

Facebook Posts – June 2022

2nd June

From Archbishop Fisher's book of devotions for the Queen before her Coronation:

*The whole of life is a journey to God....
I have not chosen this office for myself: God has appointed me to it and I go to be consecrated to it by him. My prayer must echo that of the Virgin Mary, and that of our Lord himself:
'Be it unto me according to thy will'; 'Not what I will, but what thou wilt'. And because he leads, I may follow in complete trust.*

Photo: Jacob King/PA Wire/PA Images.



3rd June – Rev Cliff Shanganya

Jesus Prayed for Us

John 17:20-26

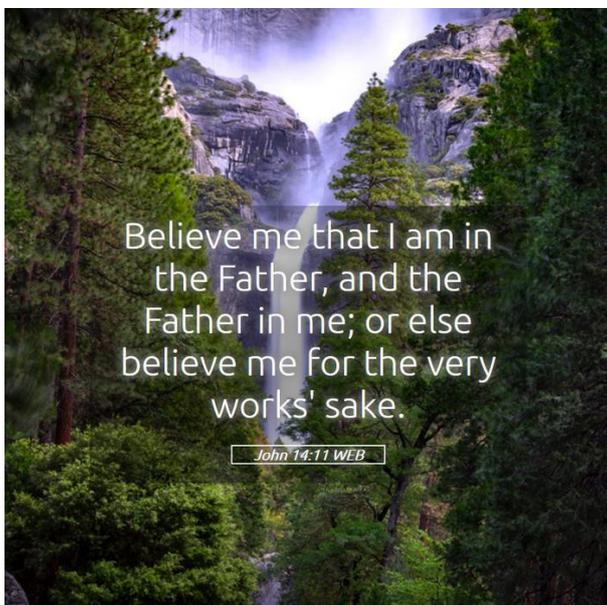
In John 17 we get a glimpse of Jesus' heart for us. The entire chapter is a prayer. Among other things, Jesus prayed in the presence of his disciples that they would know him (17:3), that he would be glorified (17:1, 5), that his followers would successfully go into the world and proclaim him (17:8, 13-19), that they would be protected (17:11-12), and that his people would be unified (17:11, 21-23).

We all know the Bible was written for everyone. However, this prayer contains something more. Within Jesus' prayer is an explicit reference to us: "I am praying not only for these disciples but also for all who will ever believe in me through their message." This is amazing! Jesus knew he was about to suffer terribly and die for our sins, but he chose to pray for people who were not present—or even existing yet. Prayer is powerful. Jesus knows that living the Christian life will not be easy. We need strength, protection, and each other.

With this prayer in John 17, we are reassured that even when approaching his darkest hour, Jesus' love and concern for us was at the forefront of his mind.



6th June



7th June – Deacon Jen Woodfin

Jacqui and I were in Cromer last Thursday for the beginning of the Jubilee weekend. There was a huge number of people everywhere including on the beach and in the town where there was a street party. In the evening we went to the parish church, were given a 'torch' and, with about 400 people walked up Runton Road to where the Jubilee Beacon was being lit. This was a small part of a much greater event where there were over 1,500 beacons lit across this country and, for the first time, in capital cities across the commonwealth.

The beacon we saw lit was run from a gas cylinder. When it was first lit it didn't seem that bright but within a few moments as the sky became darker it shone out quite brightly. The same is true for the torch. It was made of foam with a LED light that changed colour. Some people kept theirs on as we walked up the road but it was more effective to light it as it was getting dark and then the changing lights could be seen more clearly. It was fun to be there and to be part of a greater whole, knowing that



there were so many other beacons being lit at the same time. In many ways 'our' beacon was quite

modest and yet it contributed to something much greater. Jesus came as the light of the world. If all of us show that light in the way we live our lives, however modestly it might seem, we too can shine out in the dark. We too can be part of something that will be much greater and last a lot longer than that beacon in Cromer!



