

PCC News

The newspaper for all PCC members to help support your church



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A Church of living hope

The Bishops of Norwich, Thetford and Lynn have written a letter of reassurance to everyone in the Diocese in the midst of COVID-19 fears.

Dear Sisters & Brothers in Christ,

Further to the letter from the Archbishops, we write to assure you of our prayers and loving support.

Mother Julian of Norwich lived through anxious times with plagues and uprisings. In her anchorite self-isolation, whilst still hearing the bustle of the street outside, she had a vision of God speaking to her. "He did not say, 'You shall never have a rough passage, you will never be over-strained, you will never feel dis-eased'; but he did say, 'You will never be overcome.'"

We live in anxious times and we are conscious that many long to hear God say in our own day, "You will never be overcome." As we enter these next few weeks and months, we are encouraging the whole Diocese of Norwich to do everything with these principles in mind:

To seek to be a Church of living hope

"Hope is love stretched into the future", wrote the Croatian theologian Miroslav Volf, and during this time we need to keep our eyes on the horizon of God's Kingdom.

To follow government and national church guidance

"We who are many are one body in Christ and individually we are members one of another", wrote St Paul, reminding us that as a series of interlinked local communities

the Church receives wisdom that has been distilled and given to us for the good of all.

To continue to pray

We know that at the heart of our life as Christians is prayer and we hear the voice of the Psalmist afresh in our own time, "I call on you, my God, for you will answer me; turn your ear to me and hear my prayer".

To strive to keep each other safe and to practice kindness

Through our actions and the ways we will minister, we want to do all we can to protect our clergy, lay leaders, congregations and neighbours, asking God to "keep me as the apple of your eye; hide me under the shadow of your wings".

To prioritise pastoral care

We love and serve our neighbours,

as Christ calls us, when we reach out to the vulnerable, those self-isolating, and those who are anxious; offering them our help, support and prayers, because we believe that "The church is the Church only when it exists for others" (Dietrich Bonhoeffer).

We encourage you to look at the Church of England's website for regular updates, resources and prayers; visit www.DofN.org/coronavirus

We thank you for your prayers and for your care of others. And we assure you that you are each much in our prayers at this time as we seek new ways of being Church to serve our nation.

With every blessing.

+Jonathan, Bishop of Lynn
+Graham, Bishop of Norwich
+Alan, Bishop of Thetford

God of compassion,
have mercy upon this nation and our world in this time
of fear and confusion:
we bring before you those who are suffering and who tend
to their needs;
may those in isolation know your comfort and company
and may neighbours show your love in works of care,
kindness and prayer;
we pray for the National Health Service and all engaged in
scientific research
and we pray too for those upon whose shoulders
the yoke of leadership rests,
that in their conversation and communication
your still small voice may be heard;
we ask this in the power of the Holy Spirit,
through the One who stretched out his hands to bless
and to heal
even Jesus Christ our Lord. Amen.



Diocese launches Sunday podcast

The Diocese of Norwich has launched a new weekly audio podcast called 'Sunday Hope'. The first episode was recorded by the Bishop of Norwich from the chapel at Bishop's House in Norwich for Mothering Sunday.

Speaking in his introduction, Bishop Graham said: "Life feels so strange at present. Things are out of kilter, including our emotions, and there is sorrow that our church buildings are closed for public worship. Yet the Church is the people of God, and we are being Church right now, just in a different way. This short podcast contains a reading, reflection, some questions to ponder, and prayers. You might like to press pause and light a candle as a symbol of God's presence with us."

The podcast can be played

directly from the Diocesan website at www.DofN.org/podcast and can also be downloaded in MP3 format. It is available on all the major podcast platforms such as Apple Podcasts, Google Podcasts, Spotify, Overcast and more. Go to any podcast app, click the search button and type in "Diocese of Norwich" or "Sunday Hope", then click the subscribe button so each week your device will automatically receive the latest episode.

The transcript and prayers are included on the Diocesan website each week – you might like to print it out and give a copy to those who are unable to play the audio.

Various Church of England apps for Daily Prayer and Reflections are also available and are a wonderful resource and unite us in prayer; download those apps at www.chpublishing.co.uk/apps

Editorial

Robert Culyer
Parish Funding Support Officer
01603 882326
robert.culyer@dioceseofnorwich.org



Hello everyone. The editorial I had originally written focused on how bad isolation is and how we must all come together as often as possible to support and be with each other! How our lives have changed in the matter of a week!

The fortunate thing that we all have is our faith to keep us strong, but sadly lots of people do not have this foundation. It is times of crisis that our church communities look out for not only our own congregations but the wider community.

Interestingly enough on a recent edition of Songs of Praise there was a lady who was telling the story of how she came to faith. It started when she received a telephone call to say that her father had suffered a massive stroke and had been rushed into hospital. She explained how she suddenly turned to God and prayed and promised God that she would attend church every Sunday if her father was spared. Fortunately he was spared and she now attends church every week. This has made me think how many people in this time of crisis will realise that there is something missing in their lives and will hopefully now find God. Many will promise to worship God once our lockdown is over so we must be prepared to welcome them into our communities.

In this edition I have included a lot of articles that were written before we went into lockdown, but I have still included them as it is something positive for you to read, something for you to plan ahead for, and some of the things you could start doing now as long as you keep yourself

safe. For example why not take a fresh look at your church noticeboard? I have also kept the articles about the foodbanks etc as we must not forget them at this trying time. You might not necessarily be able to drop things off yourself but you could ask family and friends who are not in the vulnerable category to drop a tin into the foodbank box.

I have made some preliminary enquiries about the sort of things that are going on in our parishes. One parish has set up a telephone tree to ensure that everyone in the congregation is in touch with at least one person every day. I am also aware that clergy are putting together a weekly bulletin in time for Sunday with the lectionary reading, a thought about it, pointers for intercession and anything else that they think would be useful to get around to people. Don't forget that not everyone is on email so some people will need a printed copy, and why not put a printed copy through other people's doors in your community so that they don't feel so isolated as well.

The Diocesan team are all here to support you. We will still be able to respond by email or telephone so you are never alone. At the moment it feels a bit like we are cabin crew on a plane. We are busy putting everything in place, tying up loose ends and are just waiting for our captain to announce 'cabin crew please take their seats' which means we are ready for take off!

I am looking forward to everything returning to some normality, but in the meantime my prayers are with you all, and above all please keep yourselves safe.

Archbishops call for us to be "a different sort of church"

The Archbishops of Canterbury and York have written a letter of advice and encouragement as the UK faces stricter guidelines from the government to stem the spread of COVID-19.

They began by recognising this as "a very unusual and painful time", went on to say how the design of the Anglican Church is "to be the church for everyone." This, they expanded, meant that it was not only there for members of the Church but the surrounding communities as well – encouraging members "to serve people in a new way." While

public services are suspended at this time, the Archbishops are eager to emphasise that the Church of England will not "shut up shop" but reach out in love in different ways.

Clergy are encouraged to continue in daily prayers and a Eucharist; maintaining hygiene protocols at all times. Live streaming is also encouraged where churches have the capacity to do this; resources being available for prayer and worship in the home from national and diocesan outlets.

