

Rejoice!

March/April/May 2024



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

Just Listen

Could life be that simple? What do you think? I suppose you need to start somewhere. What actually happens, if we don't? Hmm...

But if we consider a recent Sunday Gospel reading: Mark 9: 2-9, that is what the voice from the cloud told the disciples, who were with Jesus on the mountain when Jesus was transfigured. The voice said, "*This is my Son, the Beloved; listen to him!*" [Mark 9:7; NRSV].

That's my Lenten offer to you this year [***Just listen to Him!***], as you choose what you might 'give-up' for Lent' or perhaps what you might add to your routine. You also might consider joining in with one of the many Lenten groups or services that are going on throughout the circuit:

Lent Groups

Mondays: 2pm, St Faith's LEP Hub: 19th Feb – 25th Mar
7:15pm, South Wootton MC: 26th Feb – 25th Mar
Tuesdays: 10am, Downham Market MC: 13th Feb – 19th Mar
Thursdays: 7pm, Terrington St Clement MC: 15th Feb [movie]
7.30pm, Terrington St Clement MC: 22nd Feb – 21st Mar

Lent Church Services

Thursdays:
12pm, Heacham Parish Church: 22nd Feb and 14th Mar
Heacham MC: 29th Feb and 21st Mar
Hunstanton Catholic Church: 7th

While you are participating in your Lenten activity, just listen to what God is saying to you.

May you be blessed by what you hear!
Rev Robert, Superintendent

Praying together in the Circuit

Jesus said, "I am the good shepherd.

The good shepherd lays down his life for the sheep".

John 10:11

All of us were like sheep that were lost, each of us going his own way. But the Lord made the punishment fall on him, the punishment all of us deserved. I saiah 53:6

When I think that God, his son not sparing, sent him to die, I scarce can take it in – that on the cross, my burden gladly bearing he bled and died to take away my sin. [Carol Boberg]

The angel spoke to the women "you must not be afraid, I know you are looking for Jesus who was crucified, he is not here, he has risen, just as he said." Matthew 28:5-6

Amazement, wonder, joy! Lord, may we never lose the wonder of your resurrection and all you have accomplished for us.

In your grace and mercy we are forgiven and given new life, life in all its fullness indwelt by your Holy Spirit. We worship you with thanksgiving, praise and adoration, May our lives be an offering of worship and service honouring you and affirming that we love and serve our living Saviour.

Like the first disciples, we are called to share the good news of the Gospel, relevant throughout the ages and vitally important today.

Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep equip you with every good thing for doing his will, and may he work in us what is pleasing to him, through Jesus Christ, to whom be glory for ever and ever. Heb 13:20-21

'Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – His good, pleasing and perfect will'.

Romans 12:2

We pray for your church throughout the world, for every Christian and the fellowship of believers.

During this season of Lent, Holy Week, Easter draw us ever closer to you in prayer, seeking your guidance, listening for what the Spirit is saying to the church.

We pray for our Circuit, for our ministers, leadership team and all who faithfully witness and serve as you have called each one, lead us in your perfect will.

Gracious God, hear our prayers for your world and all its people. "Let justice flow like water and righteousness like an unfailing stream" Amos 5:24 Lord for your intervention for all victims of injustice suffering at the hands of their perpetrators, release them we pray.

We pray for all who live in poverty and need which affects their health and wellbeing. For children without opportunities for education, forgive us when we fail to help in any way we can. Lord Jesus you came to seek and save the lost, to save and redeem at measureless cost. We long for people to know they are loved and valued by you, for the truth of the gospel to become personal to each one..

I was lost but Jesus found me, found the sheep that went astray Threw his loving arms around me, drew me back into his way. [Frances H. Rowley]

Prayers have been requested for:

Derek, Stephanie, Margie, Janice, Trisha, Linda, Andrew, Mavis and Judy, Kath, Stephen and Victoria, William, Tom, Sarah.

Thanks

I would like to thank everyone from one end of the Circuit to the other for the wonderful support my daughter Sarah and I have been given: all the cards and such good things that were said about Brian. And thank you to everyone who came to his service. It wasn't a sad day, it was a happy afternoon with so many Local Preachers and even two Ministers. Brian would have smiled at that.

Thank you from the bottom of my heart. Love to you all and especially wishing you a very good 2024.