8th June – Sam Parfitt

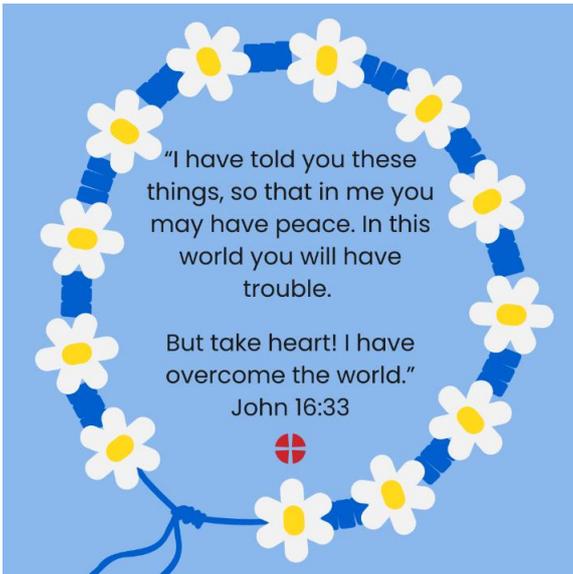
Life can sometimes become so very busy that we begin to lose sight of how very important the slower things can be. For example, a couple of months ago I realised that as a family we had gotten into the habit of eating our meals apart from each other, often in front of our own small screens on phones, laptops etc. The busy-ness of family life had overtaken us and, without realising it, we had become distanced and distracted from each other during the simple routine of eating a meal. So, I became intentional about setting the dining table every teatime, using serving dishes and the nice crockery that usually only sees the light of day at Christmas and Easter. Screens are all turned off and we sit together as a family. Simple meals are elevated to something higher in the act of coming together. It takes us much longer to eat a meal, but we come together and chat about our day, things we have heard in the news or reminisce about something. There is something almost contemplative and mindful as we are very much focused in that present moment together. I can't help but wonder if sometimes our spirituality becomes a victim of our busy lives, with the



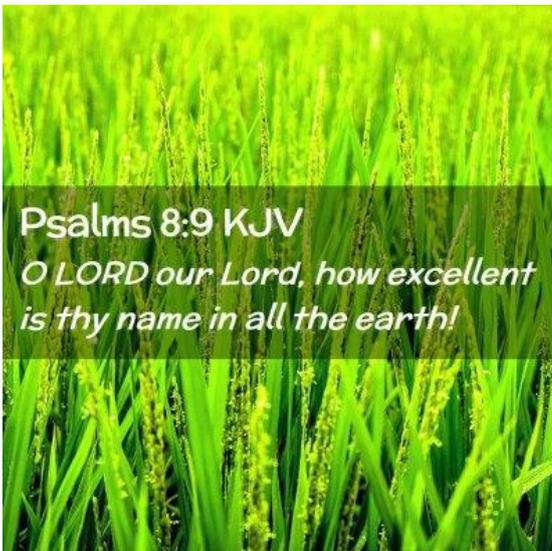
slower things slowly ebbing in favour of the quick fixes. In doing so, I think we run the risk of missing so much richness and depth in our journeys. Mother Julian makes this point beautifully when she says "It is only with the help of his grace that we are able to persevere in spiritual contemplation with endless wonder at his high, surpassing, immeasurable love which our Lord in his goodness has for us." And the best bit? Well, at God's table, which has neither beginning nor end, there is room for us all to embrace that immeasurable love.

Photo: National Cancer Institute

10th June



13th June

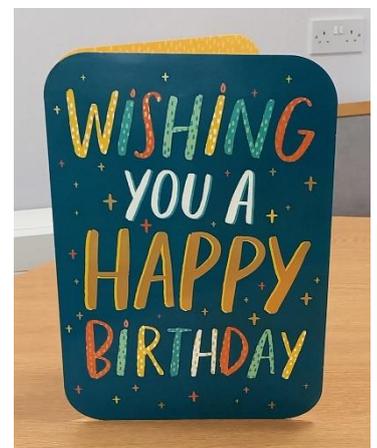


14th June – Rev Jacqui Horton

My Uncle was 90 last week. My sisters and I were able to be with him in the Suffolk Care Home over 2 days and we made a fuss with lots of cards and cake and, of course, a rendition of 'Happy Birthday'. There were messages from many friends and members of our family. Three days later, my uncle was in the West Suffolk Hospital in a very poorly condition. We converged again, with my brother coming down from the Lake District. There were ups and downs over the weekend but things looked more positive yesterday and he may soon be discharged. It has just brought home to me again the changeability of life - things can change so quickly from one day to the next, or even one moment to the next. This makes me think of a hymn I associate with my father (my uncle's brother) who used it in Care Homes when he took services in them as a minister in the 1970's:

'Through all the changing scenes of life
in trouble or in joy,
the praises of my God shall still
my heart and tongue employ.'

Hymn by Nahum Tate (1652 - 1715) based on Psalm 34.



15th June

Come as you are by Rosemary Wakelin

It was when there was nowhere else to turn, when I had run out of argument, that you confronted me, relentless Lover.

Your light exposed the threadbare nature of my armour - the flimsy scaffolding of my defence.

You stand there, astride the centuries,

your feet on the ground,

your eyes on the frontiers of eternity.

You call to me -

“Come!

Come with me!

Start from a different place,

steer by a different star,

live on a bigger map,

come to different conclusions,

share my spaciousness!”

Agoraphobic I hide -

behind habit, tradition -

“We’ve always done it this way .”

I’m daunted by your space,

there’s no assurance of a comfort zone,

no promise of security,

no shelter from the blazing Love

that set the show in motion.

I fear the unpredictable,

I plead inadequacy,

lack of good connections,

general unworthiness.

