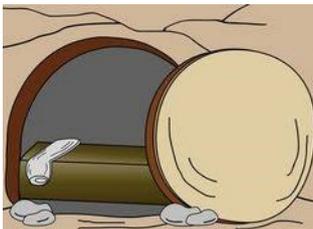
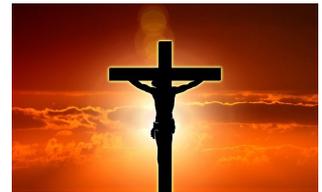


# THE LINK

Issue 49 June / August 2020



**WE HAVE A GOSPEL  
TO PROCLAIM!**

<b>CIRCUIT SUPERINTENDENT:</b>	Rev. Jacqui Horton	01760 720858
<b>CIRCUIT MINISTERS:</b>	Rev. Betty Trinder	01362 695582
	Rev. Cliff Shanganya	01328 862174
<b>DEACON:</b>	Jen Woodfin	01760 720858
<b>CIRCUIT ADMINISTRATOR:</b>	Mrs Mandy Etherington	01328 829185
	e-mail <a href="mailto:centralnorfolk@outlook.com">centralnorfolk@outlook.com</a>	
<b>CIRCUIT SAFEGUARDING OFFICER:</b>	Mrs Aileen Fox	01328 856494

See page 3 for deadlines and Editor's contact information

# MINISTER'S LETTER

Dear Friends,

I have shed a tear or two twice recently when worshipping at home with the Circuit Worship Sheet. The first time was on Easter Day when Jen and I were singing 'Christ is alive! Let Christians sing' and I thought of all the Methodists around the Central Norfolk Circuit who would be singing (either out loud or in their hearts) that hymn at that moment. We couldn't be with other Christians in our different chapels but we could be one in Christ celebrating his resurrection and new life for all. The second time was two weeks later when I read out loud the reflective message written by Douglas Harrison. I felt deeply moved at his account of recent events and the way community links had been made in the short exchanges between himself and Judy, and the local school. The best thing about this story was that the message from the Harrisons had actually been read out at the final school assembly before the lockdown.



I know that people all over the Circuit are using the Worship Sheets (or experiencing the audio-visual recordings of them on Watton's website – 'This week' link) and that it is one of the ways we are being able to hold together during this unusual time. Thank you to everyone who is printing worship sheets off and delivering them to those without the internet. Thank you too to those who are contributing reflections. We will continue to produce the sheets whilst our church services are not able to be held – the talk now is that they may not resume again until much before the end of the year. When they are allowed to happen again, we will bring into effect an initial 4 week plan that has already been drafted. As things stand at the moment, we think we will begin with the circuit staff being planned in just 4 churches (Holt, Dereham Trinity, Swaffham and Watton), adding other churches and preachers each week. But, as I say, this could be a long way off and the Staff (who are meeting online regularly) and the Circuit Leadership Team (who had an online meeting recently) are thinking and praying about all the practical considerations.

The fact that we are now in this for the long haul means that we need to consider other ways for us to keep in touch, and to care for each other spiritually as well as pastorally. Further initiatives underway are a Circuit Facebook page which will allow us to communicate easily with each other for those online and I am also thinking about a circuit-wide prayer project which could connect participants (with, or without, the internet) both spiritually and pastorally. I haven't yet mentioned the telephone worship service which is happening each week – please see the separate display on page 22 for the details of this. Myself, Rev Cliff and Rev Betty are all taking it in turns to lead the service which is at 11.15 am and follows the time slot for the worship sheet service. The recorded service is then put on YouTube by Rev Cliff.

It is difficult to know how to finish this letter. One thing that I have been finding when worshipping with the worship sheet is that familiar hymns, Bible readings and prayers seem to be received with extra power when sung, or read, in the current context. Returning to the Easter hymn with which I began these thoughts the second part of the 1<sup>st</sup> verse seems particularly apt at the moment: 'Let streets and homes with praises ring; Love, drowned in death, shall never die'.

With prayers and blessings,

*Jacqui*

# THE LINK

Despite the current lockdown God is being very busy with us as this edition of The Link will show. As you will see there is an important article about developments at Watton below this editorial simply because I couldn't find anywhere else to put it!

Inevitably the current situation means some changes. The CLT have decided that this edition should be distributed electronically where possible to avoid distribution problems to churches and then on to individuals. If you wish to print your own copy from the PDF after

clicking on 'print' click on 'booklet' and it will automatically print the whole magazine in the usual A5 format in the correct order.

The church diary at the back is shorter than usual with no specific dates given (except where optimistically requested by individual churches) but the day of the week and frequency of regular meetings are listed. I hope you agree that makes sense.

So, as always, there's lots to pray about. God certainly hasn't finished with us yet!

*Tony Hey*

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## A NEW VISION FOR WATTON METHODIST CHURCH AND CHRISTIAN COMMUNITY CENTRE

Many people will know that for the last thirty years and more, our church hall - known as the Watton Christian Community Centre, has been managed jointly, as an LEP with St. Mary's Parish Church. After many months of discussions, it was mutually agreed that the Sharing Agreement would come to an end this Easter. With the enthusiastic leadership of Rev Jacqui and Deacon Jen, we are eagerly looking forward to a new phase in the use of the premises.

By September, we hope to launch new activities to reach out into the community in different ways, and with a new name! We will still welcome our local organisations and groups to use the building, along with the usual range of other events. At the time of writing, all groups are suspended, except for the Food Bank, who are still serving the community through this difficult time. We look forward to when we can open our doors again, with a new vision.

Our congregation have been using a special prayer each day through Lent, trusting God for all that will happen in the future. Little did we realise when we began, how that prayer would come to have a much deeper significance.

# DEADLINE

**FOR THE  
SEPTEMBER—NOVEMBER  
EDITION**

**SATURDAY 25th JULY**

*Please include details of activities  
up to the end of November*

## CONTACT DETAILS

Please send information for  
publication to  
Tony Hey

Address: 4 Burrell Close  
HOLT  
NR25 6DT

Phone: 01263 713302

E-mail: [t.hey@btinternet.com](mailto:t.hey@btinternet.com)

# HOME WORSHIP

Martin

The current coronavirus emergency has provided opportunities for all sorts of creative and imaginative problem solving in all walks of life. Not least in the life of Churches and the wider Christian fellowship. The Home Worship services provided for us by the Central Norfolk Circuit Leadership Team have had a hugely positive impact in keeping us all in touch and worshipping at broadly the same time as each other Sunday by Sunday. Having dabbled in film making, and all sorts of technology, at a hobby level for many years it seemed a good opportunity to make a YouTube version that could also be shared by those who have online facilities. It has been suggested that there might be some interest in how it's done so the following description gives an overview of the production process.