Phyllis and Sarah Bowman

Farewell to a dear friend

After several months in hospital Dudley Pickston died peacefully in hospital on Wednesday 31st January with Margaret, Beverley and Clare by his side.

He was well known around the Circuit, especially in the Downham end and as a caring teacher at Methwold. A Service of Celebration for Dudley's life will be held at Downham Market Methodist Church on Monday March 11th at 2pm.

As his friends in Christ, we celebrate and give thanks for his ministry amongst us in living and preaching the Gospel of Christ.

Rev Paul

He was a keen cyclist and cycled many miles with Margaret.



Around the churches



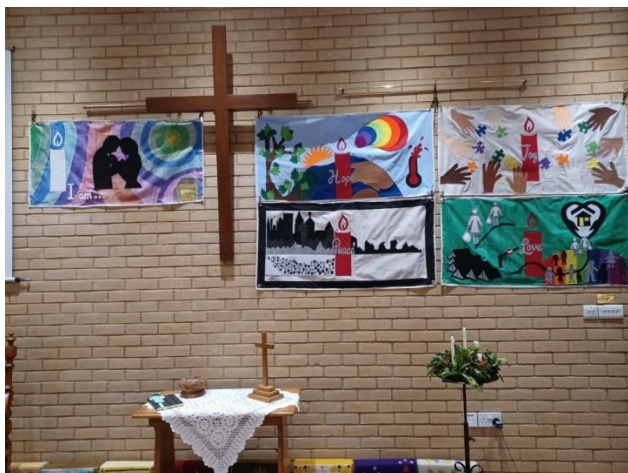
Terrington St Clement

During Advent the congregation here in Terrington St Clement has been enjoying 5 new Advent panels made and designed by Jackie Goddard. These have been displayed week by week in church, in conjunction with lighting the candles on our Advent wreath and reading an Advent Liturgy.

Jackie started planning the panels a few weeks before the start of Advent and all the congregation, plus folk who attend our regular Saturday coffee mornings, Knit and Natter sessions and MWiB meetings were able to contribute something to each panel. Some of us drew round our hands or made leaves and in one of the panels all our names are included. The panels encompass the four traditional themes of Love, Joy, Peace and Hope and the fifth is 'I am'.

The five panels were a beautiful addition to our Christmas services and we do thank Jackie for coming up with the idea and making them so well. She also had to come up with a different way of displaying all five panels at the same time!

We have decided to keep 2 of the panels up during January, so if you are in the area do pop in and see them.



£103 was raised for Children in Need. On Saturday March 23rd we will be holding our Easter Coffee Morning 10am to 11.30am .Hot Cross buns, stalls and raffle. All are welcome. We have a service May 1st 2pm to celebrate Women's World Day of Prayer.

Linda Howling and Ruth Hannay

Pott Row

At Pott Row we had an enjoyable and successful Christmas Tree Festival at the start of December. The trees looked fantastic, a real celebration of village talent. Holly Meadows school provided a tree with recycled decorations based on St. Luke's version of the Nativity, Springwood High School had a tree of hearts, with students writing and drawing about the people and things they love. The Crafty Villagers crafted parcels, the WI looked back to Christmas past - there were trees celebrating wild life, a rainbow tree from the Tiddly Potts playgroup and, my personal favourite, a family tree full of photos... including Cassie the dog! Despite the cold weather we were kept busy, and the Carol Service on Sunday afternoon saw a full church, with Robert capturing the attention of young and old alike as he told a story about the nativity. We raised £840 in donations and with the collection from the Carol Service, the highest amount we have ever raised. From that we have given a donation to Action for Children, one tree was decorated for them. Later on in December we played host to crafts and activities for children, an event that usually takes place at the Parish Church... but they appreciated our central heating, cooking facilities and decorated trees! Christingles were made, lots of glitter went onto cards but fortunately not too much onto the carpet - and we do have a good Hoover! And now it's 2024... we have a date booked for FenFest in May, a village celebration on Hudson's Fen which is over the road from the chapel. Last year our craft and cake stall raised money for Action for Children. Our regular Thursday coffee mornings happen on the second Thursday of the month, we are beginning to look forward to the Easter Season, and enjoying many thought provoking services in the meantime. All the best for 2024!

