
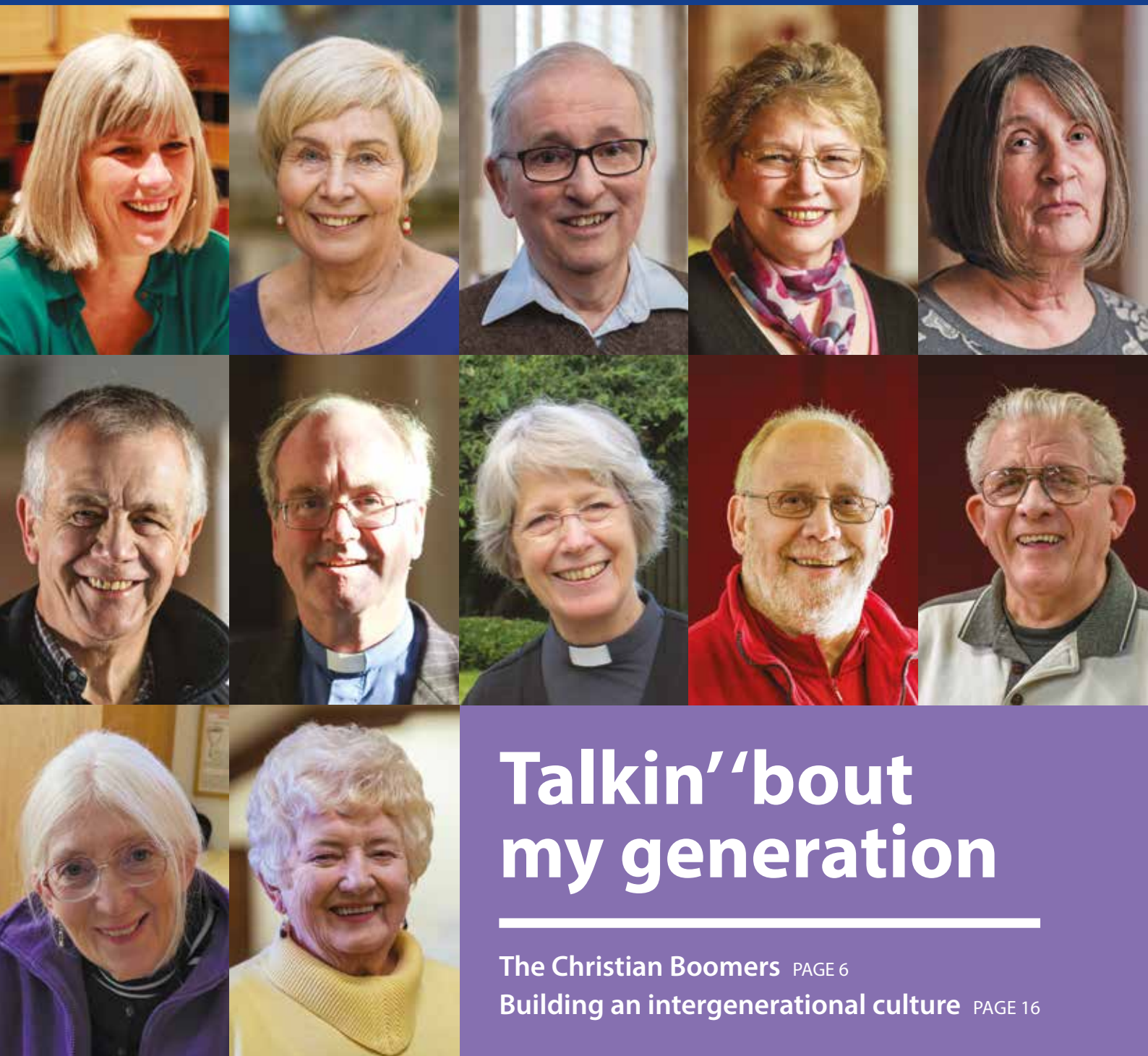


JANUARY-FEBRUARY 2017

THE MAGAZINE

 THE CHURCH
OF ENGLAND
Diocese of Norwich



Talkin' 'bout my generation

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Building an intergenerational culture PAGE 16

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life together:**
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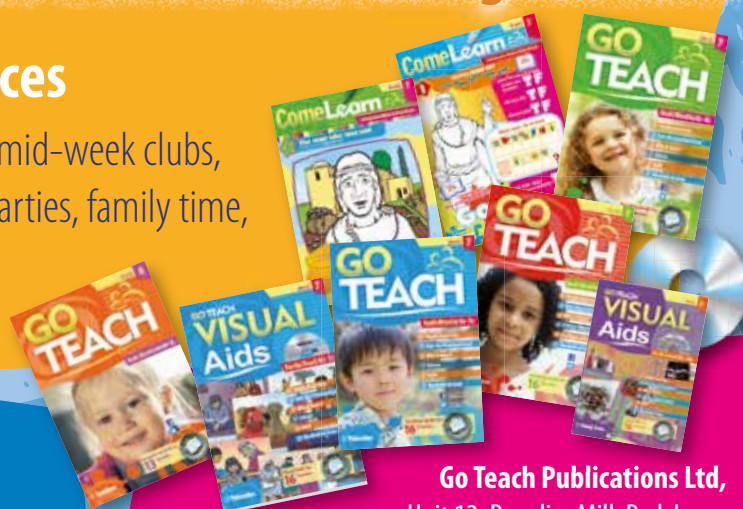
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From the Editor

Take a look around most churches in this Diocese: how many are dependent on volunteers and laity that are the “recently retired” or similar? I would say many. This issue is particularly concerned with the “third-agers”. A quick definition of third age: one scheme describes people based on biological not chronological ageing. First agers are in full time education, second agers are those in working life, third agers are the independent active retired and fourth agers have become dependent and receive some level of care.

Are we in the church valuing those in this age group, not just for what they “do” but their life-experience and spiritual contributions? We take a look at some views from a few “boomers” in the main feature (pg6). One thing certainly rings clear: the young and young-at-heart have much to learn about faith from one another. Take a look at the articles on pages 10 and 16 that focus on generations connecting.

The photo below was snapped by my son on his way home one day. He particularly appreciated the carefully folded paper boat, crafted from a bus ticket, and left to float on a puddle – even more so when he realised it was a senior’s ticket!

The new year brings a few minor changes to *The Magazine* – the What’s On listings have moved to the back (pg 37), and a

couple of new items have appeared: a new general and seasonal resources page (34), and new feature “Focus On” taking a look at a different parish or benefice each issue (pg 26). Let us know what you think. And make it your New Year resolution to pass on your copy of *The Magazine* (once you read it first!) to someone else.

There’s also a new way to subscribe. If you’d prefer to be a digital reader, you can sign-up to receive an email letting you know when the latest edition of *The Magazine* is available online: visit www.dioceseofnorwich.org/online magazine

Each edition is available online as both a PDF download and a flickable on-screen version. You can also receive an audio copy by contacting Sally Finn on 01603 882322.

Blessings,

Barbara

Barbara Bryant
Editor



Photo: © Luke Bryant

Correction: the front cover image used for the Nov/Dec issue should have been ©Catherine Beane, who was also co-author of the article on pg 27. Our apologies and thanks to Catherine.

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the next issue is and theme is
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Cover photo: a few third agers from across the Diocese of Norwich; photos © Joe Lenton, Adam Jackson and supplied.



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God's grace perseveres through our ages and stages

When I was asked to contribute this comment, it was a shock to realise that I had been numbered as one of the Elect of the Third Age - but of course, that's what I am, with a fair number of All Hallows' Community. As I pondered, I remembered being told years ago as a music student: "You can't put music into watertight compartments!" - i.e. there are no rigid boundaries between different musical forms, styles and periods; and it is foolish to try to classify in such a way. The same goes for human nature, across and within age groups.

In our All Hallows fellowship we know the importance of interacting with, and appreciating the giftedness of each and every one; it is part of our DNA. But deeper and more telling than that is the pooling of vocational wisdom and insight, the appreciation of each other as God's creation, the ability to laugh or grieve together (even if there is a little grumble too, sometimes). This cuts right across the age divide, and is a precious, often unsung part of our community life.

It has to be worked at and maintained in prayer for each other - but whatever the shape of the future All Hallows. I hope it will continue to be a source of strength and nourishment for us and those around us.

Pious observations like this need earthing in reality. What real lessons of this type have I learned over the past 46-ish years?

Firstly - to be thankful for any blessings and especially the unremarkable ones, and those through whom they come. (Sister Dorothea could say, in her mid-80's: "I've never been a miserable person - but I've never been as happy as I am now!") And to appreciate fresh ones - breadmaking, spiritual direction and mastering IT (but not driving...God help other road users).

Secondly - an ever-deepening sense of the reality of God in your life. The less spectacular, the surer it is and the more sustaining. This was borne in on me at a recent funeral for a well-loved ex-staff member. Hearing "I AM the Resurrection and I AM Life"; knowing that one really is part of that truth and all it carries for this life and the next; basing one's own life on that conviction.

Thirdly - a growing knowledge that prayer, at its heart and at its most effective, really IS as simple as saying to God "Here - am - I", allowing his echoing "I - am - here!" to envelop you; and letting him use that being there as he will. It takes care of all the other prayers, the liturgy, all we are, pray and do for others in his Name.

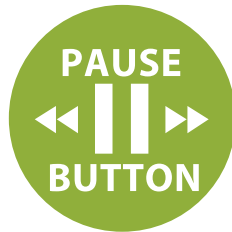
God is good and ever-merciful, and a dab hand at making best use of the least promising material. We thank him that with his help, we can do our bit to feed that grace into wherever it is needed.

"Grant us the grace of final perseverance, that the work you have begun in us may be performed till the day of our Lord Jesus Christ, who is alive and reigns with you in the unity of the Holy Spirit, God for ever and ever, AMEN."



Sister Sheila joined the Community of All Hallows in 1970 and has been involved in a variety of its work. She is currently serving as one of the Community's two leaders.





Spiritual gifts in later life

“I believe that spirituality is very much part of my religion, my faith, my meaning, my understanding, and spirituality lifts me and aids me in my everyday work.”

I never thought that I would be sitting reflecting on the value of my spirituality in later life. As we focus in this edition on the particular demographic of Christian ‘baby boomers’, I found myself realising that there can be no denying that I am now part of that cohort.

One only has to look around our churches and communities to find that it is those in their sixties and seventies who are running so many activities provided for others. Many are combining that with the continuation of their full-time jobs, not hanging their boots up at 60 or 65, but working on as part of the new freedom given to us to retire when we want to.

Many of us have been Christians for a very long time and understand the importance that our faith plays in our lives, but we also have so much to be thankful for. We’re thankful to God for the care that he has given over the decades. We also understand that we still have a need to love and serve others. I am often reminded that love is about the only thing that you can give away in as greater quantity as you would like and still have heaps left to give to others.

There is a Hindu prayer which says “yesterday is but a memory and tomorrow is only a vision, yet today well lived makes every yesterday a happy memory and every tomorrow a vision of hope”.

As part of our Christian life we hope to give others, and ourselves, happy memories and we live in hope of a better world to come. We in the Church of England need to ensure that we have person-centred care for all within our Family.

Spirituality is, I am told, a concept which today is viewed as broader, more inclusive than religion. I believe that spirituality is very much part of my religion, my faith, my meaning, my understanding, and spirituality lifts me and aids me in my everyday work. Being one of those noted above running many of the various activities at our local organisations whilst still working; not yet caring for grandchildren but still very much caring for my two children, and juggling my busy life with a life based on the teachings of Christ.

All the above reminds me how important God is in my life and how fortunate I am that he has provided me with the ability to think and struggle to understand. Indeed, God affords us all the opportunity to support each other and to celebrate what we can offer to the younger generations; our time, our resources, our wisdom, our care and our love.

All this in later life comes to us as God’s gift – a joyous way for us to express our spirituality for the generations that follow us, always remembering Galatians 5:22-23 “the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law”.



Richard Butler DL
Diocesan Secretary

TALKIN' 'BOUT MY GENERATION

Contrary to what many rock stars expected, they did not die before they got old, and our churches nowadays contain many from the rock generation. Some of them are in leadership positions. Tim Lenton explores the concept of the "boomer" Christians.

PEOPLE TRY TO PUT US
D-D-DOWN

JUST BECAUSE WE
GET AROUND
THINGS THEY DO LOOK
AWFUL C-C-COLD

MY GENERATION
THIS IS MY GENERATION

I HOPE I DIE
BEFORE I GET

OLD

In many churches “the old people” continue to be seen as a liability instead of an asset. James Woodward, director of the Leveson Centre for the Study of Ageing, says it is “surprising that the Church fails to make older people a priority; it disempowers them and often deprives them of an opportunity to participate as children of God. Too many of us in the Church apologise for our congregation with words such as ‘I am afraid we are all elderly here.’”

Many from the 50s and 60s, perhaps influenced by the spirit of that age, drifted away from the church, looking for a more informal kind of spirituality. But a lot have come back, discovering a deeper faith than the kind of “tick-box Christianity” of some post-war evangelicalism.



Ruth Adamson

“I am blessed to be in a group of parishes where age is no barrier to experiencing God’s love and to serving one another.”

As the Revd Ruth Adamson grew older she particularly appreciated the diversity of worship in the Anglican tradition that enabled her to treasure her biblical roots while increasingly pondering the mystery and majesty of God. So she started a midweek village worship time called *Pray, Reflect, Coffee*.

“Life is so busy that it’s good to light a candle and be still together, letting the Psalms speak to our deepest needs at the beginning of a new day,” she says.

Ruth was recently ordained deacon and licensed as assistant curate in the Quintet

benefice. She says: “I am blessed to be in a group of parishes where age is no barrier to experiencing God’s love and to serving one another.”

An early retiree, she sees becoming older as a celebration of a lifelong journey with God through its many ups and downs.

She had not been seeking a leadership role in the church and does not see her present position as a career or a job. “It’s a calling,” she says. And she believes that we all have a calling – simply because God loves us. “It’s never too late to have a longing for God and to become all that he intends us to be. For me it takes discipline and a bit more work on the memory front, but the joys are immeasurable.”

