

GLUTEN-FREE STOLLEN BITES

340 g gluten-free self raising flour  
¼ tsp xanthan gum  
1 tsp gluten free baking powder  
85 g cold butter  
60 g caster sugar  
50 g ground almonds  
150 g marzipan grated  
100 g dried fruit chopped finely  
1 large egg  
150 ml milk  
3 tsp lemon juice  
2 tsp almond extract  
Zest of 1 lemon or orange  
Icing sugar for dusting

- 1. Preheat Oven to 200C Fan/220C Prepare baking sheet with baking parchment
- 2. Place GF self raising flour, baking powder and xanthan gum in a bowl. Chop cold butter into cubes and add to the flour. Rub in with your fingers until it forms what looks like breadcrumbs.
- 3. Stir in caster sugar, ground almonds, grated marzipan and chopped dried fruit. Add zest of orange or lemon.
- 4. Warm milk in a jug, don't make it really hot. Add lemon juice and allow to stand for 1-2 minutes - it should curdle a little.
- 5. Add the egg and almond extract to the milk mixture. Beat together so your egg is combined.
- 6. Make a well in the middle of dry mixture. Pour in the milk/egg mixture and work it in using a metal fork or knife. Keep working it till it forms a sticky dough.
- 7. Dust your hand and the surface with GF flour. Take a small amount of the dough and roll it in your hands into a slightly flattened ball. Place on prepared tray, leave gaps between each ball.
- 8. Bake in the preheated oven for 12-15 minutes until golden.
- 9. Remove from oven and allow to cool briefly on the tray before transferring to a cooling rack.
- 10. Dust heavily with icing sugar and enjoy cold or slightly warm.



THE ROOTED LIFE

Colossians 2:7  
*‘.....continue to live your lives in him, rooted and built up in him.....’ from the Bible*

Date: December 2022/January 2023

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION...

Christmas thoughts and new year resolutions .....



Welcome to the eighth edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 29<sup>th</sup> January 2023.

In this edition we hope you enjoy the following...

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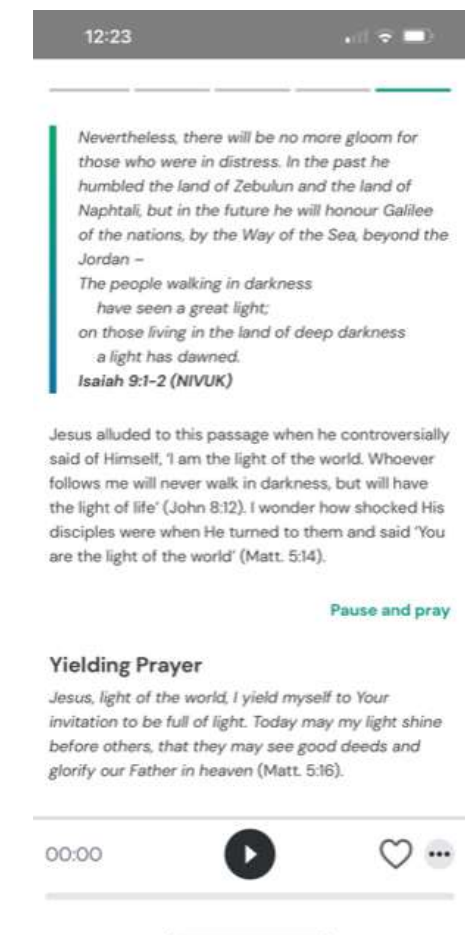
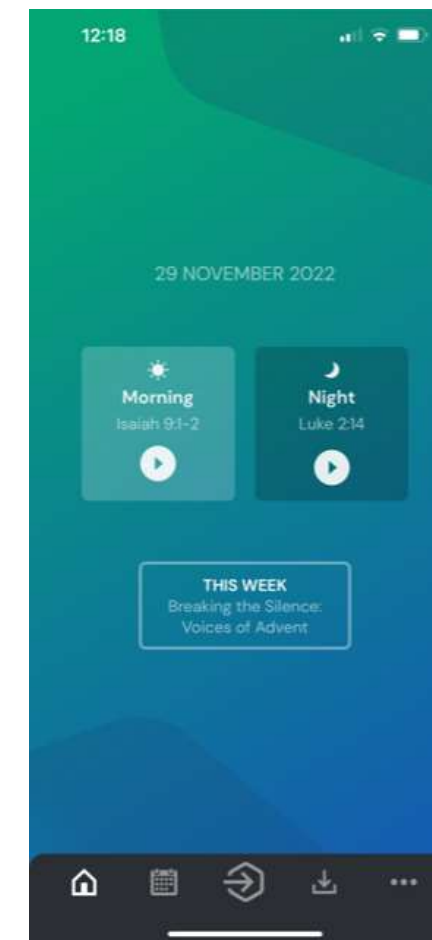
[Lectio 365](#) is a free audio devotional app that helps you pray the Bible every day. Listen for 10 minutes each morning to meditate on the word and pray. End each day with God using peaceful, seasonal night prayers.

I've been using Lectio 365 for several years now and here are some things I like about it:

- It's short (10 minutes) and easy to fit it with morning routines.
- It's listening, not reading: I don't have to focus on a screen and I can have a mug of +tea in hand at the same time!
- The themes are always inspiring, thought-provoking and relevant to everyday life and to what's going on in the world at the time.
- It's read by a variety of people/voices from the 24-7 prayer team, including Pete Greig, author of a number of great books on prayer.

Things I find a challenge - Pete Greig usually reads the evening night prayers (5 - 6 mins) and his voice is so soothing that I can sometimes fall asleep before the end!

If you think this would be helpful for you and want to try something different, why not give Lectio365 a go? [Here's a couple of images from today's Lectio365...](#)







## Home from Home -

is the name of our Warm Welcome Space.

We are currently meeting in the Church Lounge, however if numbers increase so that this is too busy we will use one end of the main church building. At the moment we have had a maximum of 15/16 people come along during an afternoon and share friendship, warmth as well as tea, coffee, hot chocolate and biscuits provided for us by Morrisons.

Our time is spent playing games, doing jigsaw puzzles, painting stones, reading the paper, chatting and of course enjoying the tea and coffee and biscuits and doughnuts left over from Thrive and the occasional spot of singing. See below:-



If you would like to join us as a volunteer or as a participant just come along between 1.30p.m. and 4.30p.m. on either Wednesday or Thursday. There are other Warm Spaces in the town at the Abbey, Alive Church at Central Hall, and at the Methodist Church, Town Green Centre.

## A message from Paul Smith, our Pastor at WBC.....

Can you believe it is the end of another year and the start of a new one? We are people bounded by time and it seems to go faster and faster!

It seems that I have written that statement for every rooted life article since we started! You would think by now I would have a better handle on either my time management or a greater understanding of the mystery of time. As we reflect on the end of the year and the beginning of the next I wonder.