You say,

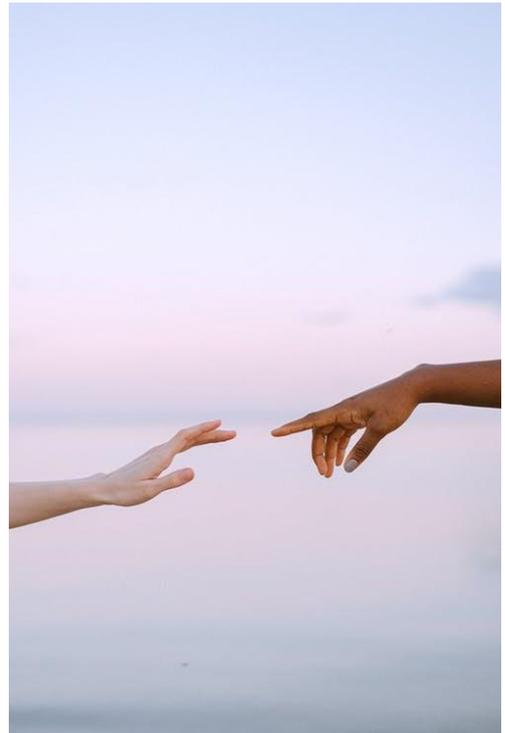
“Come!

Come as you are.” and hold out your hand.

I take the outstretched hand,

but carefully,

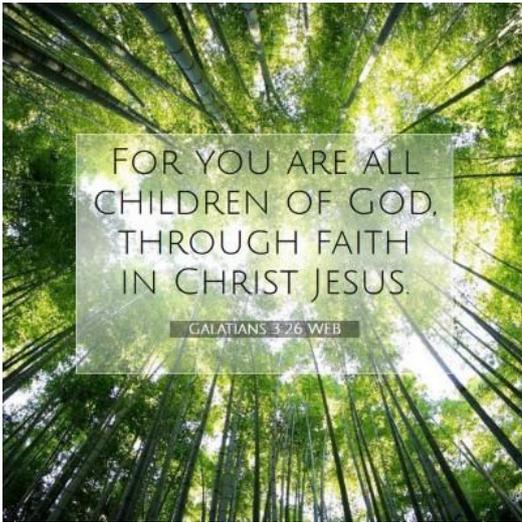
remembering why it is wounded.



17th June

A composite image. On the left, a pig with black and white spots is standing in a lush green field under a blue sky with white clouds. On the right, a solid green rectangular box contains white text. The text reads: "For when I am weak, then I am strong" in a large, sans-serif font. Below this, in a smaller font, it says "2 CORINTHIANS 12:10". At the bottom of the green box is a small red and white logo, which is a cross inside a square.

20th June



21st June – Deacon Jen Woodfin

Last Saturday I played the organ at Saham Hills for a wedding, and coincidentally, I am playing there this coming Saturday for another wedding. This seems very unusual timing indeed. Of course, each couple has chosen different elements for their special service. But the hymn that is common to both is 'Give me joy in my heart, keep me praising'. I reflected on the words, (not while I was playing!) that each verse has a request and then the result of that request. In verse one, given joy in our hearts, we can praise continually. In verse two, by having peace in our hearts we are more able to give our love to others. In verse three, through a deep sense of love in our hearts we are empowered and enabled to serve always. In each verse there is the words 'keep me' which reminds us that with the best on intentions we can so easily slip away from knowing joy, peace and love in our hearts. We need to be constantly 'topped up' by the Holy Spirit in order to praise, love and serve.



There is a good deal of happy emotions in a wedding so it seems so appropriate to sing this hymn then but, perhaps, if we live by those sentiments all the time, we will be the people that God wants us to be. Give me joy in heart, keep me praising....., Give me peace in heart, keep me loving.... Give me love in my heart, keep me serving....