Working five days a week as a curate, she says: “Life balance is important. It’s not easy; it needs discipline. But it’s so worthwhile.”

The need for life balance is echoed by Brian Wigg, a retired accountant who is now church treasurer at Cromer and helping to lead an adult group with learning difficulties, which he finds “inspiring”. He came to the Church of England after starting out in a free church more than half a century ago.

His faith is now radically different. “I used to be a believer, but now I’m a Christian,” he says. On coming to Cromer he noticed a difference from what he had experienced in earlier life. “For a start, there was a lady curate,” he laughs. “And the church oozed Spirit.”



Brian Wigg

“I used to be a believer, but now I’m a Christian.”

Brian likens his early life experience to an Old Testament approach, with the emphasis on “thou shalt not”. His experience of Jesus and the Holy Spirit at Cromer was significant, and he was baptised in the sea there. “It wasn’t easy,” he says. “There were big waves!”

Having discovered his own role in the church, he is concerned, however, that the Church as a whole might not be encouraging the older generation to use their talents. “A lot of people are trying to hide their light under a bushel,” he says. “Leaders are often not sufficiently aware of the potential.”

Brian feels that older people could interact more with children, too – a point with which James Woodward would agree. He writes: “Older people often appreciate the vibrancy that children bring. Junior churches or Sunday schools can invite older members to contribute to teaching sessions. Older people can get involved in activities such as nativity plays. I once saw the inn-keeper in a wheelchair, and the children enjoying the aged wise men.”

Sybil Martin, who is churchwarden at Wymondham Abbey, as well as a Mothers’ Union trustee, an authorised worship assistant and a school governor – among other things – started out as a teacher in East London and knows the value of people who are happy to be committed in difficult areas. “When I went there they were desperate for people who were willing to stay,” she says.

After 12 years there, when she had problems with her back, Sybil came to Norfolk: her daughter had attended the UEA and stayed on. She looked for a market town, and Wymondham had everything she needed, as did the Abbey. “I was brought up as a middle-of-the-road Anglican,” she says. “Here I found awe and wonder.”

She also found a need for many of the skills she could offer. She describes herself as a “doer and facilitator” – not someone who feels called to go out and convert the community, “but with God’s help doing the things that need to be done”. Quoting Elizabeth I’s comment that “I would not open windows into men’s souls”, she recalls her experience at taking assemblies and discussing faith issues – roles she has been able to take on in different contexts.



Sybil Martin



Matthew Hutton

Photo: © Adam Jackson

“If we don’t understand the community we live in, the local church will die.”

Sybil is concerned about the older people in the local community, however, feeling that the Church is not good at advertising itself as a place where they can find something worthwhile to do. “Prayer meetings and Bible studies are too much for some,” she says. “We can’t expect them to do what we did. Saturday and Sunday are not what they used to be.”

With the awe and wonder at the Abbey – qualities I found in abundance during a brief visit – there is also humour. When bad weather forced the cancellation of a traditional duck race in the nearby river, they used social media to advertise a new venue: the Abbey. There was a huge response to find out how a duck race in an Abbey could possibly work.

Although she herself “forgets to say no”, Sybil is not in favour of badgering people. “We should rejoice in the congregation we’ve got and use their talents.”

She concludes: “If we don’t understand the community we live in, the local church will die.”

The Revd Matthew Hutton, curate at St Stephen’s Norwich, also feels that older people are an under-used resource of the church. Older, single women in particular “tend to be invisible”, particularly in large churches, he says. “This can have a damaging effect on the women themselves in terms of identity and self-image, but it is also bad for the Church.”

“We need to have respect for each other in love. I love to play my part in bringing people together, maybe challenging them in a gentle way. It’s where I’m naturally comfortable.”

Having been a lay reader for over 20 years, Matthew was ordained as a deacon in 2014, when he was 60, and as a priest in 2015. He was formerly a tax lawyer and a writer, and he continues to manage the family farm. Ordination followed a five-year process of discernment initiated by a suggestion from the Bishop of Liverpool at the time, the Rt Revd James Jones.

He now feels “very content”, working three days a week as a curate, although those three days frequently expand – a phenomenon known well to most people who work in a part-time capacity.

True happiness requires work and love, as Edward Vacek SJ points out in an article on *Ageing, Retirement and Spirituality*. He asks: “Would it be appropriate for a Christian to decide to use these post-retirement years as a 20-year vacation?”

Christianity is clearly something that you don’t take a break from, but life balance continues to be important – perhaps becomes more important – as we grow older.

Participation in the life of the church needs to be clearly understood as all-age, Matthew affirms. “Everyone has something to contribute. We need to honour and encourage each other.”

For older people he feels there is often a mentoring and general pastoring role. “It may be costly in time, but the potential is huge. There is the excitement of starting to see people walking tall.”

Although he dislikes labels, he admits to being culturally Anglican and a gently charismatic evangelical. He likes to be a peacemaker. “Churches are all different, and we hurt each other terribly easily,” he says. “We need to have respect for each other in love. I love to play my part in bringing people together, maybe challenging them in a gentle way. It’s where I’m naturally comfortable.”

Those of us who grew up in the 1960s and 1970s may have been more drawn to “All you need is love” than to organised religion, but many of us have come to a realisation, through a broadening of our faith, that love is indeed what it’s all about, even at an advanced age.

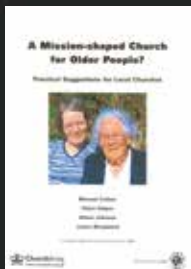
Father Vacek reminds us that “for most of their retirement, the elderly are not at death’s door, but that door is no longer in another building”. He concludes: “The most important activity at any age is to love God.”



Tim Lenton is a former journalist who is now a freelance writer. He leads worship, preaches and plays guitar at St Augustine’s, Norwich. He has a website at www.back2sq1.co.uk

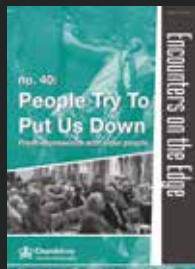
Further ideas...

on the theme of third age



A Mission-shaped Church for Older People: Practical Suggestions for Local Churches

Mike Collyer, Claire Dalpra, Alison Johnson, James Woodward, Church Army/Leveson Centre, 2008



Encounters on the Edge 40: People Try To Put Us Down - Fresh expressions with older people

George Lings, Church Army, 2008



Pioneering the Third Age: The Church in an Ageing Population

Rob Merchant, Paternoster Press

Discovering Faith in Later Life - by Michael Collyer; a series of bulletins to motivate, challenge and encourage the wider church to take the spiritual needs of older people seriously. Available as pdf downloads from the Church Army at : www.goo.gl/ne2zCM

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Christians on Ageing - a voluntary, national, ecumenical member-based organisation. It is a resource for churches and other bodies and individuals concerned with the needs, especially the spiritual needs, of all older people. **01609 881408** www.christiansonageing.org.uk



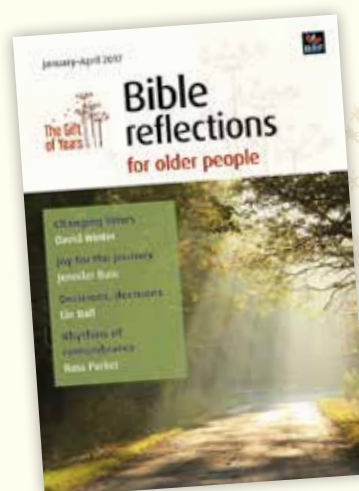
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The Gift of Years - A ministry of Bible Reading Fellowship, resourcing the spiritual journey of older people. See article on page 14. **01865 319700** www.thegiftofyears.org.uk



The Leveson Centre - for the study of Ageing, Spirituality and Social Policy. Useful resource/publications section on website. www.leveson.org.uk/levesoncentre **01564 778022**



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From generation to generation – learning life lessons

Biddy Collyer had been living alone in a two bedroomed house in Norwich city centre for 15 years and during that time had a number of lodgers, all male. Last year she knew that a young friend from church, Suze Rose, wanted to move from Dereham where she had been working and living with her parents since leaving University. Biddy invited her to move in while she completed her training as a Beauty Therapist. Twelve months on, they reflect on an experience of house-sharing across generations.

Biddy "What did you expect it to be like? Was it a big thing to move into my space?"

Suze "I was intrigued how it would work out. You are in someone else's home, and it is not your parents', and it is not a family friend. I can just go and have a sulk, but I know I can also come and talk to you about God as well, and check things out. It helps me because I could not live with my friends. They would drive me mad!"

Biddy "For me, it is companionable and I enjoy having you here. It is different because you are not one of my daughters, so I can probably disclose more of myself."

Suze "I think there is a misconception of living with someone older. It is easier to open up. You give me your opinion, a fresh perspective. I bristle when my parents are telling me something."

Biddy "It is a special relationship isn't it really, because it's close without being family and it is not the same as living with your peers."

Suze "It feels like we are walking alongside each other, in different situations, but very similar paths."

Biddy "It does feel like a God fit doesn't it? That this was right for this time."

Suze Absolutely."

Biddy "It's about a year now. We did start to pray together in the evenings and I am wondering if we are going to get back to that. What do you think?"

Suze "What I like is that there is no pressure, sometimes I am not in the mood, but I also know that I can come and sit with you and God is in that conversation. I love praying with you and I think that is something important."

Biddy "For me, what I really appreciate is having somebody that I feel comfortable with in the house."

I enjoy being around you. I don't feel like you but I can recognise a lot of my younger self in you. It is really good to have someone with a totally different life to mine. Most of my friends are my age, retired and not working and you bring something fresh in each time you come home.

Suze "I love that. That's lovely."



“It feels like we are walking alongside each other, in different situations, but very similar paths.”

Biddy "But you do, so that opens my horizons as well. You bounce in. I like that and if you get moody, I can just ignore you! It's nice to have someone check out how you are, someone who is interested, especially as my daughters live in London."

Suze "I feel I have learnt how to communicate better. Being here is teaching me skills I never had before and I know I am changing and becoming more responsible around the house even if I do drop the occasional mug. I think this is preparation for marriage because I am learning how to deal with someone who is not family."

Biddy "How do your friends react to the fact that you are living in an older person's house?"

Suze "Most of them say how cool it is when I explain what you are like. You don't feel like an older person. If I

need a glass of wine I get one poured out for me at the kitchen table, but then we can go and pray. I don't believe in living together before marriage and this is a safe transition from living at home. I waited nine years for the opportunity of being able to move out of my parents' house. This is such a special place for me. Friends are surprised that you let me use the whole house and don't expect me to just live in my room and it's not like that at all. This feels like a house share, and is definitely much more homely and loving than anything that they have. I am also cooking and eating better which has come from watching you in the kitchen."

Biddy "I wish I could copy you. You are so much more controlled with your diet than I am."

Suze You should see me at Biddy's Tea Room!

Biddy It's amazing that you should work there and live with me.

Suze This works, and I think it is unique. I feel so blessed. I feel that God has honoured my decision not to live with someone before marriage, but I needed to move out and give my parents the space they needed. I think it takes special friends to live together, and I need to have my own space, even though I am an extrovert. I need to nest.

Biddy You have certainly done that!

Suze And also this transition is important because I realise I had been protected, because I was so

ill. So moving here, although it is only a few miles away, has been huge for me. I don't think I would have been able to move out straight into my own place. But when I have had worries, I haven't bolted back. This is really helping me to have security in God and get used to things changing.

Biddy "What would you like me to change. Is there anything I do that you don't like?"



“For me, what I really appreciate is having somebody that I feel comfortable with in the house.”

Suze "I would just like you to turn your radio down!" [They collapsed laughing].



Review



A selection of books on the theme of older Christians and valuing spirituality in later life, reviewed by Steve Foyster.

Falling Upward; a Spirituality for the Two Halves of Life

Richard Rohr

SPCK Publishing £10.99
Revelation price £9.00

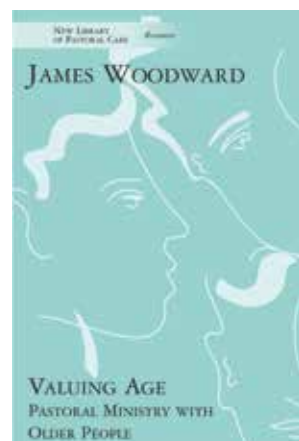


Father Richard Rohr offers a new way of understanding one of life's most profound mysteries; how failing can be the foundation for our ongoing spiritual growth. Drawing on the wisdom of myth, heroic poems, philosophers and sacred religious texts, the author explores the two halves of life, to show how those who have failed and fallen are the ones who can truly understand 'up'. We often grow spiritually by doing it 'wrong' rather than 'right'. With rare insight Rohr takes the reader on a journey that shows how heartbreaks, disappointments and first loves of life can often be stepping stones to spiritual joys that the second half of life may well have in store for us.

Valuing Age; Pastoral Ministry with Older People

James Woodward

SPCK Publishing £12.99
Revelation price £10.00

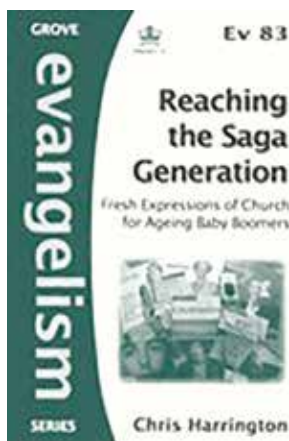


An excellent resource covering a wide range of themes: an ageing society, theories of ageing, images of old age, the religious and spiritual needs of older people, how memory can be affected by age, sexuality, the feeling of becoming diminished, worshipping with older people, life learning, moving into retirement, housing, politics and relevant social policy and how to grow old 'well'. Each chapter includes exercises for further reflection, plus notes pointing to further reading.