I wonder what next year has install for me, for our family and the wider church family. I also ponder what the year ahead might pose for our wider community here in Wymondham and beyond. I have no idea what our futures hold.....'Tis mystery to me.....

And there is my thought for this period of time. Mystery. I love a good mystery. I recently revisited the Sherlock Holmes series. I like puzzles. I like to solve riddles and the like. I also enjoy pondering the greater mysteries of life. Do you ever ponder the great mysteries of life? Where do all the odd socks go? Who did let the dogs out? (You only get the joke if you know the song) Who built Stonehenge and why? How many stars are there in the sky? What, if anything, is out there in the beyond? How does love work?



In the Bible there is a lot of mystery. In fact, the word "mystery" or "mysteries" is used 27 times in the New Testament

Christmas is full of mystery. There are so many unanswered questions that are in the biblical account of Christmas. So many mysteries that I would love to gain insight on. Angels from on high, a young woman carrying the Saviour of the world...how did she feel about it all.....Joseph....how did he wrestle with it all....shepherds interrupted at night.....a star.....then there is the greatest mystery of all.....God came down to earth for US!

I love a good mystery! But this is not just a "good mystery." This doctrine of Christ that had once been concealed but has now been revealed is an undeniably "great mystery"!

Why would he do that?

Simple .....LOVE

As you transition from one year to the next perhaps reflect on this great mystery.....God came down to earth for all who shall believe in him.

It's a great mystery....but one that can change your life forever.

We might not know what the next year holds, but we can know the one who holds it. The one who loves YOU. I leave you with these words from a famous old hymn. 'Tis mystery that we can gain from the birth, death and resurrection of Jesus, but it is the truth.

And can it be that I should gain  
An int'rest in the Savior's blood?  
Died He for me, who caused His pain?  
For me, who Him to death pursued?  
Amazing love! how can it be  
That Thou, my God, should die for me?



Refrain:  
Amazing love! how can it be  
That Thou, my God, should die for me!

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the firstborn seraph tries  
To sound the depths of love divine!  
'Tis mercy all! let earth adore,  
Let angel minds inquire no more.

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.

Long my imprisoned spirit lay  
Fast bound in sin and nature's night;  
Thine eye diffused a quick'ning ray,  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free;  
I rose, went forth and followed Thee.

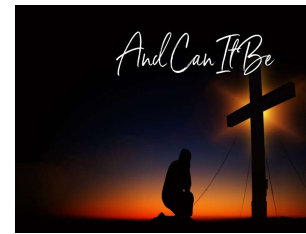
No condemnation now I dread;  
Jesus, and all in Him is mine!  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ my own.

Amen.

Have a great Christmas and a happy new year

Blessings

Paul



**Join us at one of our Christmas Services -**

**Sunday 18<sup>th</sup> December - 10.30a.m. - led by our Youth Dept.  
6.00p.m. - Carol Service**

**Sunday 25<sup>th</sup> December - 10.00a.m. - Christmas morning worship**

## RECYCLING NEWS



In the New Year, we will be expanding our recycling project at WBC to include crisp packets, coffee packets and dishwasher and washing tablet pouches.

Rose will be collecting your empty crisp and nut packets. Please shake these free of any 'debris' and flatten them.

Nicki will be collecting the empty coffee packets along with the dishwasher and washing tablet pouches.

We are not able to store any more recycling at church so please hand these items directly to Rose or Nicki.

Full details of what we will be collecting (along with examples of what to collect and a couple of requests to make things easier for us!!) will be on the Recycling noticeboard in the corridor. Thank you in advance for all your efforts in helping to reduce the amount of rubbish going to landfill.



### **Bronze Award for Wymondham Baptist Church**

Earlier in the year, we joined the Eco Church project and completed a survey about we care for God's earth in 5 different areas of church life:

- ❖ Worship and teaching
- ❖ Management of church buildings
- ❖ Management of church lands
- ❖ Community and global engagement
- ❖ Lifestyle

We are delighted to tell you that as a result of our efforts as a church fellowship over the last few months, we have just achieved the Bronze Award. We have received a certificate and have purchased a plaque which will be displayed somewhere prominent!

This is just the start of our Eco journey so please continue to support the project and keep an eye out for more information on future events and ideas. Thank you.



## Psalm 100 (New International Version)

'Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who has made us, and we are his; we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever; his faithfulness continues through all generations.'

This is my favourite Psalm as, although it is short, it contains the essence of much of what I believe to be true about God and so how we should praise Him, thank Him and value all other people.

I believe that as a Christian I should try to be joyful all the time - not always possible, sad to say. When I see something wonderful I try to praise and thank God for it. And I should always remember that, if I believe, as I do, that He made me and loves me, then He made every other person and loves them as much too. (That is ALL people, even those people I fundamentally disagree with!). This is one of the reasons why I feel so comfortable in the 'All inclusive' Wymondham Baptist Church. For me the Psalm also reinforces the knowledge that God's love endures always and for every generation.

When I read this Psalm I am reminded of the lovely worship song, which I really enjoy singing, 'Jubilate, everybody, serve the Lord in all your ways':

### Jubilate, everybody

Jubilate, everybody,  
serve the Lord in all your ways,  
and come before His presence singing:  
enter now His courts with praise.  
For the Lord our God is gracious,  
and His mercy's everlasting.  
Jubilate, jubilate, jubilate Deo!

©1977, 1980 Kingsway's Thankyou Music

**It is a good song to sing in the car when driving!**

Penny Seall



Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

## A WORD FROM ROSEDALES

Christmas greetings from Sarah and Beverley- Bereavement Support Group facilitators at Rosedale.



2022 has been yet another very eventful year. We have had 3 Prime Ministers, a record breaking 70<sup>th</sup> Jubilee celebration followed by the death of our beloved monarch, a new King and war in Europe again. Our economy has been battered and bruised and families struggle to make ends meet.

For many families who have lost a loved one this year, 2022 will be a year they will never forget. Christmas can be yet another painful reminder of all that has been lost.

The build up to Christmas can be stressful and bring feelings of dread as we anticipate the empty space where our loved one should be.

I can imagine that the Royal family will find their Christmas this year is difficult and very different to what has gone before.

We are used to seeing the Queen's extended family gather together at Sandringham for Christmas and attend church on Christmas morning. We may not see that again as the New King decides to do things differently.

Often the older matriarch of a family has a way of bringing all members of the family together, perhaps organising a large collective celebration, carrying on familiar traditions, remembering what everyone likes to eat or gifts people like to receive. They can be like the glue that holds everyone together.

Of course, not everyone has an 'idyllic' Christmas or a family to share it with.

Christmas comes in all shapes, sizes and budgets. It is important to do what suits you at Christmas. There is no rule book.

This is also true with bereavement, there is no right or wrong way to grieve and timescales and intensity are unique to each person.

