Highlight church items wanted or for sale

There is a new area on the Diocesan website where parishes can list items which they no longer need and another parish could benefit from; everything from hymn books, altar frontal, chairs/pews, organs etc. To add any items wanted, for sale or free to a good home contact Caroline Rawlings on 01603 882351 or caroline.rawlings@dioceseofnorwich.org

Please note: Faculty permission may be needed to remove or introduce items of furniture into a church.

www.dioceseofnorwich.org/classifieds

Promote your regular church activities & groups

We want to highlight the church’s engagement in the local community and let people find activities near them - everything from Alpha courses, parent & toddler groups, Messy/Café Church, arts & creative groups, choirs and more.

Add your church’s activities and groups to our map of Norfolk & Waveney on the web so visitors can find your church groups. Go to the web address below, scroll to the bottom right, and click on ‘Add your own activity’.

www.dioceseofnorwich.org/map
From the Editor

You cause the grass to grow for the cattle and plants for the people to use, to bring forth food from the earth, and wine to gladden the human heart, oil to make the face shine and bread to strengthen the human heart. Psalm 104 v 14

I love food; cooking it, eating it, at home or in the occasional treat in a restaurant or café, enjoying it with friends and family; trying new things in different places. The smell or flavour of a particular dish can take you instantly back to childhood or significant occasions. Food can spell home or happiness. Lack of it can spell the opposite.

While pulling together this issue I came across conflicting voices about the possible ways to plan for the future of our world food security. We need to think through the implications of the choices we make with the food we eat. We have become increasingly disconnected with where our food comes from and how it is produced. But buzzwords such as sustainable, genetic modification, humane, factory farming, organic can provoke strong emotions and opinions and deafen the ears and heart to look at possible solutions for a way head. Pointing fingers cannot join hands to work together.

In Norfolk and Waveney we have a rich heritage of farming and food production and that’s demonstrated in this issue. The main feature by Lorna Allies reflects on how we can nurture and re-establish our connection with food through a simple age-old cycle of worship. Henry Cator speaks of science and agriculture working together in the Comment article and the Thornham Allotmenteers work at the other end of the scale to share food with their local community (pg 29). Angela George considers the impact of eating disorders on our young people (pg 26) and Peter Nicholls takes a very practical look at how we can choose to eat more sustainably (pg 13).

Not only food, but life experienced in all its diversity is reflected in these pages. I hope it leaves you hungry to discover more and to consider how God might be asking you to respond.

Blessings,

Barbara Bryant
Editor

Contents
THE MAGAZINE | SEPTEMBER–OCTOBER 2015

4 COMMENT: Henry Cator – Give us this day our daily bread
5 PAUSE BUTTON: Richard Butler – Food for thought

6 FEATURE: Food, farming and faith

11 HOW TO: set up a F.I.S.H. club
14 Bread Church – making community
17 LISTINGS: what’s on, fresh events & prayer calendar
27 FRESH: Fairtrade food
28 A Sri Lankan harvest
32 Shared conversations – human sexuality
34 NEWS IN BRIEF: updates from across the Diocese
36 OUT & ABOUT: Parish snapshots
38 FLIPSIDE: Diocesan people but not as you know them

Get in touch
01603 880853 (Editor)
barbara.bryant@dioceseofnorwich.org
Diocesan House, 109 Dereham Road, Easton, Norwich NR9 5ES
www.dioceseofnorwich.org/magazine
facebook.com/dioceseofnorwich
@DioceseNorwich

The absolute deadline for the next issue is 28 September and the theme is music and worship
‘Give us this day our daily bread...’

“Only by investing in our world class agri-science resources, and delivering knowledge and technology into the agricultural sector will we be able to meet the challenge of sustainable intensification” Sir John Beddington President of the Royal Agricultural Society of England and author of the Foresight Report.

We are proud of UK agricultural research institutions and scientists, rightly believing them to be amongst the best in the world. Examples here in Norfolk include the John Innes Centre, the Institute of Food Research and the Adapt Low Carbon Group. However, our infrastructure, in its current form, will struggle to meet future challenges.

As food for thought:
- Can nine billion people be fed?
- Can we cope with the demands in the future on water?
- Can we provide enough energy?
- Can we do it all, all that, while mitigating and adapting to climate change?
- And can we do all that in the next 15 years?

I believe some of the ways we will achieve this is through a number of combined actions:
- Establishing and disseminating best practice in every aspect of animal health and welfare.
- Improving the technical performance of UK farms.
- Reducing the UK’s dependence on imported food thereby improving food security.
- Reducing waste at every point in the food production, food processing and consumer chain.
- Encourage a greater link between food and health, and how food interacts with our bodies. Science may be used to make healthier foods and develop ground-breaking therapies.

The motto of the Royal Agricultural Society of England in 1837 was: ‘Practice with Science’. This was in response to the need to feed an increasingly urban population at the time of the Industrial Revolution. The wheel has come full circle, as it often does in agriculture and now there is a need to feed a world population which is increasing at an unprecedented rate. There are more people living on the planet than have ever died.

To meet these challenges we need to reconnect the pipeline of knowledge-sharing between applied research and the farmer. This is a two way communication, as so much of innovation starts on the farm and is then solved by working with science. We in Norfolk seem very well placed to emulate our forebears who heralded pioneering advances in their day: Coke of Norfolk at Holkham,

‘Turnip Townshend’ who all realised the importance of rotations to nurture our soils and the improvement of livestock to maintain soil health and vitality.

I have always believed that so much more can be achieved by working in partnership. Now is a time for farmers and scientists to work together to meet the challenges that present an increasingly global threat and to protect God’s creation and the biodiversity of the land so we can reap future harvests. To ensure we can do that, we need to protect our water supplies, nurture our soils and encourage our farmers to be stewards and custodians of the future.

Henry Cator OBE, FRICS, FRAs, FRAU, DL, is Chairman of the Royal Agricultural Society of England (BASE), and Chairman of Innovation for Agriculture (IfA). He is a past Chairman and President of the Royal Norfolk Agricultural Association. Henry is also a Lay Canon of Norwich Cathedral, and Chairman of Trustees for the Norwich Cathedral Trust.

Henry Cator OBE, FRICS, FRAs, FRAU, DL, is Chairman of the Royal Agricultural Society of England (BASE), and Chairman of Innovation for Agriculture (IfA). He is a past Chairman and President of the Royal Norfolk Agricultural Association. Henry is also a Lay Canon of Norwich Cathedral, and Chairman of Trustees for the Norwich Cathedral Trust.
The opportunity given by the editor of The Magazine to pause for thought enables me to reflect on a world where we have so much. So much food, so much water, so many resources and yet at the same time so many with hunger and so many who thirst.

Not many weeks go by, without there being on our televisions and radios and highlighted in editorials, descriptions of the many people across the world that are facing starvation or want for clean water and yet here in the Diocese of Norwich as well as every other Diocese across England we have so much. We read in our daily newspapers of the amount of waste that each of us generates through not using our shopping wisely showing the imbalance of a world where God has provided so much bounty, yet it is not shared equally.

The Church of England steps forward on so many occasions undertaking social action in providing food banks, food for those in need of shelter and homelessness on the streets of our cities and towns and, when Janet and I lived in Lancashire, providing soup and sandwiches for the women and children of miners during that long, drawn-out miners’ strike. We, as Christians, have always been prepared to take some action and the provision of this support is but one example.

Here in the Diocese of Norwich we live amongst the farming community in one of the most productive areas of the United Kingdom. So many of our farmers are practising Christians, bringing their faith to their profession and joining in the many examples of Christian action such as sending lorry loads of hay to those hit by the floods during 2014. It is a pleasure to join in the harvest festival celebrations in our churches and in our schools where we engage people in understanding the need to thank God for what we have been given, but also to remember the need for us to share what we have with others.

We know of numerous examples across our parishes of donations being sent abroad in response to disasters where food and clean water is at the top of most people’s agenda as their ability to provide their own has been taken from them.

All this reminds us how important our food production and distribution is and how fortunate we are that God has provided so well for us here in the Diocese. God affords us the opportunity to support others across the county and across the world and the many examples mentioned here show that we do respond. As we come to harvest celebrations, our minds should turn to how we can do more, how our food should give us thought for others and how we should treat God’s bounty. Remember also that we should offer the first fruits to him – Life and all means of Life come to us as God’s gift – a joyous way to demonstrate our love and thanks for all we have.

“...but also to remember the need for us to share what we have with others.”

Richard M Butler
Diocesan Secretary
Norfolk is known as an arable county, growing barley, sugar beet, wheat, maize and oilseed rape, but there is so much more. Writing about the food we grow and produce in Norfolk is like putting together an amazing feast.
The fish dish might include Cromer crab, Brancaster mussels, Norfolk oysters and locally smoked fish with a little of our Norfolk samphire perhaps. On to the meat course and we have many famous breeds of beef, pork, lamb and poultry bred in Norfolk including British White cattle, Norfolk Horn sheep, British Lop pigs and Norfolk Black turkeys. And Norfolk’s selection of vegetables to go with it is on a grand scale. There are acres of potatoes, squashes with names like Sweet Dumpling, and every British vegetable you can think of. Add something hot with Norfolk chillies and our own Colman’s mustard and spice with Norfolk saffron. For dessert we have apples and pears, and a huge variety of soft fruit. The cheeses to follow might include Norfolk Dapple or Binham Blue. Finally, to accompany our meal, there is beer, brewed from the best malting barley, highly commended English wines from Norfolk vineyards, and Norfolk cider.

Jesus used examples of food and farming in his teaching. He fed the hungry when they had nothing to eat (Matthew 14 and Mark 8).

The more you find out about food and farming in Norfolk, the more there is to eat and enjoy. But it seems we know very little about the production of our local food. Three summers ago a survey, commissioned by Linking Environment And Farming (LEAF), found that one in three people didn’t know we grow potatoes, tomatoes or apples in Britain, and only one in ten knew that we grow cherries here even though they were introduced by Henry VIII. The survey also revealed the disconnection many children have with farming and where their food comes from. One in four children surveyed did not know a baby cow was called a calf, a baby sheep was a lamb, a baby chicken was a chick and a baby pig a piglet. Even more startling, five per cent of children in the survey thought strawberries grew in the fridge! There is general dismay that whole generations have lost touch with our land and our food.

Jesus used examples of food and farming in his teaching. He fed the hungry when they had nothing to eat (Matthew 14 and Mark 8). He taught us to say ‘Give us this day our daily bread’ and the Eucharist is central to our Christian belief. So what are the ways in which we can nurture and re-establish our connection with food?

For hundreds of years churches have followed the agricultural year in festivals and services and we should continue this simple age-old cycle of worship. Harvest is second only to Christmas in the numbers of people that attend church and, like all the farming festivals, the diversity of ways in which we can approach these services is amazing. We can link them into a journey through the year which begins in January and runs through until October.

January brings Plough Sunday. It’s all about preparing the soil for growth and is held on the first Sunday of Epiphany. In East Anglia another tradition was Plough Monday. This was the day farmworkers were supposed to return to work after Christmas. Instead they dragged a plough through the street, dressed outrageously in bright clothes with blackened faces to avoid recognition, caused mayhem in the village and performed Molly dancing. As part of heritage classes, schoolchildren can learn Molly dancing today. Take a look at www.mollydancing.com. These Molly dancers are happy to talk to church groups and maybe a few bizarrely dressed and stomping church members would liven up a cold January Sunday.
what is happening there today. There is no planned route but rather a pleasant stroll where they might come upon Belted Galloway cows to give thanks for or pigs in a shed or horses in the field. Revd Canon Sally Theakston, who leads the walk, lets farmers know that they will come by and pray for the farm and its work, and if the harvest is poor then she might be taken to task the following year about those prayers!

Something completely different was introduced this spring by Revd Martin Greenland at All Saints Church in Freethorpe. A Lambing Service was held and, as people walked into the church grounds they were greeted by Izzy, a Norfolk ewe in her pen who was letting her presence be known with an occasional ‘Baaa’. Alex and Ursula Brewer, who took Izzy along, sat in the front pew with an orphaned lamb named Annie. Everyone got a chance to get to know Annie and it was a great reminder of how hard our farmers work early in the year.

