

# Central Norfolk Methodist Circuit

## Facebook Posts

### August 2024

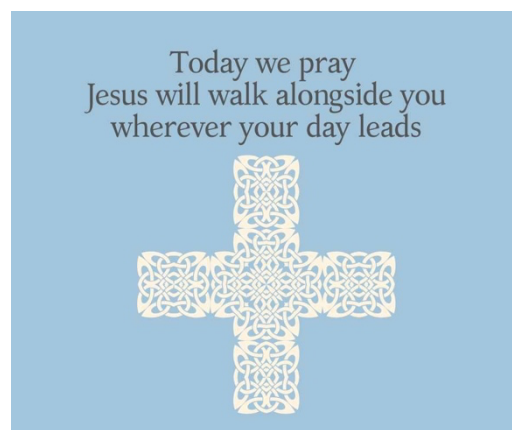
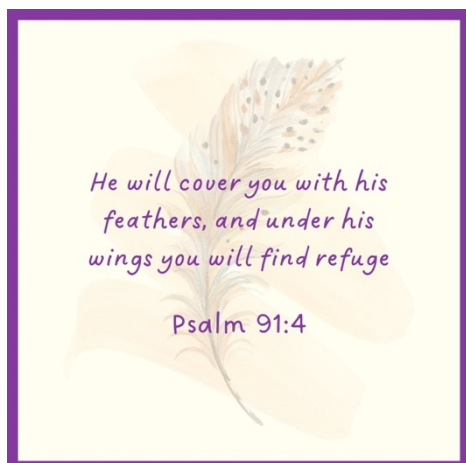
**Rev Anne writes:** Just before I moved last week, I was cleaning the fridge out. I'd steadily used up most of the things in there but I'd waited till the last minute to turn the fridge off. It was getting late, and I was getting tired and grumpy, but as I cleaned, I thought how nice it would be to go shopping and get some fresh foods. And then how fortunate I am that I can go and choose something myself. Just that little thought started to change my perspective.

For everything that happens, and each situation, we always have a choice in how we respond, don't we? If we believe in God's love and grace at work in our lives, we have even more reason to have the best perspective!



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Please pray for the congregation and community in Gressenhall



### **A thought from Rev Jonny:**

“Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognise them.” (Matthew 7:17-20, NIV)

Jesus often spoke about good and bad fruit in relation to our following him. It was a straightforward way for him to speak to people and show, quite simply, what is good and what is bad. You know a piece of fruit is bad when you bite into it, and, equally, you know it is good as well.

Last night, we had Zoom session on neurodiverse awareness, which was led by Revd Jonny Bell. A part of the session involved us to reflect on this idea of good and bad fruit. Exploring what it looks like to bear good fruit when we include people, and vice versa with what it looks like with bad fruit by not including people.

For us, as a justice-seeking Church, how are we producing good and bad fruit? How are we including and excluding people? Or, put in a different way, how are we building community, both with those in the congregation and in the communities we live in?



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### **A thought from Dee Moden:**

Hymns are my ‘Thing’ I have always loved hymns and they have played a big part in my life and you can find a hymn suitable for all occasions. Clever hymn writers manage to emphasise and bring meaning and clarity to Bible passages. Sometimes they are written specifically for a certain passage of scripture, and others encompassing many aspects.

I am very particular about the hymns I choose when preparing my services, I like them to ‘fit’ the readings and enhance God’s message. Hymns can be sung in many ways, gustily, prayerfully, or said collectively as a prayer or meditation.

One of my favourite hymns is in Singing the Faith, 504 ‘May the mind of Christ my Saviour’ written by Katie Barclay Wilkinson.

In this world of change, doubt and conflict these words help me focus on the important things, every verse highlighting different aspects helping us to grow in grace, strengthening our faith and commitment. I recommend having a hymn book by your side, and I am sure you will be surprised how relevant it is on a daily basis.

May the mind of Christ my Saviour  
live in me from day to day,  
by his love and power controlling  
all I do or say.

May the word of God dwell richly  
in my heart from hour to hour,  
so that all may see I triumph  
only through his power.

May the peace of God my Father  
rule my life in everything,  
that I may be calm to comfort  
sick and sorrowing.

May the love of Jesus fill me,  
as the waters fill the sea;  
him exalting, self forgetting -  
this is victory.

May I run the race before me,  
strong and brave to face the foe,  
looking only unto Jesus  
as I onward go.

Katie Barclay Wilkinson (1859-1926)



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#### A thought from Aileen Fox:

Communicating accurately is vital whether its for an appointment or passing on important news. We've all seen how misinformation is easily spread whether unintentionally or maliciously.