If you are bereaved, the following tips may help you decide how you want your Christmas to be this year:

- Some people find comfort in keeping their traditions the same- others find this is too painful and choose to do things very differently and invent new 'traditions' like going away for a few days instead.
- It can be painful signing just one name in Christmas cards so some people choose not to send any - people will understand.
- Putting up the usual tree and decorations can be loaded with difficult memories- some people choose not to do this. However, others find this enables them to grieve, as they recall Christmases past.
- You may want to talk about your loved one at Christmas and include them as part of the celebration - raise a glass to them at lunch, celebrate the memories you shared together. Shedding a few tears is normal, healthy and shows you loved them. Tears and sadness are part of real life - no one should feel pressurised to feel 'jolly' at Christmas.
- Christmas movies portray happy loving families, beautifully (and expensively) decorated homes, snow on the ground and everyone getting along wonderfully. Most of us know this is pure fantasy! Take the pressure off yourself and do what is realistic and affordable instead.

- Throughout the Christmas period, spend some time alone if you need to. Go for a walk or run to relieve the pressure. Write in a journal about your thoughts and feelings.
- Some people choose to be alone on Christmas day and don't want the pressure of being around others. Others find that being around people can be a great distraction and support.
- If you cannot cope with parties this year, explain to the host that although you appreciate the invitation, you do not feel strong enough yet. On the other hand, you may find it comforting to be with others - you can always leave early if it becomes overwhelming.

And finally, every year, Rosedale offers **Christmas candles** to anyone who is bereaved. At 11am on Christmas morning, we invite the lighting of the candle and time to pause and think about our loved one. Many others will be doing the same thing at the same time, so we know we are not alone in our grief. These are available now and can be collected from all the Rosedale branches in Norfolk and Suffolk - including Wymondham. Rosedale also holds Christmas services of remembrance in many towns in Norfolk and Suffolk- check the Rosedale website for more details.

Wymondham Baptist Church and Rosedale work together to extend a warm welcome to anyone who has been bereaved, (no matter how long ago or which funeral director was used) to the Christmas Service of Remembrance at 7pm on the 8<sup>th</sup> of December. This service is another opportunity to pause and remember our loved ones at this special time of year.

Our next 8 week bereavement support course begins on January the 17<sup>th</sup>. Please call 07901 888 122 to reserve your place if you would like to attend.

Sending our warmest wishes to you for Christmas and the New Year.



Can you sort the Christmas words???

- |                  |            |
|------------------|------------|
| 1. TEHRAMEISCRST | -----/---- |
| 2. DYCNCNAEA     | ----/----- |
| 3. TTEIMLSEO     | -----      |
| 4. LYIVOYLH      | ----&---   |
| 5. SLEETIMOT     | -----      |
| 6. LOCSRA        | -----      |
| 7. BEMDRECE      | -----      |
| 8. DRERENEI      | -----      |
| 9. SSJEU         | -----      |
| 10. HDAAEERHP    | -----      |



(Answers in the next issue of Rooted Life)

SHOEBOX COLLECTION



This is our Shoebox collection this year - WBC have been taking part in the collection for many years - Ann Flaxman shares some of her memories -

We have some very happy memories of shoebox collections visiting varied Norfolk Churches - some cold and austere but, by contrast, meeting the warm and friendly shoebox volunteers.

The most memorable and joyous occasion was collecting shoeboxes from the small schools around Wymondham. A quiet well-behaved crocodile of children filed out of the school into the playground clasping their boxes - some of the children were very small, making their boxes look quite big!

I will always treasure the memory of their happy little faces - each child presenting me with their very own filled shoebox (maybe whispering a sideways comment “I chose all these” or “I bought these myself”)

Whenever shoeboxes are mentioned my memories of those happy school children come to mind, warming my heart and making me smile.

Here’s a picture of Chris and Ann filling the van with the collected shoe boxes.





# CHRISTMAS QUIZ

*...to keep you busy while you're recovering from your Christmas dinner!  
If you get stuck, we're more than happy to publish the answers in the New Year.*

- 1) Phillip Brooks wrote which famous Christmas carol?
- 2) Why is 28<sup>th</sup> December called Holy Innocent's Day?
- 3) When was the first stamp commemorating Christmas used?
- 4) Why is Xmas used as an abbreviation for Christmas?
- 5) In Britain, what is the definition of a White Christmas?
- 6) In 1650, Oliver Cromwell passed an Act of Parliament authorising the imprisonment of anyone found guilty of eating what?
- 7) What is the last date of the 'Twelve Days of Christmas'?
- 8) What is the 6<sup>th</sup> January called in the church calendar?
- 9) What did they do to celebrate Christmas on 25<sup>th</sup> December 1914 in the trenches?
- 10) When did 25<sup>th</sup> December become the official day to celebrate Jesus Christ's birth?
- 11) Which instrument was 'Silent Night' originally played on because mice had chewed through the bellows of the organ?
- 12) In which direction did the Bethlehem star rise?
- 13) Christmas crackers were invented in which century?
- 14) What does the word 'carol' mean?
- 15) Which angel who told Mary that she was to be the mother of Jesus?
- 16) What does the name Jesus mean?
- 17) In which year were Christmas lights first put up in London?
- 18) Why is Boxing Day so called?
- 19) Which German prince introduced Christmas trees to Britain?
- 20) Who was St Nicholas?
- 21) Which country donates the Trafalgar Square Christmas tree in memory of Britain's support during the 2<sup>nd</sup> World War?
- 22) Name one of the monarchs who were crowned on Christmas Day.
- 23) Carol singing began in which century?
- 24) Who visited the baby Jesus first?
- 25) What did Queen Victoria ban in 1870?
- 26) What is the ancient Viking festival of mid-winter called?
- 27) In what year did George V make the 1<sup>st</sup> royal Christmas broadcast?
- 28) What is Rudolph's distinguishing feature?
- 29) What tart with a sweet filling has its origin in a savoury mixture baked in a pastry case called a 'coffin'?
- 30) Who do we have to thank for the image of Father Christmas wearing red and white with a long beard?



**We're going on a bug hunt!.....**

On Sunday 13<sup>th</sup> November, Ruth arranged a fantastic Sunday School session all about insects.

We had a quiz about insects and shared with the rest of the group pictures of our favourite insects before heading into the garden to see what insects we could find.

We learned that God is so good and has made a wonderful variety of insects each of which have different purposes in His Creation.

Thank you to Ruth for preparing such a great session and to Daniel and Sam for making the bug hotels which are now in the church garden.





### Updates from the Eco Church team at WBC

**In the garden:** 2 bug hotels have been made by the Rallan family and are now in the church garden. Ruth prepared a wonderful Sunday school session on the 13<sup>th</sup> November all about insects to help us think more about their part in creation. Thank you to the Rallans!!