Alison Dennis

Dersingham

A new year has begun, the annual challenging Methodist Covenant Service has taken place and the period of Lent is upon us as we move through the Church year to Easter. A very wet New Year, but at least it wasn't snow! Our January Coffee Morning was busy as friends met up again after the Christmas break, ordered their hot sausage rolls, (they ran out!) and sat chatting over their cups of tea or coffee. The next one is on 24th February, the money going towards the cost of putting on our annual Flower Festival. The one on 23rd

March will be in aid of Action for Children and the Methodist Housing Association.

The Flower Festival theme this year is "Songs of Joy and Wonder" and takes place from Thursday 23rd to Saturday 25th May from 10am to 4pm. On Sunday 16th at 3pm we will celebrate the 134th Anniversary of Dersingham Methodist Church with a Songs of Praise service which will be led jointly by the Rev. Dr Richmal Ncube and Rev. Steve Oliver, a previous minister.

The annual World Day of Prayer service for our group of churches which is no longer just for women as it was in the past, (although men were always welcome) is taking place at St. Cecilia's Church, Mountbatten Road, Dersingham on Saturday 2nd March. Coffee will be served from 10 am and the service, which is written by the women of Palestine, will start at 10.30 am. The theme is "I beg you bear with one another with love" and it will be good to join with the church worldwide and pray for the people of Palestine.

It has been good to welcome members from Snettisham and South Wootton to our services after the sad closure of their buildings. It is very hard to see a church that you have loved and cared for over many years empty and no longer vibrant with people singing and busyness. We are glad to see them and wish them well in their search for a new spiritual home.

Rosemary Caink

Stanhoe

Stanhoe Methodists enjoyed a number of Christmas Services, starting with Advent Communion with Rev. Dr. Ncube; then our Christmas Carol Service, led by Deacon Lynne and Rev. Gordon Tonge, when they managed to include just about all the pre-arranged carol favourites suggested by our members, and finally, a family Morning service on Christmas Eve, led by Sheila Johnson, when the small children (Judith and Tim's four grandchildren) had been invited to arrive dressed as shepherds, and then to participate in the Christmas story - much enjoyed and appreciated.

In January, Rev. Dr. Ncube led our Covenant Service.

Now we look forward to Easter, with a visit on Good Friday morning from the Pilgrim Cross walkers, stopping off for hot cross buns and a short time of worship, before finishing their amazing journey at Walsingham. They will have left Leicester on the previous Saturday, 23rd March, and walked the whole route, carrying a heavy wooden Cross. What a wonderful act of witness! We always enjoy our time with them, catching up with old friends and new, and are inspired by their faith and their commitment.

On Easter Sunday, we look forward to welcoming Cathy Fielding, to lead our morning worship.

Elizabeth MacLeod

Feltwell

The folk at Feltwell have lived positively in recent times supporting ambitious plans for activities over the Christmas period and, like Buzz Lightyear's call "To Infinity and Beyond!" (From Toy Story, for the uninitiated). Christmas had an unusual twist in the village in 2023 when we served Christmas Cream Teas, raising a few quid for

We also experimented with a tunnel of light, aimed at children, but also exciting our adults! A local celebrity offered to be Santa offering gifts to children, but there were so few that we had loads of chocolate Santas and candy sticks left over. Better luck, or, better publicity next year. Date already fixed for 14 December 2024. By collecting unwanted baubles from all over West Norfolk, we put them to a new purpose, creating our own, new, Christmas decoration in the form of, what we call, a "Bauble Wall".

2024 loomed and ideas developed from members.

OPEN KEYBOARD

Go on..... You know you want to!!

You've seen it on TV at Liverpool Street Station, and at Queen Elizabeth Hospital, Kings Lynn, now it's here in little old Feltwell. Let your fingers dance along the keys and knock out a tune. No need to book. During a visit to QEH with Mavis, Jean entertained on the piano in the entrance zone. This gave us the idea to create a "Street Piano" scene giving the community an opportunity 'have a tinkle' on the keys. The piano will be in the foyer of the main chapel from 7 to 14 April.

Now for some good news. We will be starting a

NEW

IGGLE PIGGLES Parent and Toddlers Group Church Council extra-ordinary meeting agreed to adopt the group into our portfolio with Brigitte as part of the management. It will be on Fridays from 10 am – 12 noon, from the beginning of March.