The Archbishops urge parishes to take their place "in the forefront of providing practical care and

support for the most poor and the most vulnerable", saying that life as a Christian in the coming days will become "more characterised by the prayer and service we offer each day." Key to their message was an encouragement to all in the Church of England to support our neighbours through actions such as supporting foodbanks and night shelters, and also praying for those in need.

They finished the letter with a call to become "a different sort of church" in this time of uncertainty: "hopeful and rooted in the offering of prayer and praise and overflowing in service to the world."

Schools on the front line!

Paul Dunning
Director of Education

Ever since the country started battling the COVID-19 pandemic schools have been on the frontline.

Initially, it was working to stay open as the country slowly began to deal with increasing sickness, and phrases such as self-isolation and social distancing entered our everyday vocabulary.

School leaders and their staff worked so hard to keep schools open and provide education despite staff shortages and growing uncertainty. When the announcement came that we should all stay at home and schools would only open to look after key-worker children, or those deemed vulnerable, the innovation and leadership skills shown by Headteachers and their colleagues has been immense.

There has been much collaborative working and a system was put in place for Monday 23 March with only a few days' notice given by government. It also required schools to ensure those entitled to free school meals receive



a daily meal and liaising with social services to ensure vulnerable children are safe if not in school.

Thanks to everyone working in schools for such a wonderful effort!

Alongside this, teachers have been developing ways of helping and supporting home learning. Again, much innovation is being shown and families are being supported at a distance to encourage learning to continue during this time. The commitment and resilience being shown by all is exemplary.

As Director of Education I am awestruck by the work our church schools and academies



have been doing to support their communities.

There are many examples I could use but space only allows for one. The Unity Federation (of four primary schools) and the Hope Federation (of three primary schools) worked together to care for the key-worker children and vulnerable children at one school. The home learning they sent out to all pupils included activities such as writing letters and provided resources to keep physically fit, as can be seen in the photographs. I'm pleased to see that whilst some things were going well at home this particular pupil was missing being at school!

What is Grant Finder?

The Diocese of Norwich Grant Finder is a FREE online funding website developed exclusively for local parishes to help you find funding to support your projects.

What can it do for me?

- Helps you to find funding and support for your church and community groups
- Searches through a continually updated database containing thousands of funding opportunities, including those

from government sources

- Takes advantage of a number of proactive features including tailored email alerts and weekly funding newsletters.

How do I access it?

Access the online funding tool at **www.DofN.org/grantfinder**

Register for free access at the address above; you can then log onto the website as many times as you want and run as many funding searches as you choose.


Please do have a look at Grant Finder.

It is a valuable resource provided by the Diocese. It is easy to use and free. If you need help to use it contact me, Robert Culyer on **01603 882326** or **robert.culyer@dioceseofnorwich.org**. Read the stories on it from parishes to see how valuable it was to them.




You are amazing! Here are just some of the many examples you have been sharing with us


With people self-isolating, there is an increased need for donations to foodbanks, shelters, and other vital community services. The following social media posts were shared to draw attention to the need but also the services being offered by people from across the Diocese at the end of March.



YareValleyCh
@YareValleyCh


Working together to provide support within the community #strongertogether






Norwich FoodHub
NorwichFoodHub


A new volunteer collected this big haul from @marksandspencer yesterday - helping us save food and fight hunger! We need more volunteers, especially with the extra pressure on vulnerable people who can't access food during #COVID-19. Sign up to help today: <http://ow.ly/ioSg5oySuAc>






Catherine
@RevCoastalGroup


CORONAVIRUS - DO YOU NEED HELP? Using a network of DBS checked volunteers, we can help with delivery of shopping/medication to your door step, taking post or simply chat on the phone. We can also signpost partner organisations if you are experiencing hardship.






The Trussell Trust
@TrussellTrust


In the coming weeks, it's likely that more and more people will need to use a #foodbank – your support can make a real difference to people in crisis <https://trusselltrust.org/make-a-donation/>





Kings Lynn Winter Night Shelter
@klwns

Dear friends, we have a new appeal for help at the Night Shelter... this is the end of our supply of toilet roll! We're appealing this week especially to any businesses, shops, cafes, churches, schools, entertainment venues who are closing for a time and might not need toilet roll for a while, we can be using it now! Please do tell your friends and contacts and let us know if you can help.



In these unprecedented times it will not come as a surprise that many of our parishes have come up trumps with imaginative and thoughtful ways of supporting their local community. The snippets printed here are just a very small glimpse of the acts of kindness, and daily we are hearing of more and more stories of goodness that make you tingle all over. Hopefully out of this horrific episode in

our lives communities will see the great work of our churches and we will see a big resurgence when we come safely out at the other end. Please make sure you all keep safe because there is going to be a lot of great things to do when this is all over!

If you have any good news stories that you would like to share, please get in touch: robert.culyer@dioceseofnorwich.org

St Mary's, Kenninghall gets crafty

Even ahead of the schools closing this church swung into action to support families with children at home due to self-isolation. They made-up and delivered over 75 craft bags to families around the village. Bags were left on doorsteps with any remaining left in the church porch for collection. They continued to do this with special Easter-themed packs. Many villagers posted photos of their children enjoying the crafts to the church's Facebook page providing encouragement all-round. "Here at St Mary's we love our community and their families!"



St Francis', Heartsease offers help for children home schooling

"At our church we are aware that with schools closed, children are being sent work electronically. We are also aware that some of this work needs to be printed and not everybody will have access to a printer, or may find affording sufficient paper and ink difficult at this time. We are therefore offering a service to families who live on the estate. We will print up to 50 sides (25 sheets) of black and white worksheets or booklets free of charge."

St Mary's, Martham delivers gifts to the community

"On Mothering Sunday we may not be meeting for worship but church goes on: We've got 75 small bunches of flowers that we're happy to deliver to people in the village (to a safe place if isolating) with our prayers."

Brooke Primary hymn flash mob goes viral

Just before closing, this Church of England primary school produced a video of its pupils singing and dancing to "My Lighthouse" by the Rend Collective – simply to bring cheer to their local community. The video, shared on Facebook, has been viewed over 200,000 times as far afield as Australia: bringing light in the darkness.



St Nicholas', North Walsham ring bells for prayer

Written before church buildings were closed: "Daily prayer, Sunday services and the Market Day service are being live streamed from St Nicholas. We chime the bells before each broadcast. Whenever a member of the clergy team prays in the village churches we also sound a bell, not to call people to church, but to let people know we are praying and thinking of them."



St Michael's, Aylsham virtual coffee morning

Seeing the need for companionship in their community as everyone started staying home, Aylsham Church decided to host a virtual coffee morning for anyone in need of a cuppa and a chat. In a Facebook post, they said how they were "really excited for their first Virtual Community Coffee Morning" and encouraged everyone to join in the fun.



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Feeding the 5,000

Before the start of the crisis our churches across the Diocese were doing great things in feeding those outside of our church community, and they don't have the benefit of the five fish and two loaves! In this edition I thought it would be great to have a look at some of the different activities besides foodbanks that were taking place. Our Imagine Norfolk Together team have written some thoughts and guidelines to get you started. You might be able

to do something similar once life returns to some normality, possibly in a smaller way. Despite the church being of service to our communities, do not forget the opportunities of outreach that these activities create. Please do not forget that we still need to keep these support services such as foodbanks going. Boxes for foodbanks will still be available in supermarkets so don't forget to drop a tin of something into them. I hope these articles give you inspiration.

