

# Central Norfolk Methodist Circuit

## Facebook Posts

### June 2024

Please pray for the congregation and community in Watton

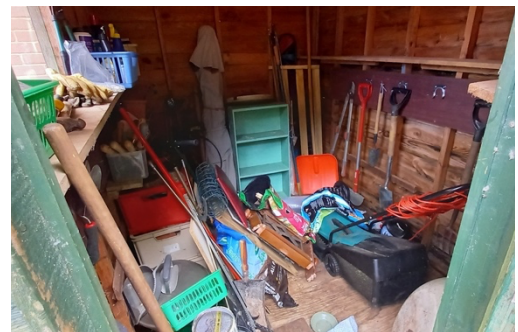


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#### A Thought for the Day from Deacon Jen:

What did you do for Bank Holiday Monday? Anything memorable? I cleared out the shed in anticipation of our move. My goodness, what a lot of siders that I disturbed! I decided that the only way to do it properly was to get everything out so it was empty, then gives it good broom out before putting things back. In the process of looking at everything I could then ask the question – do we really need that in the future? Sometimes the answer was no, so a pile of stuff for the dump was created.

Having decided on what we were going to keep I then but them neatly into boxes or bags and placed them back into the shed in a much tidier way. That all felt very satisfactory and I momentarily enjoyed the sight of the tidy shed. Then, it started to rain. Oh no, that would mean all the dump stuff would get wet and it so much more of a nuisance handling wet things. So, I hurriedly put all the dump stuff into the middle of the shed. The view from the door was then much less pleasing to the eye. (As in this photo)



So, over a few hours the shed was empty, then tidy, the very cluttered and full up. Perhaps life is a bit like that? There are times when we feel that life is very empty and, perhaps lacking in purpose. Other times when it seems like there is order and tidiness to our lives. Then again, sometimes life seems overwhelming, where there are too many demands on our energy and emotions. Life is always changing. Throughout it all God is with us, sharing it all, knowing each and every stage we are at, and through the Holy Spirit enabling us through it.

## **Rev Anne writes:**

Today we remember the 80th Anniversary of D-Day. We remember all the men who died. We remember bravery in the face of fear. We remember those who lived but never recovered, and the legacy that had on their families.

As we remember, may we also pray. Pray for peace and for justice. For all who work for peace and reconciliation. Pray for victims of wars. The Pope has also asked: "Let us pray for the men who want wars, those who start them, senselessly fuel them, maintain and prolong them unnecessarily, or cynically profit from them. May God enlighten their hearts, may He show them the procession of misfortunes they cause!" (From the Vatican news website) This may surprise us, as we don't think to pray for the perpetrators, but it is of Jesus, who calls us to pray for and love our enemies.



On this day of remembrance, may we all commit to work for and to be people of peace - in our own hearts, in our homes, our communities and churches.

The Church of England has published this prayer:

**God our refuge and strength,  
as we remember those  
who faced danger and death in Normandy,  
eighty years ago,  
grant us courage to pursue what is right,  
the will to work with others,  
and strength to overcome tyranny and oppression,  
through Jesus Christ,  
to whom belong dominion and glory,  
now and for ever.  
Amen.**

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Please pray for the congregation and community in Wells