Reaching the Saga Generation; Fresh Expressions of Church for Ageing Baby Boomers

Chris Harrington

Grove Books £3.95

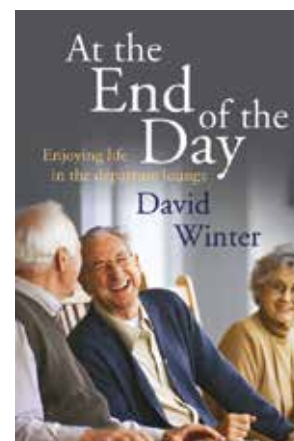


With the 'baby-boomer' generation of post war Britain came post modernity and a fresh set of values. The teenagers of that time have now become the 'saga generation'. The author, himself a baby boomer, believes that members of this generation have often been overlooked by many churches in a desire to reach out to the younger generations. His study suggests all churches need to look again at this particular age group and radically proclaim that they need the experience and talents of older people!

At the End of the Day: Enjoying Life in the Departure Lounge

David Winter

Bible Reading Fellowship £6.99
Revelation price £6.00



Octogenarian David Winter takes a wry look at what it's like to be old in an era of the relentlessly new. Turning to the bible, he explores its store of timeless wisdom, encouragement and reassurance about what it's like to grow old and be old. The book is structured around a series of fascinating biblical pictures, from the legendary Methuselah, to the feisty Sarah to the great leader Moses. 'At the end of the day' is a well worn cliché, yet seeing life as a single day, with dawn, afternoon, twilight and then sleep, provides a contracted chronology of the journey we are all taking. For those who have reached tea-time or beyond, as well as their family and friends, this book offers an essentially optimistic, positive and attractive picture of both the present and the future.



Val Dodsworth

Val has been involved in the rehabilitation of offenders for most of her life. After 20 years in the Probation Service and five in the Chaplaincy in Norwich Prison, in December 2000 she started The House of Genesis (A place for a new start) by welcoming homeless men into her own home.

How did you come to faith?

Well, that's a messy story! Evacuated between the ages of three and six, I returned to my mother and grew up with her; my parents separated when my father came back after the war in 1944. There was no room for, or mention of God, in my childhood. As a teenager I became more and more out of control, stealing and fighting on the streets until finally I got pregnant and was sent away to a home. It was here that I was introduced to Jesus, who could clean my life up and give me a fresh start, which I knew I needed.

On the whole, and considering how it started, it has been a wonderful journey of life, very many joys to look back on as I can trace the golden thread of God's hand and guidance. Without the early difficulties I faced, I might not have been as equipped as I am to deal with the continuing challenges of the work of helping ex-offenders forward in their lives which is what The House of Genesis is all about. No experiences are wasted in God's planning.

How has your faith changed as you've got older?

With the passing of the years I've found that the confidence and certainties of how to deal with situations have become less clear, and the need to find the Lord's answers to problems more necessary. So it has become more important than ever to cultivate and strengthen the relationship with my ever present Friend, who never fails or forsakes me.

But, knowing that He is always there can lead to complacency. Do I go to church because that's what I've done for 60 years, or is there still within me a wanting to know His presence and to worship and thank Him?

Also, as one gets older, there's the bit about learning to cope with losing people and situations that have been of major importance in life; my husband died after only 10 years of marriage; retirement from paid employment also left me questioning if I was of worth anymore; and then there's the questions posed by declining health and the uncertainty of the years ahead. I have very recently been faced with the loss of ability to drive as my eyes begin to deteriorate.

So very easy to be sorry for oneself, but if Paul could be content in all situations, so too will I, and after just a couple of days I am back to counting my blessings.



I may have no family, but I do have a great many friends, and one of the good things about living alone is the presence of Jesus and the times of quiet to enjoy the peace and love He brings.

And the greatest blessing is that as things in this world get more troublesome, the gates of heaven get closer by the day!

Val was made a Member of the Order of the British Empire for services to homeless people and to the community in Norwich in 2015



Photo: Copyright © Keith Morris

The Gift of Years

As more churches seek to respond to the challenges of a rapidly ageing population, The Bible Reading Fellowship's The Gift of Years ministry signposts ways in which our later years can be more spiritually fertile, and infinitely more fulfilling.

Through a range of resources, the recently launched initiative The Gift of Years seeks to bring inspiration and meaning to our later years. Focusing on what there is to be thankful for gives a context for fears and regrets to be addressed.

Life is a gift, and our later years do not diminish that. Acknowledging this gift can help us to embrace whatever comes our way. Growing older involves change but this doesn't have to be fraught with anxiety. David Winter, a former producer and Head of Religious Broadcasting at the BBC, says, 'To live is, in fact, to cope with change, from childhood to old age.'

“The community nature of this form of chaplaincy is what makes it so key to expanding ministry among older people.”

It doesn't make it easier, but at least it's a shared experience.'

To regard ageing as a voyage of discovery, we need to be equipped, and a range of relevant resources have been developed to support this.

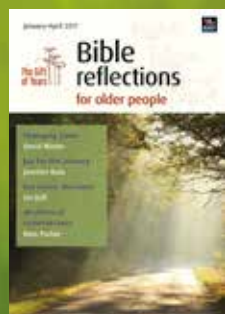
The Gift of Years adopts the practical approach of Anna Chaplaincy: a tried-and-tested, community-based ministry among older people. Anna Chaplains draw alongside people to cherish their gifts, encourage their faith or to minister to anyone feeling marginalised or spiritually impoverished. Launched first in Hampshire, the Anna Chaplaincy scheme is being made more widely accessible, and this approach is at the heart of BRF's The Gift of Years ministry.

First and foremost, an Anna Chaplain is someone who will listen. An Anna Chaplain is sent out by their congregation to work with people of strong, little or no faith at all. Their task is to promote the spiritual welfare of men and women through pastoral visiting, taking care home services and offering a listening ear. What is distinctive about Anna Chaplaincy is that it is ecumenical, community based and it takes a narrative

approach to helping people navigate the choppy waters of older age.

Anna Chaplains are sent out with the authority, credibility and affirmation of the churches in whose name they visit. The community nature of this form of chaplaincy is what makes it so key to expanding ministry among older people. Debbie Thrower, the UK's first Anna Chaplain, says: 'It's like planting a flag in the middle of town and saying "older people matter".'

As well as this practical initiative, publisher BRF has recently launched *Bible Reflections for Older People*. Each issue is written by older people for older people, to bring hope and assurance, reminding the reader of the presence and love of God. 40 Bible reflections and prayer suggestions speak wisdom into this stage of life.



To find out more about Anna Chaplains and The Gift of Years visit: www.thegiftofyears.org.uk

Bible Reflections for Older People is available from local bookshops or directly from BRF at www.brfonline.org.uk Tel 01865 319700. Each issue costs £4.99 – see advert on pg9.



Life, Death and Christian Hope

Peter Nicholls explains the thinking behind a Christian eLearning course for winter.

Some readers of The Magazine will have seen China's Terracotta Warriors, perhaps in Xi'an or in the British Museum special exhibition a few years ago. In 1974 thousands of soldiers, horses and chariots were found underground, some 2200 years after they were first buried.

This Terracotta Army, part of First Emperor Qin's mausoleum, was created to safeguard and serve him in his afterlife. The emperor believed that objects like statues can be animated in the afterlife, and he would have the same military power and imperial status as he had enjoyed during his earthly lifetime.

What you believe about what's to come can profoundly affect how you live now.

'Seniors' are generally more aware of their mortality than younger people, for whom demise may seem very far off and not yet worth headspace. Yet how much time do we spend (I'm a senior too!) exploring what the Bible says about the end as a gateway to a new beginning? Even though, for some at least, death casts a long shadow over life. What you believe about what's to come can profoundly affect how you live now.

The point of this build-up? The Diocese is offering a six-week on-line course that will help you to be more aware of what is often called 'the Christian Hope' – a 'hope' that is, in fact a certainty, not at all like the sentiment "I hope Norwich City win this Saturday."

And even if our own death is, we pray, a long way off, most of us encounter people who may be close to the end of their life or who have lost loved ones and are asking deep questions, craving a Christian answer, free from some of the doggerel that can inhabit bereavement cards. In neighbourly love, Christians should be equipped to respond to such need.

The topics visited in three sessions spanning two weeks each are death and resurrection; judgement and eternal life; and the coming of Christ. Each is a fundamental aspect of Christian understanding at the core of what we believe.

What's "eLearning"? It all happens on a virtual learning environment website, which you'll find easy to use if you can click around other websites and use email. There is teaching material – text, images, music, voice and occasionally video,

“Our people know how to die well.”

John Wesley

presented in digestible chunks plus a number of on-line interactions with other learners that you can post to and read at any time. A tutor actively facilitates the course, participating in the forums, asking and answering questions and generally making sure everyone is OK.

There is an optional physical gathering on Thursday 26 January at 7pm in Diocesan House for those who'd like to physically see other learners and have a demonstration of how the learning website works.

Hundreds of people in the diocese have tried eLearning and very many come back several times. Find out more about this course, its methodology and enrol online at: www.dioceseofnorwich.org/event?id=8991



Look out also for a sister course "Being beside someone bereaved" in autumn 2017.



Building



an intergenerational culture in your church

By Jonathan Richardson

For many it seems society is becoming ever more divided and more insular and we are losing the ability to communicate – especially across intergenerational boundaries. Toddlers, Teenagers, Generation X, 3rd Generation – all these terms divide up our communities, putting them in boxes that mean we plan activities by age – young people in schools, older people in retirement homes. We talk about the ways we need to help older people. But, perhaps, the old can help the young. It's the experience of life in a multigenerational, interdependent, richly complex community that, more than anything else, teaches us how to be human.

There is plenty of research that shows that having regular intergenerational interactions can benefit younger and older alike – and there are good biblical principles which shed light on how God would have us operate.

God's commands for his people in the Old Testament clearly identify the Israelites as a relational community where the children were to grow up participating in the culture they were becoming. In the religion of Israel, children were not just included; they were drawn in, assimilated, and absorbed into the whole community with a deep sense of belonging.

In the book *Best practices in intergenerational faith formation*, the author states: "The call for one generation to share its faith and story with future generations is deeply embedded in the Jewish tradition.... From the first century onward, Christian faith communities have been intergenerational communities" (p. 5).

So the church is one of the few places in society where there is, or at least should be, an

intergenerational culture – but this can still be broken and divided by the way we approach activities – but it does not need to be this way:

"In those at either end of the life course – the young and the old – we find striking similarities. We live in a society that values adulthood, and in turn doing – productivity and ongoing activity. The young and the old share a different rhythm. It's one that focuses not only on doing, but on the power of being. It's the simplicity of playing with blocks or tending to flowers. The young and the old are most closely connected with the essence of living. They can exist in a moment that's the grand sum of past, present, and future. Rather than time being the enemy – rushing time or stressing to fit as much into time as possible – time becomes a comfortable companion, a circle rather than a line." (Susan V. Bosak)



The example we learn from the bible is that the older generation are a critical part of the faith journey of the younger generation – far from seeking to divide our groups into ‘age appropriate’ ones we maybe should be seeking to develop activities which are ‘intergenerational appropriate’ where the old can pass on wisdom and experience.

“Love the Lord your God with all your heart, with all your soul, and with all your strength. Take to heart these words that I give you today. Repeat them to your children. Talk about them when you’re at home or away, when you lie down or get up. Write them down, and tie them around your wrist, and wear them as headbands as a reminder. Write them on the doorframes of your houses and on your gates.” (Deuteronomy 6:5-9)

“The young and the old share a different rhythm. It’s one that focuses not only on doing, but on the power of being.”

For many teenagers the worst people to try to discuss issues with are their parents, and for many in fractured families they won’t even have that option. Parents will know that young people tend to do the exact opposite of what they are told! But if young people can confide in older people then the wisdom of age can be passed on in a more accepted way. You could consider running a mentoring programme in your church or helping out with one of the many groups which go into high schools across the Diocese to run mentoring and lunch club activities. (Check www.brightmap.org for your area.)

A study by the Institute for Public Policy Research, released in 2014, found that we are more likely than other Europeans to blame young people for antisocial behaviour and are less inclined to intervene if we find teenagers causing trouble. Here again the church should have a response. What are we doing in our communities to build relationships and get to know people? I have seen numerous examples of the value of knowing people by name – a young person welcomed by name will feel valued and accepted rather than isolated. Passing a teenager in the street either when they

are alone or in a group and acknowledging them by name will validate their identity. In many churches I have seen rotas with ‘young people’ allocated to tasks – this brings no sense of ownership or worth to the young people – try asking people individually and treating them as individuals – put them alongside an older person on the rota to foster friendships.

How about running an after school café where one month the young run it for the old and the next month the old run it for the young?

Run some craft workshops where older people can pass on skills – I have seen whole youth groups sitting knitting and crocheting following such an event.

Getting young people to record oral histories from people in the community can provide both education for the young but also a time for older people to reflect and remember.

With a little imagination and support just one older person in a church can have a dramatic effect on a whole community of young people. I heard of one lady who was so concerned about seeing young people, after school, getting off the bus outside the church in her village – many had nowhere to go and just hung around – that she approached a local youth organisation to help her open up the church and run an after school café. She raised funds and got her elderly friends involved – several years on it’s now a regular occurrence for groups of teenagers to be found playing cards and board games with older people.



Further reading

Lois M. Collins. Young and old together: Why kids and the elderly benefit from close relationships
www.deseretnews.com/article/865594130

Susan V. Bosak. Benefits of intergenerational connections, Legacy Project
www.legacyproject.org

Roberto, J. (2007). Best practices in intergenerational faith formation. Lifelong Faith, 1(3), 5- 16.



From beginning to end with Open the Book

The bible is full of stories of people who entered into ministry later in life. With more people now aged over 60 than under 18 in the UK, what role do older people have to play in relating to the younger generation?

Irene Nickerson talks about her role as Open the Book Coordinator for Norfolk.



Prior to retiring from my role in a primary school as a Year 1 teacher, SENCO and RE Co-ordinator, I knew I could not envisage being without a project. That prompted me to explore and train to deliver Open the Book (OTB). For the past seven years I have provided initial training to others and support OTB volunteers across Norfolk.

