

Central Norfolk Methodist Circuit

Facebook Posts

July 2024

Please pray for the congregation and community in Beetley

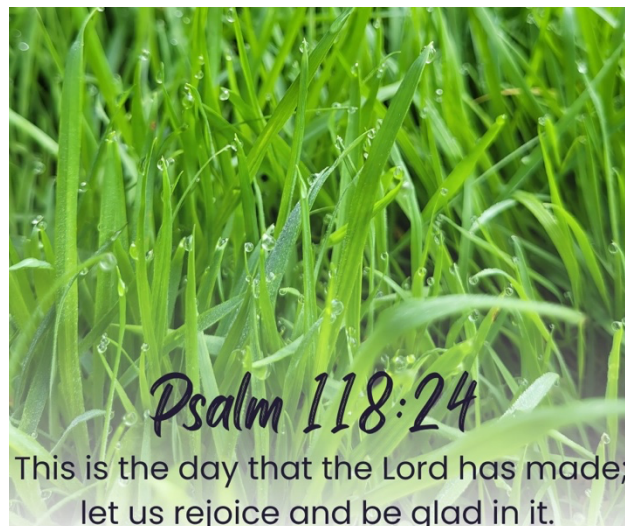
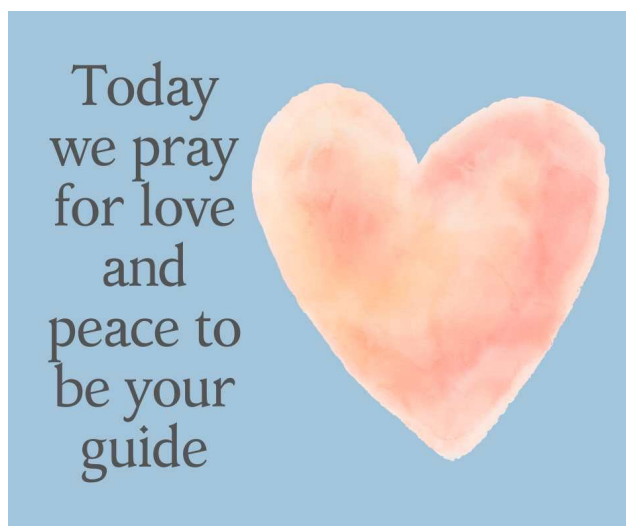


A Thought for the Day from Deacon Jen:

Yesterday morning I was ready to go to the first session of business at the Methodist Conference (where she is a representative from East Anglia - ed). As it is my first Conference, I was keen to get there in good time, find out where I was sitting, make sure I had all the right paperwork with me. All these things seemed very important. As I entered the building where Conference is being held, I saw a couple of people that I know sitting on the floor. As I got nearer, I realised that they were looking after someone who was lying down. I then realised that the person in trouble was a Deacon and a personal friend. From that point, all other concerns disappeared and my focus was entirely on my diaconal friend. I ended up accompanying her to the hospital - she is now being well looked after and will return home today.

As I sat waiting for my friend to have various tests, I reflected on how easily we get caught up in worrying about small details. What really matters is our relationships, our care for one another, and our sharing in all the challenges that life brings.





Rev Anne shares this from the Joint Public Issues Team:

Election Day Prayer

God of all power, on this election day be with us as we love, pray and vote. We pray for our country, for voters, for candidates and their teams, for election officials, and for a safe, free and fair process.

We pray that choices will be made with wisdom and actions will be guided by love. And as Jesus taught us, we pray that your kingdom will come and your will be done on earth as in heaven.

Amen

A prayer for after a General Election from the Methodist Church:

God of justice, love and grace we pray for all who stood as candidates in the General Election. We pray for all who will now take up their seats as Members of Parliament, for our newly elected Government, and for those parties that will serve on the opposition benches.

May all who serve in Parliament do so with integrity, with care for the most vulnerable, and with concern for the common good. We pray they will be filled with compassion, wisdom and mercy.

May every member of the Government seek to do what is right, for the benefit of all.

We pray for all parliamentarians, their families and supporters whatever their beliefs, for those of all faiths and none. We pray for their safety and for the flourishing of all.

In your mercy, hear our prayer.