Things are buzzing in the Hive!



These photos show a typical day in the Food Room, happy customers at the drop-in, and a selection of the bread on offer.

The Revd Janet Wyer Vicar, St Francis, Heartsease

St Francis Hive is the mission-focused building that is home to what was the very first community fridge to be sited in Norwich.

Established in April 2018, the project has gone from strength to strength with hundreds of kilos of food being given out during the three sessions that take place on a weekly basis.

As time has progressed, the food on offer to the community now far outstrips the capacity of the on-site fridge and a separate room in the Hive is now home to a self-service 'Food Room' where customers can browse the produce and pick what they need in a relaxed and friendly environment.

The expansion and continued success of the project has come about solely because of the invaluable support of Norwich Foodhub, the cooperation of local supermarkets and, most importantly, the huge-hearted generosity of the team of volunteers who work

really hard to make Heartsease Community Fridge Drop In happen.

The dedicated and committed volunteers collect the food, and weigh it in (records are kept to keep track of the weight of food that comes into the project and is taken away by the customers); they set up, clean and manage the Fridge and Food Room; and provide a warm and loving welcome to the many customers who cross the Hive threshold. Most importantly, in giving their time and energies the faithful band who help out with the Fridge are making a huge difference not only in getting food to those who need it but also in helping to save the planet by cutting food waste.

Some of the volunteers are a part of the St Francis congregation, others worship at Witard Road Baptist Church - some are not church goers but simply want to be involved. All, however, see what they do as an expression of love for their neighbour and respect for the world and creation.

It has been said that where God's love abounds people will come

running - and over time word has got out about the Fridge and so not much publicity is needed in terms of ensuring that the food given to us is redistributed. Inevitably some food does reach the state where we can no longer offer it for human consumption - at that point we contact a local animal charity and they happily take away a lot of the foodstuffs that might otherwise have been destined for the food recycling bin; the remainder is composted for use on the raised beds that are part of the 'learn how to grow your own' initiative that runs alongside the Community Fridge.

All in all, the Hive really is buzzing with good news - if you would like to find out more please get in touch or visit our website. The Fridge is usually open Tuesdays 1.30-2.30pm (drop in 1-2.30pm), Thursdays 11am-12pm (drop in 10am-12pm) and Sunday mornings 9-10am.

Further information about setting up a Community Fridge can be obtained from Hubbub: www.hubbub.org.uk/the-community-fridge

The most important meal of the day

The Revd Jack Branford Curate, Aylsham & District Team Ministry

Last summer I was having a cup of tea with a secondary school teacher friend of mine who was commenting on the number of young people she taught who did not seem to eat a proper breakfast before coming to school. (According to the British Nutrition Foundation around a quarter of secondary school students go to school without breakfast.) We discussed the worrying effects this appeared to have on behaviour and learning and started to wonder if the church could help in some way. Two months later, with the support of the PCC, the Youth Breakfast opened its doors at Aylsham Parish Church. Now every Wednesday morning before school you will find between 30 and 60 teenagers in church enjoying a free nutritious breakfast, Wi-Fi, board games, chat and a space for reflection.

Here are a few lessons we have

learned along the way:

Supermarkets want to give you free food - before we launched, we had a conversation with our local supermarket about their food share scheme. They agreed to give us any pastries and baked goods that they had left over from the day before a Youth Breakfast; as well as fruit, cereal and other items we might need. Consequently, the Youth Breakfast costs the church very little to run and we can offer the young people a free healthy start to the day.

Social media is key when advertising to young people and their parents - our advertising was almost entirely social media based. The day before we opened, we posted on the Aylsham Parish Church Twitter and Facebook accounts - tagging in our local High School and sharing the posts on other local community group pages. Within 12 hours around 1500 people had seen the posts and we had around 50 young people turn up the following morning for the first session.



Talk to your local school - when starting any group for young people it can make a huge difference to talk to your local school about your plans. Our local school have been incredibly supportive of the Youth Breakfast

from sharing our social media posts, to giving us a 'Youth Breakfast slot' in school assemblies.

And finally - at one level this is about free food, but there is also an element which nods towards a deeper hunger in our young

people. We are finding that the simple act of hosting the Youth Breakfast in the church building gives some of our young people a rare space in their busy lives to sit and reflect - providing priceless food for the teenage soul.

Addressing food poverty

**Anna Heydon and
Andrew Frere-Smith**
Imagine Norfolk Together

In our roles as Development Workers for Imagine Norfolk Together in Great Yarmouth and King's Lynn we come across a range of projects in which churches are providing food for people from the local community, including foodbanks, lunch clubs, school holiday family meals and meals for people who are homeless. These seek to address food poverty caused by a number of factors such as benefits delays, unemployment etc. combined with the need for social contact which eating together brings. If you are considering starting a food-based project, a good way to start is to talk to local people and

organisations and to find out about what the need is, and if there is a genuine requirement for something of this kind. Providing food can be a real blessing to those who need it, but a proliferation of meals in a neighbourhood can sometimes create dependency. It's a good idea for projects to think about how they can encourage the people who attend to flourish and grow, rather than remaining dependent on the project. This is often achieved by working in partnership with other local organisations. Next, look at the skills and resources already available in the church and wider community, and think about how these could be developed. For example, a church with a good relationship with a local primary school might consider talking to the school about how they could work in partnership to support



families during the holidays. Once you have an idea of the need and how it might be addressed, gather a team around you. Look for volunteers who are reliable and enthusiastic about the project. Don't be afraid to start small. It's better to give it a go and build something lasting over time than to be over-ambitious and burn out after a few months. If money

is needed to get going, Norfolk Community Foundation are an excellent source of funding for local projects. It's worth bearing in mind that donations of food are often readily available through donations from local people and businesses. With regards to governance, there's a wealth of advice available from the Charity Commission, even if you don't

decide to become a registered charity. In some cases attending these kinds of projects leads people to want to explore faith and becoming part of a church community. Whether or not this is the case, if approached with a servant-heart, these projects can often be a witness to the local community and a demonstration of God's love in action.

Full tummies



Hannah Worsley
Norwich Foodbank
Project Manager

FISH - Food (and Fun) In School Holidays - started in the summer of 2014 after we noticed a rise in the number of families accessing the foodbank service during the long summer holidays. We wanted to be proactive and help these families rather than just keep giving out food parcels, so FISH was born to both serve in a practical way by offering a free hot meal and free fun activities to low income families, as well as helping to further connect the church and the community they are in.

It's hard to say this project has been 'successful' because the more



people who come (a standard measure of success) means the more people are in need which is definitely not a good thing! However, the success part is that many families have formed new and meaningful relationships with each other and can support each other and not feel so isolated. Relationships between the church and individuals have also grown, with families attending services and events the churches have held, all because they have attended FISH, been welcomed, accepted and been invited!

A number of churches are involved in leading and running FISH clubs - these include Oak Grove Community Church, St Matthew's at Thorpe Hamlet and several in Lakenham (New

Hope Christian Centre, St John's and St Mark's) which have done so since the beginning. Hope at Wymondham and NCBC have been involved for a few years; St Thomas' at Russell Street for a couple of years; and since 2019, King's at Mile Cross - all running a club in their area.