One of the things that I became very aware of early on was that OTB was a form of mission. It's a good way for me to share my faith with other people and OTB is a positive way of ensuring that children at least hear the story of the Bible.

The great thing is that it helps to build community links between churches and schools. Working with both young and old is invigorating. I have met adults at training days that have never told or read anyone a story before, but they come open to trying something different and we have a lot of fun trying to remember stories and appreciating different versions of storytelling. Individual teams from parishes or groups of churches then get the experience of preparing stories together regularly and once you start going into school the children quickly recognise you when you are out and about where you live!

The children love OTB and they sidle up to you to ask if they can be a part of the picture for the story. They bring their own creativity to the storytelling. It amazes me that they remember details from stories that have not been told for many months. It prompts their curiosity to ask questions: "Are all the stories connected?" "Are these stories before Jesus was born?"

Working with young people is such a privilege; it's not about having all the answers. Sometimes we offer a sympathetic ear, advice or reassurance, but at the end of the day young and old are just people with more or less experience of the world and each with their unique perspective to share – we can all learn from each other.

I have observed changes in some people as they have taken on OTB and gained confidence. However old you are chronologically, you are rarely that old in your head! Some of our team were in their 80s when we first began and they felt innovative and useful. Ultimately, when all – young or old – are focussed on one shared interest or goal, age is irrelevant. Everyone has something they can offer, however small.



Open the Book is led by adults from local churches and school children are involved in the storytelling. The adults have all they need in scripted materials for an introduction, quiet time, prayer and the story. If you enjoy being part of a team, want to ensure that the children in your parish hear the story of the Bible in an exciting and interactive way, find out more by contacting Irene Nickerson at irene.nickerson@rjt.co.uk

Tue 24

WINFARTHING: Burston, Gissing, Shelfanger, Tivetshall, Winfarthing. Clergy: David Mills. Readers: Bryan Fletcher, Alma Noble. All Saints CofE VA Primary School (Winfarthing)
Diocese of Norwich Education and Academies Trust (DNEAT): Executive Officer, Paul Dunning and PA Hannah Bannister
Diocese of Langtang (Jos, Nigeria): Bishop Stanley Fube

Wed 25

The Conversion
of St Paul

DEANERY OF REPPS Rural Dean: Christian Heycocks. Lay Chair: Mary Howard
Academies Improvement Director, Simon Morley and Governance Manager, Jill Wakefield
Dioceses of Lebombo and Lesotho (Southern Africa): Bishops Carlos Simao Matsinhe and Adam Mallane Taaso

Thu 26

CROMER Clergy: James Porter, Peter Herbert, Jennie Hodgkinson. Readers: John Graveling, Philip Norris, Evelyn Smith, Susan Wells, David Masters.
DNEAT Finance Team, David Hicks and Imogen Cox
Diocese of Leicester: Bishop Martyn Snow, Assistant Bishop Christopher Boyle

Fri 27

POPPYLAND: Antingham, Northrepps, Overstrand, Sidestrand, Southrepps, Thorpe Market, Trimmingham. Clergy: David Roper. Readers: Janet Payne, John Scott, Janet Balfour, Tim Bennett. The Belfry CofE VA Primary School (Overstrand)
DNEAT Operations Manager, Sharon Money and Business Manager, Jenny Pringle
Diocese of Lexington (Episcopal Church of USA): Bishop Douglas Hahn

Sat 28

QUINTET (AYLMERTON): Aylmerton, Beeston Regis, Gresham, West Runton and East Runton. Clergy: David Head, Ruth Adamson. Readers: Clive Mitchell, David Fletcher.
Primary Diocesan School Support Officer, Juliet Corbett
Diocese of Liberia (West Africa): Archbishop Jonathan Bau-Bau Hart

Sun 29

Fourth Sunday
of Epiphany

BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)
The Roman Catholic Church, the Diocese of East Anglia and Bishop Alan Hopes
The Diocese of Lichfield: Bishop Michael Ippgrave and Area Bishops Mark Rylands (Shrewsbury), Geoff Annas (Stafford) and Clive Gregory (Wolverhampton)

Mon 30

ROUGHTON: Bessingham, Felbrigg, Gunton w Hanworth, Metton, Roughton, Sustead. Clergy: Janet Frymann, Peter Chapman. Reader: Elizabeth Ranger. St Mary's CofE VA Primary School (Roughton)
Norwich Cathedral: its mission and ministry
Diocese of Limerick & Killaloe (Dublin, Ireland): Bishop Kenneth Kearon

Tue 31

SHERINGHAM Clergy: Christian Heycocks. Readers: Kate Bevis, Carol Pennington, Jane Randells, Julie Rubidge, Shelagh Sweeney.
Schools Project Development Officer, Graham Copsey
Diocese of Lincoln: Bishops Christopher Lowson, Nicholas Chamberlain (Grantham) and David Court (Grimsby)

Prayer Calendar

January 2017

Sun 1

BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)
Our new Mission Strategy and every parish across this diocese as we seek fresh imagination from God for the tasks and opportunities before us.
Diocese of Kolhapur (North India): Bishop Bathuel Tiwade

Mon 2

NORWICH NEW CATTON, ST LUKE: St Luke with St Augustine's. Clergy: David Austin. Lay Worker: Carrie Sant.
Our Archdeacons: John Ashe, Steven Betts and Karen Hutchinson
Diocese of Kondoa (Tanzania): Bishop Given Gaula

Tue 3

OLD CATTON Clergy: Andrew Parsons. Old Catton CofE VC Junior School.
Sally Finn and Julie Turner, receptionists at Diocesan House
Diocese of Kongor (Upper Nile, Sudan): Bishop Gabriel Thuch Agoth

Wed 4

SPROWSTON Clergy: Simon Stokes, Melanie Hider, Dean Akrill. Readers: Andrew Dickie, Penny Rennie, Stephanie Grand, Andrew Hudson.
The Diocesan Board of Finance, chaired by Bill Husseby
Diocese of Kontagora (Lokoja, Nigeria): Bishop Jonah Ibrahim

Thu 5

ST MARY MAGDALENE (NORWICH) Clergy: Marc Palmer, Joan Spencer.
Diocesan Director of Finance, Sue Bunting and Management Accountant, Michael Hibbin.
Diocese of Kootenay (British Columbia & the Yukon, Canada): Archbishop John Eiswood Privett

Fri 6

Epiphany

TAVERHAM WITH RINGLAND Clergy: Paul Seabrook, Phil Charlesworth. Lay Worker: Rachel Seabrook. Reader: Jane Dryden. Taverham CofE VC Junior School
WISpire and Spire Services: Les Bailey, Nigel Best and Rachael Lamb
For Christians of all denominations, called to reveal Christ to the whole world.

Sat 7

DEANERY OF NORWICH SOUTH Rural Dean: Ian Dyble. Lay Chair: John Glauert.
Diocesan Accounts Team: James South, Lina Wiseman, Sam Witton and Ben Tooke.
Diocese of Kubwa (Abuja, Nigeria): Bishop Duke Akamisoko

Sun 8	BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN) The Deanery of Northern Lapland in our link diocese of Luleå, Sweden, and Gotthard Nilsson, Rural Dean. For all those being confirmed at St Stephen's, Norwich today. Diocese of Kuching (South East Asia): Bishops Bolly Lapok and Solomon Cheong Sung Voon
Mon 9	BOWTHORPE (NORWICH) Clergy: Mark Elvin. Cloverhill CofE VA Infant School & Nursery (Bowthorpe), St Michael's Cof E VA Junior School (Bowthorpe) The ministry of our retired clergy and Readers Diocese of Kumi (Uganda): Bishop Thomas Irigei
Tue 10	COSTESSEY Clergy: Nicholas Parry. Reader: Derek Hilton. Parish Funding Support Officers: Geoff Freeman and Robert Culyer Diocese of Kushita (Bangladesh): Bishop Samuel Sunil Mankhin
Wed 11	EARLHAM Clergy: Simon Ward. Lay Worker: Danny Doran-Smith. All parish treasurers and deanery assessors Diocese of Kutigi (Lokoja, Nigeria): Bishop Jeremiah Kolo
Thu 12	EATON CHRIST CHURCH (NORWICH) Clergy: Patrick Richmond. Readers: John Harrison, Bridget Archer, Alistair Bolt. Today's meeting of Bishop's Staff Diocese of Kwara (Nigeria): Bishop Olusegun Adeyemi
Fri 13	EATON ST ANDREW (NORWICH) Clergy: Phil Rodd. Readers: Neil Rout, Andrea Woods. Diocesan Property Committee chaired by David Richardson. Diocese of Kwoi (Abuja, Nigeria): Bishop Paul Zamani
Sat 14	HEIGHAM HOLY TRINITY (NORWICH) The Churchwardens and PCC during the vacancy. Clergy: William Warren. Readers: Jonathan Mason, Nigel Parfitt, Elizabeth Scott. The Diocesan Property Department: Mike Marshall, Tony Tibbenham and Amanda Hunt in their care of clergy housing Diocese of Lafia (Abuja, Nigeria): Bishop Miller Maza
Sun 15	BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN) The Religious Society of Friends (Quakers). Area representative, David Saunders. For all those being confirmed in North Walsham today. Dioceses of Kyoto and Kyushu (Japan): Bishops Stephen Takashi Kochi and Luke Ken-ichi Muto
Mon 16	HEIGHAM ST BARNABAS (NORWICH) The Churchwardens and PCC during the vacancy. Our Diocesan Rural Deans at their annual Residential. Diocese of Lagos (Nigeria): Archbishop Ephraim Ademowo
St Furse	

Tue 17	HEIGHAM ST THOMAS (NORWICH) Clergy: Ian Dyble, Edward Land, David Lloyd Glebe Committee chaired by Michael Falcon and Glebe Surveyor, Hannah Paybody. Diocese of Lagos Mainland (Nigeria): Bishop Adebayo Akinde
Wed 18	DEANERY OF REDENHALL Rural Dean: Nigel Tuffnell. Lay Chair: Frank Allen. Diocesan Board of Education chaired by Mark Allbrook Diocese of Lagos West (Nigeria): Bishop James Odedeji
Thu 19	DICKLEBURGH AND THE PULHAMS: Dickleburgh, Pulham Market, Pulham St Mary, Rushall, Starston, Thelveton. The Churchwardens and PCC during the vacancy. Clergy: John Adlam, Paul Schwiier. Readers: Shirley Edeji, Gale Hodgkinson, Margaret Adlam. Dickleburgh CofE VC Primary School and Pulham CofE VC Primary School Diocesan Director of Education, Andy Mash, and all involved in the ministry of our church schools Dioceses of Lahore and Peshawar (Pakistan): Bishops Ifran Jamil and Humphrey Peters
Fri 20	DISS TEAM MINISTRY: Bressingham, Diss, Fersfield, North Lopham, Roydon St Remigius, South Lopham. Clergy: Tony Billett, Maggie Swayze, Wendy Evans. Readers: Richard Hewitt, David Summers, Sue Drake, Angela Gardner, Jayne Hinds. Diss CofE VC Junior School and St Andrew's CofE VA Primary School (Lopham) Education Office Manager, Holly Davy Diocese of Lainya (Sudan): Bishop Eliaba Lako Obed
Sat 21	EARSHAM GROUP (DITCHINGHAM): Alburgh, Broome, Denton, Ditchingham, Earsham, Hedenham. Clergy: Chris Hutton, Sue Cramp, Barry Cramp, Reg Kirkpatrick. Readers: Christine Edwards, Phil Edwards, Diana Smith, Christopher Whips. Alburgh-w-Denton CofE VC Primary School, Ditchingham CofE Primary Academy, Earsham CofE VA Primary School Education Support Officer, Louise Reeves Diocese of Lake Malawi (Central Africa): Bishop Francis Kaulanda
Sun 22	BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN) For all those being confirmed at Holy Trinity, Norwich today and for the installation of Pastor Jon Norman, the Revd Julian Purchasehouse and The Very Revd David Paul as Ecumenical Canons of Norwich Cathedral. Diocese of Lake Rukwa (Tanzania): Bishop Mathayo Kasagara
Mon 23	REDENHALL WITH SCOLE: Billingsford St Leonard, Brockdish, Needham, Redenhall, Scole, Thorpe Abbotts. Clergy: Nigel Tuffnell, Sue Auckland, Timothy Rogers. Readers: Lynda Mansfield, Jamie Worthington. Archbishop Sanicroft CofE VA High School (Harleston), Harleston CofE VA Primary School and Scole CofE VC Primary School Diocese of Lango (Uganda): Bishop John Charles Odurkani

Thu 23

EAST WITH WEST HARLING, BRIDGHAM WITH ROUDHAM, LARLING, BRETTENHAM AND RUSHFORD: Clergy: David Smith, Caryll Brown, Lynn Fry.
For all in our diocese training to be Readers and for Charles Read, Director of Reader Training
Diocese of Makueni (Kenya): Bishop Joseph Kanuku

Fri 24

GREAT ELLINGHAM (SHELL ROCK): Great Ellingham, Little Ellingham, Rockland All Saints, Rockland St Peter, Shropham. Clergy: Michael Langan, Christine Mason. Readers: George Lynne, Carol Bennett, Colin Thomas.
Bishop's Officer for Ordinands and Initial Training, David Foster, and assistant, Margaret Mallett
Diocese of Malaita (Melanesia): Bishops Samuel Sahu and Alfred Hou

Sat 25

GUILTCROSS GROUP: Blo Norton, Garboldisham, Kenninghall, Riddlesworth. Clergy: Derrick Sheppard. Garboldisham CofE VC Primary School
For all in training on the Eastern Region Ministry Course and Principal, Alex Jensen
Diocese of Malakal (Upper Nile, Sudan): Bishops Hilary Garang Deng, Peter Gatbel Kunen, John Gettek and David Kiir Mayath

Sun 26

BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)
The United Reformed Church: Eastern Synod Moderator, Paul Whittle
Diocese of Malek (Upper Nile, Sudan): Bishop Peter Joh Mayom