The most important part is, of course, the service itself created by the Leadership Team week by week. This usually arrives by email on a Wednesday and it becomes the script for the Home Worship film. Recording each of the service sections as separate audio 'projects' means that any mistakes in one section can be corrected easily without having to search through or re-record long items. Some very useful advice after the early attempts was to try and get a variety of voices involved for items such as the Bible readings and this is accomplished in several ways. Some people record on their own computers and send me an email attachment of the audio file – this gives the best sound quality. In most cases I ring up the contributor and record through the desktop computer onto the multitrack recorder – this gives reasonable audio quality. Just occasionally the computer and recorder 'don't play nicely together' and I have to resort to holding the phone next to the microphone linked to the recorder – this gives acceptable sound quality and the overall effect is in line with the way that broadcast media are using a wide range of recording techniques where correspondents are working from home.



*Workstation - Audio & Video editors*

Music is managed and edited using MIDI files imported into Logic Pro X and the output is saved in WAV format for the best quality sound. Logic Pro X allows selection from a vast



*Final Cut Pro X video editor*

range of instruments for the full score or individual lines. Drums and other percussion can also be added if needed. My 'go to' selection of instruments tends to be piano, flute and double bass although sometimes a trumpet can be useful or, very occasionally, full brass. Getting the audio quality as good as possible is the key task – significantly more important than any clever video effects.

# IP ONLINE

Neave



*Final Cut Pro X video editor*

Once the audio tracks are prepared work moves to the video editing software – I use Final Cut Pro X – to put pictures and backgrounds to the audio. Each section of the service is created as its own short film so that, once again, errors and editing are focussed on one element at a time. More good advice after the early attempts was to include the words of the hymns on screen so that people can sing along more easily without having

to scramble for a hymn book. Background pictures are selected to try and match the mood of the item. These may be general, such as clouds or mountains, or specific such as artist's impressions of Biblical events. The question I'm often asked is 'how do you get the still pictures to move?' This is the 'Ken Burns effect', named after the man who used it extensively in film making from the 1990s onwards, and it is built into Final Cut Pro X as a standard video effect. The start and end positions within each picture are identified and the software works out how to make movement across the picture fit the length of time allocated to it. If the length of time for the picture to be shown is changed, to fit a verse or phrase for example, the software adjusts the movement accordingly. Once all individual sections of the service and music are finished, they are 'stitched' together into the final film ready to be uploaded to YouTube.

Publishing on our Church website is the final step. The website editor we use has a YouTube element built in so it's very straightforward to copy and paste the link into the web page. However, in its raw state, there are additional controls and automatic links to other YouTube sites. This means that when a film ends it 'jumps' to another film in the YouTube library that could be almost anything and is completely out of my control. So, by adding a little bit of HTML coding, the controls and ongoing links are removed leaving the Home Worship Service as a standalone YouTube film on the website.



*Video embedded on the website*

It is important to note that copyright issues are taken very seriously and we have a 'podcast' licence from CCLI, with the usual online reporting procedures, that allows the full service to be published. It would not be possible to include any material outside the CCLI licence scheme but so far this issue hasn't arisen.

I am very grateful for the many positive responses received for the online version and, as you will have noted, helpful and supportive ideas for developments and improvements are always very welcome. Most important though is the hope that for some people having an online version has helped to enhance and deepen the spiritual impact of our Circuit's weekly act of Home Worship.

# WALSINGHAM THOUGHTS

The good news is that just before the Covid 19 shutdown we had managed to raise all the money required to get the final approval to start our disability ramp access project. This is a real answer to prayer, particularly as things grant wise may well change when things return to a new normal.

The plan had been to start the work in early May. This had been tied in to fit in with scaffolding, some roof repairs and repainting and reputtying the upper windows. Unfortunately we missed the scaffolding going up by one day which has meant that the rest of the work cannot proceed until we have this in place. In the greater scheme of things in the world this is a minor problem but none the less a little frustrating. As I type I am due to have a Zoom meeting with the builders tomorrow to plan how we take things forward in due course.

In the meantime all events and visits have as you can imagine been cancelled.

On my last visit to the chapel I sat quietly and reflected on all the generations that have gone before us since 1794, and all the times of personal and national crisis that each generation faced. Cholera epidemics in the 1800s, World Wars, Spanish Flu not to mention infant mortality rates etc .....the list goes on. It makes me realise how blessed my life has been in comparison since I was born in 1953 and how good God has been to me whatever happens in the coming months. Jesus has been with our ancestors through the ages and is still alive and with us as we face the problems of today.



As a fellowship we have started tentatively meeting as the Northern Prayer Fellowship once a week via Zoom and are hoping to start interactive Zoom services perhaps fortnightly. If you wish to join in please let me know. Either email to [walsinghammethodist@gmail.com](mailto:walsinghammethodist@gmail.com) or give me a ring on 07793866072 / 0121 353 9418.

*Glyn Constantine*

# THURSFORD SONGS OF PRAISE

*Stephen Lynn writes:* One of the earliest casualties of the 'Lockdown' situation was this year's Songs of Praise at the Thursford Collection. I had a meeting at Thursford with Charlie Cushing the previous week to restrictions being put in place, and even at that stage we had concerns about going ahead, and in the event we actually took the decision to cancel two days prior to the government putting a stop to large gatherings.

Unbelievably, I still had people ringing me over a week after the social gathering ban came in asking if we were going ahead. I even had one person who couldn't understand why we couldn't proceed with the seats two metres apart as, 'most people probably won't turn up anyway!' It takes all kinds, bless them. I have also had people asking if we will reschedule for later on in the year, but as we know from two years ago when we had an unexpected visit from 'the Beast from the East', this is not possible due to the unavailability of the building, as it is being prepared for the Christmas season. I have also been asked if we have a date for next year. It is not possible to sort this out at the moment as the Collection is not functioning, and is working on a skeleton staff, basically the Cushing family and one or two others. Once this situation resolves itself, we will hopefully be able to sort something out.

**WORLD IS MY PARISH**  
Good News Hour  
**IN TIME SUCH AS THIS**  
Call: +447399855552  
**Every Friday 8:30-9:30pm**  
**UK Time**  
**Our prayer Points are:**

- 1. Prayer to stop COVID 19 and the discovery of Vaccine**
- 2. Prayer for all government leaders, key workers and volunteers across the world.**
- 3. Prayer for the economical, social and spiritual challenges caused by COVID 19 Coronavirus.**
- 4. Prayer for the sick and the dying**
- 5. Prayer for the bereaved people, their families and friends .**

**Love, thoughts and prayers from us**  
*Rev Cliff & Christine Shanganya*

The good news, yes there is some, is that the programmes had not been printed, and all the preparation is in place, so we will be able to, hopefully, pick up where we left off at some point in Spring 2021.