We also welcomed a new **Zumba** group to our user groups list. After a slow start numbers grew after a couple of weeks and they are finding their feet. There's more!

There is an enthusiastic group of people who would like to engage in 'Line Dancing' so we are planning to start if we can find a space in our hall hire diary!! By the time you read this we will have started.



Feltwell Youth Café opened a year ago and welcomed young people from High School years 7 – 11. Taking part in several indoor activities including those listed above. We introduced indoor hockey which proved popular every week and then West Norfolk Methodist Circuit donated funds to enable us to buy a multi-games table, which is a space-saving pool and air hockey table, now on wheels. Members of the community have helped us to assemble the table and lately to add the wheels. Over the year we have welcomed over 50 young people from the village and surrounding areas. Last year we tried the idea of letting year 6 children join. This was not unexpectedly unsuccessful, so we will not try it again. They will be able to join the club when they have started in year 7 at High school. Numbers are lower at the moment and income does not match the expenditure for heating, lighting etc. this would normally give us a dilemma about whether to close, as unviable. But when even one person attends, we are meeting a need and do not want to deprive young people of this facility for the sake of a few quid.

WANTED.....NEEDED...volunteer helpers. We need more help to provide a safe space for young people, e.g. if a member of the team has to leave the room there will still be two workers in the room with the young people. We already have an octogenarian helping in the club shop but one youth worker has moved away and can no longer help, leaving us short. If there is one thing which will make us close, it is the lack of appropriate staffing. We are happy to welcome helpers on a weekly rota scheme (*having completed our 'safe recruitment' process, DBS etc.*)

Mothering Sunday 10th March 2024, is a day honouring mother churches, the church where one is baptised and becomes "a child of the church", celebrated since the Middle Ages in the United Kingdom, Ireland and some Commonwealth countries on the fourth Sunday in Lent. On Mothering Sunday, Christians have historically visited their mother church—the church in which they received the sacrament of baptism. As is the case with many Christian events, this has been cannibalised by commercial enterprise and the general public have been sucked into the new format.

Mother's Day is a celebration honouring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. It is celebrated on different days in many parts of the world, most commonly in the months of March or May. It complements similar celebrations, honouring family members, such as Father's Day, Siblings Day, and Grandparents' Day.

While some countries have a multi-century history of a day to celebrate mothers the modern American version of the holiday began in the United States in the early 20th Century at the initiative of Anna Jarvis, who organised

the first Mothers' Day service of worship and celebration at Andrews Methodist Episcopal Church in Grafton, West Virginia, which serves as the International Mothers' Day Shrine today. It is not directly related to the many traditional celebrations of mothers and motherhood that have existed throughout the world over thousands of years, such as the Greek cult to Cybele, the mother deity Rhea, the Roman festival of Hilaria, or the other Christian ecclesiastical Mothering Sunday celebration.



Give us a call or message us or one of our members.
Find us by scanning this QR code on your Android or iPhone.
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Clenchwarton

Clenchwarton Chapel has a number of activities in the coming months for which everyone is invited. Most activities are free with donations gratefully accepted. All talks start at 2.30 pm.

Every month on the third Saturday of the month there is a talk. On March 16th our speaker is Grahame Sampson whose talk is on surnames. If you intend to go to the talk he would appreciate knowing which surnames you are interested in as soon as possible so he can research their meaning and where they are likely to have originated from.

On April 20th our speaker is Paul Evans on the Norfolk Regiment on the Somme in the First World War.

On May 18th our speaker is Gillian Piggott on her time teaching in Afghanistan. On Monday 26th February between 10.30am and 2.00pm there is a games morning followed by a soup and roll lunch.

On Saturday 2nd March between 10.30am and 12.30 there is a book sale and coffee morning.

There is a Plant Sale on Saturday 11th May between 10.30am and 12.30. Add to all that a sponsored walk and you will see we are a small number but are very active. Come and visit us and join in our fun.

Joan Edwards

Hilgay with Southery.

On Good Friday a service will be held at Hilgay at 2:30 pm. This will be led by Rev. Paul Critchley. Our Coffee mornings are still running last Thursday in the month alternately with the Village Hall. The January one in the chapel was quite popular when as well as coffee and cake we served soup and rolls at lunchtime. A winter warmer.