Sunday next
before Lent

Mon 27

QUIDENHAM GROUP: Banham, Eccles, New Buckenham, Old Buckenham, Quidenham, Wilby. Clergy: Stephen Wright. Reader: Helen Pearson.
Norwich Cathedral: its mission and ministry
Diocese of Malindi (Kenya): Bishop Lawrence Dena

Tue 28

THETFORD TEAM MINISTRY: Croxton, Kilverstone, Thetford, Wretham. Clergy: Tony Heywood, Helen Jary. Readers: Ruth Kightley, Jean Rolph. The Bishop's CofE VA Primary School (Thetford)
For all those from our diocese in training for the ordained ministry
Diocese of Manchester: Bishops David Walker, Chris Edmondson and Mark Davies

Editor: The Revd Susanna Gunner, Bishop's Chaplain - 01603 614172, bishops.chaplain@dioceseofnorwich.org

Prayer Calendar

February 2017

Wed 1

DEANERY OF SPARHAM Rural Dean: Tim Dean. Lay Chair: Sue Page.
Lay Development Officer, Paul Overend and assistant, Liz Dawes
Diocese of Litoral Ecuador (Episcopal Church of USA): Bishop Alfredo Morante

Thu 2

For all involved in pastoral reorganisation, that transitions may be smooth and newly-formed benefices thrive.
IT Training and Support Officer, Graham Hayes
Diocese of Liverpool: Bishop Paul Bayes and Bishop Richard Blackburn (Warrington)

Fri 3

THE PARISHES OF BYLAUGH, ELSING, LYNG AND SPARHAM : Clergy:
Margaret Dean, Tim Dean. Lyng Cof E VC Primary School
Youth and Children's Forum chaired by The Bishop of Lynn
The Church in Wales: Archbishop Barry Morgan & Bishop David Wilbourne (Llandaff)

Sat 4

THE HEART OF NORFOLK CHURCHES: Billingham St Peter, Bintree, Foulsham, Guestwick, Guist, North Elmham, Stibbard, Themelthorpe, Twyford, Wood Norton, Worthing, Bawdeswell and Foxley. Clergy: Sally Kimmis. Reader: Norman Johnson. North Elmham CofE VC Primary School and Stibbard All Saints CofE VA Primary School
The mission and ministry of The Horstead Centre, its Board of Trustees and Manager, Josie Barnett
Diocese of Lokoja (Nigeria): Archbishop Emmanuel Sokowamju Egbunu

Sun 5

BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)
Our new Mission Strategy and every parish across this diocese as we seek fresh imagination from God for the tasks and opportunities before us. For all those being confirmed in Martham today.
Diocese of Lomega (Sudan): Bishop Paul Yugusuk

Fourth Sunday
before Lent

Mon 6

THE PARISHES OF REEPHAM, SALLE, THURNING, WOOD DALLING: Clergy:
Margaret Dean, Tim Dean. Readers: Sue Page, Susan March
Our Archdeacons: John Ashe, Steven Betts and Karen Hutchinson
Diocese of London: Bishop Richard Chartres and Area Bishops Robert Wickham (Edmonton), Jonathan Baker (Fulham), Ric Thorpe (Islington), Graham Tomlin (Kensington), Pete Broadbent, (Willesden), Adrian Newman (Stepney)

Tue 7	<p>THE PARISHES OF ALDERFORD, GREAT WITCHINGHAM, SWANNINGTON, WESTON LONGVILLE: Clergy: Margaret Dean, Tim Dean. Great Witchingham CofE Primary Academy</p> <p>The Horstead Centre's administrative team, Elaine Cissell and Louisa Taylor, and Senior Instructor, Chris Martlew</p> <p>Dioceses of Long Island and Los Angeles (Episcopal Church of USA); Bishops Lawrence Provenzano, Jon Bruno, Mary Glasspool and Diane Jardine Bruce</p>
Wed 8	<p>DEANERY OF ST BENET AT WAXHAM & TUNSTEAD Rural Dean: Simon Lawrence. Lay Chair: Sonia Coupe</p> <p>Children, Youth and Families Development Manager, Jonathan Richardson</p> <p>Dioceses of Louisiana and Western Louisiana (Episcopal Church of USA); Bishops Morris Thompson and Jacob Owensby</p>
Thu 9	<p>ASHMANHAUGH, BARTON TURF, BEESTON SAINT LAURENCE, HORNING, IRSTEAD & NEATISHEAD: Clergy: David Smith. Readers: Barbara McGoun, Pauline Simpson. Neatishead CofE VC Primary School</p> <p>Today's meetings of Bishop's Staff and Bishop's Council.</p> <p>Diocese of Luapula (Central Africa): Bishop Robert Mumbi</p>
Fri 10	<p>COASTAL GROUP OF PARISHES: Bacton, Happisburgh, Hemstead with Eccles and Lessingham, Ridlington, Sea Palling with Waxham, Walcott, Witon. Clergy: Catherine Dobson. Readers: Pam Millsted, Raymond Sanders. Happisburgh CofE VA Primary School</p> <p>'Imagine Norfolk Together' Development Workers, Anna Heydon and Andrew Frere-Smith</p> <p>Diocese of Lucknow (North India): Bishop Peter Baldev</p>
Sat 11	<p>KING'S BECK: Banningham, Colby, Felmingham, Skeyton, Sufield and Tuttington. Clergy: Keith Dally. Reader: Sue Smith</p> <p>For all parish youth workers and for the Youth Task Force chaired by Peter Leech</p> <p>Diocese of Lui (Sudan): Bishop Stephen Dokolo Ismail</p>
Sun 12	<p>BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)</p> <p>For the international work of our link diocese of Luleå, Sweden, for the Deanery of Kalix-Torne there and Roland Hemphälä, Rural Dean.</p> <p>Diocese of Lusaka (Central Africa): Bishop David Njovu</p>
Mon 13	<p>NORTH WALSHAM: North Walsham, Edingtonhorpe. Clergy: Paul Cubitt, Rachael Dines, Nigel Paterson.</p> <p>The ministry of our retired clergy and Readers.</p> <p>Diocese of Luwero (Uganda): Bishop Eridard Kironde Nsubuga</p>
Tue 14	<p>SMALLBURGH: Dihan, Honing, Smallburgh. Clergy: Simon Lawrence. Readers: Marina Daniels, Betty Lacey</p> <p>For all Sunday School teachers and children's workers and for the Children's Task Force chaired by Louise Alder. For all Sea Cadet Chaplains in the Diocese.</p> <p>Diocese of Lweru (Tanzania): Bishop Jackton Yereniah Lugumira</p>

Wed 15	<p>STALHAM: Ingham, Stalham, Sutton Clergy: Simon Lawrence. Readers: Jeanette Boardman, Martyn Egerton. Sutton CofE VC Infant School</p> <p>The Chaplain to the UEA, Darren Thornton, and his ecumenical colleagues.</p> <p>Diocese of Machakos (Kenya): Bishop Joseph Mutungi</p>
Thu 16	<p>TUNSTEAD: The Churchwardens and PCC during the vacancy</p> <p>The Diocesan Ministry Consultants Scheme</p> <p>Diocese of Madhya Kerala (South India): Bishop Thomas Kanjirappally Oommen</p>
Fri 17	<p>WATERSIDE GROUP: Catfield, Hickling, Ludham, Potter Heigham. The Churchwardens and PCC during the vacancy. Readers: Helen Middleton, Ian Watton. Catfield CofE VC Primary School, Hickling CofE VC Infant School</p> <p>Diocesan Advisory Committee for the Care of Churches (DAC) chaired by Alan Kefford</p> <p>Diocese of Madurai-Ramnad (South India): Bishop Marialouis Joseph</p>
Sat 18	<p>WORSTEAD: Scottow, Sioley, Swanton Abbot St Michael, Westwick, Worstead. The Churchwardens and PCC during the vacancy. Worstead CofE VC Primary School</p> <p>DAC Secretary, Matthew McDade, Assistant Caroline Rawlings, and DAC Administrator, Margaret Mallett</p> <p>Diocese of Madi & West Nile (Uganda): Bishop Joel Obetia</p>
Sun 19	<p>BISHOPS GRAHAM (NORWICH), ALAN (THETFORD) AND JONATHAN (LYNN)</p> <p>The Baptist Church: Richard Lewis, Regional Minister</p> <p>Diocese of Mahajanga (Indian Ocean): Bishop Jean Claude Andrianjafimanana</p>
Mon 20	<p>WROXHAM: Belaugh, Hoveton St John, Hoveton St Peter, Wroxham. Clergy: Liz Jump.</p> <p>For all those from our diocese on pilgrimage to the Holy Land this week.</p> <p>Dioceses of Maiduguri and Makurdi (Nigeria): Bishops Emmanuel Kana Mani and Nathan Nyitar Inyom</p>
Tue 21	<p>DEANERY OF THETFORD AND ROCKLAND Rural Dean: Matthew Jackson. Lay Chair: Peter Lotarius.</p> <p>Discipleship and Ministry Forum chaired by the Bishop of Thetford</p> <p>Diocese of Maine (Episcopal Church of USA): Bishop Stephen Lane</p>
Wed 22	<p>ATTLEBOROUGH: Attleborough and Besthorpe. Clergy: Matthew Jackson, Richard Stanton. Readers: Bob Andrews, Pauline Simper, Russell Davis, Brenda Greig.</p> <p>Play/Van Development Worker, Lesley Gurney</p> <p>The Church of Burundi and Archbishop Martin Nyaboho</p>



700 and still counting

By Canon Andy Bryant

What a beautiful place! ... this is a 'must see' when in Norwich. Very welcoming, from the moment we stepped through the door ... were greeted by a guide with information and a very welcome leaflet (I love a leaflet!).

Trip Advisor October 2016

Beside the sheer beauty of the building (and the yummy cakes in our café), visitors repeatedly comment on our welcoming, friendly and informative volunteers. This is a great tribute to the wonderful team of volunteers who do so much to contribute to the life and ministry of our Cathedral.

At the last count we have over 700 volunteers supporting nearly every aspect of Cathedral life from Welcomers and Guides to helping in our shop and Refectory café, through to our Stewards, Day Chaplains and Flower Arrangers.

Perhaps unsurprisingly, many of our volunteers are the newly-retired. After a lifetime of work, volunteering at the Cathedral provides a way of still being active and involved and to feel they are still have a contribution to make, as well as being associated with one of the county's

most iconic buildings. They value the chance to be part of the Cathedral's life and to get to know the building better.

Every time I go into the cathedral I see something I hadn't noticed before, even the way light falls on stone or a name on a memorial I hadn't read before.

(Caryl: Guide)

And the longer you spend in the building the more there is to discover:

The abiding delight is delving into the building's absorbing history, and then sharing this information amongst our visitors within the building's unique atmosphere of holiness. (David: Guide)

Remembering the Benedictine foundation of the Cathedral, we regularly remind one another of the calling to treat each visitor as if they were Christ himself. This is a high calling, and we know, from time to time, we will fall down on this. Nevertheless each of our volunteers wants to play their part in ensuring our visitors enjoy their time at the Cathedral and have the best possible experience:

Welcoming people of varying nationalities makes me feel like an 'ambassador' for England, Norwich and the Church itself. (Eleanor: Welcomer)

And of course you never know who you might meet. One of our Welcomers, an Australian by birth, found herself

welcoming a visitor from a very small community back in Australia where her father still lives.

Spending regular time in this ancient shelter house of prayer also has its own impact on our volunteers:

I love the special tranquillity and sense of history in the Cathedral. My two hours each Tuesday afternoon put the events of a busy week in perspective and enable me to share with visitors my enthusiasm for the glories of this numinous building. (Pat: Guide)

We owe a great debt of gratitude to our volunteers for all they contribute to the life and work of the Cathedral. They highlight the important role volunteering plays in society and are a daily reminder of the part that people at all stages of life can play in enriching the life of both community and Church.

**NORWICH
CATHEDRAL**

If you would like to volunteer at Norwich Cathedral, and especially if you would like to help as a Welcomer or Guide, please contact Julia Jones via either 01603 218448 or jjones@cathedral.org.uk to request an information pack.



Volunteering is good for everyone!

Giving just a little of your time can make a big difference, not only to those you're helping but to yourself too. A May 2012 study by the Royal Voluntary Service (formerly the WRVS) found that volunteering in later life decreased depression and social isolation. It was also found to boost quality of life and life satisfaction. For us as Christians, it's also encouraged in the Bible: "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." 1 Peter 4:10 (NIV)

As you will have read in the previous article, our Cathedral relies on its volunteers. A number of other local organisations are also actively looking for volunteers, and we've given space to four here for you to consider.

Be a friend to someone in hospital

NCHC NHS Trust have launched a new volunteering service and are looking for Befriending volunteers for elderly people. Befriending volunteers spend time with patients that are by themselves. The aim of the role is to ease loneliness, providing companionship and brightening up someone's day. We're looking for friendly people that can commit to six months, either spending two hours a week on a ward or visiting someone for an hour or so each week in their own home. Neither role involves medical or personal care, just making cups of tea, being a good listener, maybe sharing a puzzle, crossword or other activity.

Eric Steward started volunteering at Norwich Community Hospital, following his retirement. He now spends one afternoon a week visiting patients on the wards. "I certainly get a lot from the role," said Eric. "I visit Alder Ward every Thursday and will go and sit with patients who don't have visitors by their bedside. I really

enjoy every aspect of the role, you meet so many different people who have done all sorts of interesting things in their lifetime. It's very rewarding for me, and the patients seem to enjoy having someone different to chat to."

To enquire about volunteering please contact samuel.scott@nchc.nhs.uk or telephone **01603 272337**



Make a difference around the world

Across Norfolk there are enthusiastic teams of people who help to make a difference to some of the poorest people in the world through Christian Aid. They might help to organise fundraising events, hold supermarket collections or be a point of contact at their church for information about poverty.



Alan Ricks, a retiree and volunteer Christian Aid Group organiser.

Many of these volunteers are retired and raise money for people in disasters including shelter for refugees, food for the hungry and also long term solutions to poverty. Some people help regularly or at key times when there are emergencies, or at Christian Aid Week in May.

