 Cereal
6 Coffee	7 Tinned meat	8 Tinned tomatoes	9 Pasta	10 Tea
11 Long life fruit juice	13 Crackers	14 Lentils	15 Shower jel	16 Shampoo
17 Porridge	18 Washing up liquid	20 Washing powder	21 Cereal bars	20 Squash
23 Tinned fruit	24 Sanitary towels	25 Peanut butter	26 Toothpaste	28 Crisps
29 Tinned meat pie	30 Custard	31 Angel delight	April 1 Instant mash	3 Lentils
4 Chocolate bars	5 Deodorant	6 Cooking sauce	7 Tinned fruit	8 UHT milk

Please join us for our next "Carers' Day"

- an open gathering
for all those involved with pastoral care

How to listen well.....



With thoughts from a Spiritual Director
and members of the Samaritans

Where and when.....

Saturday 11th March 2023 – Hunstanton
Methodist Church
10.00 a.m. – 3.30 p.m.

Agenda

10.00 Coffee and welcome

10.30 Opening devotions

10.45 – 12.30 – "*Listening well*"

12.30 Lunch (please bring packed lunch – tea and coffee
provided)

13.30 – 15.00 *The work of the Samaritans*
(followed by an opportunity for questions)

15.00 Closing devotions & Holy Communion

(Please feel free to join in for all or part of the day –
there is no charge, but contributions to the cost of the day will
be welcome)

For further details and to book please contact
Deacon Lynne on 01485 540839 – 2tonges317@gmail.com

What is a Carers' Day.....?



'Carers' Days' have been taking place in our circuit for
many years and provide an opportunity to come together
to.....

- o Meet as those offering pastoral care
in our churches and communities
- o Share stories
- o Encourage one another
- o Explore opportunities for resources and support

Who can come along.....?

- o All who are involved in caring in some way –
visitors, class leaders,and all those who offer
care simply by being a good friend or neighbour!
- o Friends from other denominations, especially those
with whom we have ecumenical partnerships.
- o Anyone who might be considering becoming a
pastoral visitor.

Carers' Days are usually held twice a year, in Spring
& Autumn.

If you would like to know more,
please contact Deacon Lynne
01485 540839 2tonges317@gmail.com

East Anglia

Methodist Historical Society

[formerly known as Wesley Historical Society East Anglia]



East Anglia Methodist Heritage_Centre

Our Vision is to create a Heritage Centre showcasing all that Methodism has contributed to East Anglia over more than 2 centuries. The Central Norfolk Circuit has made Wighton Methodist Church available to us, initially for 2 years rent free. Wighton is in Norfolk, between Walsingham, the medieval pilgrimage centre, and the ever popular Wells-next-the-Sea.

If you are interested in Methodist Church History in the East Anglia District we need your help.

There are two ways in which you could do this.

If you or your church have items of East Anglian Methodist history which you would consider donating please contact sarah.friswell@btinternet.com or on tel 01366 500671.

If you would like to help the project financially please contact the treasurer ejbellamy451@yahoo.com or tel 07546 732092

GREEN MATTERS -Some thoughts about trade that values people over profit

Not long ago, I learnt through a comment from Robert Roberts that Traidcraft had gone into administration and I have subsequently read that it has ceased to trade. Traidcraft was founded in 1979 by Richard Adams to campaign for fair prices to be paid for commodities produced in third world countries and thereby improve standards of living in the communities dependent on producing those commodities. Since 1986, the retail arm of Traidcraft has been based in Gateshead. Two years ago the trading arm and the charitable arm separated. The charity, now known as Transform Trade, continues to campaign and to support primary producers, focusing on three key areas: fashion, farming and tea. Transform Trade is still encouraging supporters of fair trade to raise funds by holding events such as a Big Brew or collecting old jewellery and banknotes. Further details can be found online @ www.transform-trade.org.

In many ways, the retail arm has been a victim of Traidcraft's success in raising public awareness. Greater demand has led to many fair trade products being available on supermarket shelves but there is still an on-going need for greater fairness in trade and climate justice.

Personally, I will miss Traidcraft having been a customer for a good many years. During Covid lockdown, whilst many relied on online supermarket orders, I placed regular orders from Traidcraft by phone and have kept up the habit since. I found it easier to phone through my orders. The orders were always taken by someone with a friendly Geordie accent and I valued the personal contact, which is all too often missing in modern

life. Even casual contact with a friendly human being over the phone, counter or checkout can help maintain good mental health.

Lesley Dent

Spring is on the way

As Spring approaches it's time to think about our gardens. So here are some hints on gardening in Church.

Firstly, weed out

Gossip, indifference, pride and envy, jealousy and malice.

Next plant out five rows of peas.

Presence, promptness, preparation, purity and perseverance.

Then plant five rows of lettuces.

Let us be faithful.

Let us be loyal and unselfish.

Let us be true to our obligations.

Let us obey the word of God.

Let us love one another.

Remember no garden is complete without turnips.

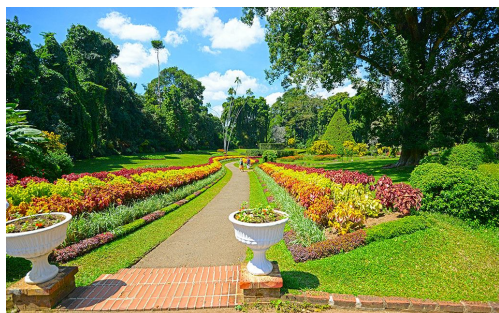
Turn up for meetings.

Turn up with a smile.

Turn up with new ideas.

Margaret Paige

And thanks to Pauline's son for making her sort "stuff" out!



West Norfolk Methodist Circuit Diary

March 2023 onwards

Friday March 3rd World Day of Prayer at The Minster

Saturday 11th March MWiB Zoom

Saturday 11th March Carers Day at Hunstanton 10-3

May 25th – May 27th Dersingham Flower Festival

Saturday 18th March Coffee morning with homemade cakes, bric-a-brac and books at Wimbotsham Methodist 10 am - 12 noon

Saturday March 25th Coffee Morning at Dersingham 10am

Saturday 15th April Coffee morning with homemade cakes, bric-a-brac and books at Wimbotsham Methodist 10 am - 12 noon

Saturday 20th May Coffee morning with home-made cakes, bric-a-brac and books at Wimbotsham Methodist 10 am - 12 noon

Saturday 17th June Coffee morning with home-made cakes, bric-a-brac and books at Wimbotsham Methodist 10 am - 12 noon

Thank you to everyone who sent in copy. Start thinking what you can write for the next edition, due out in JUNE.