The model of the club has remained similar at all venues, but each has been tweaked and honed to fit with their venues, communities, the area's need and the volunteers who give up their time to enable the club to take place.

Whilst the club's aim is not to be evangelical but to simply serve, this attitude of kindness, giving and acceptance often leads to deeper conversation and even just 'why do you do it' can enable volunteers to speak about faith and their reason for being involved with the club or with the church. Some parents have come along to Alpha groups since attending FISH.

Our overall aim is to feed those who might be hungry, but so much of the time families leave both the foodbank and the FISH club saying that, while the food was appreciated, the company, a listening ear and the acceptance was even more valuable and we know that this is the Lord working through us.



Yare Valley Churches
@yarevalleychurches



In partnership with the parish council, the Brundall Good Neighbours scheme and Brundall Home Hardware, Yare Valley Churches are coordinating practical and pastoral support for the local community. "The local Co-op store had a delivery of stock on Thursday, but were short of staff due to self-isolation so we stepped in to help," explained the Revd Peter Leech. "After learning the skill

of shelf-stacking I have a new respect for the retail sector - I never realised there was so much to it!"



A prayer for the Christian community

**We are not people of fear:
we are people of courage.
We are not people who protect our own safety:
we are people who protect our neighbours' safety.
We are not people of greed:
we are people of generosity.
We are your people God,
giving and loving,
wherever we are,
whatever it costs
For as long as it takes
wherever you call us.**

Barbara Glasson
President of the Methodist Conference



Attending the Bishop's Mission Day a couple of years ago, I heard an inspirational speaker called Mark Russell from the Church Army. The one thing that resonated from his talk was the following: "what we are doing is not working so we need to rethink what we are doing".

Why not make the most of being at home and consider if you are one of the churches that needs to look at what they are doing? Articles on this page will hopefully help you to reflect and look at ways of making those small steps to improve/change what we are doing.

Shared differences at St Remigius Church, Hethersett

Mollie Herron
Licensed Reader / Lay Minister,
Hethersett Benefice

Tim Yau facilitated two awaydays for St Remigius congregation; fairly traditional, rural Anglican. He helped us find the focus for the days given that we are looking to develop our church building to become more of a village resource.

He gave us a useful overview of church evolving from 'throne room' pre-Reformation through to 'school room' post-Reformation to 'living room' in recent times, which set the scene for our challenge of looking at what is 'church' in the present day? Is it largely service based or a much broader thing?

The second day was focused more on how we looked at Mission, and coming up with a mission statement, which we did; 'Making Jesus Known'.

Tim gave us ways to share our ideas and feelings and to explore new possibilities in looking beyond

our comfortable, familiar ways of 'doing church'. He reflected back to us helpfully and asked pertinent questions to take our thinking further. He did not tell us what we should be doing! The worship and fellowship were such a lovely part of the days.

We gained a great deal by Tim's leading of the days; it helped us share our differences, and have them received with openness and acceptance. This has continued so that there is less division in how we look at each other and possible developments.

We were 'enabled' to do a piece of internal work together which is leading, albeit hopefully and slowly, to a piece of external work. We have since started a bi-monthly informal Praise Service close to an expanding housing development in Hethersett. We are proceeding with church building plans and have started running an Alpha course. Perhaps we really can make Jesus known to more people in Hethersett.

Mission Enablers Team

The Revd Tim Yau
Mission Enabler

The Mission Enablers Team (MET) supports the Diocesan vision to enable mission in every part of the Diocese, and see growth in discipleship, service and numbers. The aim of the MET is to work alongside your parishes with a wider brief to advise the Bishop and Senior Staff as appropriate.

The MET are a mix of accomplished lay and ordained mission practitioners and pioneer ministers with experience of undertaking and encouraging mission in a variety of contexts and approaches. Their task is to enable new mission initiatives; support fresh expressions of church; encourage parish churches to grow; and empower people, projects and parishes in their missional endeavours.

The MET work with clergy and laity, teams and individuals, in all contexts. They recognise that some parishes already have ideas of what they would like to do but just need support to initiate the project, whilst others may need to kickstart the process of developing a vision for mission to better connect with their communities. Whatever your situation the MET are here to support you wherever you are on the mission journey. The MET operates the four following approaches:

Networking:
Mission Connections

Linking together people, projects and parishes that want to grow with the ideas, experience, training and expertise of innovative, growing churches.



Accompanying:
Coaching for Mission

Providing guidance on the process of developing a project and offer focused support to realise that vision.

Inspiring:
Resources and Stories

Identifying and promoting resources, events, networks, stories and training opportunities that enable you to address your mission challenges.

Equipping:
Training for Mission

Facilitating learning which equips, resources and supports those who are beginning or already running a mission project or fresh expression of church.

The process starts with a conversation through which together we discern what's a way forward for you. There is no one-size-fits-all; what works in one parish might not work in another. The MET aims to help you discover what it is that God is calling your church to be and do missionally. Together we can do this!

Email: mission.enablers@dioceseofnorwich.org
or call the Archdeacon of Lynn's office on: **01362 688032**

Find out more at: www.DofN.org/
MET or find us on social media at:
[www.facebook.com/](https://www.facebook.com/MissionEnablersTeam)
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Understanding the DNA at Christ Church, Eaton

The Revd Patrick Richmond and The Revd Shawn Tomlinson
Vicar and Curate,
Christ Church, Eaton

After a preparatory away day of prayer and dreaming dreams, the PCC felt we were ready to renew our vision and look at our next steps. This coincided with Diocesan encouragement to "reimagine Church."

Tim Yau of the Mission Enabler Team was recommended as someone who could facilitate an away day for the congregation. I met with Tim beforehand to explain some of the background and he

agreed to lead the day. Tim proved to be a lively and passionate guide, and provided a PowerPoint presentation interspersed with individual and group exercises, through the day, reflecting on the nature of the church and gently prompting us to attend to mission and service beyond the building and to those outside the present congregation.

The exercises invited reflection on people's individual gifts, tendencies and callings and revealed, as well as diversity, several interesting unifying themes and trends, which might help with planning future strategies and activities.

The discussion amongst the congregation was not threatening



but was helpful in widening understandings of the Bible and the present world and encouraging engagement.

Tim invited written feedback through an online survey. This was overwhelmingly positive and people generally felt affirmed, inspired and encouraged to contribute to the mission of the church. Some also expressed a desire for more specific, practical planning of future activities, and

Tim said he could help with this in further meetings, which we are in the process of discussing. I have already recommended Tim to one Vicar and would do so again!

I had overwhelming feedback from members of our congregation who felt affirmed by understanding the "DNA" of Christ Church and possibly why they had chosen Christ Church as their home church. Words used were: "I understood why I fit in

here, we are a church that serves", "We care about those who are less fortunate", "We are an active, doing church".

It was wonderful to see this dawning of Christian identity, which Tim facilitated so well through the exercises.

Looking to the future I would love to look at different models of being Christian and discipleship and how to deepen our personal relationship with Christ.

Top ten tips on mental health and wellbeing



The Church of England

Infectious disease outbreaks, like the current coronavirus (COVID-19), can be scary and can affect our mental health. This is true within the Church context. However, often we think that our faith should get us through alone. But the reality is we are all human and subject to both physical and mental ill health. This is true of congregations and of ministers. It is easy to be so busy looking after others' needs that we forget our own!