One person's life who has been changed is Celestin, a priest in the Democratic of Congo, who watched his Bishop and nine other priests slain in front of him. Now Celestin and his community provide shelter and food to people who are also fleeing from violence. This would not be possible without volunteers.

A volunteer organiser, Enid Andrew of Attleborough says: "I volunteer for Christian Aid because my geographical birthplace has been fortunate. I have not had to watch my children die of starvation but I can help prevent the death of another Mother's child."

To join our team contact
jbryant@christian-aid.org or
telephone 01603 620051.



Listen to children read in local primary schools

Can you spare an hour or two a week to listen to children read in a local primary school? Schoolreaders is looking for more volunteers in Norfolk to carry out this important role.

Reading time for many children at home and at school is often insufficient and one in four children are now leaving primary school unable to read to the required standard. This can have a lifelong consequence. No qualifications are necessary, just a good command of spoken and written English.



Schoolreaders is flexible and will match your availability to an appropriate, local school. Our volunteers find the scheme incredibly rewarding, knowing that a few hours helping a child learn to read each week can have such a great impact on their life chances.

Please visit the website www.schoolreaders.org to join, or call Bianca Myers on 01234 924111 for further information.



Volunteer with your pet

Pets As Therapy (PAT) is a national charity founded in 1983 to enhance health and wellbeing in the community through the visits of trusted volunteers with their behaviourally assessed animals.



Volunteer and retired builders' merchant Clive with Bailey

We provide a visiting service in hospitals, hospices, nursing and care homes, special needs schools and a variety of other venues in Norfolk and all across the UK.

PAT volunteers improve literacy in children by developing their confidence, interest and enjoyment in reading through our Read2Dogs scheme.

PAT volunteers continue to make a significant difference to the lives of vulnerable people in Norfolk. As well as the regular visits volunteers give their time to support people in Hellesdon and The Julian hospitals, the Norvic Clinic, University of East Anglia and HMPs Norwich and Wayland.

Retired psychiatric nurse and PAT volunteer Sheena says:

“Volunteering with PAT is an extremely, rewarding experience. The animal/human bond is very strong and mutually beneficial.”

PAT is in desperate need of more volunteers. If you feel you have a suitable animal and

would like to join the team please look at www.petsastherapy.org or contact the Norwich PAT Co-ordinator and dog assessor on carole_adam@msn.com or telephone 01603 664988.



The Church in the Woottons

Text and images by The Revd James Nash

A new feature for The Magazine: a regular article focussing on a benefice or group of parishes in the Diocese of Norwich, written by someone from that church community.

Where we are

North and South Wootton are on the north-eastern side of King's Lynn and we are in Lynn deanery. You can't go further west without falling into the Wash or the River Great Ouse.

Our history

Wootton (Wdetuna – the farmstead in the wood), pre-dates Domesday and by the 12th century the two villages now known as North and South Wootton were established. The local economy depended on the salt works located on the tidal creeks on the edge of the river and the Wash but by the late 14th century that industry declined and people became dependent on farming and fishing. Agricultural land was poor until vast acreages of marshland were drained and re-claimed by Scandinavian engineers two centuries ago.

The Woottons today

We think we have the best of all worlds. North and South Wootton still feel like villages with their distinct communities and have farmland to the north and west.

On the other hand we also feel like a suburb of King's Lynn with easy access to shops, workplaces, and four fine cities (Local people dare to go beyond the borders of Norfolk). And we can be on a beautiful beach in 15 minutes without breaking the speed limit as long as we go before countless holidaymakers have crawled out of bed and into their cars. About 7,000 people live here and many more will come with new housing on its way.

The Church in the Woottons

We aim to be:

Committed to God – through worship, prayer and scripture

Committed to Community – within our congregations and reaching out

Committed to Growth – in discipleship, service and numbers



the church in the
WOOTTONS

Although North and South Wootton are still separate villages with their own parish councils, nowadays we are one

Ecclesiastical Parish – The Church in the Woottons - and have been since May 2014. This makes lots of things a whole lot easier and helps to develop more of a sense of unity we think is so important.

We have getting on for 200 active church members including about 20-30 children and young people – we are vague about that figure because we're vague about how to calculate it. At full strength the church is led by a team of four: the Rector, a full-time training curate and two Ordained local ministers David Tate and Linda Ashby and we employ Jacquie Green as a part time administrator. Our website is the main way people find us these days. Mike and Moira found us this way:

"When moving from London to Norfolk six years ago we were not completely sure of the area we wanted to live, so we sold our house and moved into our caravan. We were free to go anywhere but looked at the Woottons website and on walking into All Saints we felt we had come home, the welcome we received from members of the church was kind and warm. We completed on a house in South Wootton several months later and the rest is history." Moira is now one of our excellent Churchwardens and Michael helps in every way he can.



Doing different

Breakfast at 10 is our bi-monthly Café style church aimed at those who have not attended more traditional church recently, if at all. It aims to be a very relaxed, less structured form of Christian community where a really good breakfast with bacon, muffins, crumpets and fresh coffee is available for the first 30 minutes of each session along with newspapers and a mind-bending quiz. Friendships are made and grow over breakfasts and ministry happens – albeit discreetly. We have “learning zones” where we try and cater for different learning preferences and the whole morning is drawn together with informal worship. We don’t see Breakfast at 10 as a stepping stone to something else but are allowing it to develop and deepen with the people who come.



An increasingly popular weekly Drop-in is run at St. Mary’s Church all year-round, where fresh coffee, tea and home-made cakes are served and activities such as board games and jigsaws are offered.

People of every generation come along and we provide pre-school children with toys and the freedom to make a mess. Some people pop in for a quick cuppa and stay for a few minutes whilst other stay for an hour or so. The Drop-in seems to be meeting many different needs and is a lovely place to be for those who visit and for the team of people who run it.



“At the Drop-in I am always met with a lovely welcome and a cuppa, without feeling the pressure to attend every single week.”

“It’s a friendly place in which to socialise and for children to meet and play.”

Challenges, opportunities and encouragements

There is the money. It costs well over £100,000 each year to run The Church in the Woottons and this is not easy to find. However, our finances are in much better

shape since we ran a Parish Funding Campaign a couple of years ago and with a pip and a squeak and the grace of God we just about manage to pay our way.

Like many churches, we look around and ask ourselves: where will we be in five or 10 years’ time? But half of our adult members have joined us in the last 10 years and new people are trickling in to our church community month-by-month – we are a growing and very happy church with every age bracket represented.

Stories like Angela’s make everything worthwhile and remind us why we are part of a church like ours:

“Having fallen away from God, endured a troublesome relationship and life threatening cancer, I was aware how spiritually empty my life had become. I was delighted when my daughter came home to St Mary’s for her wedding three years ago. This opened the door and gave me the chance come back to the church. Thankfully I found acceptance and fellowship again. Sharing in the variety of services, social activities and study groups put spiritual food back on my plate. I knew the Lord had not left my side, even on the lowest and darkest of days, but that I had moved away from Him. New friends have become invaluable. Praise The Lord, He is there for us.”

Out & About

happenings across the Diocese

A round up of some of the parish activities over the past few months – do send in your photos (at least 1MB in size please!) and an explanatory caption to barbara.bryant@dioceseofnorwich.org. To see more photos, visit our Facebook page www.facebook.com/dioceseofnorwich/photos

Watton's Special Christmas Weekend

The Stable at PACT Animal Sanctuary saw the Shepherds and Wise Men/Women and the Holy Family begin preparations for the arrival of the baby Jesus for the church's first foray into a huge weekend event in a heated marquee on the field next to St Mary's Parish Church.



Hempnall celebrates new kitchen

Bishop Graham lead the service at Topcroft church and blessed the new kitchen build. There was a large congregation from across the Hempnall Group together with invited guests. After the service the congregation enjoyed a glass of sparkling wine and light refreshments.



Whissonset Christmas fayre

Beautiful quilts, homemade chutney, jams, finely turned wood, cards and jewellery, contributed to a host of colourful stalls in Whissonset Village Hall. Superb cakes, scones and sausage rolls, all made in the village, were quickly sold. Proceeds were split between St Mary's church and village hall funds.



The CODE Unleashed – first for Norfolk

A wet wood near Suffield saw a group of men enjoying a walk on the wild side. "It was brilliant to spend time with a great bunch of blokes being outdoors, having a laugh, learning survival skills, throwing axes, building friendships and deepening our commitment to follow Jesus." **Simon Fenn**



Bishop's blessings

Bishop Graham visited the Spixworth, Crostwick and Horsham St Faith Benefice during the St Faith's Festival, and blessed the herb garden that had been restored following extensive work to the church tower. He also blessed the restoration work, just completed, in the Mission Room. **Peter Holness**



King's Beck Benefice Pet Service

was held at St Andrew's Church, Felmingham to coincide with the feast day of St Francis of Assisi. The Revd Keith Dally blessed eight dogs, (Cleo the cocker spaniel is pictured) a cat and two kittens along with 20 owners celebrating the unconditional love that our pets give us.



Knitted Bible, North Lopham

Over 500 people from across East Anglia visited St Nicholas' Church at the end of October to see the first stage of a Knitted Bible Festival. 35 scenes depicted some of the most visual bible stories, using knitted figures and a variety of props; Plans are afoot to add more scenes next year!



Find out what else is going on across the Diocese on our website:
www.dioceseofnorwich.org/news/events

Creative Christmas talent at Christ Church

Alexandra Turner, aged 9, a pupil at Colman Junior School was awarded first prize in a competition inviting children to draw a picture of The Christmas Story for the cover of the Eaton Parishes' Christmas magazine. Bishop Graham presented the award.





News in brief

Updates from across the Diocese

Film legacy of inspirational youth worker Dan Lawrence

Photo: www.danlaseyphotography.co.uk



Dan and his wife, Kim at the premiere of *Looking to Eternity*.

Dereham Christian youth worker Dan Lawrence died in November from a brain tumour only two weeks after his film *Looking to Eternity* was released.

When faced with an inoperable brain tumour Dan, aged 25, turned his

diagnosis into a way of engaging young people in an ambitious media project. It resulted in an 80-minute production, filmed and acted by young people, that tackles challenging issues such as death, faith and hope.

Ang Fox, Director of North Breckland YFC, said: "Dan was with all his family and passed peacefully to glory. Dan's faith in Jesus has never wavered. He constantly professed God is good."

Looking to Eternity is now available to buy on DVD for £10 along with free, downloadable resources. Half of the proceeds from sales of the DVD will go to The Brain Tumour Charity at Dan's request. **07747 471221** www.northbrecklandyfc.org.uk

This is an edited extract from an article on www.networknorwich.co.uk

Dippy the Dinosaur coming to Norwich Cathedral

Norwich Cathedral has been chosen as one of just eight venues to host the magnificent 'Dippy the Diplodocus' as part of a special UK-wide tour. Starting in Dorset in early 2018 and finishing in Norwich, Dippy will be on display in the nave of the Cathedral from July to October in 2020. The Natural History Museum has hosted the famous 22 metre dinosaur since 1905.



Photo: NHMuseum

"The presence of Dippy in Norwich will naturally bring people from all backgrounds and beliefs and will stimulate questions and debate about creations and the origins of life as well as some of the major issues facing humanity today," said Dean Jane Hedges. "We also hope Dippy will be a source of enjoyment and a fun experience to attract people of all ages to come to the Cathedral."

Hope and health in Uganda

Freda Lewis has recently returned from Uganda where she celebrated the culmination of "The Oasis of Life" project, supported by the Bishop's Lent Appeal in 2013. "Originally I envisaged a small two-room clinic," Freda explained, "It's turned into a 16-room mini-hospital!"

The clinic was formally handed over to local project manager Steven Puleh and Freda said: "I have finished the task the Lord gave me and it's what I dreamed of: a clinic designed, built and staffed by Ugandans, bringing hope and health to people who have lived in an area of Northern Uganda ravaged by war for 20 years."



Diocesan Textile Group disbands

Eileen Bumphrey and her helpers, June Back, Phyllis Tait, Celia Scott and Sally Acloque have assisted over 300 churches in the Diocese in the last 20 years.

Their ethos was "enablement", by advising at monthly sessions and visiting churches so that designs and colours would fit the church's environment. Parishioners were taught the skills to make and care for their textiles.

Churches paid for the cost of materials but the team's advice, support, skills and labour were free. Vestments and liturgical items were recycled to individuals and churches in need. Projects include the kneelers at Sandringham Church, jointly restoring the Anmer chairs, to helping churches replace their worn linen.

The group has enjoyed its work enormously. "Textiles can no longer be



a priority for hard-pressed parishes; there is less demand for our services," said Sally Acloque. "Eileen has been a much-loved, knowledgeable and inspirational leader."

Faith literacy and the Keswick Hall Lecture Series

By Professor Lee Marsden

In an increasingly secular society such as Britain it is easy for policy makers and the media to trade on people's ignorance about religious belief to present a simplistic and often negative image of people of faith. A homogenised view that lumps all people of faith into one category and caricatures believers as slightly simple, naïve or dangerous.

Over recent years media organisations have dropped religious editors from their payroll leaving those without religious belief or understanding to provide a distorted commentary. In order to combat this tendency, the UEA Faith Literacy Network was set up in 2016 by Professors John Charmley (St Mary's University, Twickenham) and myself (UEA). The idea is to provide a forum for faith groups to meet to discuss issues surrounding faith and politics and to challenge stereotypical portrayals of religion in the media. The network includes academics working on religion, society and politics across the arts and humanities.

The **Faith Literacy Network** in association with the Keswick Hall Trust ran a successful series of three Keswick Hall lectures in 2016 featuring Aaqil Ahmed, Head of Religion & Ethics at the BBC, and Baroness Warsi, former Minister of State for Faith and Communities, who talked to Rt. Hon. Charles Clarke, the former Education and Home Secretary and visiting Professor at UEA, about their own faith and '**Religion & Politics**'.