Stay safe, stay well.

## FOR WHOM THE BELL TOLLS

No man is an island entire of itself,  
Every man is a piece of the continent,  
A part of the main.  
If a clod be washed away by the sea  
Europe is the less  
As well as if a promontory were,  
As well as if a manor of thy friends  
Or of thine own were.  
Any man's death diminishes me  
Because I am involved in mankind:  
Then never send to know  
For whom the bell tolls  
It tolls for thee.

*John Donne*

[Submitted by Rosemary Wakelin]

# GOD'S CREAT

SARAH

All across the Circuit, during these extraordinary times, there have been inspiring stories of invention, ingenuity and creativity. What could be more surprising than how quickly so many have embraced the technologies that were formerly thought to be perplexing, irritating and time-consuming. Well, time is something we have had in no short supply and the basic human characteristic of sociability and the need to be in contact (or communion) with others, has drawn us into many new ways. Zoom, which used to be an onomatopoeic epithet found in comics, has literally zoomed into our lives and given us meeting places. As for, flash, bang, wallop, what a wonderful gallery of photographs has been shared and smiled over!

Almost from day one (Monday 18<sup>th</sup> March) Swaffham inaugurated a What'sApp group which, at time of writing, has a thriving membership of 20 plus. We have been in daily contact and as with any network (or community) routines or traditions have quickly become established.

Every messaging day starts with the words of a hymn usually around 7.30am, although some early birds get a greeting in before that. The day is shaped by further greetings, contributions of poetry, prayers, a Yorkshire monologue, howlers from 'Bloopers & Blessings', photographs from daily walks, and a good smattering of amusing anecdotes, cartoons and videos.

In addition, we have been able to share news of others in the church, make prayer requests and provide helpful information as well as asking questions and discussing ideas.

What follows is a month's digest to give a flavour.

# FIVE PEOPLE

RODGERS

Thursday 19<sup>th</sup> March – Hymn of the day

I know that my Redeemer lives  
And ever prays for me;  
A token of his love he gives,  
A pledge of liberty. (Charles Wesley)

Tuesday 24<sup>th</sup> March – Cartoon with caption

“Good morning, this is your pilot speaking.  
Today I am working from home.”



Saturday 28<sup>th</sup> March –  
Discovering local walks



Sunday 22<sup>nd</sup> March – Mother's Day flowers



Friday 27<sup>th</sup> March – Daily poem (Tennyson)

Sunset and evening star,  
And one clear call for me!  
And may there be no moaning of the bar,  
When I put out to sea,

But such a tide as moving seems asleep,  
Too full for sound and foam,  
When that which drew from out the  
boundless deep, turns again home.

Twilight and evening bell,  
And after that the dark!  
And may there be no sadness of farewell,  
When I embark;

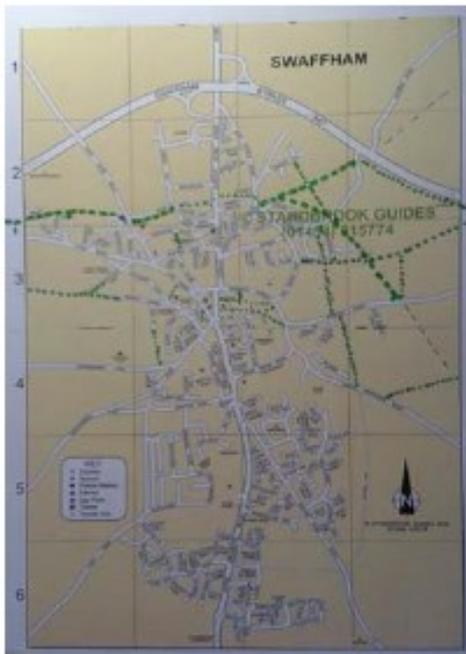
For tho' from out our bourne of Time and  
Place, the flood may bear me far,  
I hope to see my Pilot face to face  
When I have crost the bar.

# GOD'S CREAT

Saturday 28<sup>th</sup> March – A joke

A virus sufferer has been taken to a local hospital and is on one of the new Dyson ventilators. Doctors say he is picking up well.

Tuesday 31<sup>st</sup> March – Walking map around old Swaffham



Monday 6<sup>th</sup> April – Learning new skills (tap dancing)



Monday 30<sup>th</sup> March – Spring flowers



Sunday 5<sup>th</sup> April – Easter Garden



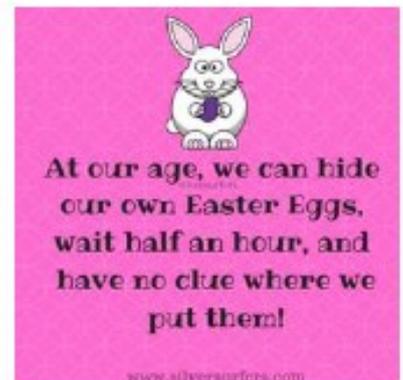
Tuesday 7<sup>th</sup> April – Supermoon image



Friday 3<sup>rd</sup> April – Home-made Palm Cross



Saturday 11<sup>th</sup> April – Cartoon – Oh, so true!



# IVE PEOPLE

Sunday 12<sup>th</sup> April – Message of hope



Monday 13<sup>th</sup> April –  
Working air engine – clean energy!



Thursday 16<sup>th</sup> April – Start of Sam, Sam monologues by Stanley Holloway

‘Sam, Sam, Pick Oop Tha’ Musket ‘

Thursday 16<sup>th</sup> April – a Bible scholar’s quarantinechallenge!

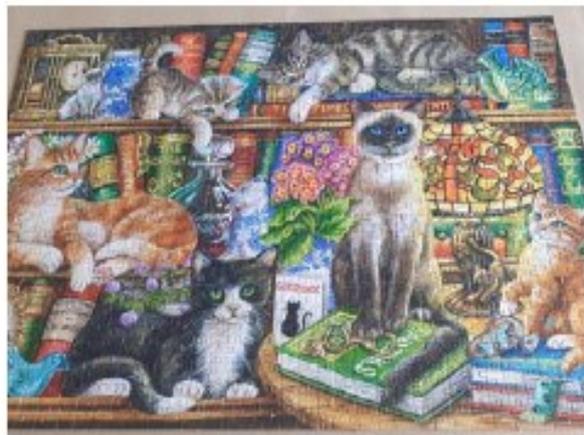
This is a little fun thing to do!

Quarantine Exercise: Can you find the names of sixteen (16) books of the Bible hidden in the paragraph below?

I once made a remark about the hidden books of the Bible (merely by a fluke). It kept people looking so hard for the facts and for others it was a revelation. Some were in a jam, especially since the name of the books were not capitalized, but the truth finally struck home to numbers of readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete. Relax now.