Into summer and there is Lammas or ‘first fruits’. Lammas comes from hlafmaesse or ‘loaf mass’ which appears in the writing of King Alfred. It is traditional to consecrate bread made from the first fruits of the field on this day. Whether urban or rural, Lammas offers an opportunity to reconnect with the natural cycle of harvest, to bake bread or perhaps get the whole parish to join in a picnic on a warm August day.

You might even do something totally different in the summer. Gill Hipwell of St Mary’s Church told me about the Denton Cider Festival. Some years ago a group of people noticed that lots of apples were going to waste from the many apple trees around. They decided to do something about this, and providentially a Victorian cider press became available. Everyone worked to collect apples and press them. It’s not a church event, but the whole community comes together and at Christmas mulled cider is served at the Carol Service to celebrate the cider production. There is a bi-annual vintage farming event too, in which the church is also very involved. Gill says that ‘Denton is a village that does food’ and the church is very much a part of that.

Into the autumn and harvest festivals are traditionally held on or near the Sunday of the harvest moon. This is the full moon that occurs closest to the autumn equinox. The tradition of celebrating

---

**There are plenty of places to stop and pray or hear about the history of a farm or field or about what is happening there today.**

---

You don’t have to be in a rural church to celebrate Plough Sunday. Revd Canon Beryl Woods recalled a Plough Sunday service at St Faith in Gaywood. They borrowed an old yoke and farm tools from the wall at The Farmers Arms, Knights Hill. The theme of the service was ‘take my yoke’ remembering the days when oxen were used. Plough Sunday is a link with our farming history and an opportunity, at the start of the year, to reflect on our connection with the earth and all that it produces.

Rogationtide is towards the end of April and was originally so called because of the words in the Prayer Book gospel for the day: “Whatever you ask the Father in my name, he will give to you” (from the Latin rogare, to ask.) Even in 1632 Rogation was known as an ‘old custom’. There were not always clear lines of demarcation between the parishes and during the Rogation procession, when prominent points or boundary stones were reached, boys were rolled in briars and ditches, or thrown in the pond to ensure they never forgot the boundaries. So it became known as ‘beating the bounds’.

In Scarning, the Rogation walkers can join and leave the walk depending on how far they can easily walk and there are prayers for different stages and a picnic at the end. There are plenty of places to stop and pray or hear about the history of a farm or field or about...
Harvest Festival in church began in 1843, when the Revd Robert Hawker invited parishioners to a thanksgiving service for the harvest at Morwenstow in Cornwall.

Whatever agricultural festival we are celebrating it is important to connect with our farmers. Revd Graham Steel in the Flegg Group goes out with the congregation to where they are and that is appreciated by the farmers. He said: ‘It is a two way thing because the farmers know we are thinking about them and people find out and see things they would not normally see.’ He recalled a visit to a farmer who had eggs for hatching and had sent people home with all the double yoke eggs that they could not use and a visit to a potato shed where the farmer explained the different directions the potatoes were headed for. He also recalled a small farm where a young boy demonstrated how to show a cow.

There is a lot we can do to encourage our farmers and to underpin the relevance of food and farming to our churches and to our faith. I was at a farmers’ market in Acle and talked to some of the stallholders. There was a great variety of top quality local food; pies and pastries, rolls and scones, meat pies and local meats, award winning preserves and condiments, splendid locally made cakes, milk, locally brewed beers, vegetables and fruit. I spent a happy morning there but, in talking to the stall holders there and in other farm markets, I learned that there is more we church members can do.

As I purchased a lovely piece of silverside beef, Jane Cargill of Foxley Wood Livestock Farm told me: ‘Setting up a farmers’ market isn’t an opportunity to raise funds for a village hall or a church. It’s about providing a marketing outlet for your local farmers and something for the community.’ Other stall holders talked about how difficult it was to turn up ‘rain, hail or snow’ so that customers could rely on them being there. They were concerned about the time it took to set up, the extra miles they drove to visit farmers’ markets in different parts of our county and the real need for local people to use their farmers’ market if they have one.

While this article is an encouragement to seek farmers and local producers to partner with your church in agricultural festival services, it is also a call to support our food and farming industry. There is an important role for the church in helping our Norfolk producers to sustain their businesses in the long term. Church members should see it as a responsibility to their community and part of their stewardship of the earth to promote and patronise their local farmers’ market or farm shop. Food available in farmers’ markets is generally less expensive than discount supermarkets and it is fresh, top quality food. Farmers’ markets need to be well advertised too and the local church can help in providing details of where and when they are held.

We can celebrate our food and our farming county in thankfulness and praise both practically, in the way we buy and use our food and support our local producers, and prayerfully in our festivals throughout the year.

Lorna worked as Rural Adviser to the Diocese and the Methodist District of East Anglia until 2009 and for three years was Chaplain to the Royal Norfolk Agricultural Association and Royal Norfolk Show. Until early 2014 she was Priest in Charge at Rackheath and Salhouse and has now returned to rural ministry as Associate Priest in the Acle and Bure to Yare Benefice.

“Setting up a farmers’ market isn’t an opportunity to raise funds for a village hall or a church. It’s about providing a marketing outlet for your local farmers and something for the community.”

Joe Caston and Fern Hawkins on Fern’s Let Them Eat Cake stall

Jane Cargill of Foxley Wood Livestock Farm at the Farmers’ Market
Food for thought resources

Learn more

Follow farming news

Tomorrow’s Table: Organic Farming, Genetics, and the Future of Food
by Pamela C. Ronald R. W. Adamchak
Tomorrow’s Table argues that a blend of genetic engineering and organic farming is key to helping feed the world’s growing population in an ecologically balanced manner. Pamela Ronald, a geneticist, and her husband, Raoul Adamchak, an organic farmer, take the reader inside their lives for roughly a year, allowing us to look over their shoulders so that we can see what geneticists and organic farmers actually do.

Honey & Thistles: biblical wisdom for the renewal of farming
Christopher Jones & John Martin, Agriculture and Theology Project
Is it possible to feed the world’s people, and to do so justly and sustainably? Christopher Jones and John Martin believe that it is, but only if our farming is ethically directed by Christian scriptures. www.honeyandthistles.uk

Take action!

Farmers’ Markets
Support local producers by shopping at your local farmers’ market. Find a list of all food and farmers’ markets across Norfolk here: www.visitnorwich.co.uk/eat-and-drink/food-markets Or find out if your church could host one.

Open Farm Sunday
An opportunity for everyone, young and old, to discover at first-hand what it means to be a farmer and the fabulous work they do producing our food and managing the countryside. Take time to listen to the birds, soak up the scenery, experience the smells of the farmyard and really get in touch with the land that feeds us. www.farmsunday.org

Spring Fling
Take your kids or grandchildren to the local Spring Fling at the Royal Norfolk Agricultural Association Easton showground for a fun-filled, educational day out in the Easter Holidays to learn more about food, farming and the countryside. www.rnaa.org.uk/spring-fling, 01603 748931

Apple Day
Run an Apple Day event, celebrated on or around 21 October each year. For ideas see www.commonground.org.uk/projects/orchards or visit a local event – here are two happening in Norfolk:
- Oxburgh Hall (National Trust) Sunday 11 October 10.30am-4pm 01366 328926, www.nationaltrust.org.uk
- Gressenhall Farm & Workhouse (Norfolk Museums) Suandy 18 October 10am-5pm 01362 860563, www.museums.norfolk.gov.uk

Celebrate the seasons

Common Worship: Times and Seasons
Seasons and Festivals of the Agricultural Year
Both available on the Church of England website here: https://goo.gl/6gg7IX

Farming Community Network
FCN provides downloads of seasonal resources at the appropriate time of year to help with the preparation of services to mark Plough Sunday, Rogation, Easter, Lammas, Harvest and Christmas. www.fcn.org.uk/resources, 01788 510866
The school holidays can be an added burden for parents who are already struggling to feed their families out of an inadequate income. A pioneering scheme has been set up through the Norwich foodbank to provide a creative way for local churches to become part of the answer to that problem and show that they care.

Senior Social Worker, Ruth Pilch, said, “Many of the families I work with have serious financial difficulties and feeding the children over the long summer holidays in particular is hard.”

The idea is to offer a two course lunch followed by an activity; the club to run from midday till 2.00 pm on how ever many days it is possible to cover, depending on resources. The clubs take place in either church halls or community centres run by volunteers from local churches or other members of the community.

Donna, who helped in the kitchen at the Cadge Road, Norwich club said, “We fed a lot of families saving hundreds of meals they would have to try to provide.”

The initial invitation comes from schools who know each family’s situation and so are in the best place to decide which children to invite. Once their list is compiled, the information is given to the local FISH club so they can draw up a registration form.

To keep it as simple as possible, the age range of the children is from six to 12 years old. If parents want younger children to come, then they will need to stay. Older ones are welcomed as helpers. FISH clubs can run during any of the school holidays. The first FISH clubs were run last year and proved to be a great success with 29 sessions over 22 days at five clubs. In many cases, food was supplied by local businesses, including a butcher in one area, as well as supermarkets. Even if a charge was made for the food, frequently it was at a decent discount. Each of the five clubs that ran were very different, but funding was made available through a grant from Norwich Consolidated Charities, enabling Norwich foodbank to give a small budget for their food and other costs.

The afternoon activities included a visit from Banham Zoo, a silly Olympics, arts and crafts, face painting, football and other outside games. The clubs were a hit with the children last year with one eight-year-old saying, “I would love to come again. It’s fun; I just love it and they helped our family eat.”

TOP TIPS on how to get started (wherever you are in the Diocese):

- Contact Hannah Worsley at Norwich foodbank – 01603 251733, fish@norwich.foodbank.org.uk
- Contact the Head at your local school at least two months before.
- The leader of your kitchen team will need Food Hygiene Level 3.
- Volunteers will need a current DBS check, or be buddied with someone who has it.
- Once your basics are in place, talk to local shops, suppliers and let the community know what you are doing. This is Good News!
- Be creative over your activities. Give the children something special to do so they have something to talk about when they return to school.
A selection of books on the theme of food for thought, reviewed by Steve Foyster.

**Feeding Frenzy; the new politics of food**
*Paul McMahon*
Profile Books Ltd £12.99
Revealed price £11.00

Written for a wide audience ‘Feeding Frenzy’ traces the global food system to reveal the underlying causes of recent food shortages and price spikes, leading to what has been labelled a ‘world food crisis’, affecting billions of people. Food producing countries are banning exports to benefit their own citizens, even if it means threatened starvation abroad. They are acquiring huge areas of under-utilised farmland in the poorest countries to grow crops for export, often at the expense of indigenous communities. Whilst recognising that some of these trends are unstoppable, Paul McMahon outlines actions that can be taken to lower the risks of conflict and produce fairer outcomes. Which path will we choose?

**Food and Faith: a theology of eating**
*Norman Wirzba*
Cambridge University Press £18.99
Revealed price £16.00

Norman Wirzba provides a comprehensive theological framework to assess the significance of eating, employing a Trinitarian basis to evaluate food production and consumption in today’s industrial food systems. He combines ecological, cultural and biblical analyses to draw together a picture of eating that care for creatures and honours God. Themes include the sacramental character of eating, the meaning of death and sacrifice as they relate to eating, ecological and social contexts, the Eucharist, the importance of saying grace and whether there will be eating in heaven. Eating is shown to be of immense economic, moral and theological significance.

**The Christian Aid Book of Simple Feasts: Cooking for a crowd throughout the Christian Year**
*Sarah Stancliffe*
Canterbury Press £8.99

Coming up with an imaginative yet inexpensive meal or buffet is a challenge that members of the church congregation are often faced with. After giving a lifetime of hospitality Sarah Stancliffe shares tried and tested ideas for cooking for large numbers on a budget for the many church occasions involving food and drink, as well as entertaining at home. She builds menus around inexpensive ingredients and Fair Trade foods. Arranged in the four seasons it covers Harvest suppers, Lent lunches, Christmas and New Year parties and much more.