Several people enjoyed a choice of three soups (vegetable, minestrone or leek and potato) all homemade with a selection of bread rolls. The March coffee morning will be held on Thursday 28th March 10-11.30.

On 21st February we welcome the Downham Air Cadets to hold their meetings in our building while work is being done on their headquarters. This will be on Wednesday and Friday evenings for as long as necessary.

Happy Easter to all of you from Hilgay with Southery.

Pauline Driver



Any items for the **JUNE/JULY/AUGUST** edition should be with the editor by **MAY 12th**, earlier if possible.

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Abstinence

Today I'll give up grumbling and complaining,
Instead I'll be thankful for all that I have.

Today I'll quit worrying about the 'if onlys' and 'what ifs'
of my life,
Instead I'll trust that God knows and cares for even me.

Today I'll stop criticizing all those around me,
Instead I'll take a good, long look at my own faults.

Today I'll refuse to use the words 'I'm bored!'
Instead I'll be grateful for a brain, and for education, and
for every opportunity to learn.

Today I'll give up speaking unkindly and negatively,
Instead I'll make an effort to use positive words and to
be an encourager.

Today I'll abstain from my mobile phone, my computer, my
DVD player and all e-mails,
Instead I'll practise the art of talking to my family and
my friends,

... or I might just eat chocolate!

Gaywood St Faiths

Now we are in the season of Lent and journeying together towards all the drama and darkness of Good Friday and the Crucifixion of Jesus Christ on the Cross and His glorious Resurrection. On Easter Sunday there are a series of special services marking this Holy season.

On March the 25th at 9.45am there will be the traditional Palm Sunday with the congregational parade of palms around the church

There will be other special services on Maundy Thursday, Good Friday and Easter Sunday.

For details of all Easter services see our Facebook page at St faithsgaywoodleap or see notices in the church.

Since it was officially opened by the Bishop of Norwich, the Rt Rev. Graham Usher, nearly a year ago, St Faiths Community Hub has gradually developed into a much-valued facility for a variety of church and community users. While we still have the well-established Church Rooms better suited to larger scale events, Community groups seem to like the Hub's smaller spaces and its more intimate and cosy atmosphere. The Hub, formerly the home of St Faith's curates, also includes a smart new church office.

It seems a long time ago now, but the 2023 St Faiths Christmas Day lunch is a happy memory for the 27 or so people who attended the event in the Church Rooms. The Rev. Kyla Sorensen and her husband, Peter, hosted the lunch.

Together they worked hard with a small group of volunteers to ensure that people living on their own could gather together and enjoy a free three course traditional turkey meal followed by entertainment

The Rector thanked all sponsors for their support of the lunch and expressed the hope that it could be further developed this Christmas.

St Faith's monthly Saturday coffee mornings continue to be popular with people who enjoy coming along for a couple of hours of fun and fellowship.

Financially the event contributes around £200 to the running cost of the church. They are held on the first Saturday in the month from 10am-12noon and everyone is very welcome.

After more than 6 years in the role of Team Vicar, the Rev, Canon Karlene Kerr left us in December 2023 to take up a new Ministry as Priest-in-Charge of St John's Church located close to the Night Shelter. Instead of a personal leaving gift Canon Karlene invited donations and raised a total of £295. The money being split between Water Aid [£135]

Kings Lynn Night Shelter [£115] and Cat Protection [£45]

St Faith's Spring Fair will be held in the Gaywood Church Rooms on March 16th starting at 2pm. Everyone is welcome to the fair and, as usual, there will be a variety of colourful stalls and side shows. After browsing the stalls and picking

up a bargain visitors can enjoy a slice of homemade cake and a refreshing cup of tea or coffee. Offers of help for this event would be most welcome.

Richard Parr

Downham Market

Starting on Sunday 25th February, we will be offering a Junior Church for any young people aged 0-16 starting at 10 am on the **fourth Sunday** of each month. Special activities based on Bible stories will be provided at the same time as the main service in the church. Speak to Sarah Friswell if you would like to know more.