There really are sixteen names of books hidden in this story!

Friday 17<sup>th</sup> April –  
A recently completed jigsaw



FINALLY— a banner on the Swaffham Church railings



# A JOURNEY OVER THE POND

Jacky Woor

In 2018 I was able, through some careful saving, to afford to visit the USA. What a journey, what sights I saw and what a vast country it is. I had realised that the distances we would travel on the coach would be long, but not as long as 450 miles in one day, with stops on the way.

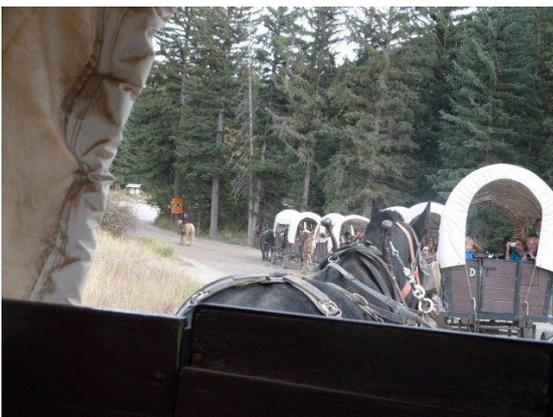


We landed in Denver, Colorado, and stayed two nights there, looking around the highest city above sea level (10,000 ft), then onto places like Cody, Fort Laramie, Salt Lake City, Yellowstone National Park (southern part), watched Old Faithful spout forth; travelled in and out of Bryce Canyon and Zion Canyon, Monument Valley and flew over the Grand Canyon. These were wonderful visits and I have hundreds of photos, well actually 1054 to be exact!

I cannot do it justice to put on paper how I felt whilst seeing these wonderful places, also seeing bison, elk, bald eagles, travelling in a horse drawn wagon and being greeted by wild men in buckskin clothing, being yelled at by would be highway robbers and then having a barbeque and



entertainment. During all of this and much more, I saw the work of God.



Not only did I feel the awe of creation, also there was the vast changes of scenery, the different animals, flora etc. To feel that even there, far away from home, God was also there, watching over us and protecting us.

Many of my companions were not at all religious, but even they felt His presence albeit as something all powerful, something beyond their understanding.

*Jacky has said that if people would like to know more and see a few of her photos she would be willing to come a give a talk once the current restrictions are over. She doesn't mind travelling so long as it is in daylight.*



# WAKE UP

Rosemary Wakelin

I have a friend who is a retired Anglican priest. The new young priest is preaching that this virus is God's punishment on a wicked world! Or, is it a wakeup call? I grew up in the war. Lots to be worried and frightened about, yet also so much kindness, unselfishness and good humour. The Church was a centre not just for worship but for what we called "Socials" where we shared food, danced, played and entertained one another. And the war ended, and my father, missing, believed killed, turned up, and life resumed.

We watched the generosity and community spirit disappear. We withdrew into the private pockets of self-interest. I found the 50s heavy going but I married Paul, and we went to Africa where we met real poverty, multiple diseases and high infant mortality etc. We had left a discontented country. We came home in the 60s to a very different scene - anything goes - flower power - the Beatles! And, of course, much more prosperity. It became normal to own a car, to fly, to go on cruises to buy and buy - that is in the west. Meanwhile two thirds of the world remained in poverty. Prophetic voices warned of climate change, a movement of people from deprived countries began seeking a better life and a chance to share in the goodies. And racism moved up several notches, so did greed and self-interest, and our society along with western culture abandoned the Christian Narrative that had informed our culture. Forgetting that we share this planet with other species we have disregarded wild life, and the delicate balance of the ecology and blundered along plundering like pirates and wonder why everything has gone wrong.

So - A Wake up Call. Is God telling us something, and are we going to do anything about it or, when it's over sink back into our old selfish ways? Perhaps as Christians it is time to come out of our safety zones and start living in the knowledge that this is God's world, that we are one human family, and stewards of a beautiful planet. Climate change is real, and it is due to human carelessness and greed, maybe this is a last chance to do something about it which may well mean exercising far more restraint on our own activities, setting an example (without being smug!) and helping our neighbours to get the point. In the meantime, we grieve over the deaths and suffering of so many people and pray for the medics and carers while remembering that millions of children in places like the Yemen are dying of starvation which needs no expensive equipment or drugs, simply food.

Let Fred Pratt Green have the final word:

*Earth is the Lord's: it is ours to enjoy it,  
Ours, as his stewards to farm and defend.  
From its pollution, misuse, and destruction,  
Good Lord, deliver us world without end!*

# POETRY

## THE QUEST

David Yarham

The old man smiled and gently shook his head,  
“Would you be wise? Then I would have you  
learn  
the secrets of the moors and of the hills,  
the ancient lore of mountains and wild shores,  
and forests dim in silent loneliness -  
the timeless wisdom of the wilderness.

I turned, and saw the willows weep green tears  
beside a pool where grebe and mallard swam,  
and all around the woods lay cool and green  
and every tree sang from its feathered throat  
while, in the shadow of an ancient oak,  
a fallow doe gave suck to a dappled fawn  
and high above the hill, where great dun hares  
leapt in their lust for life, the plovers wheeled,  
swooping and turning in the ringing air,  
calling as if in gladness to be there.

“Wisdom is found in beauty, peace and joy!”  
The hermit answered, “Try again my boy.”

Among the shallows by a laughing stream  
I found the rotting body of a deer -  
a deer that once had roamed among the boughs  
and run in joy upon the windy hill,  
but, sick and famished in the winter’s cold,  
had died in silence with the dying year.

Turning to leave this place of ugly death  
I saw upon the twig strewn path a toad  
with head half eaten by a writhing mass  
of maggots - yet it lived and tried to crawl  
back to the safety of a hollow tree.  
And as I wandered homeward through the wood,  
watching the evening sunlight on the stream,  
a rabbit, victim of a hungry stoat,  
shattered the silence with an anguished scream.  
“Is wisdom learned from hunger, fear and pain.?”  
The old man only bid me try again.

The summer passed and autumn’s gold was  
spent;  
my quest led on into the dying year.  
Its goal so distant when the buds were green  
seemed little nearer now the trees were bare.  
I heard the whispered wisdom of the wood,

treetops conversing when the wind was high,  
and wondered at the strange calligraphy  
traced by bare boughs against the starlit sky.

But yet more cryptic were the messages  
written by fungal threads in dank decay.  
I marked the beauty of the kestrel’s wing -  
and sensed the terror of its hapless prey.

Hoar-frost gave way to blackthorn bloom, then  
may  
covered the hawthorns like great drifts of snow.  
A year had passed and all that I had learned  
was how to say, in truth, “I do not know”.