This guidance aims to help ministers and others who are offering pastoral support to better understand the sorts of mental health and wellbeing issues that individuals within their communities might be experiencing and offer support; and for us all to be aware of our mental health and wellbeing and the need to try to stay both physically and mentally well at this time. Here are some tips based on ones the Mental Health Foundation has produced that will help clergy, pastoral teams, and other members of the church and community to look after your mental health at a time when there is much discussion of potential threats to our physical health.

1. Try to avoid speculation and look up reputable sources on the outbreak

■ Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control.
■ You can get up-to-date information and advice on the virus here: [gov.uk](https://www.gov.uk) alternatively, if you can't access the internet, ask a trusted friend to look for you.

2. Follow the Government advice on staying safe

■ Follow hygiene advice such as

washing your hands more often than usual, for 20 seconds with soap and hot water (sing 'happy birthday' to yourself twice to make sure you do this for 20 seconds). You should do this whenever you get home or into work, blow your nose, sneeze or cough, eat or handle food. If you can't wash your hands straightaway, use hand sanitiser and then wash them at the next opportunity.

■ You should also use tissues if you sneeze and make sure you dispose of them quickly; and stay at home if you are feeling unwell.
■ Follow appropriate advice on social distancing and self-isolation

3. Try to stay connected

■ At times of stress, we work better in company and with support. Try and keep in touch with your friends and family or contact a helpline for emotional support.

■ It is a good idea to stick to your daily routine. You may also like to focus on the things you can do if you feel able to: stress management keep active eat a balanced diet
■ Stay in touch with friends on social media but try not to sensationalise things. If you are sharing content, use this from trusted sources, and remember that your friends might be worried too.

4. Talk to your children

■ Involving our family and children in our plans for good health is essential. We need be alert to and ask children what they have heard about the outbreak and support them, without causing them alarm.

■ We need to minimise the negative impact it has on our children and explain the facts to them. Discuss the news with them but try and avoid over-exposure to coverage of the virus. Be as truthful as possible.

■ Let's not avoid the 'scary

topic' but engage in a way that is appropriate for them. We have more advice on talking with your children about world news.

5. Try to anticipate distress

■ It is normal to feel vulnerable and overwhelmed as we read news about the outbreak, especially if you have experienced trauma or a mental health problem in the past, or if you have a long-term physical health condition that makes you more vulnerable to the effects of the coronavirus.

■ It's important to acknowledge these feelings and remind each other to look after our physical and mental health. We should also be aware of and avoid increasing habits that may not be helpful in the long term, like smoking and drinking.

■ Try and reassure people you know who may be worried and check in with people who you know are living alone.

6. Try not to make assumptions

■ Don't judge people and avoid jumping to conclusions about who is responsible for the spread of the disease. The coronavirus can affect anyone, regardless of gender, ethnicity or sex.

7. Try to manage how you follow the outbreak in the media

■ There is extensive news coverage about the outbreak. If you find that the news is causing you huge stress, it's important to find a balance.

■ It's best that you don't avoid all news and that you keep informing and educating yourself, but limit your news intake if it is bothering you.

8. How should people deal with being in self-isolation or in quarantine?

■ If there's a chance you could have coronavirus, you may be asked to stay away from other people (self-isolate).

■ For people that are in self-isolation or are in quarantine, this may seem like a daunting prospect. It will help to try and see it as a different period of time in your life, and not necessarily a bad one, even if you didn't choose it.

■ It will mean a different rhythm of life, a chance to be in touch with others in different ways than usual. Be in touch with other people regularly on social media, email or on the phone, as they are still good ways of being close to the people who matter to you.

■ Create a daily routine that prioritises looking after yourself. You could try reading more or watching movies, having an exercise routine, trying new relaxation techniques, or finding new knowledge on the internet. Try and rest and view this as a new if unusual experience, that might have its benefits.

■ Make sure your wider health needs are being looked after such as having enough prescription medicines available to you.

9. Responding to those with mental illness issues

■ Churches often become aware of individuals who are experiencing mental ill health and who need specialist help and support. Ensure you have contact details for the relevant NHS mental health providers, the Samaritans and any other specialist local support services that may be relevant. Ensure those who are offering pastoral care are aware of not going beyond their remit and expertise in offering advice and support, and to recognise when to ask for help in dealing with an individual.

10. Looking after your spiritual health

■ It is important to look after your spiritual health as well as your physical and mental health. This is as important for clergy as lay people in these challenging times, when the danger is to be so busy looking after everyone else's spiritual needs that we may forget our own. Find ways to pray, read the Bible, talk to other Christians maybe by phone. Your church may have a pastoral visiting team who can keep in touch and support you. Maybe you could buddy with someone as a prayer partner etc. Some churches will be offering services over the internet. There are resources available of the Church of England website for daily prayer and other spiritual support.
■ You may find it helpful to

memorise a verse or passage of scripture that you can use when you feel anxious, such as:-

Psalm 121:1-8

*(Assurance of God's Protection)
I lift up my eyes to the hills—from where will my help come? My help comes from the Lord, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber. He who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade at your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in.*

Matthew 28:20

Jesus said, "And remember, I am with you always, to the end of the age".

Psalm 23:1-6

The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters he restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord my whole life long.

Hopefully you will all be in touch with your local clergy and congregation members but if anyone feels isolated and wants to make contact Michele and I are here to chat.

Michele O'Keefe:
01603 882325 or michele.okeefe@dioceseofnorwich.org
Robert Culyer:
01603 882326 or robert.culyer@dioceseofnorwich.org

A prayer for these unsettling times

Nurturing God, tender and compassionate, you long to mother us in these unsettling times: draw near, we pray, to those who are isolated and alone, calm the anxious and comfort the distressed. As your Son, hanging on the cross, reached out to those in despair below him, may we too, guided by your Spirit, seek out the lonely and the lost and respond with imaginative and loving service to those in need around us. Amen

The Revd Canon Susanna Gunner
Diocesan Adviser in Spirituality & Discipleship

Parish Share 2019 – thank you

Susan Bunting
Director of Finance

Our benefices continued to rise to the challenge in 2019, thank you! Parish Share received for the year ended 31 December 2019 was £7,086,415 (89.54% of the total request). This compares with £7,109,908 received in 2018 (90.72% of the total request).

Looking back to 2012, when Parish Share income had reduced to £5,982,917, a sustained increase of over £1.1m or 18.4% is a great achievement and we do not underestimate the amount of hard work that is involved in raising these funds.

Feedback from parishes continues to be positive: the TRiO (The Responsibility is Ours) allocation method is transparent; people know what they are paying for and what is the real cost of ministry; and support is there for those who cannot pay.

Whilst income from Parish Share stabilised during 2019 it is still a significant amount of money to raise.

As a Diocesan family we are all enormously grateful to those whose generous giving enables the church to continue serving the communities across the Diocese of Norwich.

Frequently asked questions from benefice support meetings:

Each benefice receives its Benefice Share request at the beginning of July each year. Multi-parish benefices then need to meet to agree how the share will be divided between each parish. Where a benefice believes that it cannot realistically meet the challenge, a meeting will be held to assess the nature and level of support needed. These meetings normally take place in November.

At the recent benefice support meetings held in November 2019, we discovered that there were some recurring questions, so we thought it might be helpful to share these and the answers with you.