FenSong had two little adventures before the Christmas holidays were over. They had their outing to watch Watlington Players Pantomime "The Sword in the Stone", whereby the children were sponsored for half the value of their ticket by our 100 Club. The show was excellent and everyone really enjoyed themselves. They also had their Christmas party, and because we had just performed "A Christmas Carol" as our Christmas show, and a big part of that are the Victorian Games played at Scrooge's nephew, Fred's House. Thus we played Charades and other guessing games and forfeits of which the highlight, apparently, was making Cate be a pig for a full minute, complete with, grunting and snuffles using as much of the floor space as possible. Others had to hop on one leg, walk backwards around the room and keep a balloon up for sixty seconds without it touching the floor. We played that firm favourite, Pass the Parcel too. You can imagine the giggles and laughter that ensued. It was a Jacob's Join, so everyone had brought some lovely food to eat, and it was a veritable feast.

There were some sad goodbyes as life has moved on for both the Smith Siblings and they can no longer fit in the rehearsal time for FenSong, and Cate announced that after 7 years of leading the group, she was stepping down as leader/ director to spend more time with her own Grand Children.

Following this, there was an Extraordinary meeting in January with 14 people present where it was discussed whether FenSong would continue at all. Fortunately all 14 people present felt that Arts, FREE for anyone who wishes to take part, should continue and so a new committee was formed. With a new Chairman, directors, safe-guarding officer, publicity Officer and Secretary, and some other old faces such as our beloved and efficient treasurer will continue to work for the children in the community.

FenSong will be meeting for the first time since the new Committee have been organised on the 13th February, and continues to be open for children from the age of 6 upwards, including adults who wish to sing, dance, learn British Sign Language, juggle, and act. A second session is on Saturdays from 10-

1pm. If you want to be involved, go to the FenSong page on Facebook, and contact one of the committee. Remember, it is free and run by people who are passionate about the Arts and many of the adults have teaching qualifications or higher examinations in Drama and a lot of experience strutting across those boards.

Below is a pictures from the Christmas party. We see Ava about to start doing Keepie Uppie with a balloon for a whole minute.



Mind where you tread!

God reminded Moses to be careful where he trod. "You are on Holy ground." Everything we use, make, enjoy, yes everything, comes from the good earth. Building materials, medicine, gold, food, transport, fuel, clothes, drinks and every passion we have comes from beneath our feet. Even the air we breathe will be contaminated by the way we tread our earth. The weather plays a part to help us keep a good earth. And let us not forget sea life, animal life and all the wildlife, great and small require us to be good custodians too.

The contaminated waste, so toxic, from our power stations, needs to be looked after too. The gases we produce, the fuel we use to transport food and material by land, sea and air around the world, our wars and destruction that we cause fighting one another, materials have come from the good earth to rebuild again.

We love our council bins to be emptied regularly and what a blessing it is for our recycling programme to know that our items can be reused, made use of. We are all living longer and the population is growing too, putting more pressure on this lovely earth. We are now thinking about how we treat the earth, sky, sea. The waste we throw into it is doing so much damage. In the past we have thought nothing of it.

This piece of dirt, soil or earth, whatever we call it, is so precious, with the sky and the sea. They work well together. Now we are upsetting it with our careless way of living.

Our God looked at all this creation on the sixth day and saw it was good. Let's keep it that way, then maybe it will offer more to the many millions of people who have little of the world's goods.

Let us look after it, share its produce and be thankful.

Peter Hewitt

What can we give up for Lent?

1. Listening to gossip
2. Missing family functions
3. Not exercising
4. Arguing
5. Belittling another
6. Being in a hurry
7. Procrastination
8. Ungratefulness
9. Hopelessness
10. Meanness

The East Anglia Methodist Heritage Centre

The East Anglia Methodist Heritage Centre, situated at Wighton (NR23 1PG), will re-open at Easter with a special weekend opening on Saturday 30th March and Monday 1st April, from 11 am to 3 pm each day. It is a treasure trove of Methodist history, explaining the development of the church over the past 200 years through artefacts, ceramics and pictures collected from across East Anglia. Find out about the impact of the Methodist people through exhibits on music, youth work, overseas missions and social action. For those keen to study more, there is a well-stocked library and growing collection of historic documents linked to the churches of East Anglia, including special orders of service, press cuttings and photos. After the Easter weekend, the Heritage Centre, housed in the former Primitive Methodist Church, will be open on Tuesdays and Fridays from 11 am to 3 pm and is free to visit. Visits at other times, or for groups, can be arranged on request (please call 07546 732 092). You are assured of a warm welcome from the team of volunteers. They will be pleased to offer a

cup of tea or coffee. Donations are welcome – or you may be tempted to purchase something from the sales area. A toilet is available and there is parking alongside the chapel.