A widowed blackbird at the end of spring  
dishevelled, with once glossy feathers dull,  
toiled on alone to feed her hungry brood,  
seeking no respite from their shrill demands.

Was it no more that instinct drove her on,  
(behaviour programmed through the countless  
years  
of evolution to preserve her genes)  
or could I in her selfless mothering  
glimpse something deeper, underlying all?

I sought again my old friend’s company  
but found his hermit’s cell untenanted.  
A well thumbed gospel on the mantel-shelf  
was his last way-mark for my wanderings.

Jesus, to whom the lilies of the field  
spoke of your Father’s care, what did you think  
of liver-flukes and lice? What do they teach  
of that great mystery which we call ‘God’?

Beauty you loved, yet did not turn away  
from pain. You used your voice to comfort  
and your hands to heal - and, at what seemed the  
end,  
used mocking thorns and gall and cruel tree  
to speak of love through your own agony.

Joy dances in the valley,  
Pain bleeds upon the hill,  
Love I have found by hill and vale  
Wisdom eludes me still.

## IN THE BEGINNING

David Yarham

In the beginning was the night,  
darkness profound  
and silence absolute.  
No stars traced out the boundaries of space  
nor circling planets  
marked the passing years.  
No sun gave warmth, but the eternal cold  
contracted all that black  
and timeless void  
into a speck which filled  
infinity.

In the beginning was the Voice,  
speaking (in airless emptiness)  
words not of sound, but light.  
Bright tongues of flame  
spoke stars and constellations  
in the void.

Before a myriad suns  
the cold gave way  
and, with the movement of the galaxies,  
came Time.

In the beginning was the Love  
that looked on all the wonders it had made -  
yet less in pride than pity for it saw,  
among the stars and swirling nebulae,  
the seeds of suffering  
and a fount of tears.

Such had to be (as to give warmth and light  
a fire must burn, and burning  
can destroy).

In the Beginning were the Night, the Voice, the  
Love.

The voice prevailed. Night fled  
and, though the Day brought pain,  
the Love endured.

---

*These two poems were first published in "Verses of a Rural Philistine" a book (one of two) that David had printed to raise money for 'The Wulugu Project' - a Norfolk based charity which supports the education of girls in a remote area of northern Ghana. Both books are currently out of print but he's seriously thinking of getting them reprinted.*

## LOCKDOWN AT 92

Arthur from Great Ellingham

Now lockdown is upon us  
We have time to sit and think  
Neglect household cleaning,  
Stack dirty dishes in the sink.  
Unshaven and unshowered,  
A sad sight to behold.  
But despite the degradation  
There's a glimmer of pure gold.  
I don't have to direct my scooter  
Wearing scarf and bobble hat.  
Providing folk in the village,  
A sight worth laughing at.  
Or giving grounds for pity,  
As with two sticks I progress,  
Slowly for short distances  
Showing obvious distress.  
I don't have to feel a nuisance  
When to travel a mile or two  
I must trouble a kind driver  
For a lift to see me through.  
So I'll settle in my easy chair,  
Or in my lonely bed  
Reading to my heart's content  
Till the virus is dead.

---

### NOTES FROM DAVID

*The Quest, finished (after much revision) during my retirement, was started while I was still at school (an adolescent version of it appeared in the Fakenham Grammar School Magazine).*

*By Holkham Lake one glorious summer morning I had found a toad such as that described in verse five (larvae of the green-bottle fly *Lucillia bufonivora* enter the cranium of a toad or frog via its eyes or nostrils and devour the tissues until the poor creature eventually dies). The contrast between the beauty of my surroundings and the ugliness of those maggots in the very brain of a living toad, prompted the thoughts which led to the writing of the poem.*

# 'THASS A RUM DEW!!'

We Norfolk 'oldies have a saying which just about sums up the current situation: 'Thass a rum dew!'

During these weeks of lockdown, Sheila and I have had the pleasure of worshipping with brothers and sisters of the Roman Catholic, Anglican, United Reform, Pentecostal, and, of course, Methodists traditions. All done without ever leaving our lounge, (or in some cases, bedroom!) and achieved, of course, through the good offices of the BBC, who have produced a rich and varied selection of worship styles and locations, along with some of the country's top preachers. We have especially enjoyed the Radio Norfolk 8.00 a.m. service. (That's been the bedroom one, combined with a lay-in.)

We have also been busy in other ways, although it has been frustrating that with both of us being doubly vulnerable, we haven't been able to be 'out and doing.' Whilst I've been busy in the garden. Sheila has been busy knitting 'traffic light hats' for premature babies. she had begun this prior to quarantine restrictions, and has currently exceeded the hundred mark. The frustration now is that we can't get them into the Queen Elizabeth Hospital, but they will be ready when we can. They are called traffic light hats because they are knitted in either red, yellow or green wool, with red showing staff which are the most vulnerable babies, yellow, less so, and green, ready to be moved out of the unit. As it has been springtime I also decided that I ought to get some Christmas carols written. Again, this is something I had made a start on, but I now have fifteen completed, and I am hoping that, with the help of Martin Neave, to get them recorded once circumstances allow, and produce some CD's to sell for charity.

We have also been busy, like many of you, on the phone, catching up with friends, both from church and in the community. It's also lovely to receive the unexpected call now and again, sometimes from those that we don't see so often.

We trust all things to God and hope that you all stay safe in the days, weeks, and maybe even months of uncertainty that lay ahead.

*Stephen and Sheila Lynn*



## TO MAKE YOU SMILE



Discovered by Stephen Lynn

"Going to church doesn't make you a Christian any more than standing in a garage makes you a car."  
*Billy Sunday*

"Most of us spend the first six days of each week sowing wild oats; then we go to church on Sunday and pray for a crop failure."  
*Fred Allen*

"Too many church services start at eleven sharp and end at twelve dull."  
*Vance Havner*

*Fred Allen*

"The first time I sang in the church choir, two hundred people changed their religion."  
*Fred Allen*

"Most people have some sort of religion—at least they know which church they're staying away from."  
*John Erskine*

*John Erskine*

# CENTRAL NORFOLK METHODIST CIRCUIT

Registered Charity 1134271

## CHARITABLE DONATIONS 2018–2019

### Methodist Funds

Fund for Property	£800.00
Fund for the support of Presbyters and Deacons	£205.00
Methodist Women in Britain, Easter Offering	£1,323.76
Mission in Britain Fund	£132.00
World Mission Fund	£276.00
East Anglia District Benevolent Fund	£460.00
Ministers' Housing	£40.00
MWiB	£20.00

### Methodist Charities

Action for Children	£1,977.24
Leaders of Worship and Preachers' Trust	£430.00
Methodist Homes	£650.00
All We Can	£2,086.75
Zimbabwe Flood Relief	£110.00
Whitechapel Mission	£70.00
Fund for Human Need	£214.00