**The Way of Tea and Justice**
*Becca Stevens*
Canterbury Press £12.99
Revealed price £11.00

Becca Stevens immerses the reader in the fascinating world of tea, the comforting drink that millions of us reach for daily. Yet there are disturbing truths to be faced. Today’s tea routes lead the reader to evidence of exploitation, oppression and human trafficking, fuelled by local conflict and drug wars. The ‘Way of Tea and Justice’ tells the remarkable story of how a local cafe, founded by Becca and run by women recovering from abuse, prostitution and addiction led to a movement that is helping to bring freedom, fair wages and hope to some of the world’s most impoverished workers. Whilst recounting the victories and unexpected challenges, the author also explores tea’s rich and complex history, discovering ancient and beautiful rituals. There are delicious recipes for blends to make at home and reflections on the spirituality of preparing and making tea, that can imbue such healing and refreshing effects.
You are what you eat?

Does God care about what we eat? For Peter Nicholls, Churchwarden and PCC Treasurer at Hethel Parish the answer’s “yes”, as he explains: Yes, because who we are and even what we look like witnesses to others of the God whose image we bear, because our bodies are temples of the Holy Spirit. Yes, because everything we eat has an impact on the planet, on other creatures and on our brothers and sisters in this country and further afield.

Having committed to eating healthily and not excessively, how can we eat sustainably? Here are a few questions to ponder:

- Have I considered eating less, better-quality (thus more expensive) food so that meat I eat was ‘happy’ while it was alive and land on which crops have been grown was nurtured rather than exploited?
- How much greenhouse gas has been emitted in the production of what I’m eating? This is a complex question. It’s about animals emitting methane; it’s about how many kilogrammes of grain are needed to produce one kg of meat; it’s about the positive use of waste or of poor land; it’s about animal products as well as meat.
- How can I eat less highly-processed food and more home-grown, home-made food, so that I know what I’m eating is healthy and a greater awareness of God’s gift of fuel for our bodies?
- Can I make time to use Laura’s Larder? An on-line audit tool that analyses your diet for nutrition and ‘greenness’ and gives ideas on how to improve (http://content.cat.org.uk/lauras-larder) Or to read the Zero Carbon Britain report People, Plate and Planet (www.zerocarbonbritain.org/index.php/zcb-about/zcb-publications)
- How can I be more aware of food-miles? Is it OK to eat green beans flown in from Africa in January instead of cabbage from the nearest farm? White Row Farm Shop in Somerset (www.whiterowfarm.co.uk) labels every shelf with how far the product has travelled – how can I encourage such good practice in my neighbourhood?
- How much energy do I use in cooking my food? Do I boil just enough water for the drink I’m making? Could I use the microwave more and the oven less? Or a low-energy slow cooker?
- Am I committed to wasting as little food as possible and wherever possible recycling waste by composting?

Care of Creation; Care of Neighbour Event
11-13 September, All Saints, Hethel, NR14 8HE
Laura’s Larder and another tool for auditing your transport and energy use will be available. There will be exhibits ranging from lightbulbs to beans, an electric car to solar PV and international rail travel to insulating your home. Short TED talks; a Saturday evening discussion chaired by a media personality between a climate-change sceptic and Prof Mike Hulme, will be followed on Sunday with people present who have experience of installing this or that technology or of making lifestyle changes. And if you’re unsure why Christians should care for the planet, Dr Ruth Valerio of ARocha UK is speaking on the Friday evening on exactly this topic and will be with us all weekend. (www.achurchnearyou.com/hethel for the latest programme).
And he took bread, and when he had given thanks, he broke it and gave it to them, saying, “This is my body, which is given for you. Do this in remembrance of me.”

Central to our celebration of Jesus’ sacrifice for us, bread holds so much symbolism. Seen as a basic staple food in various forms the world over, it speaks of sustenance, home and satisfaction from hunger. So it was with curiosity I went to explore a “Bread Church” in a farmhouse in the small village of Hainford, seven miles north of Norwich.

Immediately, I had to re-appraise my idea that I would be observing, scribbling notes and taking photos; I was going to literally get my hands dirty! Hosted by the warm-hearted Shawn Tomlinson, the atmosphere was homely and welcoming. Two large kitchen tables held a variety of bowls, jugs and the few ingredients necessary to make the bread: flour, oil, water, yeast, salt.

Around the tables gathered group of young adults from Shawn’s church, St Stephen’s in Norwich: two Emmas, Adam, Nelson, and Danielle – a mix of backgrounds and experiences, but all keen to learn to share and pass on the experience of bread church.

Shawn explained how it all began: “It was during a phone call with a very excited eldest daughter that I came to hear of bread church. A fresh expression of church, it seemed to me, started in Liverpool, which could be extended and adapted to different groups of people, with amazing potential for building community by drawing people together through the shared experience of bread making.

“My daughter was enthused, the bread church she attended was set up for adults with learning difficulties and their carers. She lives in a L’Arche community, so it resonated deeply with her. We have always been a bread-making family, so adapting this concept to fit a variety of groups with differing needs seemed like a very do-able opportunity. And so bread church for mums and toddlers was born.

“We met twice a month, at the farm with its big kitchen, and engaged in this miraculous process of bread-making. We found our own personal rhythm within the process, and watched in wonder how it began to mirror the bread-making process.

“The delight of passing the ingredients around the table melted barriers caused
by the unknown, and as people chatted and relaxed, mixed and created dough, laughter and encouragement flowed. As the dough proved, a sense of community begins to develop, and waiting on the dough becomes a natural pause for refreshments and reflection, on the prayer that Jesus taught us, or a poem or the afternoon daily office, whilst children play, colour or have a story.

“Filling the tummy gap was easy, as pizza seemed like a natural step for lunch. We learnt not to tear the dough in the stretching and moulding process, a bit like God not breaking a bruised reed. We spoke of the yeast, working through the dough and how the oil, like the oil of gladness, helps us to have a smoother dough, with less sticky patches.

“While the pizza cooked, we took time to shape two loaves, one for ourselves and one to give away, the second loaf being our invitation to ask and to welcome another to come and join us in this sacred time of making and breaking bread.”

And so the group I had joined today set to, frequently questioning: How much flour? I’ve put in too much water! Where is the recipe? How exactly should I knead this dough?

Shawn patiently explained: we didn’t need a recipe to follow, just listen. There was no exact formula – if the dough is too sticky, simply add more flour or oil; too dry, add more water. She gently encouraged us to connect, to feel the process, to cease the questioning. It made me realise how much we live our lives governed by the correct way of doing things. We can constantly check if we’re doing something right by “googling it”. As we all relaxed into the bread-making you could feel the atmosphere naturally allowing space to breathe and share.

There were so many opportunities to draw on the rich symbolism of the process. We separated the dough with our fingers, but gathered it back in with the heel of our palm, like Jesus drawing us together. We rolled, paused and stretched the dough – not too fast, but like God stretches us at times. There was something potent in the kinesthetic approach – as a form of worship as well as community.

We enjoyed making and eating our pizzas for lunch while waiting for our bread to bake in the farmhouse Aga. The whole process took two to three hours, which in itself gave space in an otherwise busy day to simply “be” with God and with one another, literally in fellowship. I thoroughly enjoyed the experience and my family enjoyed the bread I took home.

I’ll leave it to Shawn to conclude: “One of the most precious aspects of bread church is its adaptability to any group, from the young at heart to the young in age. There is such a sense of wonder as we make bread together, celebrate and reflect, bringing God, Jesus and Holy Spirit right into the centre of it all.”

“We learnt not to tear the dough in the stretching and moulding process, a bit like God not breaking a bruised reed.”

Experience Bread Church for yourself

An inspirational activity for all ages: training sessions are available in a beautiful farm house setting in Hainford, Norwich NR10. Courses run by Shawn Tomlinson AWA and can be tailored to your church’s need. From 9.30-1 pm, £15 includes lunch. Please give me a ring for details on 07788 420813.
Café culture: a third space

By The Revd Heather Cracknell

What makes communities work? Almost everyone involved in community life seems to realise that there is something intangible missing.

American sociologist Ray Oldenburg travelled the world studying communities that ‘worked’ to discover that intangible thing. He found somewhere he called ‘third place’, be it the taverna in Greece or the barber shop in Brazil. This place – not home (first place) nor work (second place) – provides a local, informal and comfortable space where people can come together to chat, laugh and connect. Regulars make the place come alive, welcoming to old friends and newcomers, and food and drink play an important part. Instinctively we might think back to a local pub, or even the village shop, that created this space in days gone by.

Cafés are almost the only examples of third places, which perhaps explains the attraction for many churches in setting up ‘café churches’, holding their gatherings in coffee shops, or using space in their buildings to run them themselves. By holding services in cafés there’s a sense of ‘being where people are’ and doing our worship and learning in that environment in order to invite more people in, and by setting up cafés ourselves it’s a means of being hospitable to people in the community to enable them to come into building they might not otherwise enter.

However a café does not automatically create community spirit. What happens in the space is as important as the quality of the coffee. There is a need for ‘regulars’ who maintain the culture of being welcoming and supportive of people, allowing everyone a voice in the conversation and making sure it’s a place, like the bar in Cheers, where ‘everybody knows your name’.

We have set up Cringleford Hub, a community project serving the people in the new Roundhouse Park development as well as the established parts of the village. Last year we began a social enterprise café, run by a team of volunteers, open four days a week. We are based in the newly-built community centre and have given lots of thought to how the space can be inspiring and lead people into conversation. As we don’t own the space we are limited by the decor and lighting, but our aim is to help people ‘go a bit deeper into life’ using art and quotes and toys and games. Good coffee, a range of teas, homemade cakes, snacks and light-lunches provide a reason to come.

Volunteers are our ‘regulars’ who make sure the welcome and conversation is a big part of the life of the café. It is a way that the local community, intentionally supported by the church, can develop a ‘third place’ that works for the neighbourhood we’re in. It is a loving service of our community, and leads to conversations and exploration of life at a deeper level, knowing that the project is motivated by Christian faith.

And it works! We see retired widowers mixing with young mums, students and young people working alongside people in their 80’s, and those who would love to know their neighbours but don’t know how to go about it find a space to meet. Third place is really effective, and churches who intentionally support and facilitate it can connect with people they would never otherwise meet. That’s good news!

A curate in the Cringleford benefice, Heather is leading a workshop exploring ‘Third Place’ at the New Parish Conference in October, details can be found at: www.formission.org.uk/newparish
What’s on

September-October 2015

For more head to www.dioceseofnorwich.org/events

September

Word on the Wash
Friday 11 Sep - Sat 12 Sep
Friday: 7pm-9pm Saturday: 10am-8.30pm
Address: Terrington St Clement Parish Church
PE34 4LZ
“Authentic Christian Living” - A Bible teaching event.
Admission: Donations.
Contact: wordonthewash@gmail.com, 01485 600336

Retired Clergy
Wednesday 30 Sep / Wednesday 28 Oct
10.45am
Venue: Norwich Cathedral,
The Close, Norwich NR1 4DD
An opportunity for retired clergy and spouses, widows, widowers and associates of the Diocese of Norwich to meet at the Cathedral Refectory at 10.45am on the last Wednesday of each month; followed by Eucharist at 12.30pm.
Contact: Chris Peachnell 01603 259808
Mary Askham 01953 602623

Medieval Spectacular
Saturday 12 Sep - Sun 13 Sep
10am-5pm
Address: Fields around Erpingham Church
A Medieval Spectacular with Sir Thomas Erpingham on horseback and battling men at arms and long bow archers.
Admission: Adults £10, Children under 12 £5, Children under 5 FREE.
Contact: Canon Paul Thomas 01263 761110
synergyatwork@aol.com

Evening Concerts
Saturday 12 Sep
7.30pm
Address: St Nicholas, Church Street,
Wells-next-the-Sea NR23 1JA
Come and join us for some wonderful evenings of music.
Admission: £10
Contact: Sarah 01328 711021

Flower Festival
Saturday 12 Sep - Sun 13 Sep
10am - 5pm on Saturday 10am - 6pm on Sunday
Address: St Andrew, Brettenham Road, Kilverstone, IP24 2RL
Come and see our Flower Festival based on the theme ‘Entertainment’
Admission: Free.
Contact: Caroline Holmes-Smith 01842 765415
sande.hs@btinternet.com

Food Music and Fun at Snettisham Park
Saturday 12 Sep
6pm
Address: Snettisham Park, PE31 7NG
The Friends of St Mary’s Snettisham will hold a major fundraising event at the popular Snettisham Park on September 12th that will include a Lamb Roast, Deer Safari, Auction of Promises and Live Music from The Shannon Reilly Trio.
Admission: £10 each.
Contact: mmrbramovich@gmail.com or Heather on 01485 543099

Creations: A Kaleidoscope of Arts
Saturday 12 Sep - Sun 13 Sep
10am - 4pm
Address: St Mary, Mattishall Lane, North Tuddenham, Dereham NR20 3DH
Come and see our wonderful art exhibition including paintings, ceramics, photographic images and sculptures.
Admission: Free Entry.