Our hearts go out to all following the tragedy in Southport. And we pray for peace in so many troubled areas, that love will overcome hatred.

Technology is useful but it can also be used for the wrong purposes whether mistakenly or maliciously..

I'm sure we all think we would not mislead anyone. Late Saturday afternoon I received a phone text reminding me that my car servicing was overdue and I needed to book.. I replied back to the text with dates. A text came back saying I needed to telephone or go online. Online I filled in the form and received an email back confirming the date and time with all the relevant details on. At 9am on Wednesday at the garage I was told there was no booking. I explained and showed the email I'd received and the receptionist said she would investigate and found a slot for the service.



It turned out that I had been texting a computer bot -Artificial Intelligence, not contacting a real person. The garage are still investigating as they were unaware and have no idea how this all happened plus it caused disruption to everyone. Just think if it had been a really vital appointment or many miles to travel...

May we take care in our conversations, and how we use all the gifts we are given. Lord help us to show your love in all circumstances however difficult.



Please pray for the congregation and community in Hingham



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### The Methodist Church

We've all witnessed what happens when hate comes before love. That's why we're encouraging everyone to [#SeeTheLove](#)

Across the UK we have seen misinformation breed separation, unrest and destruction. But we know there is a better way.

Use this film as a chance to reflect and pray. Download the video file at <https://vimeo.com/996169531>

Why not share your own video, saying 'See The Love' with us using the hashtag [#SeeTheLove](#)

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### A thought from Rev Jonny:

On Sunday, I sat in the garden drinking my coffee and having my morning prayer and there was something quite special about that moment. Recording it on my phone did no justice to it at all. However, the air, the light, the sounds of the birds, bells and neighbour's dog, the flies darting around in the morning sun; it felt like a glint of heaven. It was like a snapshot of what could be and what will be.

Click here to see the video on Jonny's post: <https://fb.watch/tYfwvtNBuo/>





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

When we are travelling from the coast through Binham, we always look for the shiny pipe. We were introduced to it by our neighbour who often used to take the children out to Stiffkey and on the way back always told them to look for the shiny pipe. It's just a waste pipe, taking dirty water to the drain, but it is made of copper and has been lovingly cleaned and polished so that it is easily noticed.



I wonder if I should be a shiny pipe, in my words and attitude, so that people look out for me and are pleased when they see me.

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### **Rev Anne writes:**

I noticed these seed heads. The sun was on them - they were shining brightly! As the wind blew, they gently swayed and some of the seeds started to drift off. It looked effortless! Made me think of how we, as Christ-followers, are called to reflect the light of God and to allow the Holy Spirit to move us wherever God wants - seed sowers of love and light. We seem to make hard work of it sometimes!

Praying regularly for friends, family, neighbours and our community, we will already be open to the wind of the Spirit. Worshipping and praising God regularly will keep us shining! Perhaps it needn't be as hard as it seems?



Please pray for the congregation and community in Holt



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### A thought from Rev Jonny:

Seb and I went to a 'pick your own' for sunflowers, just outside Walsingham. They planted 9 million sunflowers seeds!!! As you can see, the sunflowers spread over acres and acres, it was quite a sight to see all these flowers looking at you in the bright summer sun.

These moments are fleeting, as the flowers will fade and wilt away, but God will endure forever (Isaiah 40:8). There is a contrast between the quick, temporariness of the sunflowers and their sheer quantity. It looked as if they went on forever to the horizon, but they still don't compare to the immensity and scale of God's infinity and eternity. So there is another contrast to the sunflowers being finite (both in number and time) and God's infinite being.

How do we understand God? God's greatness is unsearchable (Psalm 145:3) and God's ways are not our ways (Isaiah 55:8-9). So we cannot understand God through this way, this route of understanding Godself.

So how can we understand God? How do you understand and connect with God? Write a comment below reflecting on this.







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### A thought from Dee Moden:

As we were travelling along the other week, I noticed a road sign I had never seen before, it said, Ride to arrive – No need to speed!

This reminded me of a treasured book I have, 'The Pilgrim's Progress' by John Bunyan, given to my Grandma in 1901 when she was 11 for good attendance at Sunday School.

The author himself had had quite a colourful journey through his life, and had written this book whilst prisoned for 12 years, in King Charles II time, for preaching in other places rather than in a church. In the book Christian, in a dream, goes on a journey to reach the heavenly Kingdom and, as we do, he encounters lots of pit falls, takes wrong turnings, as we also do, and meets many different people on the way. This was quite a journey "From this world to that which is to come" and very heavy reading for an eleven-year-old!