Amen

A thought from Dee Moden:

As I was packing for our holiday and deciding what to take, thinking of all eventualities. I still realised that I would be bringing back things that I hadn't worn! Yet I kept thinking 'What if'

This reminded me of a story the Chair of District, in my previous Circuit told us:

He was travelling on a short trip abroad and he wanted to get everything in his flight bag so he could make a quick getaway. Going through baggage control his flight bag was weighed and found to be too heavy! So, he took some things out and put them in his pockets – still too heavy! He took a book and some socks out filling more pockets – still too heavy! He then took his jumper out and put it on feeling very hot and extremely uncomfortable, but determined to win, the case was declared just right. With a shout of triumph he went heavily and sweatily through to get on his plane!

Is that what we do with our baggage, worries and concerns? Things that we are reluctant to let go of, do we just put them into other compartments of our lives weighing us down, thinking we can cope? This hymn, by Joseph Medlicott Scriven says it all.

"What a friend we have in Jesus all our sins and griefs to bear! What a privilege to carry everything to God in prayer."



Please pray for the congregation and community in Trinity, Dereham



A Thought for the Day from Rev Jacqui:

As many people know, Jen and I have been getting rid of a lot of 'stuff' prior to moving in two weeks' time (and greatly downsizing). Recently, I was idly looking at a small picture of a beach in Guernsey that had come from my parents and thought 'We don't need to keep that'. In my mind, it was already in yet another bag for the Charity Shop. Then, I looked more closely at the writing on the bottom of the picture: 'Ladies Bay'. 'Ladies Bay! I can't get rid of that!' That particular long bay on the north-west of the island includes the beach at the headland of Chouet which was my dad's choice for taking my sister and myself swimming after school in the Summer. It is my favourite place in the world and where I have said I would like my ashes scattered when the time comes!

I looked at the painting again. Chouet is in the middle of the picture and you can see the rocks on the beach where we used to climb (when the tide was out) to reach the small pool in the middle. How could I possibly get rid of this particular small picture??

Thought for the Day - our attitudes can change dramatically when we look more closely at things or pay particular attention to places, people, situations. How often do we miss things because we have only briefly considered them?



A thought from Aileen Fox:

Wonderfully made...



I love wandering around Pensthorpe Nature Park and in early May there were nesting birds and baby chicks. The Bluebells were still bright and other spring flowers were starting to appear. I had gone early to enjoy the peace before crowds descended for the CBBC celebrity character arrival. It wasn't sunny but there were stunning reflections and many different birds, all sizes and colours.

As I was about to leave, I came across the brown duck. At first glance just a brown bird, but closer inspection and there were variations of brown and patches of white all blending together. The duck was relaxed not quite asleep, but reminded me that we are all fearfully and wonderfully made. However, we compare ourselves to others; we are never satisfied about our weight, our looks, our hair style, or even our clothes. Yet each of us has special characteristics, talents and gifts, we are unique. This duck was a reminder, she did not have the bright colour of other species but in her own way she was still beautiful, content

and at peace. Perhaps we too should accept and rejoice in who we are. As the song goes God loves everyone and God loves me!

Please pray for the congregation and community in Fulmodeston



A final Thought for the Day from Deacon Jen (before moving on):

These acers have been moved away from the place they have occupied in the garden for the last 5 years. They are ready for the removals men to put them in the van. Looking at them I realised how much they have grown and have flourished. As I am writing this, my last Thought for the Day, I feel that I too have grown – not literally! – and flourished during my time here in the Central Norfolk Circuit. Of course, there have been challenges along the way but there have also been many times of deep satisfaction and joy. It is often through hard times that we grow, though we may only realise that at a later stage. The times of joy are when there is a sense of deep sharing and commitment with people I have come to know as my friends. So, I want to thank you for all those times. Just as the acers are coming with me, you will come with me through all the memories. I will pray for you all for a future in which you too can continue to grow and flourish.



A thought from Rev Jonny:

"And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon all his glory was not clothed like one of these." (Matthew 6:28-29, NRSVUE)



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A thought from Dee Moden:

Jesus' commandment is to love your neighbour – he also says, "Come, you who are blessed by my Father, inherit the Kingdom prepared for you from the creation of the world. For I was hungry, and you fed me. I was thirsty, and you gave me a drink. I was a stranger, and you invited me into your home."

When I was small there was a 'wanderer – tramp – nomad' that used to come into our village every few months, and he would sit in our back yard and my Mum would give him something to eat and drink. I was a bit wary of him but she quoted the words of Jesus. This is how I was brought up.