### International Charities

Christian Aid	£1,562.08
Leprosy Mission	£522.00
Embrace the Middle East	£100.00
Water Aid	£337.60
Bible Society	£108.12
Anti-Slavery International	£76.00
Orbis Flying Hospital	£100.00
GATE (Gambia Aid through Education)	£73.50
Adia Cyclone Appeal	£105.00
Karala Flood Appeal	£92.50
Tsunami Appeal	£100.00

### National Charities

Royal British Legion and Poppy Appeal Factory	£272.12
Macmillan Cancer Support	£705.00
Shelter Box	£542.20
Tanzanian Orphanage	£165.00
Help for Heroes	£90.28
Daisy International	£50.00
Smile Train UK	£50.00
MIND	£46.00
Refugee Action	£161.00

Dementia UK	£68.00
Marie Curie Trust	£235.00
Traidcraft Exchange	£35.00
Saona Research	£75.00

### Regional/Local Charities

East Anglian Air Ambulance	£283.28
East Anglian Children's Hospice (EACH)	£170.00
Nelson's Journey	£87.87
Norfolk Churches' Trust (Cycle Ride and Walk)	£555.14
North Breckland Youth for Christ	£400.00
St. Martin's Housing Trust	£220.81
Dereham Foodbank	£228.61
Dereham Town Pastors	£71.60
Saham Saga	£50.00
Dementia Café Project at Watton	£50.00
Watton Community Centre	£700.00
'Group News'	£30.00
Big 'C'	£162.00
Swaffham and Litcham Home Hospice	£74.00
Priscilla Bacon Lodge	£30.00
Mattishall PCC	£30.00
Admiral Nurses Norfolk (Dementia UK)	£1,777.03
Fulmodeston Defibrillator	£100.00
Norfolk and Norwich Association for the Blind	£80.00
Holt Youth Project	£20.00
Swaffham Community Hospital League of Friends	£41.00
St. George's Tower Fund	£50.00
Leeway	£61.00
Watton Rotary Shelter Box (Africa Disaster Appeal)	£100.00
Watton Prison Fellowship	£60.00

### Charity Total

**£19,898.94**

Not all churches have given their figures.

## MATTISHALL

At Mattishall along with others we are in lockdown. Those that do not have any form of electronic contact are being delivered hard copies of the Home Worship sheets etc. They are being received very well. The local Anglican Church is involving its members by holding their Sunday morning services on the "Zoom" platform. On Good Friday we normally have a Walk of Witness through the village which was not possible this year. The Anglicans organised a virtual walk on Zoom. Rev. Betty (at home in Bacton), a Mattishall Evangelical church elder and myself in our homes, were given training on Zoom from 10 to 10-30am and then at 11am the walk started. There was a picture of the site on the screen and we had a prayer, Bible reading and song at each site with different people taking part at each site. Then there was a description of the route to the next site. We are very fortunate in Mattishall the C of E team are very helpful and include us when they can. Now that we get 4 or 5 LA's a quarter, they usually provide 2 or 3 preachers from their lay readers and once or twice a year the vicar comes himself.

At the chapel itself we have had the pews removed and things have gone well. The floor, panelling and other minor problems have been repaired. This was done before the lockdown. Pews and chairs are sold. Members from Hindringham have given us fifty chairs for which we sincerely thank them.

After the lockdown we have had two days of electrical work completed by a one-man electrician. This was not as a revolt; I did not imagine the church was going to ban us from entering our churches.

## GARVESTONE

Because we are geographically well-scattered, we are being much more dependent materially on the kindnesses of our local communities and families than on each other. We are, however, keeping in touch with each other electronically and know that we are joined together in thoughts and prayers. One light of good news has been the remarkable recovery from serious illness of our faithful friend Rev. John Forsdyke.

As we look forward eagerly to being able to gather together once again in our chapel for corporate worship and our other activities, we wonder expectantly whether our Lord will lead others to join us.

We acknowledge that we have, thus far, been comparatively lightly affected by the current crisis, when locally, nationally, internationally many millions of God's children are being so grievously troubled. May we not only hold them in our thoughts and prayers but also be open to opportunities to give practical help.

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## HOLT

Despite being unable to meet we are determined to keep in touch, maintain worship of our Lord and, for those who are able, help and support others in our community. We are finding the material sent by Jacqui and Mandy from the Circuit is very helpful and this is circulated by email every Friday together with our own Prayer List and posted to those not on email.

Our roof work would have been completed on time and under budget but was stopped with one day left to go. Very frustrating. More details in a future edition of *The Link*.

# CHURCHES

## WELLS

While the church is closed due to the pandemic, Colin Garwood (and others) have comprised a weekly newsletter which is either sent online or delivered in paper form to our congregation. This includes an update of various members of our congregation and enables us all to keep in touch in these isolating times. The Sunday service is included for those who want to take part and it's comforting to think of others at 11 o'clock on a Sunday morning as we share the prayers and readings.

Cliff has suggested that instead of us all singing "Happy Birthday" as we wash our hands, we should say the Lord's prayer instead. There are certainly many people who need our prayers at this time.

Our annual plant sale was a victim of the pandemic, but our ever-resourceful gardeners, Sandra and Marion, devised a plan where prospective customers phoned through their orders, which were then placed outside ready to be collected and payment posted through the letterbox.

I'm pleased to report this was quite successful and there are lots of happy gardeners in Wells.

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## GREAT ELLINGHAM

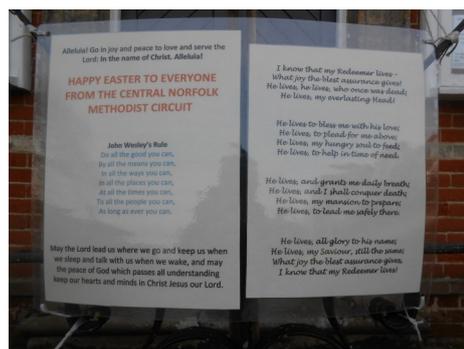
Not much to comment on this quarter as our Chapel is very quiet, but we do keep in touch with each other via telephone. Not all our congregation have Internet.

## BEETLEY

When it became obvious that we were no longer able to meet, a framework of pastoral phone calls was set up particularly for those of our Church family who were not able to receive emails. That is still there and functions, but the lovely thing is that this particular group are phoning and supporting each other as well. Others are joining in the support too and it is no longer a situation where some are giving the support and others receiving, but has become a caring and loving circle. We were able to give the people without email, photos of the wonderful witness that Ann and Steve put on the Chapel gates.