450th anniversary of the Norwich Assay Office
Sunday 13 Sep
3.30pm
Address: Norwich Cathedral
Do you have a Communion Cup made in Norwich?
This September sees the 450th Anniversary of the Norwich Assay Office, and Norwich’s own hall-mark.
Admission: Free.
Contact: Mary Fewster, 01508 492059,
m.fewster59@btinternet.com

Legacy Workshops
Saturday 12 Sep
St Andrew’s Church Meeting Room, Holt; 2-4pm
Thursday 17 Sep
Scratby Parish Hall; 7-9pm
Thursday 1 Oct
Gaywood Church Rooms; 2-4pm
Thursday 15 Oct
Sawaffham Green Britain Centre (Eco Centre); 2-4pm
Address: St Andrew’s Church Meeting Room, Holt
These two hour workshops highlight the financial, theological and practical reasons as to why parishes should encourage legacies and external funding.
Admission: Free.
Contact: Geoff Freeman, 01603 882328,
geoff.freeman@dioceseofnorwich.org

The Grace Jude Concert Series present Manus Noble
Saturday 19 Sep
7.30pm
Address: St David, St Davids Drive, Thorpe End,
Norwich NR13 3BF
Manus Noble is one of the very best of the new generation of guitarists. His fantastic technique, fluid, intuitive musicianship and warm and engaging on-stage personality will have you absolutely enthralled.
Admission: £10.
Contact: Annette Jude: 01603 211767,
annette.jude111@btinternet.com

David Dunnett, Norwich Cathedral’s organist, puts St Nicholas Organ through its paces with an appealing programme of attractive and well known music to celebrate the 20th anniversary of the present organ.
Contact: Richard Bower: 01603 880075,
rbower@bowerorgans.co.uk

Visual Liturgy: Hands-on training
Monday 21 Sep
7 – 9.30pm
Address: Diocesan House, 109 Dereham Road,
Easton, Norwich NR9 5ES
Hands on use of the popular Visual Liturgy software package
Admission: £20.
Contact: Andy Smith 01603 882370,
andy.smith@dioceseofnorwich.org

Science Faith Lecture
Monday 21 Sep
7.30 – 8.45pm
Address: Priors Hall, Norwich Cathedral,
The Close, Norwich NR1 4DH
“The Conflict or Harmony? Historical Perspectives on Science and Religion?” Hilary Marlow will examine the claim that the Church has been hostile to new scientific discoveries across the centuries.
Admission: No charge (Retiring Collection (Voluntary).
Contact: Professor Nick Brewin 07791 884114,
sfnorfolk1@gmail.com

Musical Coffee Morning
Wednesday 23 Sep
10.30am
Address: St John the Evangelist, Blackfriars Road,
King’s Lynn, PE30 1NT
Come and join us for this recital with Colin Porter – Organist, King’s Lynn Organ Club.
Admission: Free.
Contact: Christine Johnson 01553 672494,
cajohnson436@sky.com

Angels and the Fourth Lateran Council
Saturday 26 Sep
10am – 12.30pm
Address: Norwich Cathedral, The Close, Norwich,
NR1 4DD
In this session we will investigate the impact of the Fourth Lateran Council’s constitutions on angelology.
Admission: £10.
Contact: NCCL Administration Team,
NCCL@cathedral.org.uk, 01603 218327

Organ Recital
Saturday 26 Sep
7.30pm
Address: St Mary the Virgin, The Street, Hemsby, NR29
Join us for this recital with Colin Porter – Organist, M mossley Hill Parish Church, Liverpool, and associate of St. George’s Chapel, Windsor.
Admission: Admission Free with retiring collection for the Lighting Fund.
Contact: Dr. Michael Pretty: 01493 300094
prioryhouse@ntlworld.com

CONTINUED ON PAGE 24

Priory House

The Priory House, 120 Dereham Road, Norwich

For more details please contact
prioryhouse@ntlworld.com

August 2015

The Priory House

For more details please contact
prioryhouse@ntlworld.com

CONTINUED ON PAGE 24

The Priory House

For more details please contact
prioryhouse@ntlworld.com
Introduction to the Hebrew Bible/ Old Testament
Saturday 19 Sep
10am-12.30pm
Address: Norwich Cathedral, The Close, Norwich, NR1 4DD
This seminar will examine the facets of and influences on the Hebrew Bible: history, language, religion, geography and culture.
Admission: £10.
Contact: NCCL Administration Team, NCCL@cathedral.org.uk, 01603 218327
www.dioceseofnorwich.org/event?id=7803

Christian perspectives on War
Saturday 24 Oct
10am-12.30pm
Address: Norwich Cathedral, The Close, Norwich, NR1 4DD
As centenary commemorations for the Great War continue, we consider Christian attitudes to war.
Admission: £10.
Contact: NCCL Administration Team, NCCL@cathedral.org.uk, 01603 218327
www.dioceseofnorwich.org/event?id=7810

Veganism: practice, ethics and challenges
Saturday 17 Oct
10am-12.30pm
Address: Norwich Cathedral, The Close, Norwich, NR1 4DD
This session will cover: Practical Veganism, Ethics of veganism, The Challenge of veganism.
Admission: £10.
Contact: NCCL Administration Team, NCCL@cathedral.org.uk, 01603 218327
www.dioceseofnorwich.org/event?id=7809

Singing the Lord’s Song
Saturday 14 Nov
10am-4.15pm
Address: Norwich Cathedral
NR1 4DH
A Day Conference on Music in Worship for Smaller Churches.
The day is designed for members of smaller churches, although all are welcome. This includes clergy, Readers, Authorised Worship Assistants, musicians, singers and other worship leaders, and other interested member of congregations. Those with instruments are invited to bring them.
Admission: £10.
Contact: Liz Dawes, 01603 882335, liz.dawes@dioceseofnorwich.org
www.dioceseofnorwich.org/event?id=7865
September 2015

Prayer Calendar


Diocese of Sheffield (York, England): Bishops Steven Croft and Peter Burrows.


Diocese of Shinyanga (Tanzania): Bishop Charles Kija Ngusa.


Diocese of Shyogwe (Rwanda): Bishop Jered Kalimba.


Diocese of Shyogwe (Rwanda): Bishop Jered Kalimba.

SOMERLEYTON: Clergy: David Boddy, Reader: Alice Boddy. Lay Workers: Sally Finn, Julie Turner, Blundeston CofE VC Primary School.

Diocese of Shyogwe (Rwanda): Bishop Jered Kalimba.

BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)

The United Reformed Church. Eastern Synod Moderator: Paul Whittle. Those to be confirmed in the Venta Group of Parishes (Caistor) today.

Diocese of Sialkot (Pakistan): Bishop Alwin Samuel.

ST ANDREW (NORWICH) Clergy: Martin Young.

Diocese of Norwich Education and Academies Trust – Finance Team, David Hicks and Imogen Cox. Today’s meeting of the Bishop’s Council.


Diocese of Southwest Florida (Episcopal Church of USA): Bishop Dabney Smith.

ST PETER MANCROFT (NORWICH) The Churchwardens and PCC during the interregnum. Readers: Alison Atkins, John Pountain.

Diocese of Springfield (Episcopal Church of USA): Bishop Daniel Martins.

ST MARY-IN-THE-MARSH (NORWICH) The ministry of our Retired Clergy and Readers. Today’s meeting of the Bishop’s Staff.


Diocese of Shyoga (Rwanda): Bishop Laurent Mbanda.


Diocese of Shyoga (Rwanda): Bishop Laurent Mbanda.

DEANERY OF LYNN Rural Dean: James Nash. Lay Chair: Helen Steele.

Our Archdeacons: Jan McFarlane, John Ashe and Steven Betts.

Diocese of Singapore (South East Asia): Bishop Alwin Samuel.

Editor: The Revd James Stewart, Bishop’s Chaplain - 01603 614172, bishops.chaplain@dioceseofnorwich.org
THE CHURCH IN THE WOOTTONS


Diocesan Property Committee chaired by David Richardson.

Diocese of South West Tanganyika (Tanzania): Bishop Matthew Mhagama.

Thu 17

DEANERY OF NORWICH:

Rural Dean: Darren Thornton. Lay Chair: Keith Tovey. Property Department: Mike Marshall, Tony Tibbenham, Amanda Hunt and Angela Fennessy in their care of clergy housing.

Diocese of South-Western Brazil (Brazil): Archbishop Francisco De Assis Da Silva (Primate of Brazil).

Fri 18

COLEGATE (NORWICH):


Glebe Committee chaired by Michael Falcon; Glebe Consultant, Edward Knowles.

Diocese of Southeast Florida (Episcopal Church of USA): Bishops Leopold Frade and Peter Eaton.

Sat 19

HEARTSEASE (NORWICH)

Clergy: Peter Howard. Readers: David Lechmere, Angela Stewart. The Open Academy.

Diocesan Board of Education, chaired by Mark Allbrook.

Diocese of Southeastern Mexico (Mexico): Bishop Benito Juarez-Martinez.

Sun 20

Sixteenth Sunday after Trinity

BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)

The Salvation Army. Divisional Commander: David Jackson. Norfolk and Waveney Churches Together and all local ecumenical partnerships across the Diocese.

Southern Brazil (Brazil): Bishop Humberto Maiztegue.

Mon 21

St Matthew

LAKENHAM GROUP (ST ALBAN):

Norwich Lakenham St Alban Clergy: Dave Lloyd. Director of Education, Andy Naylor and all involved in the ministry of our church schools.

Diocese of Southern Highlands (Tanzania): Bishop John Mwela.

Tue 22

LAKENHAM GROUP (ST JOHN & TUCKSWOOD):

Norwich Lakenham St John with St Paul Tuckswood Clergy: Bishop Peter Fox, Kate Belcher, Rosemary Rayner. Reader: Dennis Hansell.

Diocese of Norwich Education and Academies Trust – Improvement Director, Simon Morley and Governance Manager, Jill Wakefield.

Diocese of Southern Philippines (Philippines): Bishop Danilo Labacan Bustamante.

Wed 23

THE CHURCH IN THE WOOTTONS

Clergy: Adrian Ling, Paul Norwood. St Michael’s CofE Academy (King’s Lynn), Whitefriars CofE Primary Academy (King’s Lynn).

Director of Finance, Susan Bunting and Management Accountant, Michael Hibbin.

Diocese of Sokoto (Kaduna, Nigeria): Bishop Augustin Omole.

Thu 24

GAYTON, GRIMSTON, MASSINGHAM & DISTRICT:


Director of Operations: David Broom. PA: Karen Hall.

Diocese of Sittwe (Myanmar): Bishop James Min Dein.

Fri 25

GAYWOOD


Diocesan Board of Finance, chaired by Bill Husselby. For Jemma Sander-Heys to be licensed this evening as Team Vicar in the Great Yarmouth Team Ministry.


Sat 26

KING’S LYNN GROUP (SOUTH LYNN)

Clergy: Adrian Ling, Paul Norwood. St Michael’s CofE Academy (King’s Lynn), Whitefriars CofE Primary Academy (King’s Lynn).

Director of Finance, Susan Bunting and Management Accountant, Michael Hibbin.

Diocese of Soroti (Uganda): Bishop George Erwau.