So recently on holiday, in the beautiful Island of Majorca, we were told categorically to ignore, and never respond to anyone asking for money 'just' to buy a coffee, or a seemingly poor old lady selling a flower tugging at your heart strings! This of course seemed alien to me, but, it was a trick and someone would come from behind and rob you! This had been done many times and kind people had fallen for this trap.

This was a stark warning! It isn't always easy being a Christian, is it?



Please pray for the congregation and community in Garvestone



Today we pray you will be like
sunshine to those around you



A thought from Rev Anne:

St Piran's church in Trethevy, Cornwall occupies the site of a small oratory where a Celtic saint, St Piran, chose to spend time alone with Christ.

I noticed the key hole of the present church is shaped as a cross.

Paul reminds us "For the message of the cross is foolishness to those who are perishing but to us who are being saved it is the power of God." 1 Corinthians 1:18.

Where can you see the power of the cross at work in your life? What doors does it open?



A last Thought for the Day (for Tuesday) from Rev Jacqui:

I have always slightly envied people who know where they come from, where their real home is. Many people in Norfolk have lived in the same locality all their lives and they are rooted here. I have never had the blessing of knowing where I come from - my parents moved from London when I was 2 and from Guernsey when I was 8. I don't feel I come from either of those places. Neither do I come from Suffolk (Sudbury) where we lived until I was 18.



Since then, I have lived in 10 different places, for differing lengths of time. But actually, I feel content and always feel at home in the place where I am living at the time. For the last 5 years that has been Swaffham and the surrounding area. But the time has come to leave, and 'home' will move with me - like the snail with its home on its back!

However, Jen and I will always be grateful for this experience of living in central Norfolk (the place, the Methodist Circuit, and the people). We will remember all three with deep affection and with gratitude. Until we meet again, Jacqui.



A wave goodbye from Jacqui and Jen after their Farewell Service at Swaffham on Sunday. If you'd like to watch the service - we have put it on our website:

<https://centralnorfolkmethodistcircuit.org.uk/latestnews/circuit-events/>

Please pray for the congregation and community in Great Ellingham



A thought from Aileen Fox:

Taking time to sit quietly



Like many people I rush around and wonder where the time has gone. However busy we are we need to stop and just take in our surroundings. It had been a particular busy time lots of things to do with a deadline. Goodbyes to say and ensuring future plans were in place.

A beautiful sunny day and on my way home I was due to pass the road to Castle Acre. Whilst having plenty awaiting me at home I felt a bit like Mole in Wind in the Willows, who wanted to forget spring cleaning! I turned off to Castle Acre and found myself near the green and opposite a tearoom. Once I'd indulged in brunch, I set off to walk to The Priory, free entrance as an English Heritage member. I sat amidst the ruins and watched the world go by. Peaceful with a few children enjoying time with their families, the sun shining. I just sat and gazed at the ruins and their majesty still. I recharged, enjoyed the sun and the atmosphere, I needed this time to be alone.

Jesus always took time to go alone to a quiet place, pray and be away from the demands being made of him to heal, teach and discuss the law. We too need space to take stock and just be still and quiet away from the busy world.

From Rev Jonny:

With the tragic events in India's Kerala state, how do we understand these verses from the psalm? With natural disasters like landslides becoming more and more likely with climate change, how do we use and understand passages like this?

In my distress I called to the Lord;
I cried to my God for help.
From his temple he heard my voice;
my cry came before him, into his ears.
The earth trembled and quaked,
and the foundations of the mountains shook;
they trembled because he was angry.
Smoke rose from his nostrils;
consuming fire came from his mouth,
burning coals blazed out of it.
He parted the heavens and came down;
dark clouds were under his feet.
He mounted the cherubim and flew;
he soared on the wings of the wind.
He made darkness his covering, his canopy around him—
the dark rain clouds of the sky.
Out of the brightness of his presence clouds advanced,
with hailstones and bolts of lightning.
The Lord thundered from heaven;
the voice of the Most High resounded.
He shot his arrows and scattered the enemy,
with great bolts of lightning he routed them.
The valleys of the sea were exposed
and the foundations of the earth laid bare
at your rebuke, Lord,
at the blast of breath from your nostrils.
(Psalm 18:6-15 NIV)