1. Does the Norwich Diocesan Board of Finance (NDBF) own Norwich Cathedral and The Close?

No. The finances of the Cathedral and the houses in the Close are run and managed by the Dean and Chapter.

2. Does the government pay for our clergy?

No. The NDBF receives no government funding. All of

the stipendiary clergy are funded by NDBF and the payroll is administered by the Church of England payroll team. The Diocesan Bishop and Suffragan Bishops are not paid by NDBF.

3. Does the Central Church pay for curates?

No. Stipendiary curates are funded by NDBF and the payroll is administered by the Church of England payroll team.

4. Can I claim VAT back on PCC expenses?

In some circumstances. PCCs apply for a grant to cover the VAT on works carried under the Listed Places of Worship grant scheme. For more information visit www.lpwscheme.org.uk

Handy hint - charities should be charged 5% VAT on utility bills covering charitable buildings – check your bill and ask to amend if this is 20% VAT, also ask for a refund of overcharges on previous bills.

5. We use the Gift Aid Small Donations Scheme (GASDS) so we don't use envelopes

No! In order to use

GASDS you must have a history of claims using the envelope system. This is also important to maximise the amount that can be claimed under both schemes. GASDS is not a replacement for the envelope scheme but should run alongside it. For information, claims can be made on cash or contactless donations of £30 or less up to £8,000 per church per annum.

6. How do we set up contactless giving?

Trials have been undertaken using the two main units which Goodbox provide. Both allow contactless donations to be taken even if you do not have a Wi-Fi or mobile phone signal. These are: **GBx mini** – this is a mobile unit which would mainly be used for contactless donations but can also be used as a standard card reader when required. This can also be inserted into a Goodplate to provide a contactless collection plate. **GBx core** – is designed to be a static unit to be used in churches which may receive a larger number of visitors. It has a colour screen and can display

messages on the screen to interact with donors.

These units can be viewed at www.goodbox.com. For the latest information and funding available please contact James South, Senior Finance Officer at james.south@dioceseofnorwich.org

7. Is the NDBF the same as the Church Commissioners?

No. Every Board of Finance is a separate charity and a company Limited by guarantee. Our finances are completely separate. When articles are published in the national press regarding the Church Commissioners investment portfolios, this does not relate to local dioceses. The Church Commissioners manage an investment fund in a responsible and ethical way, using the money they make from investments to contribute towards the cost of mission projects, dioceses in low-income areas, bishops, cathedrals, and pensions.

8. What is the difference between designated and restricted funds?

Restricted funds are given

for a particular purpose from the outset. These are generally restricted by the donor(s) when they give a gift/legacy or if a fundraising event is held for a particular purpose. The PCC cannot choose to restrict unrestricted funds. These funds may include endowment funds with the stipulation that the capital must be retained and only the interest can be spent (permanent endowment). In some circumstances the capital could become expendable (expendable endowment).

Designated funds are unrestricted funds, set aside by the PCC for a particular purpose. These can be undesignated at a later date if the purpose is fulfilled or no longer exists.

Handy hint - the majority of the insurance premium covers the building and therefore you may be able to pay this from fabric funds.

The above are just a snapshot of the questions and the answers to them. If you would like to explore any of these further or have some more questions of your own, please contact the finance team.

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Sounding good?

Advertorial by AED

The importance of a backup facility was highlighted recently, when with only hours to go before a graduation service and just before the new Bishop's Enthronement service, a call was made from Norwich Cathedral to their engineers and local sound system specialists Audio Electronic Design. A suspected lightning strike had caused major damage to the entire sound and loop system. Working overnight, AED was able to provide temporary backup and over the following days, carry out the repair works just in time for the Enthronement service. 'It's a backup plan we have available for

all our church customers' stated Darren Butler, owner of AED and church sound engineer for over 30 years. 'Thankfully our systems are incredibly reliable, but when an issue occurs being a local firm, we're able to resolve the problems quickly and with minimal disruption'. Sound, audio/visual and induction loop systems play an important role in so many churches and having a fully operational system is very important. AED is proud to serve both the Anglican and Catholic Cathedrals of Norwich as well as hundreds of parish churches. Whilst a tense couple of hours, AED was on-site during the entire Enthronement service, ensuring all went well.

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Let us inspire you

Alan Cole
Director of Property Services

Are you looking for a new architect? Then look no further. Established in 2011, Spire Property Consultants is a building and property management service company that is a wholly owned trading subsidiary of the Diocese of Norwich. We provide support to a wide variety of clients including PCCs, church schools and academies, as well as managing residential properties across the Diocese.

Amongst our team are Diocesan Advisory Committee (DAC) approved conservation accredited Surveyor, David Lemon MRICS and DAC approved architect and member of the DAC committee Iain Walker RIBA. David is appointed to look after and conduct the Quinquennial Inspection for over 120 churches across Norfolk and Suffolk and Iain is appointed to do the same for a further 20 churches.

Spire has also undertaken many ecclesiastical projects with an emphasis on heritage and conservation, working in conjunction with skilled trades and industry experts, to ensure that buildings are restored in an appropriate and sympathetic manner. We are able to assist with proposal drawings, measured



surveys of the existing building, prepare specifications and schedule of works; we will also work with you on the expression of interest, advising on the funding available, obtaining competitive tenders for the various items of work and analysis to advise on the preferred tender.

Our Project Surveyor, Les Bailey, has been the lead surveyor on numerous projects across East Anglia, specialising in church schools and academies. Spire offers a range of services, which include the refurbishment of, or extension to, existing buildings and facilities, as well as new builds on sites.

Matt Ramsell, our Architectural Technician, is able to provide 3D visualisations for both ecclesial and education projects, ensuring that our clients are able to visualise your proposal.

Our aim is to provide "property services with Christian values", therefore, our fee structure is transparent and agreed before clients commit to projects. Profits generated by Spire are directed back to the Diocese of Norwich, to support its mission and ministry. Before you commit to an appointment of consultants, we would be happy to discuss initial ideas for your project.

How much is your church hall worth?

Alan Cole
Director of Property Services

Many churches in the Diocese of Norwich also have separate church halls which provide space for holding social events and which are often made available for use by the wider community. Although there are some fine examples of modern church halls, many are over one hundred years old and were either purpose-built structures or repurposed from other buildings such as schools. The facilities provided by these older halls often no longer meet the expectations of users and many require extensive renovation and repair. The cost of this work can be a major financial burden on the PCC as it is usually combined with maintaining a medieval church, which tends to take priority resulting in the church hall deteriorating further. In recent years PCCs have been looking at their church halls as a potential asset that could be sold, with the proceeds used to assist with the cost of repair and improvement works at their churches.



Spire Property Consultants has been involved in several such schemes, helping PCCs to maximise the value of sites by obtaining planning permissions for conversion and/or redevelopment, often for residential use. These applications can appear quite daunting with the need to produce building plans and elevation drawings, design and heritage statements and the like, along with the

procurement of specialist reports such as arboricultural impact assessments, flood risk assessments and protected species surveys; all of which the Spire professionals are able to organise and arrange. In addition, Spire is able to provide professional asset management advice on the valuation of your building and then arrange the best method of sale to maximise the value and sale proceeds of the building.