Sun 27

KING’S LYNN GROUP (ST MARGARET):

King’s Lynn Minster Clergy: Christopher Ivory, Becca Rogers, Laura Baker. Diocesan Accounts Team: James South, Ben Tooke, Lina Wiseman and Sam Witton. Fundraising Consultant: Richard Owen.

Diocese of South Ankole (Uganda): Bishop Nathan Ahimbisibwe.

Mon 28

Fifteenth Sunday after Trinity

BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)

Pray for all who work at Diocesan House in our link Diocese of Luleå and for Eva-Maria Karlsson, Diocesan Director.

Diocese of South Dakota (The Episcopal Church of USA): Bishop John Tarrant.

Tue 29

HOLY CROSS DAY

MIDDLEWINCH:


Norwich Cathedral: its mission and ministry.

Diocese of South Kerala (South India): Bishop Dharmaraj Rasalam.

Wed 30

THAMES (NORWICH), ALAN (THEFTORD) AND JONATHAN (LYNN)

Collegiate (Norwich): Alm (Theftord) and Norwich (TNN).

Choral Cantor, The organist, The choir director.


Diocese of South America (Brazil): Bishop Leonardo Azeredo, Bishop Leonardo A. da Rocha.

Thu 31

WiSpire and Spire Services: businesses in support of our Diocese.

Diocese of Soroti (Uganda): Bishop George Erwau.

Fri 1

KING’S LYNN GROUP (ST JOHN):


Diocese of South Rwenzori (Uganda): Bishop Jackson Nzerebende.

Sat 2

KING’S LYNN GROUP (ST MARGARET):

King’s Lynn Minster Clergy: Christopher Ivory, Becca Rogers, Laura Baker. Diocesan Accounts Team: James South, Ben Tooke, Lina Wiseman and Sam Witton. Fundraising Consultant: Richard Owen.

Diocese of South Ankole (Uganda): Bishop Nathan Ahimbisibwe.

Sun 3

Fifteenth Sunday after Trinity

BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)

Pray for all who work at Diocesan House in our link Diocese of Luleå and for Eva-Maria Karlsson, Diocesan Director.

Diocese of South Dakota (The Episcopal Church of USA): Bishop John Tarrant.

Mon 4

Holy Cross Day

MIDDLEWINCH:


Norwich Cathedral: its mission and ministry.

Diocese of South Kerala (South India): Bishop Dharmaraj Rasalam.

Tue 5

ROUGHAM, WEASENHAM & WELLINGHAM

Clergy: Heather Berry. Weasenham CofE VC Primary School.

Parish Funding Support Officer, Geoff Freeman. All parish treasurers and deanery assessors.

Diocese of South Rwenzori (Uganda): Bishop Jackson Nzerebende.
Prayer Calendar

October 2015

**THORPE HAMLET (NORWICH)**

**THORPE ST ANDREW EPISCOPI (NORWICH)**

**TIMBERHILL (NORWICH):**
Norwich St John Timberhill. Clergy: Christopher Wood. IT Officer: Andy Smith.

**BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)**

**TOMBLAND (NORWICH):**

**TROWSE (NORWICH):**
Clergy: Janice Scott, Rosemary Braby. Primary Diocesan School Support Officer: Juliet Corbett.

**DEANERY OF NORWICH NORTH:**
Rural Dean: Paul Mackay. Lay Chair: Stella Noons. Schools Project Development Officer: Graham Copsey.

**DRAYTON:**

**EATON CHRIST CHURCH (NORWICH):**

**EATON ST ANDREW (NORWICH):**

**HEIGHAM HOLY TRINITY (NORWICH):**

**HEIGHAM ST BARNABAS:**
The Churchwardens and PCC during the interregnum. Diocesan Ministry Consultants Scheme. Diocese of Toronto (Ontario, Canada): Archbishop Colin Robert Johnson, Bishops Maurice Philip Poulter, Linda Carol Nicholls, Patrick Tin-Sik Yu, Peter Wormald.

**HEIGHAM ST THOMAS (NORWICH):**
The Churchwardens and PCC during the interregnum. Diocesan Advisory Committee for the Care of Churches (DAC) chaired by Alan Kefford. Diocesan DAC Secretary and Executive Officer: Matthew McDade.

**DEANERY OF REDENHALL:**

**Editor:** The Revd James Stewart, Bishop’s Chaplain - 01603 614172, bishops.chaplain@dioceseofnorwich.org
The Baptist Church. Regional Moderator: Richard Lewis.

Diocese of Toamasina (Indian Ocean): Bishop Jean Paul Solo.
**Godly Play Circle**  
**Monday 9 Sept**  
St Elizabeth’s, Cadge Road, Earlham, Norwich NR5 8DG; 7-9pm  
A friendly, informal event open to everyone. Hear a story, explore resources and develop your own Godly Play practice. Cost: £20 per person. Please book online.

**Godly Play Teachers’ Twilight**  
**Tuesday 3 Nov**  
Diocesan House, 109 Dereham Road, Easton, Norwich NR9 5ES; 4-6pm  
A session for teachers and school governors to explore the use of Godly Play in the school setting. Cost: £20 per person. Please book online.

**Kidz Klub Networking Event**  
**Saturday 10 Oct**  
The Well Christian Centre, Swaffham Road, Ashill IP25 7BA; 10am-1pm  
An opportunity to meet and network with other children’s workers from across the area and share in worship, teaching and prayer. Refreshments provided. Please bring a packed lunch if you would like to stay at the end of the morning to have lunch.  
No charge or booking required. Please contact kidzklub@folchurch.co.uk or 01760 441902 for further information.

**Soulshaper: Small Groups Weekend**  
**13-15 Nov**  
The Horstead Centre, Rectory Road, Horstead, NR12 7EP; Friday 6pm to Sunday 2pm  
This is an ideal residential youth weekend for small church youth groups or individuals. The weekend will include fun, food, friendship, adventurous activities, and creative worship. Young people are invited to come individually and do not need to be accompanied by a youth leader but groups may require a leader. Please contact Anna for full details and bookings.  
Cost: £55 per person for Church of England groups (£75 after 1 Oct). £70 per person for other church groups. (£75 after 1 Oct). Adult leaders £20 per person.

**Sacred Times with children Training Day**  
**Thursday 26 Nov**  
St Luke’s Church, 61 Aylsham Road, Norwich NR3 2HF; 10.30am-3pm  
An interactive and informative day run by the Mothers’ Union and the Children and Families Task Force with led workshops for developing ministry with young children in church.  
Cost: £6 per one person £10 for two people. Lunch Provided. Please book online.

---

**Contact**  
anna.walker@dioceseofnorwich.org or 01603 882374 for more information on any of these events.  
I Was Glad: Choral Favourites
Saturday 26 Sep
7pm
Address: St Nicholas Church, North Walsham
A selection of choral favourites, performed by the combined forces of Cantamus Choir and the Choir of St Nicholas, North Walsham.
Contact: David Ballard davidballard@hotmail.co.uk

Village Cinema at Snettisham church hall
Saturday 26 Sep
6.30pm
Address: Church Hall Station Road Snettisham PE317QS
Bringing community and church family together for film screening. This time for the film ‘Still Alice’. Admission: £5 which includes welcome drink.
Contact: mmrabramovich@gmail.com or Heather on 01485 543099

The Filling Station North Norfolk
Sunday 27 Sep
7.30pm
Address: Swanton Novers Village Hall, St Giles Road NR24 2RB
Tim Eldridge will be speaking. He pioneered a church in Bingley and worked with Abundant Life Church, Bradford. In 1994 Tim read Peace Studies at the University of Bradford. Tim and wife Sue relocated to lead Presence Church Harrogate.
Admission: Free.
Contact: Sabine Leese norfolkcoast@thefillingstation.org.uk, Anthony Burn on 07801 448860.

OCTOBER

St Faith’s Festival
Saturday 3 Oct - Sun 4 Oct
Saturday: 10am - 4pm Sunday: 12 noon - 4pm
Address: St Andrew and St Mary, Church Street, Horsham St Faith, NR10 3J
Come and join us for this year’s festival which is celebrating Saints.
Admission: Free.
Contact: Peter Holness, 01603 898801, peter.holness.net

Hats Off!
Saturday 3 Oct
7.30pm
Address: St Mary, Church Road, West Somerton, NR29 4DR
An evening of fun & nostalgia featuring the careers and musical variety of Michael Flanders & Donald Swann, performed by members of Vocal Score.
Admission: £10.
Contact: Revd Selwyn Tillett 01493.393430, selwyn@tillett.org.uk

Lay Ministry Supervision Training Days
Saturday 25 Jul
10am - 3.30pm Diocesan House, 109 Dereham Road, Norwich, NR9 5ES
Tuesday 6 Oct
St Matthew’s Church, Telegraph Lane West, Thorpe Hamlet, NORWICH; 10am - 3.30pm
Thursday 22 Oct
St Andrew’s Church, Church Street, Holt; 10am - 3.30pm
Address: St John the Evangelist, Blackfriars Road, King’s Lynn, PE30 1NT

We are seeking to develop good practice in the supervision of all forms of Authorised Lay Ministry (including AWA’s, but also other locally commissioned lay ministry).
Admission: Free.

Transforming time: Eschatology and the New Testament
7-8.30pm
Address: Norwich Cathedral, The Close, Norwich, NR1 4DD
Eschatology from the Greek for ‘last things’ might seem either daunting or dull. To explore the eschatologies of the authors of the New Testament is to see that their various responses to Jesus have changed their understanding of time, and of the ways in which it can shape our lives.
Admission: £10 per session, or £50 for the whole series booked together.
Contact: NCCL Administration Team, NCCL@cathedral.org.uk, 01603 218327

A look at literary form in the Bible: products of their age
Saturday 10 Oct
10am-12.30pm
Address: Norwich Cathedral, The Close, Norwich, NR1 4DD
We will discuss literary forms together and see where it takes us!
Admission: £10.
Contact: NCCL Administration Team, NCCL@cathedral.org.uk, 01603 218327

The Third Celebrations Fair
Saturday 17 Oct
10am - 3pm
Address: St Nicholas, Church Plain, Great Yarmouth, NR30 1NE
Come to this well-established fair. Not only Weddings, but Anniversaries, Proms etc.
Admission: Free.
Contact: Paul Davies 01493 843647 paulpearce@yarmouth8143.freeserve.co.uk

St. Mary’s Singers, Hemsby in Concert
Sunday 18 Oct
3pm
Address: All Saints, Hillington Square, Church Lane, King’s Lynn, PE30 5HF
This will be the singers 2nd Concert at All Saints Church, the last one two years ago was standing room only (purchasing tickets early is advisable). Every concert the Singers have attended has been a sell-out.
Admission: £5.
Contact: Donna Markwell donna1970markwell@gmail.com, 07860 136099

Lowestoft Living Word
Monday 19 Oct - Thu 22 Oct
Evenings 7.30 to 9pm, Tuesday and Wednesday also at 12.30
Address: Christchurch Whapload Road Lowestoft Suffolk NR32 1XD
Bible Convention: Speaker Rev Marcus Nodder the Barge Church London - London’s only floating church!
Admission: No charge but offertory each evening.
Contact: Mrs Angela Waterston 01502 500909, lowestoft.living.word@gmail.com

The 2nd Annual Conference of the Norwich Historic Churches Trust and Friends
Saturday 24 Oct
From 10am - 4.30pm
Address: The King’s Centre, 63 - 75 King Street, Norwich NR1 1PH
Six papers on various historical aspects of churches, especially those within the Diocese of Norwich, with speakers such as: Dr Francis Young; Canon Steven Saxby and Dr Elizabeth Gemmill. Refreshments and lunch included.
Admission: £40 per person.
Contact: Stella Eglinton 01603 611530, stella.eglinton@norwich-churches.org

A very English reformation?
Saturday 31 Oct
10am-12.30pm
Address: Norwich Cathedral, The Close, Norwich, NR1 4DD
The reformation in England was driven by a mixture of political and dynastic factors as well as the influence of Luther and Calvin. This session will look at the way the Church of England gradually emerged during the 16th century, with some study of the impact of change on a typical parish church.
Admission: £10.
Contact: NCCL Administration Team, NCCL@cathedral.org.uk, 01603 218327

Mission in the 19th and 21st centuries
Thursday 5 Nov / 12 Nov
7 - 8.30pm
Address: Norwich Cathedral, The Close, Norwich, NR1 4DD
Two lectures by Peter Varney investigating the missionary movement in the 19th century and the fruits of two centuries of Christian mission
Admission: £3.50 each, or £5 for both booked at the same time.
Contact: NCCL Administration Team, NCCL@cathedral.org.uk, 01603 218327

Women in Ordained Ministry – Past, Present and Future
Tuesday 10 Nov
7 - 9.30pm
Address: Norwich Cathedral, The Close, Norwich NR1 4DD
Come and join this lecture given by the Very Revd Jane Hedges.
Admission: £8.
Contact: Ms J Jackson, 01603 456446 Email: norfolktheoloc@gmail.com

To publicise your event across the diocese, add it to our website at: www.dioceseofnorwich.org/news/events
Comings & Goings

#NewRevs Petertide
Ordinations

On one of the hottest weekends of the summer seven candidates were ordained as deacons, putting on their clerical collars for the first time, by The Bishop of Norwich at Norwich Cathedral. A further seven were ordained into the priesthood, some at the Cathedral and some in the parish they are already serving.