*Good Friday*



*Easter Sunday*

# AROUND THE CIRCUIT

*For your information, prayer and support*

## SWAFFHAM

**Power of Prayer Group:** Every Friday 9.30 a.m. Praying for our world.

**Coffee Mornings:** Every Saturday 9.30 a.m. – 12.00 noon

**The Meeting Place:** 10.00 a.m. – 12.00 noon every Tuesday and Thursday Free refreshments and a friendly welcome. Pause for Thought at 11.00 a.m. on Tuesdays. Traidcraft stall on the first Tuesday of the month.

**Thursday Group:** 2.30 – 4.00 p.m. does not meet in June, July and August.

**Ploughman's Lunches:** 11.30 a.m. August 31st.

## STIBBARD

**Praise Together:** 4.00 p.m. first Sunday in the month.

**Ecumenical Prayers and Coffee:** 10.30 a.m. last Tuesday in the month.

**Lunch @ The Centre:** 12.30 p.m. second Wednesday in the month.

**Railway Film Afternoons with Tea and Cake:** 2.30 p.m. first Saturday in the month.

**Circuit Choir Practice:** 7.30 p.m. first and third Friday in the month

## LITCHAM

**Coffee Mornings:** every Thursday 10.30 – 12.00 noon.

## DEREHAM

Trinity

**Women's Own:** 2.45 p.m. every Tuesday until June 23rd (details Olwyn Brough 01362 692799).

**Wednesday Club:** 7.30 p.m. last Wednesday of the month – no meeting in August (details Jacky Woor 01362 697860).

**Coffee Mornings:** 10.00 a.m. third Thursday.

**Lunch Club:** 12.00 noon second Thursday (details Pam Beardsmore 01362 854394).

**Mid-Week Communion:** 10.30 a.m. fourth Thursday.

**Cards & Chatter:** 11.15 a.m. fourth Thursday (details Sylvia Meredith 01362 693425).

**Prayer Meetings:** 10.00 a.m. first Thursday (details Rev Betty 01362 692279).

**Coffee Morning:** fifth Thursday at 12 Elvin Road Dereham (details Sylvia Meredith 01362 693425).

**Ladies Weekend:** June 6th – 7th.

**Quiz Night:** 7.00 p.m. June 20th.

**Joint Project Strawberry Fair:** 2.30 p.m. July 11th at Toftwood.

## HINGHAM

**Market and Coffee Shop** with Crafty Corner for children: 10.00 a.m. – 12.00 noon first Saturday in the month.

**Bible Discussion Group:** 10.00 – 11.30 a.m. at Hassingham House Care Home, Hardingham Street, Hingham fortnightly on Mondays.

## HOLT

**Stepping Stones:** 9.30 a.m. a weekly session on Tuesdays for pre-school children and babies with their parents or carers in term-time.

**Service at Lloyd Court:** 11.00 a.m. on Thursdays.

**Prayer service:** 9.30 a.m. on Fridays

**Cream Teas and Olive's Bargain Basement:** 2.00 – 4.00 p.m. third Friday in the month.

**Contemporary Worship / Healing Service:** 6.30 p.m. third Sunday in the month.

**Bereavement Support Group:** 10.30 – 11.45 a.m. second Monday in the month.

## BEETLEY

**Bible Study:** Contact John Hull 01362 695154

**Drop In:** 2.00 – 3.00 p.m. first and third Wednesdays in the month.

**Prayer Meetings** with Rev Betty Trinder: 9.30 a.m. first Wednesday in the month.

**Natter and Knit:** 2.00 – 3.00 p.m. fourth Wednesday in the month.

**Coffee Mornings:** 9.30 - 11.30 a.m. Saturdays in alternate months in aid of a local charity.

## WELLS & WIGHTON AT WELLS with Churches Together in Wells

**Prayer and Praise:** 10.30 a.m. every Wednesday.

**Informal Art Group:** 10.00 a.m. – 12.00 noon every Tuesday. All welcome. For further details please contact Frances Graham on 07398 127935.

## TOFTWOOD

**Monday's Lace Group:** Mondays 9.30 a.m. – 12.00 noon.

**Guides:** Mondays, 7.00 – 8.30 p.m.

**Messy Church:** second Tuesdays 3.30 – 6.00 p.m.

**Carpet Bowls Club:** Tuesdays 7.00 – 8.30 p.m. (except first Tuesday)  
Thursdays 2.00 – 4.00 p.m.

**Coffee Mornings:** first and third Wednesdays 10.00 a.m. until 11.30 a.m.

**Prayer Meeting:** 9.30 a.m. every third Wednesday

**Craft Group:** first Wednesday 2.00 – 4.00 p.m.

**Lunch and Linger:** second Wednesday, 12.00 noon – 3.00 p.m.

**Film Club:** second Friday 2.00 p.m. Admission by donation of £2.00 for refreshments at 4.00 p.m.

**Church Anniversary Service:** 11.00 a.m. May 17th.

## WATTON

**Christian Meditation:** 7.45 p.m. first and third Monday each month in the vestry.

**Every Wednesday:**

Coffee Morning: 9.30 a.m. – 11.30 a.m. in the Christian Community Centre  
Open Church for Private Prayer: 10.00 a.m. – 12.00 noon

**Midweek Service:** 10.00 – 10.30 a.m. second and fourth Wednesday held in the vestry

## WENDLING

**Coffee mornings:** 10.30 – 12.00 noon first Wednesday in the month.

## BLAKENEY

**Messy Church:** second Tuesday in the month  
3.00 p.m. in the Parish Church

**Bible Study:** Tuesdays 10.00 a.m. in the  
Parish Church.

**Contemplative Prayer:** Tuesdays 5.45 p.m. in  
the Methodist Church.

**Thursday Worship:** Thursdays 10.00 a.m. in  
the Methodist Church with Holy Communion  
on the 3rd Thursday.

## GREAT ELLINGHAM

**Coffee Mornings** (including sales table and  
home-made cakes): 10.00 – 11.00 a.m. first  
Tuesday in the month.

**Fellowship Meetings:** 2.30 p.m. second and  
fourth Tuesday in the month.

## GARVESTONE

**Knit and Natter:** 10.30 – 12.00 noon second  
Tuesday in the month. For details of venues  
please phone Lorna Folkes (01362 858391).

**Prayer Meetings:** 7.00 p.m. third Friday in the  
month.

## SCULTHORPE AND FAKENHAM

**Fellowship, tea and biscuits at Lee Warner  
Avenue Lounge:** 3.00 p.m. third Sunday in  
the month.

## MATTISHALL

**Monthly Charity Coffee Mornings:** 10.00 –  
11.30 a.m. first Saturday in the month.

**Led Prayers:** 8.45 - 9.15 a.m. with Rev Betty  
second Friday in the month.

**Mattishall Dementia Support Group – “The  
Link”:** 10.00 a.m. – 12.00 noon. first and third  
Tuesdays in the month.

## TITTLESHALL

**Coffee Mornings:** every Wednesday 10.30 –  
12.00 noon.

## NORTHERN PRAYER FELLOWSHIP

Normally meets monthly.