**The Great Big Green Week:** For the first times, Greening Wymondham organised a range of local events as part of this national week of action against climate change. At WBC, we hosted the litter pick and ran a powerpoint presentation during Roots to highlight what we have been doing as church to care for God's creation.

**Recycling:** The current recycling scheme is working well so a big thank you to all of you who are bringing your items (stationery, toothbrushes/toothbrush heads, toothpaste tubes, medical blister packs) for recycling. Please keep an eye on the recycling noticeboard for any changes or further information.

**Funds:** You will remember our first ECO@WBC event in June when we raised over £700. We have used £350 of this to insulate the loft at the manse which is now fully insulated. The remaining money is being saved for the spring when we are hoping to build some raised beds for growing vegetables in the church garden.

Wymondham Baptist Church is now a Charitable Incorporated Organisation registered with the Charities Commission - Charity No. 1199302



### DATES TO REMEMBER JANUARY 2023

January 1 <sup>st</sup>	Reflection and Prayer - 10.30a.m.
January 4 <sup>th</sup>	Rosedales Monthly meeting - 10.00a.m.
January 4 <sup>th</sup>	Home from Home - p.m.
January 5 <sup>th</sup>	Home from Home - p.m.
January 6 <sup>th</sup>	Roots Community Café will be closed
January 7 <sup>th</sup>	Recognition and Ordination Service of Paul Smith - 2.00p.m.
January 8 <sup>th</sup>	Worship at 10.30a.m. including communion
January 9 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 9 <sup>th</sup>	Leadership Team meeting - 7.30p.m.
January 10 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 11 <sup>th</sup>	Home from Home - p.m.
January 11 <sup>th</sup>	Eco Team meeting - 7.00p.m.
January 12 <sup>th</sup>	Home from Home - p.m.
January 13 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 13 <sup>th</sup>	Friday Night Youth
January 15 <sup>th</sup>	Café Church - 10.30a.m.
January 15 <sup>th</sup>	Church Meeting - 12.30p.m.
January 16 <sup>th</sup> -22 <sup>nd</sup>	Week of Prayer for Christian Unity
January 16 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 17 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 17 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 18 <sup>th</sup>	Home from Home - p.m.
January 19 <sup>th</sup>	Home from Home - p.m.
January 20 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 22 <sup>nd</sup>	Worship at 10.30a.m.
January 23 <sup>rd</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 24 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 24 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 25 <sup>th</sup>	Home from Home - p.m.
January 26 <sup>th</sup>	Home from Home - p.m.
January 27 <sup>th</sup>	Roots community Café - 10.00a.m. - 1.00p.m.
January 27 <sup>th</sup>	Friday Night Youth
January 29 <sup>th</sup>	Worship at 10.30a.m.
January 30 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 31 <sup>st</sup>	Rosedales Bereavement Course - 10.00a.m.
January 31 <sup>st</sup>	Thrive@Roots - 2.30p.m.







## More news from the Eco Church Team

### Greener Christmas

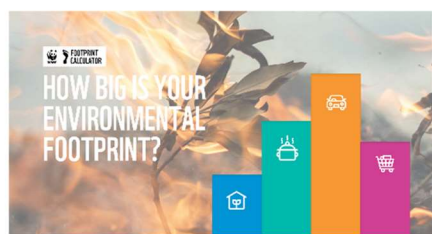
This year, we are giving everyone the option of sending just one Christmas card to the fellowship at WBC by providing an attractive and dedicated board to display the cards. All cards will be clearly and easily seen and will add to the festive appearance in the church. We will be using the 2 little Eco Church boards at the back of church and they will be ready for your cards from the beginning of December

### How big is your environmental footprint?

We would like to encourage everyone at WBC to complete a personal or household 'carbon calculator'. These surveys help us to work out how much CO<sub>2</sub> we emit in different areas of our lives – travel, energy, lifestyle etc. The results can be surprising and will hopefully lead us all to reflect on how we can make more small changes to reduce our own carbon footprint and so have a positive impact on God's earth.

We have chosen to complete the World Wildlife Fund Footprint Calculator because it is quick and easy to complete and does not require us to give any personal information other than a postcode.

The link for the survey is here:



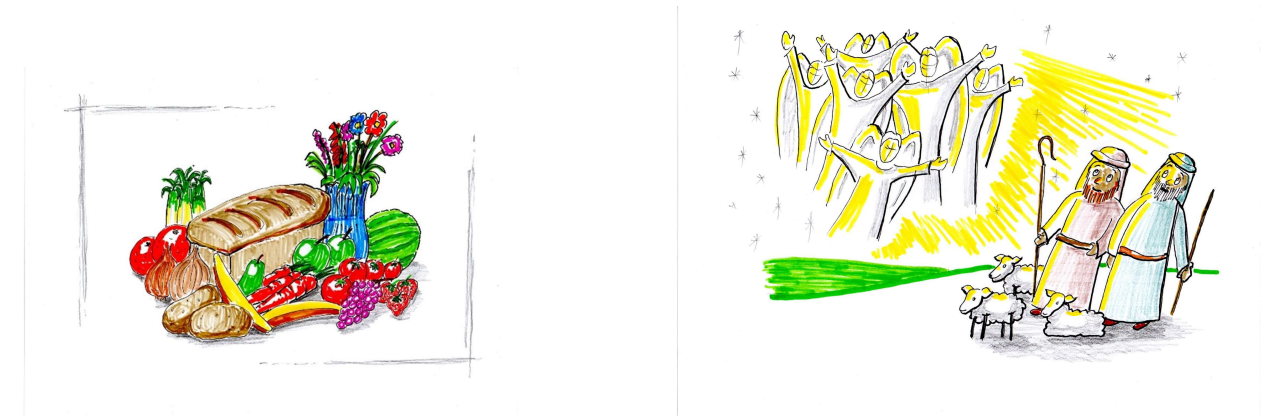
#### [WWF Footprint Calculator](https://footprint.wwf.org.uk)

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with our environmental footprint calculator.

[footprint.wwf.org.uk](https://footprint.wwf.org.uk)

We will not be expecting anyone to give us their results...the Eco Church and Leadership teams have already completed the carbon calculator and so we are hoping that lots of you will join in this project and take that extra step towards lowering carbon emissions.

## WINDMILL HOUSE SERVICES



On Wednesday 14th December a team of us from WBC will be leading a Carol Service at Windmill House Care Home. This will be just the 4th time we have been back in person since before the start of the covid pandemic as care homes were cautious about opening their doors to visitors. It has been a real delight to be so warmly welcomed and to meet face-to-face with the residents and some of the staff after a year of services on zoom.

In September we held a Harvest Thanksgiving Service which was appreciated by many residents, their visitors and some care staff. We try to include something visual to make things attractive so the songsheets were illustrated with some of Vic's colourful pictures of creation and harvest which were also shown on the TV screen during the talk. One of the residents made a nice little thank you speech at the end!