New Deacons (left to right)
Gary Bowers (Heacham and Snettisham Benefice), Edward Land (St Thomas’, Norwich), Rosemary Rayner (Lakenham and Tuckswood), Jill Haylock (Chet Valley Benefice), Richard Stanton (Attleborough and Besthorpe), Dominique Turnham (Dereham and District Team Ministry) and Sarah Quantrill (Oulton Broad).

New Priests (left to right)
Deborah Hamilton-Grey (Watton and Thrextton), Nicholas Ktorides (Gorleston St Andrew), Laura Baker (King’s Lynn St Margaret), Grant Bolton-Debbage (Great Yarmouth Team Ministry).

Not pictured, but also ordained in their local churches the same weekend were Matthew Hutton (Norwich St Stephen), Ruth Lambert (Norwich, Mile Cross) and Frank Cliff (Great Yarmouth Team Ministry).

The following ministers have had their Permission to Officiate granted or renewed:

Our prayers for their future ministry go to:

- The Revd Jemma Sander-Heys, appointed Team Vicar, Great Yarmouth Team Ministry.
- The Revd Dr Lorna Allies, appointed Associate Priest (House for Duty) of the Acle and Bure to Yare Benefice.
- The Revd Andrew Whitehead, appointed Associate Priest (Team Vicar Designate) in the parishes of Cawston with Booton and Brandiston, Haveringland, Heydon, Oulton, Aylsham, Blickling, Brampton, Burgh-next-Aylsham, Buxton with Oxnead, Lammas with Badersfield & Little Hautbois and Marsham.
- The Revd Richard Howells, appointed Honorary Assistant Priest (NSM), Nar Valley Group.
- The Revd Andrew Jones, appointed Rector of the Trunch Group (Gimingham, Knapton, Mundesley, Paston, Trunch with Bradfield and Swafield).
- The Revd David Austin, appointed Vicar, New Catton St Luke with St Augustine (Norwich).
- The Revd Canon Stephen Wright appointed Priest-in-Charge of the Quidenham Group Benefice.
- The Revd Robert Fruehwirth resigned as Priest Director of the Julian Centre; Hon. Assistant Priest, Norwich St Peter Mancroft with St John Maddermarket and is returning to the United States.
- The Revd Canon Beryl Wood retired on 17/08/2015.
- The Revd Elsie Hutcheon retired on 31/07/2015.
- Mrs Katherine Limbach appointed Communications Officer as maternity cover for Mrs Emma Craig.
Food fears for our young people?

By Angela George

“Eating disorders are lies that form these nice little structures inside your brain. You have to tear down those structures gently and rebuild them with stuff that’s solid – replacing the lies with truth. And it’s got to be God’s truth.” *Kelly*

Statistics surrounding childhood obesity and teenagers affected by eating disorders are often quoted in the headlines and sometimes the issues surrounding them can seem complex. How as Christians working with children and young people could we respond?

- Latest figures for England suggest a fifth of children joining primary school are obese or overweight.
- Whilst anyone can develop an eating disorder young women are particularly at risk between the ages of 12-20.
- Children as young as seven can develop anorexia and there are a greater proportion of boys in this age group.

A range of factors can contribute or combine to cause the development of a disorder and causes are not yet fully understood. Genetic, psychological, environmental, social and biological factors are thought to play a part.

It would be easy to say that God is not interested in the food we eat but with diets, healthy eating and the air-brushed images of apparently immaculate bodies displayed across glossy magazines, the internet and social media such concerns are very much part of young people’s everyday lives.

Speaking recently with a group of healthy teenagers it soon became apparent that discussions about food and body image were not unusual and that several of them had friends with an eating disorder. To further our discussion we looked up some biblical texts:

“Man looks at the outward appearance, but the Lord looks at the heart”
1 Samuel 16: 7

We were sure that God was more concerned with our hearts than our outward appearance but our hearts could also be entangled with both positive and negative thoughts about what we ate and the way we look. So we looked again and found:

“Do not confirm any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will”
Romans 12: 2

Perhaps we could consider food and health as tools to help us serve God. Does our weight or our view of eating hinder us in any way from serving God effectively?

The issues around food and young people are enormous and often too specialist for us to deal with directly, but we could heighten our awareness and take positive action to promote healthy heating within our groups. We are also called to love our neighbour and which includes looking out for others and offering help as required.

So the conclusion we arrived at was to promote healthy living not just concerned with how we look but with a desire to keep our bodies fit to ensure we can serve God well.

“Part of my healing process was the discovery that who I am is more important than how I look or what I do. I realised my need to place more emphasis on my character than my image.” *Sara*

Angela George is Interim Children, Youth and Families Development Officer

* Quotes from article published on www.focusonthefamily.com

For further information on eating disorders:
www.b-eat.co.uk
www.mercyministries.co.uk/we-can-help-you/info-for-church-leaders
A Place 2B Me – fair food, fun time

At the heart of the Yare Valley Churches young people are finding a ‘Place 2B Me’ at two weekly youth cafés based in Brundall.

Every Friday from 3.30-5pm, youth café ‘Place 2B Me’ opens up for young people in Years 6-11 and on a Thursday evening 7.30-9pm there is the aptly named ‘Place 2B Me Latte’ providing a space for the slightly older 14-18 year olds. Together the youth cafés provide a welcome place each week for between 40 and 50 young people to relax, spend time with friends, and enjoy gaming, music and more.

The café sessions also serve snacks and Fairtrade tea, coffee and hot chocolate. Benefice Rector, Peter Leech, highlights: “Using Fairtrade subtly communicates the message to the young people that it’s important to take responsibility in the purchases that we make, ensuring that decisions we take have a positive impact on as many people as possible. It is also about ensuring that values of inclusive love, care and concern for all people seep through all that we do within the café and are evident in any aspect of café life.”

By offering a relevant and welcoming place which is safe and stimulating, the Yare Valley Churches have helped cater for the needs of the local young people whilst being able to communicate God’s inclusive love through the values that underpin the work.

And sustaining young people with food for thought will be what it’s all about on September 9 as the team launch ‘The Study Hub’ – a new weekly space open 3.30-5pm on Wednesday’s for young people to do homework, coursework and revision.

www.yarevalleychurches.org.uk

Real Advent Calendar:
Where chocolate meets Christmas (and charity!)

By Anna Walker

Every year throughout my childhood I loved receiving a traditional nativity advent calendar from my Godparents and expectantly opened each door to tell the story as I counted down the days to Christmas. Most advent calendars today lack any Christian content. With research* suggesting that just 12 per cent of adults know the nativity story, more than one third of children don’t know whose birthday we are celebrating and 51 per cent of people saying that the birth of Jesus is irrelevant to their Christmas, it’s perhaps another indicator of Christmas simply being another secular holiday for many.

But The Meaningful Chocolate Company is helping to once again create a focus on the true meaning of Christmas with The Real Advent Calendar. Last year over 150,000 calendars were sold and David Marshall, from the company, says: “By buying The Real Advent Calendar people can share the Christmas story throughout December and enjoy the full meaning of Christmas.”

The calendar comes with an activity booklet designed to be used each day throughout Advent, as well as Fairtrade chocolates with a line of the Christmas story hidden behind each window. Each purchase also includes a charitable donation to The Funzi and Bodo Trust – supporting a baby clinic in Kenya and Tradecraft exchange.

Perhaps this year your church could promote the calendars as a means of sharing the true meaning of Christmas? Or maybe you know someone who could enjoy this Fairtrade ‘food for thought’ this Advent?

Harvest lessons
– learning from each other

It was harvest time and this former farmer's boy was a long way from home. Some things were familiar, others rather strange. The time of the year for a start: it was January, the Yaha rice harvest (there are two each year) was over and impromptu cricket matches were being played on dried-out paddy fields.

I was excited to receive an invitation to attend a harvest celebration meal at the home of Mr Wickremasingha. He ran a small family farm in the Church of Ceylon’s Kurunegala Diocese. I was to travel with the Bishop Andrew, who briefed me on cultural niceties. I was warned that, although the hospitality would be generous, I should understand that the family was relatively poor. If guests ate too much there would be little left for the children!

I have little, or no Singhalese, Mr Wickremasingha had little English. But farmer and farmer’s boy were fascinated with each other, contrasting and comparing our different experiences and we found a willing interpreter in Bishop Andrew. The comparatively low price of freely traded rice, much of it produced by large American agribusiness, made it hard for small scale enterprises to make a profit – a familiar story to someone whose family still milks cows! I wanted to find out about Harvest Festivals. If they have two harvests, do they have two festivals? It turned out they didn’t have any special celebrations in church.

Every Sri Lankan Christian I've travelled with began and ended the journey with prayer. So it seemed only natural to mark the agricultural year – with all its hopes, anxieties and unknown outcomes - with prayer. I spoke about Plough Sunday, Rogation Days and Harvest Festivals which are so often neglected at home. Before I'd finished Mr Wickremasingha had made up his mind: why not do it all?! A year later he sent me a message. It simply said, 'It works!'

As I remember I’m shamed by the faithful prayerfulness of my Sri Lankan friends. I take so much for granted – be it the food on my plate, the NHS, good quality schooling for our children, or my safe travelling - I rarely spare a thought for farmers, or hungry children. So this harvest time I could usefully make a new year’s resolution: to pray more consistently, to give proper thanks for travelling and other mercies. And, just to ensure my prayers are not just fine words, make a Thank Offering to Christian Aid. How about you?

www.christianaid.org.uk/getinvolved/harvest/index.aspx

Other harvest resources can be found at:
www.dioceseofnorwich.org/churches/mission/harvest-re
The Thornham Allotmenteers: growing community, activity and enjoyment!

By The Revd Susan Bowden-Picstock

They could not have asked anyone keener to merge faith and horticulture. I previously spent a couple of years of my radio career bringing into being a project on horticulture and spirituality. This venture produced a multi-faith garden at Chelsea, a radio documentary and then I wrote a book about the project and the idea called *Quiet Gardens: the roots of faith*?

And so the Thornham Church Allotment Society has come into being, in that hard work fashion that clearing a plot of land and bringing it up to the point of being workable always is. Now, our group is known affectionately as ‘The Thornham Allotmenteers’, a bit like the musketeers, but fewer swords! Here is their perspective:

“We are a very enthusiastic and hard-working group of residents from the small, coastal villages of Thornham and Holme-next-the-sea. Thornham has a significantly elderly population, around 50 per cent second-homes and many visitors, particularly in the summer. We are cultivating allotments and a dedicated community garden on a redundant and derelict patch of ground at the centre of the village. We want to provide in this space a place of meeting, work, rest and the celebration of community.

“The allotments provide opportunity for working outside and providing home-grown food, and encourage (by example) the culture of being active outside. Some of the plots are shared to reduce the workload and allow more people to use the facility. There are a number of village events which will allow us to share our excess produce with the wider community and gain a small amount of funds for ongoing maintenance.