Sarah Friswell

Pots of Joy and Thanksgiving at St. Faith's Church Gaywood

This year St. Faith's is celebrating 50 years of Methodist/ Anglican sharing and in thanksgiving and as part of the yearlong celebrations the community has launched a new initiative to recognise the love and commitment with which members serve God and each other. Team Rector Rev. Kyla Sørensen says: "We are really blessed to have so many people who give their time to this church and community. During this year 2024 we are celebrating all that we do for each other. There are so many different ways we each give to one another."

Rev. Kyla is encouraging everyone that when individuals have given of their time for the community in any way as a volunteer and/ or in prayer to put a bead in the pot of joy and thanksgiving. "Each bead represents one hour of time given in love." she explains, "But it is so much more than that – each bead is real time given. Real love shared, so that all may be welcomed and cared for."

At the end of the year the beads will be counted up by 5th Gaywood Beavers who will string the beads to make special decorations for

the church. Pots are in the church and church office and so far, the parish has made a very good and colourful start!

And we will see the time mount up.

And we will give thanks.

God has called us together.

To serve each other

in His love.

Rev. Kyla Sorensen

Installation of Peace Doves at St. Faith's Church Gaywood

In these times of war and devastation around the world, we witness conflict even in our local communities; peace can seem like a distant hope. We can feel that our efforts are small and inadequate. The people of St. Faith's Gaywood LEP, an Anglican and Methodist partnership in King's Lynn have created a striking visual reminder for praying for peace.

An installation of hundreds of origami peace doves, prayerfully hand made by the church family young and old alike, and fixed to a suspended metal frame affectionately known as the corona (or crown), has been hung above the Chancel steps.

"It was a church-wide effort," says Churchwarden Susie Cranko-Page, "with St. Faith's Youth Group, church regulars and some of our newest members all making doves as symbols of peace." The simple design meant that everyone could have a go at making a bird.

Part of the vision of the Diocese of Norwich encourages us to work for peace and reconciliation and St. Faith's is committed to praying for peace, believing in the positive effect of prayer. We know that we are not disconnected to what goes on around us - the installation is a visual reminder for everyone who comes into the church to pray with intention for our world.

Team Rector, Rev. Kyla Sorensen said: "Everyone will pass underneath the installation when going up to the sanctuary for communion. We hope the peace doves will encourage us to bring our prayers for peace to the altar of God, trusting that He will hear our petitions as we pray together for peace."

Representatives of St. Faith's also participated in the recent Peace and Justice Forum organised by Churches Together in King's Lynn – where delegates engaged with challenging discussions on peace on a global, national and local scale. The installation will remain in the church throughout Lent until Easter when the corona will be dressed with thorns. For more information on St. Faith's Church Gaywood LEP see our Facebook page @stfaithgaywoodlep

For more information on St Faith's please contact:
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Heacham

Our Covenant Service on 7th January was well attended and we were pleased to welcome a new member to our Church. Our community activities are continuing to develop. Noah's Ark, our Mother and Toddler group, is continuing to grow with number of mums and little ones attending increasing. We continue to hold our Fellowship Meetings on the fourth Tuesday in the month and these, too, are well attended. We hold our

Open Church on Tuesday mornings to provide members of the Church and community an opportunity for quiet reflection and prayer. We are currently considering a number of other ways to develop our engagement with our community.

As we prepare for Easter, we are joining with St Mary's Parish Church and Hunstanton Roman Catholic Church to host Lent Services, each of which will be followed by a soup lunch. On Easter Sunday we are holding a sunrise service at Bray's Pit, our village pond, to be followed by breakfast at our Church.

Our deepest thanks and go to Mike and Joan Careless who, although remaining an intrinsic part of Heacham Methodist Church are, after many years of dedicated service, stepping back from some of their roles.

Tracy Raby

BOYS' BRIGADE 40TH BIRTHDAY

The 1st Downham Market Company will be celebrating its 40th Birthday as part of the Mothering Sunday Service. It was John Miles who had the idea of starting a company in Downham and as it is a Christian youth organisation a company has to be attached to a Church. Founded in 1883 by Sir William Alexander Smith, in Glasgow, 141 years ago, in fact BB is the oldest of the uniformed youth organisations.