Until further notice it is meeting weekly on  
Mondays at 7.30 p.m. via Zoom

If you would like to join ring Glyn Constantine  
on 07793 866072

## SPORLE

**Ecumenical Men’s Prayer Group:** 8.00 a.m.  
weekly on Saturdays.

## TELEPHONE SERVICE

**SUNDAYS AT 11.15 a.m.**

### Instructions

1. Call by 11.10 am on Sundays to **0330 606 0403**
2. Enter the PIN code: 5208959 followed by #
3. You'll be transferred in the Conference Call automatically.
4. Put your phone on loud speaker, relax and listen to the preacher

## REGULAR MEETINGS

*Continued from page 24*

Thurs	10.00am	W	Thursday Worship	Blakeney MC
Thurs	10.00am	M	Coffee Morning	Dereham Trinity MC
Thurs	10.00am	M	Prayer Meeting	Dereham Trinity MC
Thurs	10.00-12.00	W	The Meeting Place	Swaffham MC
Thurs	10.30am	M	Mid-week Communion	Dereham Trinity MC
Thurs	10.30-12.00	W	Coffee Morning	Litcham MC
Thurs	11.00am	W	Service at Lloyd Court	Holt MC
Thurs	11.15am	M	Cards and Chatter	Dereham Trinity MC
Thurs	12.00noon	M	Lunch Club	Dereham Trinity MC
Thurs	2.00-4.00	W	Carpet Bowls Club	Toftwood MC
Fri	8.45-9.15am	M	Led Prayers	Mattishall MC
Fri	9.30am	W	Prayer Service	Holt MC
Fri	9.30 am	W	Power of Prayer Group	Swaffham MC
Fri	2.00-4.00	M	Cream Teas and Olive's Bargain Basement	Holt MC
Fri	2.00pm	M	Film Club	Toftwood MC
Fri	7.00pm	M	Prayer Meeting	Garvestone MC
Fri	7.30pm	F	Circuit Choir Practice	Stibbard M Ch Centre
Sat	8.00am	W	Ecumenical Men's Prayer Group	Sporle MC
Sat	9.30-11.30	M	Coffee Morning (in aid of a local charity)	Beetley MC
Sat	9.30-12.00	W	Coffee Morning ( usually run by a local charity)	Swaffham MC
Sat	10.00-11.30	M	Charity Coffee Morning	Mattishall MC
Sat	10.00-12.00	M	Market and Coffee Shop	Hingham MC
Sat	7.30pm	M	Railway Film Evening (except August)	Stibbard M Ch Centre

**Midweek worship with  
Walsingham**

**Every other Thursday at 7.15 pm**

**A short online interactive service of prayer, praise  
and reflection**

**Contact Sam on 01263 711824 or Glyn on 07793  
866072 to join**

**All are welcome !**

## REGULAR MEETINGS

These will re-start as and when permission is granted and churches feel able to resume.

The frequency is indicated by a red letter:

**W** weekly  
**F** fortnightly  
**M** monthly

*Further details can be found under the relevant church on pages 20—22*

Sun	3.00pm	<b>M</b>	Fellowship at Lee Warner Avenue	led by Sculthorpe & Fakenham MC
Sun	4.00pm	<b>M</b>	Praise Together	Stibbard M Ch Centre
Sun	6.30pm	<b>M</b>	Contemporary Worship / Healing Service	Holt MC
Mon	9.30-12.00	<b>W</b>	Monday's Lace Group	Toftwood MC
Mon	10.00-11.30	<b>F</b>	Bible Discussion Group	Hassingham House, Hingham
Mon	10.30-11.45	<b>M</b>	Bereavement Support Group	Holt MC
Mon	7.00-8.30	<b>W</b>	Guides	Toftwood MC
Mon	7.45pm	<b>F</b>	Christian Meditation	Watton MC
Tues	9.30am	<b>W</b>	Stepping Stones	Holt MC
Tues	10.00am	<b>W</b>	Bible Study	Blakeney Parish Ch
Tues	10.00-11.00	<b>M</b>	Coffee Morning	Great Ellingham MC
Tues	10.00-12.00	<b>F</b>	Dementia Support Group—"The Link"	Mattishall MC
Tues	10.00-12.00	<b>W</b>	The Meeting Place	Swaffham MC
Tues	10.00-12.00	<b>W</b>	Informal Art Group	Wells MC
Tues	10.30-12.00	<b>M</b>	Knit and Natter	Garvestone—see page 22
Tues	10.30am	<b>M</b>	Ecumenical Prayers and Coffee	Stibbard M Ch Centre
Tues	2.30pm	<b>F</b>	Fellowship meeting	Great Ellingham MC
Tues	2.45pm	<b>W</b>	Women's Own (until June 23rd)	Dereham Trinity MC
Tues	3.00pm	<b>M</b>	Messy Church	Blakeney Parish Ch
Tues	3.30-6.00	<b>M</b>	Messy Church	Toftwood MC
Tues	5.45pm	<b>W</b>	Contemplative Prayer	Blakeney MC
Tues	7.00-8.30	<b>W</b>	Carpet Bowls Club (except first Tuesday)	Toftwood MC
Wed	9.30am	<b>M</b>	Prayer Meeting	Beetley MC
Wed	9.30am	<b>M</b>	Prayer Meeting	Toftwood MC
Wed	10.00-11.30	<b>F</b>	Coffee Morning	Toftwood MC
Wed	10.30-12.00	<b>W</b>	Coffee Morning	Tittleshall MC
Wed	10.30am	<b>W</b>	Prayer and Praise	Wells MC
Wed	10.30-12.00	<b>M</b>	Coffee Morning	Wendling MC
Wed	9.30-11.30	<b>W</b>	Coffee Morning	Watton MC
Wed	10.00-10.30	<b>F</b>	Midweek Service	Watton MC
Wed	10.00-12.00	<b>W</b>	Open Church for Private Prayer	Watton MC
Wed	12.00noon	<b>M</b>	Lunch @ The Centre	Stibbard M Ch Centre
Wed	12.00-3.00	<b>M</b>	Lunch and Linger	Toftwood MC
Wed	2.00-3.00	<b>F</b>	Drop in	Beetley MC
Wed	2.00-3.00	<b>M</b>	Natter and Knit	Beetley MC
Wed	2.00-4.00	<b>M</b>	Craft Group	Toftwood MC
Wed	7.30pm	<b>M</b>	Wednesday Club (except August)	Dereham Trinity MC