“The community garden is there for everyone to come and enjoy. It will contain a social space to sit in and meet others, beautiful year-round planting to enjoy and help maintain, and some more private seating allowing people a space in which to remember their own family and friends who have died and are in the churchyard next door. We want it to be accessible for those in wheelchairs to visit and work in. We want to give some of the elderly a reason to walk out of their homes and the chance to meet up with others and pass on their own wisdom on growing. We want it to be a space friendly and accessible to birds, bees and butterflies (but not rabbits, sorry!). We also want to welcome our many visitors and second-home owners to enjoy a different aspect of village life.”

So far we have blessed the bounds of the plots on Rogation Sunday, sat down to a lovely lunch together in the church eating amongst other things Ralph’s radishes, and are very much looking forward to harvest!
Norwich Cathedral: soul food

By James Shelton

For many people food and drink provides not only physical nourishment but enrichment of another kind. A shared meal creates a setting where meaningful discussions can take place, ideas can be shared and relationships can be built. It’s pleasing that this can be observed at the Cathedral on a daily basis, where there is a happy murmur of conversation to be found in The Refectory as our visitors enjoy the food and drink on offer.

As has been reported elsewhere in this edition, food and drink can also be a focal point for servicing and creating community, one example being the Hub café at Cringleford. Here at the Cathedral the generation of a community spirit is assisted by the wonderful volunteers who interact with visitors. Jan Morton is one such individual and, in her own words, says “I love and laugh a lot, give smiles and wipe tables.”

It’s the idiom food for thought that I’m interested in exploring however. For the purpose of finding the generally agreed meaning of this expression I used a well-known online search engine and was presented with the definition ‘something for someone to think about that warrants serious consideration.’

This month we will be launching our new website and, along with it, a marketing campaign entitled My Cathedral. The campaign introduces five people captured through portrait imagery, each of whom comes to the Cathedral for differing reasons. These five individuals are people that I had personally come into contact after arriving into my position late last year, who each made a significant impression on me.

You may well be surprised by the people you see and the reasons why they come here, which is kind of the point. However the overriding sentiment, shared by each of them in isolation from one another, was that they held the Cathedral in the highest regard because of the spiritual nourishment it provides for them. During these initial interviews, which informed the campaign’s messaging, the Cathedral was regularly described as a place of space, sanctuary, creativity and inspiration, where you can simply be. It is a place that, for them, stimulates food for thought about their walk through life and faith.

I was recently struck by the words of Gerry Lunch, the Director of Communications at the Diocese of Salisbury, who in response to a lively blog debate about methods of communicating the gospel commented:

“Cathedrals speak volumes – in beauty, in light, in music, in the space and silence of the Daily Office, in being thin places where many centuries of prayer and celebration of the Eucharist have eroded the barrier between earth and heaven. They are sermons in stones themselves, and the mute confession of the building is often a more faithful witness to Christ than our rather flawed and sometimes alienating efforts.”

This, to me, is simply perfect. So the only thing left is to warmly invite you to come to Norwich Cathedral, your Cathedral, where you will find spiritual food for thought, as well as nourishing food and drink, readily available in abundance.
Edith Cavell
Centenary

By Nick Miller

Ask an adult in Norfolk about Edith Cavell and they’ll probably say: ‘She was a nurse from Norfolk, executed by firing squad in Brussels in WWI - I’m not sure why, maybe she was a spy? There are statues of her in London and by Norwich Cathedral.’ (Where she’s buried).

I have lived over twenty years in Swardeston just outside Norwich, where nurse Cavell grew up. She has been a real and growing inspiration over all this time. By the end of 2015, the centenary of her death (and the 150th year since she was born here), I hope people everywhere will recognise what a remarkable woman she was.

Had she just been a senior nurse who founded modern nursing in Belgium, few would know of her. The British public first learnt of her through newspaper reports in mid October 1915 following her death: she had been executed despite having nursed German and allied soldiers alike. In her trial she admitted to having helped some 200 soldiers get away to Holland and back to the UK or France over a nine month period. She admitted defying German directives that these men should be handed over. She took the consequences.

Edith Cavell was a ‘good Samaritan’ to those men she helped out of Belgium. She put herself at risk daily, hiding men in her clinic and taking them through the streets with her dog to different rendezvous. Her selflessness shines out; in May 1915 as German efforts to crack her network intensified she wrote: “if one [of these unfortunate men] were captured and shot it would be our fault. If we are arrested we shall be punished whether we have done much or little. So let’s go ahead and save as many as possible”.

She also inspired loyalty and love in her work colleagues. In her last letter to her nurses she wrote:

“I have perhaps sometimes been too strict, but never knowingly unjust, and I have loved you all much more than you can know”.

I believe this commitment, courage and selflessness came from her Christian faith, allied with her values as a nurse. She grew up in a Christian home – her father served as vicar here for 43 years. As a young person she resolved to do ‘something useful for people’. At 25 she was given Thomas’ a Kempis’ Imitation of Christ. It shaped her way of life. She read it and annotated it in her 10 weeks in solitary confinement before her death.

Imitating her Master, she laid down her life so that men who came desperately seeking her help might live. We will be remembering her in October – in services, lectures, exhibitions, drama, art and more. Please do join in.

Nick Miller is keeper of the Cavell memorabilia for St Mary’s Swardeston
Centenary events October 5-17 in Norwich and elsewhere www.edithcavell.org.uk
Edith’s legacy lives on: www.cavellnursestrust.org.uk
Bishop Alan explains the objectives behind a series of ‘Shared Conversations’ commissioned by the House of Bishops last year following the publication of the Pilling Report on Human Sexuality.

The twin objectives of the Shared Conversations, both with a focus on mission, were set out in a General Synod Paper:

- “to enable the Church of England to reflect, in the light of scripture, on the implications of the immense cultural change that has been taking place... a changing context always raises new questions about our missional stance toward culture. Clarifying how we can most effectively be a missionary church in a changing culture around sexuality is a key objective.

- to clarify the implications of what it means for the Church of England to live with what the Archbishop of Canterbury has called ‘good disagreement’ on these issues.” (GS Misc 1083).

Dioceeses have been gathered into regional groups, in our case, with Ely and St. Edmundsbury and Ipswich. Ours are due to take place in February 2016, but some have already taken place in other regions. Conversations are being facilitated by a team under Canon David Porter, the Archbishop of Canterbury’s Director of Reconciliation. Groups will meet for three days, and consideration has been given to the make-up of the groups. Participants invited by their Diocesan Bishop, with a balance of lay and ordained, male and female. At least 25 per cent should be under 40, with two or three LGBTI people (Lesbian, Gay, Bisexual, Transgender or Intersex) in each delegation. The balance of opinion across the 12 participants should attempt to reflect the balance of views held across the Diocese.

The process will end in July 2016 when the newly elected General Synod will spend two days together on this topic. There is no plan for any vote to be taken in Synod as a result of this process, but a number of motions proposed on this topic are likely to make it to Synod in 2017.

Living Reconciliation

The Revd Dr Paul Overend, Lay Development Officer; reviews a book that maybe helpful when thinking about the proposed Shared Conversations.

By Phil Groves & Angharad Parry Jones


Archbishop Justin has said that reconciliation is at the heart of the gospel (cf. Mt. 5.23–24). The Anglican Communion currently has two initiatives promoting engagement with reconciliation: Continuing Indaba and Living Reconciliation. The latter comprises this book, pictured and reviewed here, and a further study guide (with YouTube clips) for use by study groups, which can be found at www.living-reconciliation.org.

The Zulu term ‘indaba’ (‘meeting’ or ‘purposeful discussion’) was used in the 2008 Lambeth Conference for a process of deep listening and purposeful conversation, which aimed at developing shared understanding and
We are planning an Open Event at the Cathedral on Monday 16 November at 7pm. We will address the question: “What is required of Christians on all sides of the debate about human sexuality if we are to model good disagreement?” Speakers include The Revd. Canon Dr. Phil Groves who leads the Continuing Indaba process for the Anglican Communion; The Revd. Dr. Frances Henderson will give a perspective from the Church of Scotland; The Revd. Dr. Arnold Browne will explore biblical perspectives on ‘good disagreement’; The Revd. Dr. Andrew Atherstone of Wycliffe Hall, Oxford, represents a conservative evangelical viewpoint.

On Tuesday 17 November, there will be an opportunity for clergy to continue the conversation with our speakers, from 10.30am till 1pm in the Weston Room at the Cathedral.

Some helpful information is available at: www.sharedconversations.org

Please pray for all involved in Shared Conversations, for the ability to listen charitably to one another and to enter into conversation with respect and courtesy. Pray also for those whose life experience and personal identity is the subject of the church’s discussion. Pray that all involved may come to a deeper experience and knowledge of God’s love for them.

common ground. The Continuing Indaba project of the Anglican Communion has involved people from different dioceses worldwide visiting each other to learn about life and mission in the other contexts, to foster trust and understanding and for conversations about the similarities and differences they have encountered. The aim is to enable us to live reconciliation and so become agents of reconciliation in the world.

The book Living Reconciliation is by Rev Canon Dr Phil Groves, the Director of the Continuing Indaba process for the Anglican Communion, and by Angharad Parry Jones, who was for some time its Communication and Resource Manager (before moving on to train for ordination in the Church in Wales). Living Reconciliation takes a practical approach to seeking reconciliation, drawing on the stories and experiences of those who have sought to live reconciliation, both from the Bible and from the indaba process itself.

It is a frank book, acknowledging how difficult it can be to face issues of power and injustice and to find common understanding. It’s hard enough, as Justin Welby has elsewhere suggested, to find ‘Good Disagreement’ that is respectful of integrity and difference. I am reminded of a saying, sometimes said to be a proverb or prayer, ‘Help me never to judge another until I have walked in his moccasins,’ (or as it was cited in Sharon Creech’s novel Walk Two Moons, ‘Don’t judge a man until you have walked two moons in his moccasins’). Yet the book leads us ‘beyond respect’ to relationship, and shows how building relationships can enable breakthroughs to be made, enabling us to dance to a different drumbeat than the war drums of conflict.

The book and other resources help us to appreciate the call to live reconciliation, to respond in openness and humility, in a context of hospitality and prayer, and so enable us to be built up in love. I warmly recommend both it and the study guide to parishes.
**DVD gives voice to homeless**

This month, Hope Into Action in Norwich started work on a DVD “I want change” which will become available as a free resource in October for any church, school, community group or agency. Using footage from local homeless people, the aim is to educate, challenge and stir the hearts of local people and encourage participation and action.

Hope Into Action is a national supported accommodation provider with a core Christian ethos, working with churches to house the homeless since 2010. The Norwich branch runs five houses and wants more Churches and properties to help match the increasing demand for affordable homes for the homeless.

“We hope the ‘I want change’ DVD will give some of our local homeless people the chance to have the voice they deserve. Some have lived through experiences many of us can only imagine,” says Kate Doran-Smith, HIA’s Norwich Co-ordinator. “They should have their stories and experiences shared with people across Norfolk.” To order your copy of the DVD or find out more about HIA contact: kate.doran-smith@hia.org.uk 07908 202944, 01603 927271

**New church trail for benefice with no name!**

Ten rural churches in North Norfolk didn’t let the lack of a name – yet to be decided – for their newly-created benefice stop them. They went ahead and with some hard work from their former community magazine editor Ian Summers, produced a booklet to show everyone who they are. *Something special in every church* describes the churches of this benefice on a round journey of 24 miles. There’s a crossword puzzle on the back with the clues to be found in each church.

“The booklet, sponsored partly by local pubs and businesses, aims to put us on the map and encourage pilgrims and visitors,” said The Revd Brian Faulkner, Hon Assistant Curate. To find out more, contact Brian on 01263 577868, braintfaulkner@btinternet.com

**Norwich parent’s voice added to childhood commercialism debate at Synod**

 Mothers’ Union asked members of the General Synod to engage with the concerns parents are voicing over the impact of commercialisation on children and on the well-being of the family. In a debate chaired by Rt Revd David Thomson, Bishop of Huntingdon, Mothers’ Union raised awareness of their Bye Buy Childhood campaign and called for help from the Lords Spiritual to raise recommendations in Parliament which have been drafted by Mothers’ Union as a result of their most recent research.