John volunteered Jim Game and me to become officers in the new company. Jim had been a member of BB in his youth so we had one person, at least, who knew how to drill, how to drum and how lay out kit for inspection!

Over the years we have had many lads who have participated in various adventures such as caving, abseiling, horse riding, archery, rifle shooting, sailing and canoeing. Jim and I have 40 years of wonderful memories such as one officer, on camp, turning up for breakfast, in silk dressing gown, with his clippers for taking off the top of his boiled egg! He insisted that camping needed to be a civilised experience!!

We are grateful to the many helpers who have supported us through the 40 years of BB in Downham Market

Ralph Perkins, Jim Game, Stephanie Oldham, Chris Swaine
 (Current Leaders)



Smiling

Smiling is infectious
You catch it like the flu.
When someone smiled at me today
I started smiling too.

I walked around the corner
And someone saw me grin
When he smiled I realised
I had passed it on to him.

I thought the smile
And then realised its worth
A single smile like mine
Could travel round the earth.

So if you see a smile begin
Don't leave it undetected
Start an epidemic
And get the world infected.

A great poem by the late Spike Milligan

So if you see someone without a smile give them one of yours.

West Norfolk methodist Circuit



Carers' day

"Let your light shine
Like a beacon in the world"

*Come and join us as we discover ways in which
our pastoral care
can help to shine some of God's love and light in
the community*

Saturday 9th march 2024

10.00 a.m. – 3.30 p.m.

Venue:

The Beacon

Anglican & methodist partnership

(Losinga road, King's Lynn, PE30 2DH)

10.00 a.m. Coffee and welcome – 10.30 a.m. Opening devotions

10.45 a.m. – 12.30 p.m. – Rev. Jon Price (*Vicar at The Beacon*)

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

1.30 p.m. – 3.00 p.m. A time of sharing, with thoughts from our friends at Hilgay

3.00 p.m. 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)

Everyone is very welcome – please spread the word!

For more information, please contact deacon Lynne: 2tonges317@gmail.com

DERSINGHAM METHODIST CHURCH

PE31 6HP

FLOWER FESTIVAL

THEME SONGS OF JOY AND WONDER

23rd, 24th, 25th May
10.00 a.m. – 4.00 p.m.

Books + Cakes + Cards
+ Gifts + Plants

Coffee + Light Refreshments + Teas

Free admission

Sunday 26th May
Songs of Praise 3.00 p.m.

stewardsatdersingham@gmail.com



What's on from March 2024

Monday February 26th Games Morning with soup and a roll 10.30 till 2pm at Clenchwarton

Saturday March 2nd Coffee Morning 10 am to 12 noon in the Gaywood Church Rooms

Saturday March 2nd Book Sale and Coffee Morning 10.30 till 12.30 at Clenchwarton

Saturday March 9th Carers' Day at The Beacun

Saturday March 16th Talk at Clenchwarton at 2.30.

Saturday 16th March Coffee morning with home-made-cakes, bric-a-brac, books and jigsaw puzzles at Wimbotsham Methodist 10.15 am - 12 noon

Saturday March 16th Spring Fair at Gaywood StFaiths

Saturday April 6th Coffee Mornings 10 am to 12 noon in the Gaywood Church Rooms

Monday April 20th Talk at Clenchwarton at 2.30.

Saturday 20th April Coffee morning at Wimbotsham 10.15 am - 12 noon

Saturday May 4th Coffee Morning 10 am to 12 noon in the Gaywood Church Rooms

Saturday May 11th Plant Sale 10.30 – 12.30 at Clenchwarton

Saturday May 18th Talk at Clenchwarton at 2.30.

Saturday 18th May Coffee morning at Wimbotsham Methodist 10.15 am - 12 noon

Thursday 23rd /Sunday 26th Dersingham Flower Festival

Saturday June 1st Coffee Morning 10 am to 12 noon in the Gaywood Church Rooms

Sunday 16th June 2024 at 10.30 am Thanksgiving Service at St. Faith's, Gaywood to mark the 50th Anniversary of the commencement of the Anglican/Methodist Sharing All welcome.

Saturday July 6th Coffee Mornings 10 am to 12 noon in the Gaywood Church Rooms