I've been looking back at my notes for the services I have taken responsibility for since I took over from Christine nearly 3 years ago and realised that it will be 4 years since we last held a Carol Service at Windmill House. (There were several months, including December 2019, when there were no church services there due to changes in circumstances at the 3 churches which had been involved). Then after just one visit in Feb. 2020 the doors were closed to all visitors from March onwards. We started zoom services in May 2021 and continued every 2 months until May this year when we were finally able to go back in person. We had arranged to alternate with Wymondham Methodist Church throughout 2022 so there would be a service once a month but that has not happened for a several months.

It will be very special to be back at Windmill House to share a Carol Service this year. The whole house will be lavishly decorated and Fran Annis, the Wellbeing Lead, will have kept the residents busy and happy making things to be part of the display. Vic and Mary have family commitments and won't be able to accompany the carols so our son Matt has agreed to bring a keyboard and play for us. As we will be a smaller team than usual if there are 1 or 2 people who would like to join us please speak to me and I'll include you.

Our aim is always to be a blessing and an encouragement to everyone we meet when we visit Windmill House but we always come away feeling blessed and encouraged ourselves by the warm welcome we receive and the appreciation shown for this simple act of worship and service. Please pray for us as we prepare for and lead this service and spend time with the residents afterwards.

Thank you for supporting in prayer this part of our church outreach and ministry.

Jan Hodges

## DATES TO REMEMBER - CHRISTMAS PROGRAMME



Thursday 8th December  
Rosedales Remembrance Service - 7.00pm

Sunday 11th December  
Morning Worship including Communion - 10.30am

Sunday 18th December  
Led by Our young People - 10.30am

Sunday 18th December  
Carol Service - 6.00pm

Monday 19th December  
Last Day Roots Community Café to be open

Sunday 25th December  
Christmas Morning Service 10.00am

Sunday 1st January  
Start the Year with Reflection and Prayer 10.30am

Sunday 8th January  
Worship Service - Re-visit our Vision

Monday 9th January  
Roots Community Café re-opens 10.00am - 1.00pm

connect us at:



[wymondhamchristchurch](https://www.facebook.com/wymondhamchristchurch)



[office@wymondhamparish.org](mailto:office@wymondhamparish.org)



[www.wymondhamparish.org](http://www.wymondhamparish.org)



01953 606520

## A PICTURE TO COLOUR





GLUTEN-FREE STOLLEN BITES

340 g gluten-free self raising flour  
¼ tsp xanthan gum  
1 tsp gluten free baking powder  
85 g cold butter  
60 g caster sugar  
50 g ground almonds  
150 g marzipan grated  
100 g dried fruit chopped finely  
1 large egg  
150 ml milk  
3 tsp lemon juice  
2 tsp almond extract  
Zest of 1 lemon or orange  
Icing sugar for dusting

- 1. Preheat Oven to 200C Fan/220C Prepare baking sheet with baking parchment
- 2. Place GF self raising flour, baking powder and xanthan gum in a bowl. Chop cold butter into cubes and add to the flour. Rub in with your fingers until it forms what looks like breadcrumbs.
- 3. Stir in caster sugar, ground almonds, grated marzipan and chopped dried fruit. Add zest of orange or lemon.
- 4. Warm milk in a jug, don't make it really hot. Add lemon juice and allow to stand for 1-2 minutes - it should curdle a little.
- 5. Add the egg and almond extract to the milk mixture. Beat together so your egg is combined.
- 6. Make a well in the middle of dry mixture. Pour in the milk/egg mixture and work it in using a metal fork or knife. Keep working it till it forms a sticky dough.
- 7. Dust your hand and the surface with GF flour. Take a small amount of the dough and roll it in your hands into a slightly flattened ball. Place on prepared tray, leave gaps between each ball.
- 8. Bake in the preheated oven for 12-15 minutes until golden.
- 9. Remove from oven and allow to cool briefly on the tray before transferring to a cooling rack.
- 10. Dust heavily with icing sugar and enjoy cold or slightly warm.



THE ROOTED LIFE

Colossians 2:7  
*‘.....continue to live your lives in him, rooted and built up in him.....’ from the Bible*

Date: December 2022/January 2023

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION...

Christmas thoughts and new year resolutions .....



Welcome to the eighth edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 29<sup>th</sup> January 2023.

In this edition we hope you enjoy the following...

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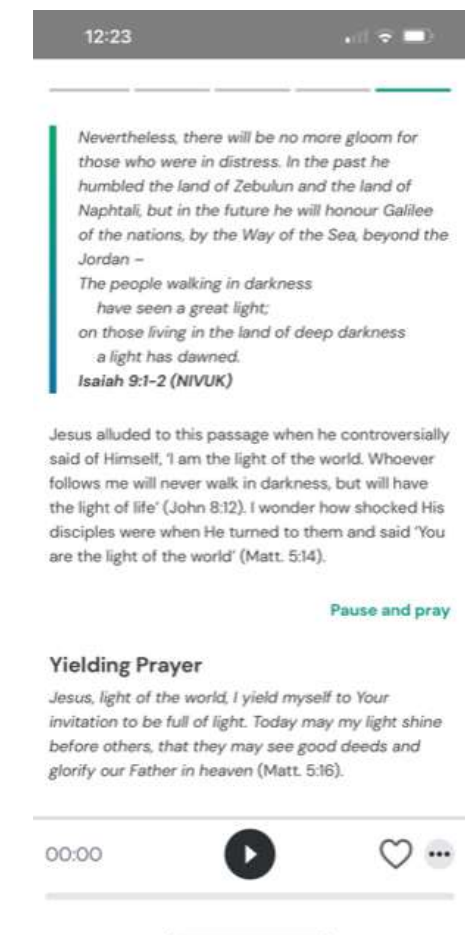
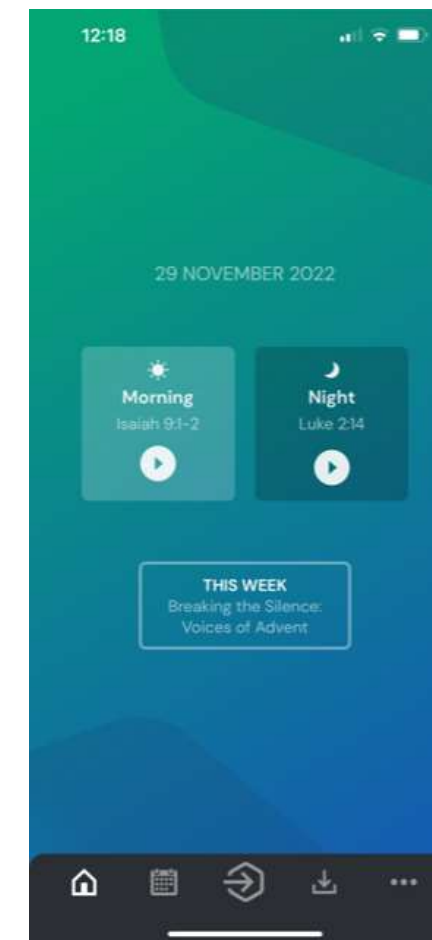
[Lectio 365](#) is a free audio devotional app that helps you pray the Bible every day. Listen for 10 minutes each morning to meditate on the word and pray. End each day with God using peaceful, seasonal night prayers.