Allie McClean, a Mothers’ Union member from Norwich, spoke as a parent on the panel on how, even in a supportive partnership, bringing up children to be resilient to the pressures of commercialisation and sexualisation takes dedication and constant need for support. For single parents, she pointed out, the pressures must be enormous. Peer pressure, pester power and the need for guidance to handle the external pressures are constant.

The Archbishop of Canterbury, Justin Welby, the Bishop of Colchester, Rt Revd Stephen Cottrell, the Bishop of Bristol, Rt Revd Mike Hill and the Bishop of Durham, Rt Revd Paul Butler were among those who came to hear the debate and give support. Bishop Paul Butler welcomed the report and called for its wider dissemination and support. www.byebuychildhood.org
Across the parishes of Norfolk there are an estimated 600 pieces of Norwich silver held by parish churches. Norwich-made silver began to be marked with the Norwich hall-mark in September 1565, and the 450th anniversary will be commemorated as part of the celebration of Evensong in Norwich Cathedral at 3.30 p.m. on Sunday 13 September. All are welcome to attend, but particularly those who hold Norwich pieces. After the service there will be a lecture by Christopher Hartop on ‘Norwich Silver: the first collectors and dealers’. Contact Mary Fewster on 01508 492059 for more details. In conjunction with this celebration a special exhibition will be mounted in the Treasury, from 10–27 September, displaying a cross-section of ecclesiastical and secular pieces made by Norwich goldsmiths past and present.

Bishop’s Officer for Retired Clergy

The Bishop of Norwich has appointed the Revd Dr Andrew Sangster to succeed Canon Patrick Foreman as Bishop’s Officer for retired clergy, widows and widowers. Speaking at a lunch for the retired clergy held in the garden of Bishop’s House, Bishop Graham commended the way in which the retired clergy in our Diocese care for each other, and said that we have been “fortunate beyond measure” to have had Patrick Foreman in the co-ordinating role for the past six years. He also thanked the retired clergy for all the help and support they give in our parishes; Rosie Foottit for her work as secretary to the committee for retired clergy, widows and widowers; and he thanked Andrew Sangster for being willing “to continue to offer himself for the Lord’s service” in this way. Retired clergy and spouses, widows, widowers and associates of the Diocese of Norwich meet at the Cathedral Refectory at 10.45am on the last Wednesday of each month, followed by Eucharist at 12.30pm.

Rural broadband boosted by partnership between Diocese and Archant

A commercial partnership has been agreed between the Diocese and Archant, under which WiSpire, a local provider of high-speed broadband launched by the Diocese in 2011, will gain increased support to accelerate the roll-out of rural broadband across Norfolk. In addition to Archant’s investment, the business will provide a number of services to WiSpire including marketing support across Archant’s local media portfolio, which reaches 85 per cent of Norfolk’s population every month. It will also provide infrastructure support in the form of office space and back office services to the WiSpire business. Simon Bax, Chairman, Archant, said: “I am hugely proud to see our business join with one of our great local institutions around a service area critical to our community. We share the vision of the Diocese to bring the benefits of technology to rural communities and I know the combination of our respected values, skills and ambitions will make this new venture a resounding success. I look forward to seeing our communities have increased access to rural broadband.”

www.wispire.co.uk
#New Rev’s top dog in Snettisham

It was a double celebration in July for The Revd Gary Bowers: ordination in Norwich Cathedral one weekend was swiftly followed the next by his dog Monty being awarded best in show at the Snetthisam Village Fete. All a very different experience from being a zoologist working with big cats!

Royal baptism flowers

Judy Wilkinson created this arrangement at All Saints, Beeston Regis marking the baptism of the HRH Princess Charlotte in Norfolk.

“I included Canterbury Bells (as in archbishop of), Sweet Williams (with reference to her father), Norfolk lavender – a variety called Miss Katherine (her mother) and the candle represented the light of Christ.”

Happy Pilgrims

Pilgrims from St Giles on the Hill Church, Norwich went on a summer pilgrimage to St Gilles Abbey Church in Provence, France visiting Les Baux de Provence, Camargue, Les Saintes Maries de la Mer, Avignon and Pont du Gard and celebrating Eucharist right next to the tomb of St Gilles.
**Blossom and Yarn**
Over 2000 people flocked to the recent ‘Blossom and Yarn’ knitting and flower festival in six of the Wayland Group of Parishes. One visitor wrote: ‘You achieved something so very, very special and created such a wonderful atmosphere & buzz amongst the villages’. Pictured is the wedding-themed Caston Church.

**Mundesley Mothers’ Union anniversary**
Celebrations were in full swing as Mundesley Mothers’ Union celebrated its 105th anniversary with a service, afternoon tea, banners from branches around the area and memorabilia from 1910. A large celebration cake was cut by past Diocesan President, The Revd Canon Pamela Fawcett, together with current President Marguerite Phillips.

**Vintage tools & kitchenalia in Martham**
During Martham’s carnival weekend the church put on an interactive exhibition of equipment used in farms and homes of yesteryears. Pictured are Jenny Ewing the manager of a local care home organising the residents’ memory jogging exhibits from the kitchenalia section with exhibition organiser and St. Mary’s churchwarden Duncan Laxton.

**Snail grand prix at Congham**
The annual fete on Grimston Cricket Field was a great success and drew in the crowds with the World Snail Racing Championships, along with the usual entertainments and refreshments, raising around £3,000 towards a kitchen and roof restoration for St Andrew’s church.

Find out what else is going on across the Diocese on our website: www.dioceseofnorwich.org/news/events/
Flipside: Diocesan people – but not as you know them?

Emma Craig
Communications Officer

“I love to bake! I always helped my mum out with baking when I was little – from cupcakes to cookies, and of course decorating the Christmas cake. But I really got into baking myself about four years ago when I got sucked into watching The Great British Bake Off. I got inspired to have a go at making different things and trying out new recipes and decorating techniques (although I’m sure Paul Hollywood would mark me down for my decorating skills!) and it just went from there. I now regularly make birthday cakes for friends and family, or am asked ‘Oh Emma, can you just bake something for this event?’

“I really enjoy watching other people enjoy my bakes, so I do end up giving quite a lot away (much to my husband’s annoyance), I find baking a really good way of relaxing (although I do often set myself the task of three different bakes in one day!), and a good way of using the creative skills God has given me to bring joy to others.”

Note from Editor: We wish Emma all the best as she goes off on maternity leave, expecting her first baby in October!

Geoff Freeman
Parish Funding Support Officer

From Stewardship events, gift days and fund-raising to funding from external sources and including legacy advice, Geoff is always busy. His flipside is gardening.

“I am a keen gardener and competitive as well so I often enter what I have grown in local shows. It’s great fun and with a glasshouse it’s a year-round hobby. I feel blessed that for all my working life I was involved in commercial horticulture which I enjoyed so much. Now in what is supposed to be retirement I can enjoy my hobby without the pressure of business.

“Gardening throughout the year, you see the seasons develop, it’s one place where the phone does not ring and where I can do my thinking and planning – usually about what’s done well, what’s not and why did the good Lord ever create blackfly and lily beetles?

“Sowing a small seed in the short cold days of winter with such great expectation that it will grow and produce fruit or flower is to me a real demonstration of our faith in the world and God’s creation. It’s said that you are never closer to God than when in a garden, and I agree!”

Hogg Music
Barn Dances presents:
“Trotters Bottom”
Melodeon, Electric Mandolin, Keyboards, Drums and Caller.

We can provide a variety of combinations to suit your requirements and your budget!

“Barn Dancing at its best!”

For bookings/enquiries please contact: Keith Dignum on Tel: 01603 890767
Email: kdignum@gmail.com
In the beginning: creation connection

I was thrilled when just over a year ago, Bishop Graham, ‘gifted’ me the position of Chaplain to the Royal Norfolk Agricultural Association and therefore the Royal Norfolk Show.

As a person whose vocation is very much grounded in my sense of connection to creation – the countryside and rural ministry, is, I believe, where God wants me to be. The Association is providing me with experiences and understandings that give me a more rounded view of the environment I live and minister to. The Association is involved in all areas of agricultural life, everything from Agri-Tech week, hosted at the Norwich Research Park and championing research and development into food production at its most advanced, to the Spring Fling, a mini Norfolk Show aimed at children.

After leaving university I was personal assistant to George Monbiot, a well-known environmental commentator. I admit that I often sit and wonder what George would say about some of what I now hear whilst fulfilling my duties to the Association. Although at heart I am most definitely a theologian and not a scientist, I know that in the past, advances in agricultural technology have resulted in terrible in-balances in the eco system. But conversely having lived in deeply rural areas for most of my adult life I am also acutely aware that our countryside is not a museum; not something that can stay static. The countryside, while seeming tranquil, is an eco-system, a living dynamic organism, of which we are a part. These are tensions that we cannot avoid.

For many years before ordination we lived in North Norfolk and I was predominantly a stay-at-home mum. It was from this situation that God was able to make his approach and compel me to explore the possibility of priestly ministry. I vividly remember a period of several months where I grappled with John 1. I have clear memories of carrying the first few verses of this Gospel around with me, particularly as I drove through the narrow, tree-lined lanes of my then life and home. For me these verses are so very vitally connected to the whole of creation, of its truth and of how we are inextricably connected to it.

I don’t believe myself to be an activist in the unrelenting and courageous way someone like George might be. I am called to love and encourage those I minister to, to grow daily into the glory that God compels them towards. In a world that advances daily in every conceivable direction, we are as Christians constantly challenged by situations we have little or no control of.

The global industry, that is agriculture, farming and food production presents us with many tensions, delights, problems and possibilities, all of which have been made clearer to me during my time with the Association. But the opening words of John’s gospel are, for me, foundational not only in my identity as a Christian, but also in my personal approach to life and faith. The Logos ‘was’ at the beginning of time. As Christians therefore we have a profound connection and responsibility to creation, something we must respond to with resolve and commitment.

The Revd Suzanne Cooke is Chaplain to the Royal Norfolk Agricultural Association and Priest in charge of the Upper Tas Valley Benefice in South Norfolk.
Because of my financial and musical background I was given the tasks of monitoring mathematics and music which involved observing lessons, talking to children about their subject and becoming connected with the school in a much more contributory way.

“I particularly enjoy interacting with the children when they discuss their thoughts on what the school provides to them together with their aspirations for the future. Being a school governor enables you to contribute much to the local community by using your expertise, your skills and experience.”

Governors at St Peter and St Paul Carbrooke Church of England Primary Academy share their experiences in the role: Cherril Saunders says “It’s really pleasing to see the strengthening links between the school and the church – being an Academy makes it even stronger.” Chris Sanger says “I enjoy putting something back into the school and seeing some positive effects as time goes on.”

“Church schools shape their pupils and their communities, and shape us all for the future,” said the Archbishop of Canterbury, “And without … governors that simply wouldn’t be possible… Church schools also have a distinctive identity and ethos that values the emotional, the spiritual and the social development of children as highly as their academic development”.

“Being a school governor enables you to contribute much to the local community by using your expertise, your skills and experience.”

You could be a school governor

Director of Education for the Diocese, Andy Mash explains:

“Church schools and academies are proud of their history, distinctiveness and the value they place on educating the ‘whole child’ but need the support of foundation and trustee governors to do this. We currently have around 100 vacancies in our church schools and 10 in our academies.

“Governors volunteer their time and expertise to ensure that all children receive the best possible education. It is a crucial role. Governing bodies need to effectively challenge and support and they set the strategic direction of the school.

“All we ask of our foundation or trustee appointed governors is an interest in education, a concern for school improvement and a commitment to Christian distinctiveness and to nurture bonds between the church and school or academy.

“The Diocese is always here to support and advise. You will be part of a team working with the Headteacher to ensure the best possible outcomes for all its children. We offer a range of training courses for governors to enable them to develop their roles and responsibilities and create confidence in nurturing distinctiveness.”

If you are interested in becoming a governor or are currently a governor but wish to take on another school or academy, please contact Louise Reeves, Education Support Officer on 01603 882344, louise.reeves@dioceseofnorwich.org