The second Keswick Hall lecture of 2016 was delivered by myself, Professor of International Relations in the School of Political, Social and International Relations at UEA, give a lecture entitled, **"I'm Okay, You're Okay"**, addressing the issue of religion in the public sphere. The third and final Keswick Hall lecture of 2016 saw the Rt. Hon. Prof. Charles Clarke give his talk on the relationship between **faith & politics**. He opened by stating

[illegible]

“The symposium provided an opportunity for participants to discuss the role of faith in contributing to a good society considering relations within and outside faith communities and between different faiths.”

that faith needs more involvement in political conversations both domestically, and in the international context.

In July 2016 twenty faith leaders representing different groups from across Norfolk participated in a one day symposium entitled 'Family, Neighbours, Strangers. Religion and the Good Society'. The symposium provided an opportunity for participants to discuss the role of faith in contributing to a good society considering relations within and outside faith communities and between different faiths. The symposium was

addressed by Michael Ipgrave, Bishop of Lichfield on the theme of **Faith and British Values**.

In March 2017 a new series of Keswicks Hall Lectures will take place at the University of East Anglia with a series of TED talk-style sessions on Free Speech, Hate Speech and Faith Speech featuring Dr Alex Brown, a leading authority and author of a **book on hate speech**. These will be followed by an interfaith roundtable discussion of British values with local faith leaders chaired by Charles Clarke. The final event will be **Charles Clarke in Conversation** with a leading politician about how faith shapes their political outlook and practice.

The UEA Faith Literacy Network will be seeking ways to engage with local faith communities throughout the year and future events will be announced shortly.



For further information,
see advert on pg 2.



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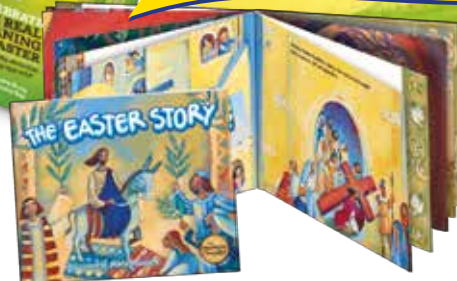


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Dark Real Easter Egg (180g)
(£5.50 each must be ordered in multiples of 6) **£33.00**



Postage & Packaging **FREE***
See terms and conditions below or £4.95

Grand Total

*Free delivery on orders over £45 and received by 6th March.



Tastes good and does good

The Real Easter Egg was launched in 2010. It was a real struggle as all the supermarkets turned it down at first. To date, we have sold more than one million eggs with 750,000 of these sent through the post directly to churches and schools. Not only has there been an increase in Fairtrade chocolate sales, but nearly £250,000 has been donated to charity.

To allow us to continue to make The Real Easter Egg, we need people to switch and buy. Don't forget, delivery is free if you spend more than £45 and order by 6th March 2017.

We sell the Real Easter Egg in three ways: by people buying directly from us, from independent retailers and from supermarkets. The supermarkets which are stocking the eggs will only ever have about 12 eggs on display in any one store. So they would be simply overwhelmed by the demand from a typical church. Last year, hundreds of churches placed orders directly with us in quantities ranging from 12-1,000 eggs.

Direct sales are very important for our company to trade. So we hope you will join the campaign and encourage people to buy directly from us. You can download resources or buy from us today by visiting our website www.realeasteregg.co.uk

**There is a charitable donation for every 150g egg sold.

Buy now at: www.realeasteregg.co.uk

Lent Appeal 2017: driving hospice care in Ethiopia



In 2017 the Bishop's Lent Appeal will be focused on raising money to provide a car for Hospice Ethiopia to reach those in need of palliative care.

Hospice Ethiopia is the only palliative care unit in Ethiopia.

They provide free community based palliative care to terminally ill people within three districts of the capital city. With just one specially trained doctor and three nurses, they serve an estimated population of 900,000.

The Appeal

Through the appeal, your money will go towards providing the Hospice with an off-road rental car for three years. Roads are often rough and of poor quality, and public transport is busy and unreliable. We want to help enable care and equipment to reach those who cannot travel to the hospice.

Cars are expensive and difficult to maintain given the availability of parts. By renting the vehicle all maintenance costs are included; well advised given the quality of the roads.

In addition, the nurses are frequently carrying medicines to their patients, in particular opiate pain killers, which would make them vulnerable on public transport.

Palliative care

In Ethiopia there are an estimated 150,000 new cancer cases each year.

Less than one per cent of these receive specialist oncological treatment, which means the need for affordable palliative care in the country is huge.

The World Health Organisation has stated that for most patients with cancers and other terminal illnesses, palliative care is the only realistic, affordable option.

Dr Yoseph Mamo from Hospice Ethiopia said:

"The care of chronic diseases is now concentrated in big cities. And it is in hospitals, done by doctors, but the number of hospitals is not enough, and it is far from the rural people where 85 per cent live. We have about 2000 doctors for 100 million people and that is not enough for all the population. We [Hospice Ethiopia] have created a model where doctors can work with nurses, taking the services to the villages, and also to the patient's homes."



The hospice is a non-governmental organisation which means it has to raise 90 per cent of its funds from outside the country and its funding is dependent on donors.

Lent 2017 begins on Wednesday 1 March and ends on Maundy Thursday 13 April.

Hospice Ethiopia's objectives are:


- to provide a better quality of life for their patients
- to train health professionals
- to raise awareness of palliative care needs and treatment.


"Through this Appeal we can help make this vital care accessible to a wider section of people in Ethiopia. I hope and pray you will find this a worthwhile cause to support."

Bishop of Lynn, the Rt Revd Jonathan Meyrick.

Ways to Give

 **Online:** Visit www.dioceseofnorwich.org/lent

 **By Text:** Text 'LENT17 £10' to 70070 to donate £10; or text 'LENT17 £5' to donate £5

 **By Cheque:** made payable to NDBF Ltd, marked clearly on the back 'Lent Appeal'. Send, together with a Gift Aid declaration (if applicable), to Lent Appeal, 109 Dereham Road, Easton NR9 5ES.

Resources

Visit www.dioceseofnorwich.org/lent to request or download resources for your church. See details on page 34.





Resources

A new, regular page of general and seasonal resources and ideas to inform, inspire and enable.



Praying Lent with the Saints

The 2017 Diocesan Lent Course will be an introduction to prayer in a number of traditions.

The five sessions will include 'Praying Lent with...' Each session is written by a different person from within the Diocese, drawing on their experience in prayer.

- Praying Lent with Benedict (The Revd. Canon Dr Peter Doll)
- Praying Lent the Jesus Prayer (Prof Catherine Rowett)
- Praying Lent with Teresa of Avila (Sr. Elizabeth Ruth Obbard ODC)
- Praying Lent with Ignatius (The Revd. Margaret Whitaker)
- Praying Passiontide with Mary (Fr. Andrew Mitcham)

There will be some information about the tradition of prayer, but the main part will be an opportunity for experiencing prayer and meditation within a different tradition each week, helping us to develop in our prayer. It is suitable for use in private, or for group use in small groups, and will be available from mid-January.



www.dioceseofnorwich.org/training/lay/lent-2017/
01603 882335

Lent Appeal 2017

Read about the appeal on pg 33 of this issue. The following resources are available to support fundraising initiatives:

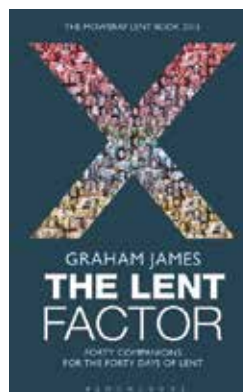


- Posters to highlight the Appeal and/or help you reach your chosen fundraising target
- Leaflets for congregation members
- Stickers for jam jars (for collecting money in!)
- An article you can copy and paste for parish/benefice magazines
- PowerPoint of images with notes for leaders giving an introductory talk
- Six prayer reflections for each week during Lent

All of these can be ordered online at: www.dioceseofnorwich.org/lent or by phone: 01603 882322

The Lent Factor: Forty Companions for the Forty Days of Lent

By the Bishop of Norwich, the Rt Revd Graham James, this book describes 40 very different people – one for each day of Lent – who have a special quality about them, and uses their stories to reflect on how faith and character are connected. A theme from each brief story is illuminated by reflection on a scene, passage or word from the Bible. Published by Bloomsbury and available at Revelation Bookshop, Norwich and online at www.norwichcrc.co.uk



Fairtrade fortnight 2017

Fairtrade Fortnight is a fun-filled highlight of the year, when campaigners, businesses, schools and places of worship show their support for the farmers and workers who grow our food in developing countries. Running from Monday 27 February – Sunday 12 March 2017, this year's campaign focuses on break time: drinks, snacks and treats. "Join thousands of others across the UK this Fairtrade Fortnight to help our friends, neighbours, colleagues and communities to put Fairtrade in their break and take exploitation out."



Check out the Fairtrade Fortnight action guide to get started:
www.goo.gl/TYusOV
020 7405 5942 www.fairtrade.org.uk

Hempnall Benefice encourages walkers

The Team Council of the Hempnall Group of parishes has published a book of 12 circular walks around the area. One of the walks describes a circuit of the whole group of eight churches which totals 17 miles, but the other walks can be easily fitted into an afternoon stroll and all include a visit to the named church. They've also produced a leaflet about the special appeal of each churchyard. For copies or further information: hempnallgroup.office@btinternet.com 01508 498157



Live music for parish fundraising events

Richard Jackson, retired Priest in the Stalham Benefice writes: "If you're looking for good all round entertainers for your church – look no further. Our Church members were given a real treat after our traditional harvest supper last year. We were entertained by the Norvic Concordia Accordion Ensemble.



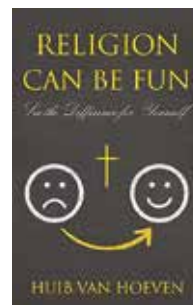
"These five talented and enthusiastic performers offered a breath-taking programme covering a variety of musical styles which showed off the scope and versatility of their instruments. They treated us to some wonderfully arranged pieces and encouraged those present to 'sing along' with them on various occasions. It was a brilliant evening and this group deserves to be heard more widely."

Phone Peter Ayers on 01603 713565 or see www.norvicconcordia.co.uk

Recent books by local authors

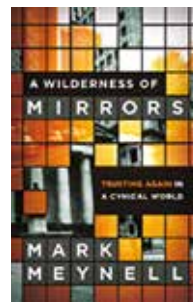
Religion can be fun

Huib van Hoeven's latest book is called "Religion can be fun – see the difference for yourself". The 90-year-old lay-leader in the Nar Valley group of Churches has put together a compilation of addresses and reflections, stories and prayers. "All with a lightertone," he explains "Making people smile and realise that religion is not necessarily heavy and serious but can be light hearted and fun. The book is intended to be uplifting and reaching out to the wider world outside the established church circle." Bishop Jonathan has written the foreword. Troubador Publishing; available through bookshops and Amazon. £7.99. www.huibvanhoeven.co.uk



Wilderness of mirrors

The Wilderness of Mirrors is on sale in Norfolk in aid of Bergh Apton church, where you can find copies (also at Revelation Bookshop, Norwich). Mark Meynell, whose home was in Bergh Apton, wrote the book, published by Zondervan.



Mark explores the roots of the discord and alienation that mark our society, but he also outlines a gospel-based reason for hope. "An astute social observer with a pastor's spiritual sensitivity, Meynell grounds his antidote on four bedrocks of the Christian faith: human nature, Jesus, the church, and the story of God's action in the world. Ultimately hopeful, A Wilderness of Mirrors calls Christians to rediscover the radical implications of Jesus's life and message for a disillusioned world, a world more than ever in need of his trustworthy goodness."

Mark works for The Langham Partnership and is chaplain to the Cabinet Office and the Treasury.

More info from Liz & Christopher Meynell – www.awildernessofmirrors.com 01508 558440

Resourcing your Parish

An exhibition and workshops for all PCC members and all involved in parish ministry, repeated in different locations across the Diocese.

Each exhibition will include practical help and support and will offer access to numerous resources in one place. Take the opportunity to speak to Diocesan staff and officers and receive practical advice and support about church finance, fresh expressions, stewardship, children youth and families work, communications & more.

It is highly recommended that several people attend from each church,

ensuring maximum benefit to your parish. Bookable workshops will be available in key areas of parish ministry.

Thurs 30 March, 7pm
Belsey Bridge, Ditchingham
Wed 10 May, 7pm
Fakenham Academy
Sat 20 May, 10am
Open Academy, Norwich

Free. Please book in advance.
www.dioceseofnorwich.org/event?id=9052

Contact: Angela George on 01603 880853 for more information.



Promote your local church groups & activities

Bright Map is an online map where visitors can search for community groups and activities near to where they live, many run or supported by local churches.

Add your church's to the map for free at www.brightmap.org/norfolk

Comings & Goings



Photo: © Graham Howard

Our Lady of Walsingham Shrine Welcomes Father Kevin

On a November Saturday the Shrine was packed full to welcome Father Kevin Smith (pictured centre, above) as the new Priest Administrator of the Anglican Shrine of Our Lady of Walsingham.

The Bishop of Norwich, the Rt Revd Graham James, also welcomed Father Smith to the Diocese and urged the congregation to give thanks for "the security of our worship in this Shrine Church today".

The service was attended by the Guardians, visiting bishops and priests, family and friends of Father Smith and resident pilgrims as well as former parishioners of new Priest Administrator from Horden in County Durham.

Archdeacon of Norwich welcomed at Cathedral service

On Sunday 13 November the Venerable Karen Hutchinson (pictured centre, below) was installed and collated as the new Archdeacon of Norwich and Warden of Readers by the Bishop of Norwich in Norwich Cathedral.

Bishop Graham said:

"Karen has a rich experience of parish and diocesan ministry, as well as her legal training and practice, to bring to the role of Archdeacon of Norwich and Warden of Readers. She won the hearts of the people of her benefice by her strategic leadership and pastoral imagination. I am confident she will soon come to love this diocese and its people and be greatly appreciated for the gifts she will bring."