I've been using Lektion 365 for several years now and here are some things I like about it:

- It's short (10 minutes) and easy to fit it with morning routines.
- It's listening, not reading: I don't have to focus on a screen and I can have a mug of +tea in hand at the same time!
- The themes are always inspiring, thought-provoking and relevant to everyday life and to what's going on in the world at the time.
- It's read by a variety of people/voices from the 24-7 prayer team, including Pete Greig, author of a number of great books on prayer.

Things I find a challenge - Pete Greig usually reads the evening night prayers (5 - 6 mins) and his voice is so soothing that I can sometimes fall asleep before the end!

If you think this would be helpful for you and want to try something different, why not give Lectio365 a go? [Here's a couple of images from today's Lectio365...](#)







## Home from Home -

is the name of our Warm Welcome Space.

We are currently meeting in the Church Lounge, however if numbers increase so that this is too busy we will use one end of the main church building. At the moment we have had a maximum of 15/16 people come along during an afternoon and share friendship, warmth as well as tea, coffee, hot chocolate and biscuits provided for us by Morrisons.

Our time is spent playing games, doing jigsaw puzzles, painting stones, reading the paper, chatting and of course enjoying the tea and coffee and biscuits and doughnuts left over from Thrive and the occasional spot of singing. See below:-



If you would like to join us as a volunteer or as a participant just come along between 1.30p.m. and 4.30p.m. on either Wednesday or Thursday. There are other Warm Spaces in the town at the Abbey, Alive Church at Central Hall, and at the Methodist Church, Town Green Centre.

## A message from Paul Smith, our Pastor at WBC.....

Can you believe it is the end of another year and the start of a new one? We are people bounded by time and it seems to go faster and faster!

It seems that I have written that statement for every rooted life article since we started! You would think by now I would have a better handle on either my time management or a greater understanding of the mystery of time. As we reflect on the end of the year and the beginning of the next I wonder.

I wonder what next year has install for me, for our family and the wider church family. I also ponder what the year ahead might pose for our wider community here in Wymondham and beyond. I have no idea what our futures hold.....'Tis mystery to me.....

And there is my thought for this period of time. Mystery. I love a good mystery. I recently revisited the Sherlock Holmes series. I like puzzles. I like to solve riddles and the like. I also enjoy pondering the greater mysteries of life. Do you ever ponder the great mysteries of life? Where do all the odd socks go? Who did let the dogs out? (You only get the joke if you know the song) Who built Stonehenge and why? How many stars are there in the sky? What, if anything, is out there in the beyond? How does love work?



In the Bible there is a lot of mystery. In fact, the word "mystery" or "mysteries" is used 27 times in the New Testament

Christmas is full of mystery. There are so many unanswered questions that are in the biblical account of Christmas. So many mysteries that I would love to gain insight on. Angels from on high, a young woman carrying the Saviour of the world...how did she feel about it all.....Joseph....how did he wrestle with it all....shepherds interrupted at night.....a star.....then there is the greatest mystery of all.....God came down to earth for US!

I love a good mystery! But this is not just a "good mystery." This doctrine of Christ that had once been concealed but has now been revealed is an undeniably "great mystery"!

Why would he do that?

Simple .....LOVE

As you transition from one year to the next perhaps reflect on this great mystery.....God came down to earth for all who shall believe in him.

It's a great mystery....but one that can change your life forever.

We might not know what the next year holds, but we can know the one who holds it. The one who loves YOU. I leave you with these words from a famous old hymn. 'Tis mystery that we can gain from the birth, death and resurrection of Jesus, but it is the truth.

And can it be that I should gain  
An int'rest in the Savior's blood?  
Died He for me, who caused His pain?  
For me, who Him to death pursued?  
Amazing love! how can it be  
That Thou, my God, should die for me?



Refrain:  
Amazing love! how can it be  
That Thou, my God, should die for me!

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the firstborn seraph tries  
To sound the depths of love divine!  
'Tis mercy all! let earth adore,  
Let angel minds inquire no more.

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.

Long my imprisoned spirit lay  
Fast bound in sin and nature's night;  
Thine eye diffused a quick'ning ray,  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free;  
I rose, went forth and followed Thee.

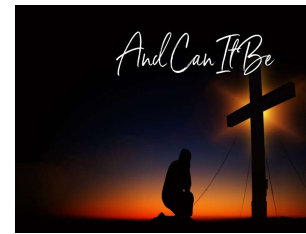
No condemnation now I dread;  
Jesus, and all in Him is mine!  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ my own.

Amen.

Have a great Christmas and a happy new year

Blessings

Paul



**Join us at one of our Christmas Services -**

**Sunday 18<sup>th</sup> December - 10.30a.m. - led by our Youth Dept.**  
**6.00p.m. - Carol Service**

**Sunday 25<sup>th</sup> December - 10.00a.m. - Christmas morning worship**

## RECYCLING NEWS



In the New Year, we will be expanding our recycling project at WBC to include crisp packets, coffee packets and dishwasher and washing tablet pouches.

Rose will be collecting your empty crisp and nut packets. Please shake these free of any 'debris' and flatten them.

Nicki will be collecting the empty coffee packets along with the dishwasher and washing tablet pouches.

We are not able to store any more recycling at church so please hand these items directly to Rose or Nicki.

Full details of what we will be collecting (along with examples of what to collect and a couple of requests to make things easier for us!!) will be on the Recycling noticeboard in the corridor. Thank you in advance for all your efforts in helping to reduce the amount of rubbish going to landfill.



### **Bronze Award for Wymondham Baptist Church**

Earlier in the year, we joined the Eco Church project and completed a survey about we care for God's earth in 5 different areas of church life:

- ❖ Worship and teaching
- ❖ Management of church buildings
- ❖ Management of church lands
- ❖ Community and global engagement
- ❖ Lifestyle

We are delighted to tell you that as a result of our efforts as a church fellowship over the last few months, we have just achieved the Bronze Award. We have received a certificate and have purchased a plaque which will be displayed somewhere prominent!

This is just the start of our Eco journey so please continue to support the project and keep an eye out for more information on future events and ideas. Thank you.



## Psalm 100 (New International Version)

'Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who has made us, and we are his; we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever; his faithfulness continues through all generations.'

This is my favourite Psalm as, although it is short, it contains the essence of much of what I believe to be true about God and so how we should praise Him, thank Him and value all other people.