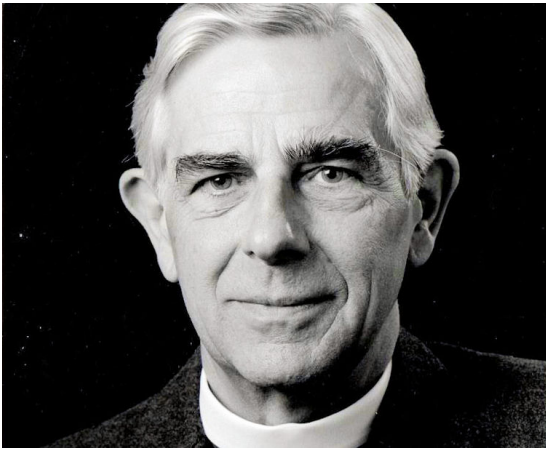


We often live our lives at such a pace, not taking time to embrace the, maybe small, but important things. Lockdown, in the throes of Covid, highlighted and taught us to slow down and appreciate the things that really matter.

As we continue our different journeys think about this sign and 'Enjoy the ride.'







**Rev Timothy Dudley Smith** died last week - a prolific hymn writer.

May he rest in peace and rise in glory.

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A thought from Aileen Fox:

### **Proud as a peacock**

I think we all know the saying 'as proud as a peacock' there they are displaying their feathers, though sometimes they decide not to as you try to photograph them. Interesting that in my photos the white feathered birds were very keen to show off but the other colourful feathered birds were not interested and wandered off.

I wonder if we are sometimes a bit like peacocks, keen to show off, be seen and admired to an audience? It can be easy to be the one out at the front, leading, directing, but are we always ready to be behind the scenes, putting the chairs or tables away, washing up, or cleaning the floor at the end of an event? Help me Lord to be behind the scenes not always in front of an audience.

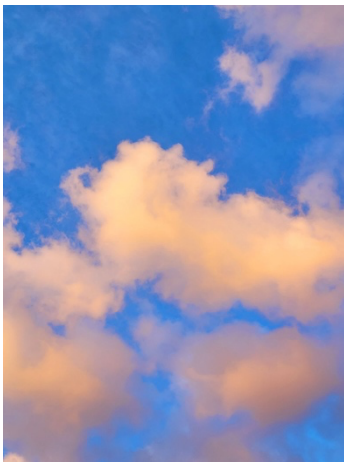


Please pray for the congregation and community in Litcham



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**Rev Jonny writes:**



I took this photo at sunset, with the low sun touching the few clouds that were hanging in the sky. The colours and the forms in the sky made it not look quite real. The clouds were translucent and looked as though they were glowing rather than just reflecting light.

I find comfort in sights like this, the wonder and the scale of scenes help me put things into perspective. The anxieties of life and for life melt away and are put into the scale of all creation. Whether it is that unsent email as a small pressure, or the tumult of the world as a large, insurmountable pressure, placed into the embrace of God and creation helps me to prioritise what is important and what I can do. It helps me to let god and give to God what I cannot do or what is not mine, and know that God remains in all things and at work in all things.

What helps you put things into perspective in your life? Is it a scene like this? Is it music, poetry, time spent with loved ones, or something else? Share with others below by commenting on this post and see if others resonate with you at all.

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Our new District Chair Rev Helen Hollands along with her husband Roy at the Welcome Service held on Sunday.







A thought from Pippa Cook:

### **A Rainbow of different thoughts**

Red – Whom have I hurt by my words or actions?

Orange – Who has felt the warmth of God's presence in me?

Yellow – Who has seen the Light of God in my face?

Green – Whom have I helped to grow in faith?

Blue – To whom have I been cold and indifferent?

Indigo – Who is understanding deeper things because of me?

Violet – Who knows the power of God's love in everyday life because I live it?

Clear – Who knows forgiveness because I have shown the Jesus?

Rev Anne writes: Moving always involves a lot of sorting out - not least where to put your pictures up! The previous occupants had a lot on the wall, but I don't have many items, so there were pins (and one or two holes!) around the walls. To cover them, I needed to match the wall colour, so I went off to a well-known DIY store to get some paint charts and tried to match it - near enough! If you visited, you probably wouldn't notice the odd little patch which is a slightly different shade - and some of them have covered beautifully - but I didn't get the colour right for the bedroom!!



We all have unsightly things about our lives that we keep covered up. It's human! But many of those things can be released through the work of the Spirit of God in our lives. We can experience freedom in God. May we trust in Jesus Christ, whose blood covers our sin. Praise be to Him!