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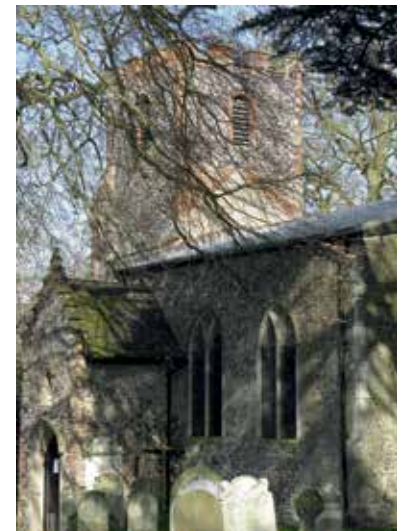
www.spirepropertyconsultants.co.uk

Drama at St Mary's Church, Earlham

Alan Cole
Director of Property Services

An exciting project that Spire is currently involved with is the re-ordering and repair of St Mary's Church, located on the western side of the parish of Earlham. This small church has Norman origins and has undergone several later alterations including the addition of battlements to the tower in 1536 and gabling to the south porch in the 17th century. The latest series of alterations in St Mary's history will see the removal of pews and choir stalls, which seeks to create a more flexible space for worship, small groups, café style drop-in sessions, visiting speakers and for the use of drama and music.

In order to ensure the church can be accessed by all for worship and is a place for community and missional outreach projects, work is being undertaken to provide running water, replace the heating system, install a kitchenette and toilet facilities, audio visual systems including an induction loop system, and improve access to and within the church.



Upon completion of works, St Mary's will become a Student Christian Centre for those working and studying at the University of East Anglia. This is to recognise the considerable funding for the project being donated by a UEA alumni. The additional and modernised facilities - combined with a welcoming Christian environment created by the existing community - aim to provide a space to support those wishing to explore and grow in faith.

A prayer for anyone who is ill or isolated

**O God,
help me to trust you,
help me to know that you are with me,
help me to believe that nothing can separate me
from your love
revealed in Jesus Christ our Lord.
Amen.**

Help is at hand



Anna Main
Children Youth and Families
Project Adviser

We all know that it can be a challenge to have the right advice at your fingertips when you need it. Even more so when you are facing a difficult situation or where you need to support someone in crisis and take action to help them, rather than just offering kind words.

The Norfolk Community Advice Network (NCAN) is a

partnership of charities, with Norfolk Community Law Service as the lead. It draws together a host of organisations and agencies from the voluntary, public and private sectors with the objective to ensure that every resident of Norfolk can access free, high-quality social welfare advice when they need it.

Firstly, they offer an easily accessible online directory of different organisations working locally, each with a description of what free legal and social welfare advice they provide, ranging from housing, debt and immigration, to mental health, welfare benefits and civil law.

In addition, NCAN operates a free Referral System, currently used by over 50 charities, which allows workers to assist individuals by inputting details to an online form and directing a referral securely and quickly to the most appropriate support organisation(s).

A 'no wrong door' commitment ensures that the organisation receiving the referral has some basic information about the person's situation and takes responsibility for contacting the client which helps prevent vulnerable people in need of support from falling through gaps in service provision. Ongoing progress

and forwarding of referrals to other agencies can also be tracked.

Hannah Worsley, Norwich Foodbank Project Manager utilises the system. She says: "We have dedicated sign-posters at foodbank centres so it seemed a natural progression to incorporate the ability to refer to agencies to further support our clients. Many of the people we see live chaotic lives so saying "take a phone number/address and make an appointment" just won't work; to make a referral with them is extremely useful. It also means our volunteers don't have to know everything about every agency as it's on the system. The most useful thing about the Referral System is being able to make a referral straight away, not having to be on hold on the phone or wait for a drop-in session."

If you are looking for additional support for people you work with, would like information about local organisations which you can signpost people to, or perhaps have an initiative working directly with vulnerable people and would benefit from access to the Referral System, please visit www.norfolkcan.org.uk for more information.

Key events and services cancelled

Given the exceptional circumstances we all find ourselves in, and following government guidance, you will not be surprised to hear that a large number of events and training sessions have been cancelled in addition to local Sunday and weekday services and activities. We would like to specifically highlight two:

Chrism Eucharist

Bishop Graham writes: "I am deeply saddened that this year we will not be able to join together for the Chrism Eucharist on Maundy Thursday. I am in discussion with colleagues as to how this service might happen privately in the Cathedral with the possibility that we can join together through the use of live streaming. I am also looking to how we can distribute the Holy Oils across the Diocese."

New date for the Bishop's Day: Saturday 22 May 2021 at Norwich Cathedral

The Bishop's Day which was due to be held on Saturday 16 May 2020 at the Cathedral is to be postponed until next year. Dean Jane writes: "We look forward to bringing you the same inspiring programme of worship, reflection, workshops, and activities for all age groups as we think together about our call as Christians in God's world on Saturday 22 May 2021."





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How do you live stream?



One of our benefices, the Barnham Broom & Upper Yare Group, have started using Facebook Live for Morning Prayer.

Joanna Fisher Communications Officer

Live video is being watched more than ever before. At the time of going to print, national guidance encourages us to stay in our homes, and so live streaming from our homes is becoming more common place – but how do you do a live stream? What platform is best for what you want it to do?

One of the most popular methods of live streaming is using **Facebook Live**: it's user-friendly and the video is saved after you're done so it can be re-watched by visitors at a later date.

To get started, you click the "Live" button next to "Create" at the top of your Facebook news feed. If you are doing this from a mobile device, then you can tap

"Start Live Video" and the live stream will begin; if you are doing it from a laptop then you will see a Facebook Live set-up page where you will need to select "Camera" as the method by which you want to stream your video, then click the "Go Live" button in the bottom left.

YouTube is very similar to Facebook: you can save your video after the live stream and it can be watched again later. Unlike Facebook, on YouTube you must enable live streaming before you can use it: go into the YouTube Studio on your account and verify it through your Channel Settings under Feature Eligibility.

"I've now set up live streaming from the Rectory, and was surprised how easy it is to do... once the curate explained it!"

Anonymous vicar

Once you have verified your account, you can click the live stream button in the top right of the YouTube Studio. (Note: Enabling a live stream for the first time may take up to 24 hours. Once

enabled, your stream can go live instantly.)

A third method is **Instagram Live**. Much like the other two options, Instagram Live is easy to set up and easy to use: open the app on your phone, tap the

camera icon and scroll through the options at the bottom to "Live".

For more guidance on live streaming, visit the Church of England's Digital Learning Labs at www.DofN.org/livestreaming

Get ready for reopening

Caroline Rawlings Care of Church Buildings

Noticeboards

We have reached that time of year when we need to consider getting churches ready for visitors. One area which is frequently overlooked is the church noticeboard. Noticeboards are often one of the first items that visitors see as they approach the building, and they give a first impression of the Church as well as vital information on services, opening times, etc.

Therefore, if your main noticeboard is tired and in need of refreshing, you may like to look at the guidelines produced by the Communications team that can be found on the website at www.DofN.org/branding. But it is not only the main noticeboard that may need attention. With welcoming such an important part of mission, many churches are now placing a sign outside the entrance to show that visitors are welcome.

Noticeboards within the building should also be reviewed to ensure that the information contained is up-to-date.