I believe that as a Christian I should try to be joyful all the time - not always possible, sad to say. When I see something wonderful I try to praise and thank God for it. And I should always remember that, if I believe, as I do, that He made me and loves me, then He made every other person and loves them as much too. (That is ALL people, even those people I fundamentally disagree with!). This is one of the reasons why I feel so comfortable in the 'All inclusive' Wymondham Baptist Church. For me the Psalm also reinforces the knowledge that God's love endures always and for every generation.

When I read this Psalm I am reminded of the lovely worship song, which I really enjoy singing, 'Jubilate, everybody, serve the Lord in all your ways':

### Jubilate, everybody

Jubilate, everybody,  
serve the Lord in all your ways,  
and come before His presence singing:  
enter now His courts with praise.  
For the Lord our God is gracious,  
and His mercy's everlasting.  
Jubilate, jubilate, jubilate Deo!

©1977, 1980 Kingsway's Thankyou Music

**It is a good song to sing in the car when driving!**

Penny Seall



Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

## A WORD FROM ROSEDALES

Christmas greetings from Sarah and Beverley- Bereavement Support Group facilitators at Rosedale.



2022 has been yet another very eventful year. We have had 3 Prime Ministers, a record breaking 70<sup>th</sup> Jubilee celebration followed by the death of our beloved monarch, a new King and war in Europe again. Our economy has been battered and bruised and families struggle to make ends meet.

For many families who have lost a loved one this year, 2022 will be a year they will never forget. Christmas can be yet another painful reminder of all that has been lost.

The build up to Christmas can be stressful and bring feelings of dread as we anticipate the empty space where our loved one should be.

I can imagine that the Royal family will find their Christmas this year is difficult and very different to what has gone before.

We are used to seeing the Queen's extended family gather together at Sandringham for Christmas and attend church on Christmas morning. We may not see that again as the New King decides to do things differently.

Often the older matriarch of a family has a way of bringing all members of the family together, perhaps organising a large collective celebration, carrying on familiar traditions, remembering what everyone likes to eat or gifts people like to receive. They can be like the glue that holds everyone together.

Of course, not everyone has an 'idyllic' Christmas or a family to share it with.

Christmas comes in all shapes, sizes and budgets. It is important to do what suits you at Christmas. There is no rule book.

This is also true with bereavement, there is no right or wrong way to grieve and timescales and intensity are unique to each person.

If you are bereaved, the following tips may help you decide how you want your Christmas to be this year:

- Some people find comfort in keeping their traditions the same- others find this is too painful and choose to do things very differently and invent new 'traditions' like going away for a few days instead.
- It can be painful signing just one name in Christmas cards so some people choose not to send any - people will understand.
- Putting up the usual tree and decorations can be loaded with difficult memories- some people choose not to do this. However, others find this enables them to grieve, as they recall Christmases past.
- You may want to talk about your loved one at Christmas and include them as part of the celebration - raise a glass to them at lunch, celebrate the memories you shared together. Shedding a few tears is normal, healthy and shows you loved them. Tears and sadness are part of real life - no one should feel pressurised to feel 'jolly' at Christmas.
- Christmas movies portray happy loving families, beautifully (and expensively) decorated homes, snow on the ground and everyone getting along wonderfully. Most of us know this is pure fantasy! Take the pressure off yourself and do what is realistic and affordable instead.

- Throughout the Christmas period, spend some time alone if you need to. Go for a walk or run to relieve the pressure. Write in a journal about your thoughts and feelings.
- Some people choose to be alone on Christmas day and don't want the pressure of being around others. Others find that being around people can be a great distraction and support.
- If you cannot cope with parties this year, explain to the host that although you appreciate the invitation, you do not feel strong enough yet. On the other hand, you may find it comforting to be with others - you can always leave early if it becomes overwhelming.

And finally, every year, Rosedale offers **Christmas candles** to anyone who is bereaved. At 11am on Christmas morning, we invite the lighting of the candle and time to pause and think about our loved one. Many others will be doing the same thing at the same time, so we know we are not alone in our grief. These are available now and can be collected from all the Rosedale branches in Norfolk and Suffolk - including Wymondham. Rosedale also holds Christmas services of remembrance in many towns in Norfolk and Suffolk- check the Rosedale website for more details.

Wymondham Baptist Church and Rosedale work together to extend a warm welcome to anyone who has been bereaved, (no matter how long ago or which funeral director was used) to the Christmas Service of Remembrance at 7pm on the 8<sup>th</sup> of December. This service is another opportunity to pause and remember our loved ones at this special time of year.

Our next 8 week bereavement support course begins on January the 17<sup>th</sup>. Please call 07901 888 122 to reserve your place if you would like to attend.

Sending our warmest wishes to you for Christmas and the New Year.



Can you sort the Christmas words???

- |                  |            |
|------------------|------------|
| 1. TEHRAMEISCRST | -----/---- |
| 2. DYCNCNAEA     | -----/---- |
| 3. TTEIMLSEO     | -----      |
| 4. LYIVOYLH      | -----&---- |
| 5. SLEETIMOT     | -----      |
| 6. LOCSRA        | -----      |
| 7. BEMDRECE      | -----      |
| 8. DRERENEI      | -----      |
| 9. SSJEU         | -----      |
| 10. HDAAEERHP    | -----      |



(Answers in the next issue of Rooted Life)

SHOEBOX COLLECTION



This is our Shoebox collection this year - WBC have been taking part in the collection for many years - Ann Flaxman shares some of her memories -

We have some very happy memories of shoebox collections visiting varied Norfolk Churches - some cold and austere but, by contrast, meeting the warm and friendly shoebox volunteers.

The most memorable and joyous occasion was collecting shoeboxes from the small schools around Wymondham. A quiet well-behaved crocodile of children filed out of the school into the playground clasping their boxes - some of the children were very small, making their boxes look quite big!

I will always treasure the memory of their happy little faces - each child presenting me with their very own filled shoebox (maybe whispering a sideways comment “I chose all these” or “I bought these myself”)

Whenever shoeboxes are mentioned my memories of those happy school children come to mind, warming my heart and making me smile.

Here’s a picture of Chris and Ann filling the van with the collected shoe boxes.