22nd June – Sam Parfitt

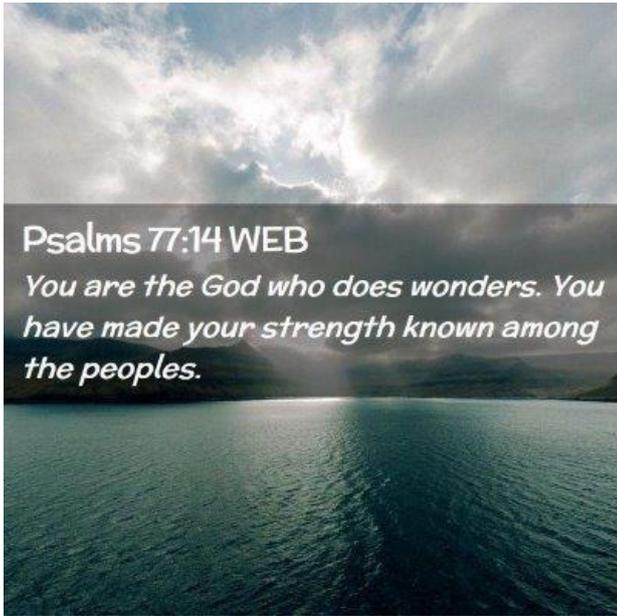
Every once in a while I help out with running an Open the Book session in a local Primary School. I really enjoy seeing the fun that the young people have in bringing the Bible to life through acting out parts of it. I've just come back from helping to run a session, in which we looked at the story of Esther, who was encouraged to speak out when she knew something wasn't right, although this was not an easy task for her (and could have gotten her killed!) I've been reflecting on this in relation to a potentially difficult conversation I had with someone earlier this week. It took courage to say what I did and it would have been much easier to have not said anything, or consented to the person's actions. If I'm honest, being a Christian is much less fluffy and cosy than I thought it would be, loving God and loving my neighbour involves many challenges (it also involves a lot of fun and friendship, but I think you'll know what I mean by my first statement!) One of the great things I find about scripture is that it is full of people who have lived real and very messy human lives before us. It was a great privilege to be reminded of that this morning by a group of young people (I'm certain that they frequently teach me far more than I teach them!)



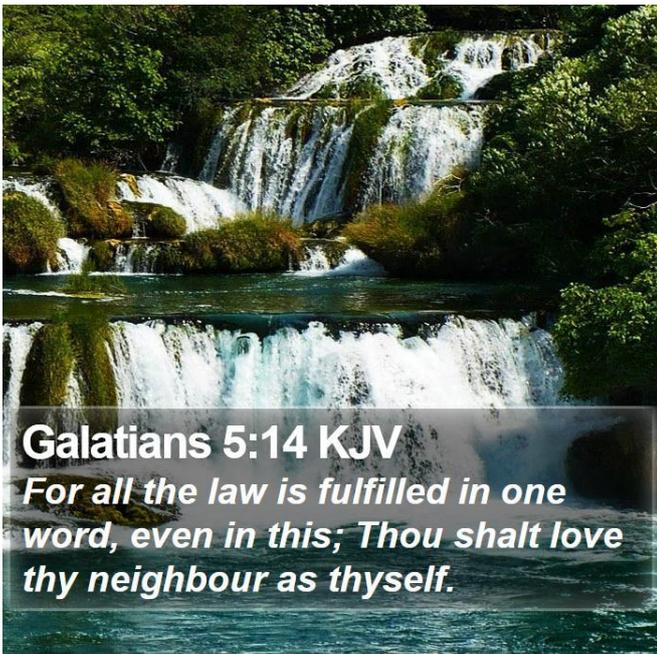
So take heart this week if you're facing a difficult conversation or experience, hold one another in love (which doesn't mean that you have to like what the other person is saying!) and remember that God is always with us - just as He was with Esther. (Picture: Sweet Publishing / FreeBibleimages.org).

So take heart this week if you're facing a difficult conversation or experience, hold one another in love (which doesn't mean that you have to like what the other person is saying!) and remember that God is always with us - just as He was with Esther. (Picture: Sweet Publishing / FreeBibleimages.org).

24th June



27th June



30th June

Quiz Time – set by Rev Cliff Shanganya

To *predetermine your areas of temptation* means to know

- how long your temptation will last.
- when, where, and with whom you're most tempted.
- that you'll be tempted.

The *Bible* tells us that sin is

- contained in a hot-fudge sundae.
- okay if you're lonely.
- fun for a season.

Giving the devil a *foothold* means

- he knows your shoe size.
- he has control of a small area of your life.
- Satan will cripple your feet.

The Bible tells us the *consequence* of not praying is

- That we'll be overcome by temptation.
- that we'll have to go to the dentist more often.
- that we won't recognise temptation.

Jesus truly *knows and understands* what you're going through because

- he read the book.
- he wrote the book.
- he, too, was tempted.

Temptation *always* begins

- on a date.
- in the mind.
- in London .

The *stages* of temptation

- are contagious.
- are action, regret, guilt.
- are attention, arousal, action.

The key to *winning* the battle of temptation

- is to fight it as hard as you can.
- is not to fight it.
- is always to have music on.

The *most spiritually mature* people are those

- who allow themselves to be held accountable.
- who never miss church.
- who can quote an entire chapter of the Bible.

Know It!

You don't serve a God of frustration; you serve a God of promise and victory. He doesn't say, "Run from temptation, and I'll check up on you next week to see how you're doing." He promises that he'll be with you and empower you and equip you to be victorious over temptation.

Read It!

Hebrews 13:5; James 4:7-8

Pray It!

Tell God that you want to be a victorious Christian—not a defeated one. Ask him to give you a hunger for his Word and to help you thirst for him.