## A Thought from Rev Jacqui:

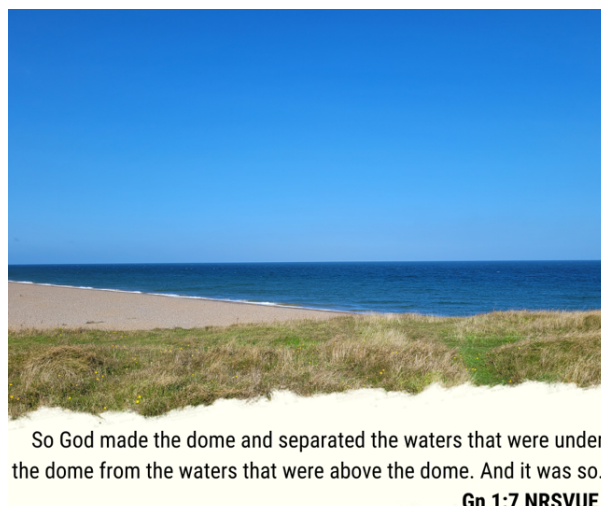
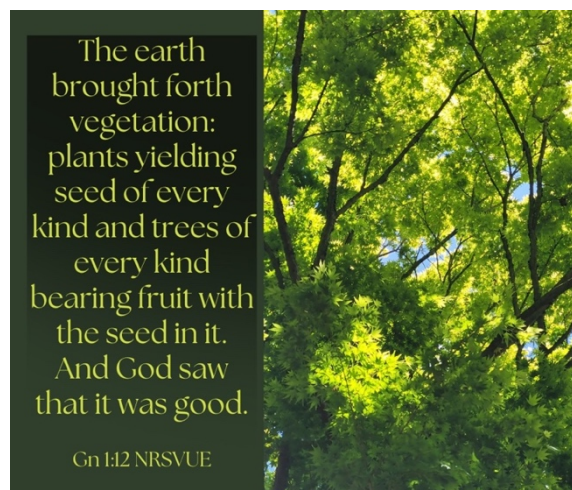
Jen was up in Derbyshire at the weekend - being one of three leaders at Cliff College leading a retreat for those who have had their offers for formal ministry declined this year. She took the opportunity to go to Bakewell - a favourite place of ours - and to visit a small jeweller whom we know will transform earrings meant for pierced ears into ones that will clip on. I have needed to use clip-ons in recent times as my ears got infected a few years ago.



I delved into a drawer last week and retrieved several favourite earrings from years ago that I have not been able to wear more recently: blue spiral ones given to me by a special friend (who died in her early 60's), replicas of Viking longships bought on Iona, circles with little malachite balls acquired from a silver shop in Cambridge, special red and black ones that I have hardly ever worn. On Jen's return, it was very exciting to see these, and others, all transformed into earrings that I can wear – I was very pleased!

## A thought for the day?

It occurred to me (and I really thought this, not just for Facebook!) that, when I have 'sat down' (retired in Methodist speak) it will be like having a different attachment. I will still be me but attached to the church and community in different ways. I am hoping that my self-identity and self-image are sufficiently clear to make the transfer without too much angst or emotional trouble... What attachments do any of us have, and are we still ourselves if the attachment is changed?





### **A thought from Aileen Fox:**

In my bedroom one morning recently, I saw a flurry of wings and a large shape pass by the window. Ready to shoo whatever it was off my conservatory roof; I went to the window in time to see a pigeon aiming for the lilac tree nearby. The rather large bird attempted to perch on the tree whilst the branches swayed looking ready to snap. It didn't look secure but Mr/Mrs pigeon was quite content shuffling around until it could reach an area with lots of green flowers. I was struck by its focus, the way it sought to ensure it had somewhere to rest whilst it ate. It had adapted quite quickly to its surroundings.

As Christians perhaps we should follow a similar idea, look around us and see what is needed and adapt to the community. For the pigeon it was somewhere with a food source where it could rest and eat safely. In and outside our Churches there may be community needs that we have missed, simple things that would make a huge difference to someone and help us to show God's love in action.



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Please pray for the congregation and community in Wendling





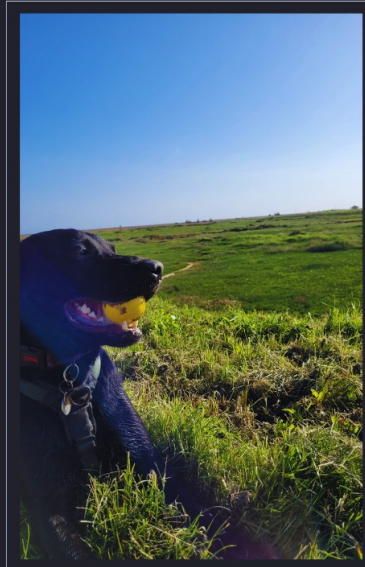
### A Thought for the Day from Deacon Jen:

I needed to go to March yesterday, for a pastoral reason, so I put on the Satnav and duly followed the instructions. The route took me along roads that I didn't know and I appreciated the views around me (although I also made sure I didn't drive into any ditches at the side of the road!). I particularly noticed the huge skies around there. This made me think of the hymn 'There's a wideness in God's mercy'. The sky seemed to go on for ever – as does God's love. So, I thought of taking a picture purely of the sky. But then, on my return, I came to the bridge near Downham Market and noticed I could see the sky and its reflection in the river. So, I took a photo there to share with you. The reflection only shows a little of the sky. But it does enhance it. So, it is with us. We are called to reflect God's mercy and love. We reflect just a little, we do our best. Then we can let God transform it to something truly beautiful.



God made the wild  
animals of the  
earth of every kind  
and the cattle of  
every kind and  
everything that  
creeps upon the  
ground of every  
kind. And God saw  
that it was good.

Gn 1:25 NRSVUE



### **A thought from Pippa Cook:**

Life is always so busy, isn't it? Well, it is for me. And just when I think I might have a moment or two, something else pops up and needs to be done.

When the story was told about how the world was created, woven into that story was that God rested on the seventh day. When God gave the commandments to Moses on Mount Sinai, the fourth of those commandments was that on the seventh day we should rest. It is so important to take that time, away from the busyness of life, to rest, do different, be ourselves and listen to our bodies and to God. It doesn't have to be a Sunday, but we ought to try and make it regular.

It's not always easy, and we don't always do it, but we shouldn't feel any guilt in saying 'No'. Otherwise we will exhaust ourselves and be little use to anyone.



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Please pray for the congregation and community in Walsingham





**Rev Anne writes:**

I'm writing this before I go on my annual leave. We all need time to switch off and relax, just to be! Maybe you're really busy today? Enjoy a moment to stop and enjoy this little video clip! Taken in the woods at Bawdeswell Common, enjoy the sound of the birds and the sunshine through the trees! May God bless you in this quiet moment and refresh your soul.



Screenshot from Rev Anne's video.

If you'd like to watch it – here's the link

<https://www.facebook.com/CentralNorfolkMC/videos/1796949790826088/>

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God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Gn 1:25 NRSVUE

Today  
we pray  
for love  
and  
peace to  
be your  
guide



### Thought for the Day from Rev Jacqui:

Jen and I had a day in Hunstanton on our day off last week. We walked to the ruins of St Edmund's Chapel which we have done before but, in the blue sky and the sunshine, it seemed alive with history and spirituality and possibilities. I took photographs and noticed the rather obvious fact that where you stand affects what you see. Stand in one place and it looks as though there is nothing through the arch. Move along not very far and, suddenly, there is a lighthouse immediately behind! Perhaps this is like life and it matters where you stand as to what you see?





### **A thought from Aileen Fox:**

I hadn't noticed!

A bank holiday and the plan was to go to Pensthorpe with family members travelling to Norfolk for the day. Whilst sunny in Bedfordshire and Suffolk, in Norfolk there was rain and had been since early on.

Felbrigg National Trust House was our last-minute choice. I love going round the house but as a more frequent visitor I go round quicker than those seeing it for the first time. Waiting for the others in one of the sitting rooms I began to look closer at things and spotted stained glass at the top of the windows. I took a photo and on closer inspection later, I saw that 3 of the panes depicted Mary and Elizabeth, then Mary, Joseph and Jesus with the other one showing three Kings. I think I had vaguely spotted the glass on other visits but because I had stopped and taken a photo, I had actually seen what was on the panes.

So often we rush on and just give things a fleeting glance.

Perhaps we need to look at things a little more closely. I love the poem 'What is this world if full of care, we have no time to stand and stare'. We have a wonderful world, we need to stop, look and care for it.

Thank you, God, for all your gifts to us.