Maintenance

Spring also gives you an opportunity to carry out maintenance. Roofs should be checked for damage such as broken tiles or slates, or splits and cracks in lead or flashings. Leaves and debris should be cleared from drains, together with any unwanted plant growth from around walls and drainage channels. Heating systems checked and serviced, just in case any upgrades are needed. But most importantly open windows and

doors so that the church can be ventilated on dry summer days.

The Diocese have a fund called the Sharing Good News Fund that will help you pay for a new noticeboard outside your church. The fund will pay for up to 75% of the cost to the value of up to £600. More information can be found at www.DofN.org/sharinggoodnews

Continuing church in our homes

The Sports Factory

Facebook @SportsFactoryUK

The Diocese's sports ministry team are live streaming family games and challenges each weekday. Join in at home; all you need is yourselves and a pillow or a cushion!



St George's, Colegate

YouTube: 'St George's Norwich'

The vicar, Alaric Lewis, is faithfully live streaming morning and evening prayers every day from the rectory. Why not set this time aside each day.



Little Fishes (St Agnes, Cawston)

Facebook @little-fishes

A chance to get together online for some stories, craft activities and a chat through the comments in this virtual baby and toddler group.



St Edmund's, Taverham

Facebook @St.EdmundsChurch

The church are regularly posting reflections, readings and prayers on their Facebook page. Pictured is Rachel Seabrook closing the day with a live reading from the rectory.



Wild Church (St Mary's, Watton)

YouTube: youtu.be/ne23qPT_jel

Charlie Houlder-Moat, a Reader in training, is helping us connect with the outside world and creation. Her weekly Wednesday video includes content such as liturgy, bug hunts, songs, Psalms, a reflection and a blessing. She is also putting together an online order of service for anyone to join in.



A personal prayer

O gracious and holy Father,
give us wisdom to perceive you,
diligence to seek you,
patience to wait for you,
eyes to behold you,
a heart to meditate upon you,
and a life to proclaim you,
through the power of the spirit
of Jesus Christ our Lord.

St Benedict

Streams of living... church!

It's been wonderful to see so many churches using technology for the first time to live stream or record and share their services, reflections and prayers. There's so many we're sorry we can't feature them all! This is a time of great missional opportunity to share the Good News as our doors are opened to the local community and the world. Thank you for sharing your posts with us and please continue to tag us in.



**St Stephen's,
Norwich**
@StStephensNR

Our first Zoom recorded service is ready to go and will premiere on www.ststephensnorwich.org at 10am this Sunday. A service sheet is available for download so you can respond and sing along.



**St Peter's,
Cringleford**
@Cringleford_StP

Tonight from about 9pm there will be a very short night prayer available on our Facebook page and YouTube channel. Come join us for silence, scripture and prayer in this ever-changing world.



**Holy Trinity,
Norwich**
@HTNorwich

Let's make s'mores and talk about Noah! Join Gemma for cooking and chatting about how we can deal with the strange times we're facing! New video every week in place of our Jenny Lind after school clubs. <https://youtu.be/exm6UKGR6og>



**King's Lynn
Minster**
@KingsLynnMinstr

Morning Prayer from @KingsLynnMinstr across the parish on the Feast of the Annunciation. Watch on Facebook at facebook.com/KingsLynnMinster



Here to help...

To speak to a member of the Diocesan staff team contact:

01603 880853

info@dioceseofnorwich.org

Useful websites

Church of England COVID-19 guidance

Read the regularly updated guidance for all churches including links to resources, liturgy and prayers

www.DofN.org/coronavirus

Previous editions of PCC News

Download and read previous editions in PDF format

www.DofN.org/pccnews

Grant Finder

A free online funding website for local parishes to help you find grants and funding

www.DofN.org/grantfinder

Diocesan Registry

For advice on legal matters

www.DofN.org/registry

ChurchCare

Lots of information on caring for church building, contents, churchyards and developing your church building

www.churchcare.co.uk

Church Legacy

Quick and easy access to essential information for individuals considering leaving a gift in their Will to their local church

www.churchlegacy.org.uk

Parish Resources

Information from the National Stewardship & Resources team: resources to support all aspects of stewardship, administration and church management

www.parishresources.org.uk

PCC News is sent to all PCC members in the Diocese. In addition to stories and top tips from parishes, it highlights information you need to be aware of in your role as a church charity trustee. To unsubscribe contact data@dioceseofnorwich.org or 01603 882322.

History centre enables church tower restoration in Salthouse

With over 650 churches in our Diocese, it is great when we receive stories of funding that PCCs have received to repair one of our glorious Houses of Worship. I hope that this story encourages you to continue doing the hard work raising funds that is already happening in so many of our parishes. If you need any advice regarding grants available, please do not hesitate to contact either me robert.culyer@dioceseofnorwich.org 01603 882326 or my colleague michele.okeefe@dioceseofnorwich.org 01603 882325.

Andrew Wigley
Churchwarden, Salthouse

Thanks to a grant of £170,000 from the National Lottery Heritage Fund and a gift of £35,000 from the Friends of Salthouse Church,



we have been able to successfully restore the 13th century tower of St Nicholas' Church, Salthouse. The beautiful tower walls of the Grade I listed church have been repointed with hydraulic lime mortar, and the badly decayed lime-stone dressings have also been replaced.

Internally, the base of the tower has been re-plastered and the floor of the silence chamber reconstructed. We were pleased that the contractor was able to conserve and re-use the existing beams in the silence chamber floor. Unrepairable brick cappings to the stair turret were replaced and the fragile walls partially rebuilt and repointed. The west wall of the nave has been lime washed as well as the walls of the Lady Chapel and south porch. Once the restoration to the tower was completed we were then able to concentrate on the conservation of the Old Chapel ruins.

A major part of our community action plan, was to create the new Salthouse History Exhibition Centre within the newly restored tower. The village held a wealth of documents, images and maps about the history of Salthouse, and now, because of the new History Centre, these have been brought together by the Salthouse Village History Group. The group

are involved in managing the interchangeable displays and holding history meetings. The new History Centre has generated a lot of interest from the community and this has culminated in numerous visitors to the church. One such visitor commented that they were going to take the idea back to their own church!

I, as churchwarden and tower project co-ordinator, was expecting the project to last 30 weeks, but unfortunately from day one of the contract there were scaffolding installation delays and serious long-term health problems affecting the contractor. The PCC was very grateful to the Heritage Fund for their understanding and patience.

On behalf of the PCC, I would also like to give my personal thanks to David Lemon (from Spire Property Consultants), the church's surveyor, for his guidance and professionalism throughout the project. My gratitude to him for his expertise, drive, dedication and support.

Updates from three church repair funds

Michele O'Keefe
Parish Funding Support Officer

There have been changes to the grants available from three of the major funders for repair works to our church buildings.

ChurchCare no longer manages the Wolfson Foundation Fund for repair works and so does not support maintenance or repairs, however the wide range of grants for church interiors and objects continues via the ChurchCare Conservation Grants scheme.

The National Churches Trust now holds the Wolfson Funding pot, which is available via their Gateway Grant scheme, offering grants of between £3,000 and £10,000 for essential maintenance and repair projects costed in the bracket of £10,000 to £100,000 on

Grade I and II* listed churches.

The first application date for the new grant is 14 May and then 10 September 2020.

In 2020 the Headley Trust closed applications for funding directly from churches (applications had to be through the DAC).