Speaking about her new role as Archdeacon of Norwich, Karen said:

"I'm looking forward to working with a variety of people. And this is a job that has a lot of variety in it. There is the Archdeacon's role of working with parishes and people. And the Warden of Readers role gives me a chance to work with lay people in their ministry and that is something I've been passionate about where I am."



Photo: © Graham Howard

Our prayers for their future ministry go to:

- ◀ The Revd Heather Cracknell appointed Pioneer Missioner and Vicar of St Francis Heartsease.
- ◀ The Revd Stephen Andrews appointed Chaplain, James Paget University Hospital.
- ◀ The Revd Tim Dean appointed Associate Priest of the current Wensum Benefice and four parishes from the FLEBBS Benefice (Bylaugh, Elsing, Lyng and Sparham).
- ◀ The Revd Canon Heather Butcher appointed Priest-in-Charge of the parishes of Bittering Parva, Gressenhall, Longham, Mileham, Rougham, Weasenham and Wendling and Team Rector Designate of the proposed Launditch and The Upper Nar Team Ministry.
- ◀ The Revd Canon Sally Theakston appointed Assistant Director of Ordinands.
- ◀ The Revd Eoin Buchanan appointed Rector of the Kirkley Benefice.
- ◀ The Revd David Lloyd appointed Chaplain of City College, Norwich.
- ◀ The Revd Janet Allan appointed Vicar of the Swaffham and Sporle Benefice.
- ◀ The Revd Captain Darren Thornton and the Revd David Foster appointed Honorary Canons of Norwich Cathedral.

The following Priests and Readers have had their Permission to Officiate granted:

The Revd Peter Day, The Revd David Cattle, The Revd Susannah Ellis, The Revd Gillie Powell, The Revd Liz Cannon

We are saddened to announce the deaths of:

Fr. Patrick Phelan on 11/10/2016.

Mr Peter Murray Reader at the Waterside Group Benefice on 06/11/2016.

WHAT'S ON

LEARNING AND TRAINING OPPORTUNITIES
are highlighted in green

Highlights of events and learning opportunities across the Diocese January – February 2017

For more head to www.dioceseofnorwich.org/events or follow us @DioceseNorwich

JANUARY

New Year's Day Soup & Roll

Sunday 1 Jan

11am-2pm

Address: Church Rooms, Happisburgh
(opposite the school) NR12 0AB

Warm yourself up with some hot homemade soup – just the thing after a New Year's Day walk.

Admission: Free entry

Contact: Mary Mason, 01692 650614,
happisburghpcc@hotmail.com



The Fursey Lecture and celebration of the Feast of St Fursey

Saturday 14 Jan

11.30am for Service for Feast of St Fursey
followed by lunch at 2pm

Address: St Matthew, Telegraph Lane West,
Thorpe Hamlet, Norwich NR1 4JA

Our lecture this year is entitled 'The Prittlewell Prince: life, death and belief in south-east England at the time of St Augustine'

Admission: £10 (plus £8.50 for lunch – please
book in advance).

Contact: Mary Corbould, 01526 398631,
m.corbould@btopenworld.com

Winter Silence - Wigwam Retreat

Tuesday 24 Jan

10am-4pm



Address: Wigwam Retreat Centre, Diss IP22 2SZ
Retreat led by Brian Draper in our lovely rural surroundings. Embrace winter and kindle some spiritual warmth!

Admission: £28 (concessions available)

Contact: Les Crossland, Centre Co-ordinator
0208 4910222, pwtcfl@aol.com

Safeguarding Training

Thursday 26 Jan

7pm-9pm

Address: Diocesan House, Easton NR9 5ES

This training session is for anyone who works or volunteers with Children, Young People or Adults at Risk as part of their church activities who hasn't attended safeguarding training in the past three years.

Admission: Free

Contact: Anna Walker, 01603 882374,
anna.walker@dioceseofnorwich.org

Life, Death and Christian Hope (online course)

Thursday 26 Jan - Mon 13 Mar

Address: online

Learn about the Christian meaning of the last things such as death; Resurrection; judgement; eternal life; Christ's coming again.

Admission: £10

Contact: Liz Dawes: 01603 882335,
liz.dawes@dioceseofnorwich.org

An introduction to Christian Healing (online course)

Thursday 26 Jan - Mon 27 Mar

Address: online

The course explores the breadth of the saving/healing plan of God and how it applies to our lives.

Admission: £10.

Contact: Liz Dawes: 01603 882335,
liz.dawes@dioceseofnorwich.org

NCCL: Theological reflections on a modern-day pilgrimage

Saturday 28 Jan

10am-12.30pm

Address: Norwich Cathedral, The Close,
Norwich NR1 4DD

A critical engagement with 'The Unlikely Pilgrimage of Harold Fry' by Rachel Joyce led by the Revd Julian Pursehouse.

Admission: £10

Contact: NCCL Admin Team, 01603 218443,
NCCL@cathedral.org.uk

FEBRUARY

NCCL: Religion in the Dutch Golden Age

Sunday 5 Feb

10am-12.30pm

Address: Norwich Cathedral, The Close,
Norwich NR1 4DD

Join Dr Chris Joby for this interesting illustrated journey into some fascinating and beautiful art and discover how artists present religious themes in their works of art.

Admission: £10

Contact: NCCL Admin Team, 01603 218443,
NCCL@cathedral.org.uk

Let's Sing!

Saturday 11 Feb

10am - 4pm

Address: Fakenham
Community Hall NR21 9DY

A singing workshop day for experienced, new or returning singers to improve techniques, sing a wide variety of music and for the pure enjoyment of singing together.

Admission: £12 for adults, £6 for under 21's

Contact: Rosemary Dear, 01328 851776,
dear_brian@hotmail.com



NCCL: Heritage preservation - ISIS destruction - the common ground

Saturday 11 Feb

10am-12.30pm

Address: Norwich Cathedral, The Close,
Norwich NR1 4DD

Revd Canon Stephen Wright gives Arabian Gulf perspectives on Heritage Lottery Fund work.

Admission: £10

Contact: NCCL Admin Team, 01603 218443,
NCCL@cathedral.org.uk

NCCL – Old Testament: Disobedience and its consequences

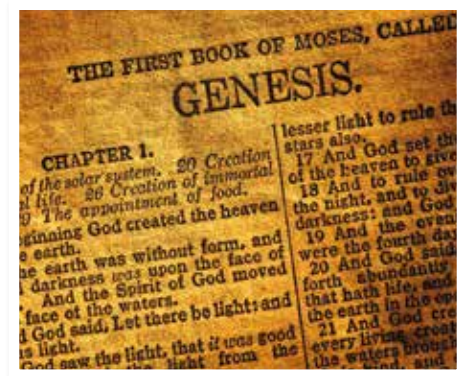
Saturday 18 Feb

10am-12.30pm

Address: Norwich Cathedral, The Close, Norwich, NR1 4DD

What happens when people disobey God in the Old Testament?

Admission: £45 for the whole series booked together, or £10 for the individual session
Contact: NCCL Admin Team, 01603 218443, NCCL@cathedral.org.uk



Snowdrop Walks and Spixworth Finds Exhibition

Sunday 19 Feb

11am-4pm

Sunday 26 Feb

11am-4pm



Address: St Peter, Buxton Road, Spixworth, Norwich NR10 3PR
Snowdrop and woodland walks with an exhibition of Spixworth Finds in church.

Admission: £3 Adults, children free.
Contact: Sheelah Cooke, 01603 898190, hallcottages@btconnect.com

Preaching John – A Day for Preachers on John's Gospel

Saturday 25 Feb

10am-4pm

Address: Weston Room, Norwich Cathedral NR1 4DD

As well as looking at the major themes in John's Gospel, we will be paying special attention to passages that will be used in the Common Worship Sunday lectionary during Lent and Easter season 2017.

Admission: £10
Contact: Lesley Lofts, 01603 882338, lesley.lofts@dioceseofnorwich.org

The Youth Evangelism Conference (YEC)

Saturday 25 Feb

10am-4.30pm

Address: C3 centre, Cambs CB1 3HR
The Youth Evangelism Conference UK is a one day conference to inspire leaders to greater confidence in reaching young people.

Admission: £35 - £45. Emerging leader delegate (21 & under) – £5 with pre-booked delegate. Discounts available see website for details.

Contact: The YEC UK, Cambridge, 01223 727452, theyecuk@cambridgeyfc.uk



Mrs Burrington Writes

Your church questions answered by the lady who knows



Q I have been a member of my church since I was young, and I have seen many vicars come and go. A new one has just arrived and, well, I'm not sure I have the energy to get used to yet another person and their way of doing things.

Mrs B Long-standing church members will always face the problem of knowing their church better than a newly-arrived leader (who knows less than everyone else but is still expected to lead). Help your vicar get up to speed – it takes a wise old soul to do this well – and you'll shorten the awkward settling-in period for everyone. And if you really believe you've had too many vicars, go and visit a church that has had the same minister since the 1970s.

Q I know Christians are supposed to be full of life, but at our church it's rather the opposite. People sit as far away from each other as possible with their heads lowered, and mumble along with unchanging expressions. I've almost given up on them.

Mrs B Sometimes people have a way of behaving in a church building that has little to do with their lives outside. The people you're talking about are children, parents and grandparents. They've laughed and wept and been in love. They know things and they've done things. All you need to do is find them when they're not disguising it.

Good News for God's Earth

A day of presentations, conversations, activities and worship, with guests leading workshops, helping us to consider our Christian concern for the environment.

Saturday 6 May

10am - 4.30pm

The Green Britain Centre
Turbine Way, Swaffham
PE37 7HT

£20 with lunch;
£10 without (bring your own)

Please book in advance by contacting
Liz Dawes on 01603 882335 or
liz.dawes@dioceseofnorwich.org



Life Calling

*Vocation Work in the
Diocese of Norwich*

A day to discover what God is calling you to be and do as a faith-filled follower - perfect for those wondering about ordination or other ministries.

- Saturday 4 March, 10am - 4pm
St Edwards Church, Bardsfield, NR10 5LG
- Saturday 10 June, 10am - 4pm
St Andrew's Church, Scole, Diss, IP21 4DY

Free. Contact: Liz Dawes on 01603 882335

Find out more at:

www.dioceseofnorwich.org/event?id=8931



Reimagining the Church?
Faith and Hope
in Mission and Ministry

A Study Day for Clergy exploring the challenges and opportunities facing the church today.

Tuesday 14 March, 9.30am - 4pm

St Luke's, Aylsham Rd, Norwich, NR3 2HF

£10. Please book in advance

Contact: Lesley Lofts on 01603 882338

Find out more at:

www.dioceseofnorwich.org/event?id=8909

THE
**ARCHDEACON'S
CHARGE**
and
**PICNIC
2017**

EVERYONE
WELCOME

FUN RUN OR WALK FAMILY DAY



BANK HOLIDAY MONDAY 1 MAY 2017

10am - 3pm at Wolterton Hall (near Aylsham)

**Get sponsored and raise money for your church
and the East Anglian Air Ambulance**

2.5 mile course (with 10 mile challenge!) • Register to receive a pack

- Picnic • Refreshments, cake stalls & BBQ • Large craft market •
- Live band • Children's play area • Classic cars •

Register in advance for your day ticket/entry

£10 entry per person, couple or family

www.dioceseofnorwich.org/charge 01362 688032



Kids Workers Training Day

A day of encouraging and equipping children's workers and volunteers from across the region.

Saturday 29 April, 10am - 4pm

Fountain of Life, The Well Christian Centre,
Swaffham Road, Ashill, Thetford IP25 7BT

£10. Please book in advance. Contact:

Maryanne Richardson on 01760 441902

Find out more at:

www.dioceseofnorwich.org/event?id=8961

Monday Mardle at Saxlingham Nethergate

Corinne Douglas and Celia Blyth are archetypal "third agers": in their early 70's, active, committed members of their parish church. Twelve years ago they saw a need in their community and decided to do something about it.



An old cart barn had been transformed into a welcoming "room" just across the churchyard. Many older people in the village live alone so Corinne and Celia started a monthly coffee morning on a Monday morning. "We chose a Monday, because people have often found the weekend difficult if they've been on their own," says Corinne. "We simply thought we'd see how it went."

They opened the doors and around 15 people filled the small room. It quickly became clear that people wanted to meet more regularly and the Monday Mardle became a weekly two-hour event.

On the morning I visited, the Autumn sunlight was flooding through the large glass windows. There was a gentle buzz of conversation and drinks and biscuits were being happily consumed. Two greyhounds joined in: one curled on a blanket and the other mooching around each table in search of a fuss, or maybe the odd biscuit.

"It's a place to meet up with old friends," explains Corinne. "Most people come from farming families. They have wonderful stories and swap photos."

While I was there Joan, in her 80s, was sharing photos of the wedding of her granddaughter that she'd recently attended. "I've been widowed for 10 years. This gets me out of the house and it's nice to meet up with people and have a good chat."

Pauline's mother used to come every week and since her death Pauline now comes, although she lives in Brooke.



“It's a place to meet up with old friends.”

"It was so important for my Mum to have somewhere to come by herself; it gave her independence. Now I come because it's like coming home. This is the village where I grew up and it's nice to help out in the group."

That was the primary feeling: everyone is known here; it's become a community of people looking out for one another. Celia and Corinne are supported by a team of people. Transport is provided for those who need it. "Irene and Des used to come together, but he had a series of strokes and sadly died after some time in a nursing home. Already being known here

has made it easier for Irene to continue coming, although she now lives in sheltered housing in Beccles. Folk keep coming back to see their friends."

Monthly outings, sometimes to local garden centres with cafes, a summer outing to the coast, joining in events on at the church, such as flower festivals and a Christmas lunch provides a rhythm of activities for the group.

"Sometimes we have talks from local services such as the police and the fire brigade about staying safe in your own home. If anyone is not well, we can pick up on that and make sure they're getting the help they need. We have someone who is a financial adviser in our congregation and she'll visit people who might need advice. We sign-post onto other organisations when necessary."

Corinne and Celia are typically self-deprecating about their own involvement. "We have lots of laughs – it's the best medicine!"