# CHRISTMAS QUIZ

*...to keep you busy while you're recovering from your Christmas dinner!  
If you get stuck, we're more than happy to publish the answers in the New Year.*

- 1) Phillip Brooks wrote which famous Christmas carol?
- 2) Why is 28<sup>th</sup> December called Holy Innocent's Day?
- 3) When was the first stamp commemorating Christmas used?
- 4) Why is Xmas used as an abbreviation for Christmas?
- 5) In Britain, what is the definition of a White Christmas?
- 6) In 1650, Oliver Cromwell passed an Act of Parliament authorising the imprisonment of anyone found guilty of eating what?
- 7) What is the last date of the 'Twelve Days of Christmas'?
- 8) What is the 6<sup>th</sup> January called in the church calendar?
- 9) What did they do to celebrate Christmas on 25<sup>th</sup> December 1914 in the trenches?
- 10) When did 25<sup>th</sup> December become the official day to celebrate Jesus Christ's birth?
- 11) Which instrument was 'Silent Night' originally played on because mice had chewed through the bellows of the organ?
- 12) In which direction did the Bethlehem star rise?
- 13) Christmas crackers were invented in which century?
- 14) What does the word 'carol' mean?
- 15) Which angel who told Mary that she was to be the mother of Jesus?
- 16) What does the name Jesus mean?
- 17) In which year were Christmas lights first put up in London?
- 18) Why is Boxing Day so called?
- 19) Which German prince introduced Christmas trees to Britain?
- 20) Who was St Nicholas?
- 21) Which country donates the Trafalgar Square Christmas tree in memory of Britain's support during the 2<sup>nd</sup> World War?
- 22) Name one of the monarchs who were crowned on Christmas Day.
- 23) Carol singing began in which century?
- 24) Who visited the baby Jesus first?
- 25) What did Queen Victoria ban in 1870?
- 26) What is the ancient Viking festival of mid-winter called?
- 27) In what year did George V make the 1<sup>st</sup> royal Christmas broadcast?
- 28) What is Rudolph's distinguishing feature?
- 29) What tart with a sweet filling has its origin in a savoury mixture baked in a pastry case called a 'coffin'?
- 30) Who do we have to thank for the image of Father Christmas wearing red and white with a long beard?



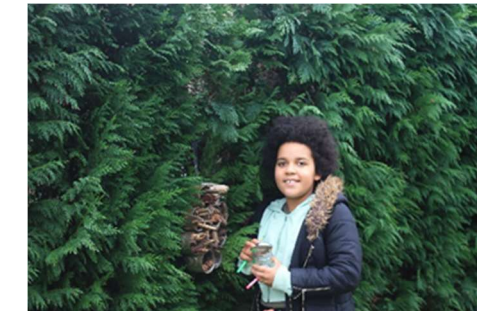
**We're going on a bug hunt!.....**

On Sunday 13<sup>th</sup> November, Ruth arranged a fantastic Sunday School session all about insects.

We had a quiz about insects and shared with the rest of the group pictures of our favourite insects before heading into the garden to see what insects we could find.

We learned that God is so good and has made a wonderful variety of insects each of which have different purposes in His Creation.

Thank you to Ruth for preparing such a great session and to Daniel and Sam for making the bug hotels which are now in the church garden.





### Updates from the Eco Church team at WBC

**In the garden:** 2 bug hotels have been made by the Rallan family and are now in the church garden. Ruth prepared a wonderful Sunday school session on the 13<sup>th</sup> November all about insects to help us think more about their part in creation. Thank you to the Rallans!!

**The Great Big Green Week:** For the first times, Greening Wymondham organised a range of local events as part of this national week of action against climate change. At WBC, we hosted the litter pick and ran a powerpoint presentation during Roots to highlight what we have been doing as church to care for God's creation.

**Recycling:** The current recycling scheme is working well so a big thank you to all of you who are bringing your items (stationery, toothbrushes/toothbrush heads, toothpaste tubes, medical blister packs) for recycling. Please keep an eye on the recycling noticeboard for any changes or further information.

**Funds:** You will remember our first ECO@WBC event in June when we raised over £700. We have used £350 of this to insulate the loft at the manse which is now fully insulated. The remaining money is being saved for the spring when we are hoping to build some raised beds for growing vegetables in the church garden.

Wymondham Baptist Church is now a Charitable Incorporated Organisation registered with the Charities Commission - Charity No. 1199302



### DATES TO REMEMBER JANUARY 2023

January 1 <sup>st</sup>	Reflection and Prayer - 10.30a.m.
January 4 <sup>th</sup>	Rosedales Monthly meeting - 10.00a.m.
January 4 <sup>th</sup>	Home from Home - p.m.
January 5 <sup>th</sup>	Home from Home - p.m.
January 6 <sup>th</sup>	Roots Community Café will be closed
January 7 <sup>th</sup>	Recognition and Ordination Service of Paul Smith - 2.00p.m.
January 8 <sup>th</sup>	Worship at 10.30a.m. including communion
January 9 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 9 <sup>th</sup>	Leadership Team meeting - 7.30p.m.
January 10 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 11 <sup>th</sup>	Home from Home - p.m.
January 11 <sup>th</sup>	Eco Team meeting - 7.00p.m.
January 12 <sup>th</sup>	Home from Home - p.m.
January 13 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 13 <sup>th</sup>	Friday Night Youth
January 15 <sup>th</sup>	Café Church - 10.30a.m.
January 15 <sup>th</sup>	Church Meeting - 12.30p.m.
January 16 <sup>th</sup> -22 <sup>nd</sup>	Week of Prayer for Christian Unity
January 16 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 17 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 17 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 18 <sup>th</sup>	Home from Home - p.m.
January 19 <sup>th</sup>	Home from Home - p.m.
January 20 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 22 <sup>nd</sup>	Worship at 10.30a.m.
January 23 <sup>rd</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 24 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 24 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 25 <sup>th</sup>	Home from Home - p.m.
January 26 <sup>th</sup>	Home from Home - p.m.
January 27 <sup>th</sup>	Roots community Café - 10.00a.m. - 1.00p.m.
January 27 <sup>th</sup>	Friday Night Youth
January 29 <sup>th</sup>	Worship at 10.30a.m.
January 30 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 31 <sup>st</sup>	Rosedales Bereavement Course - 10.00a.m.
January 31 <sup>st</sup>	Thrive@Roots - 2.30p.m.







## More news from the Eco Church Team

### Greener Christmas

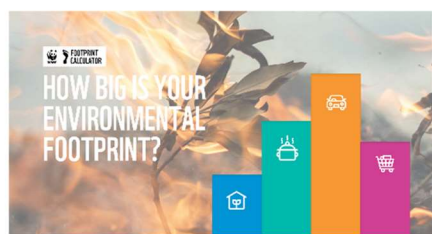
This year, we are giving everyone the option of sending just one Christmas card to the fellowship at WBC by providing an attractive and dedicated board to display the cards. All cards will be clearly and easily seen and will add to the festive appearance in the church. We will be using the 2 little Eco Church boards at the back of church and they will be ready for your cards from the beginning of December

### How big is your environmental footprint?

We would like to encourage everyone at WBC to complete a personal or household 'carbon calculator'. These surveys help us to work out how much CO<sub>2</sub> we emit in different areas of our lives – travel, energy, lifestyle etc. The results can be surprising and will hopefully lead us all to reflect on how we can make more small changes to reduce our own carbon footprint and so have a positive impact on God's earth.

We have chosen to complete the World Wildlife Fund Footprint Calculator because it is quick and easy to complete and does not require us to give any personal information other than a postcode.

The link for the survey is here:



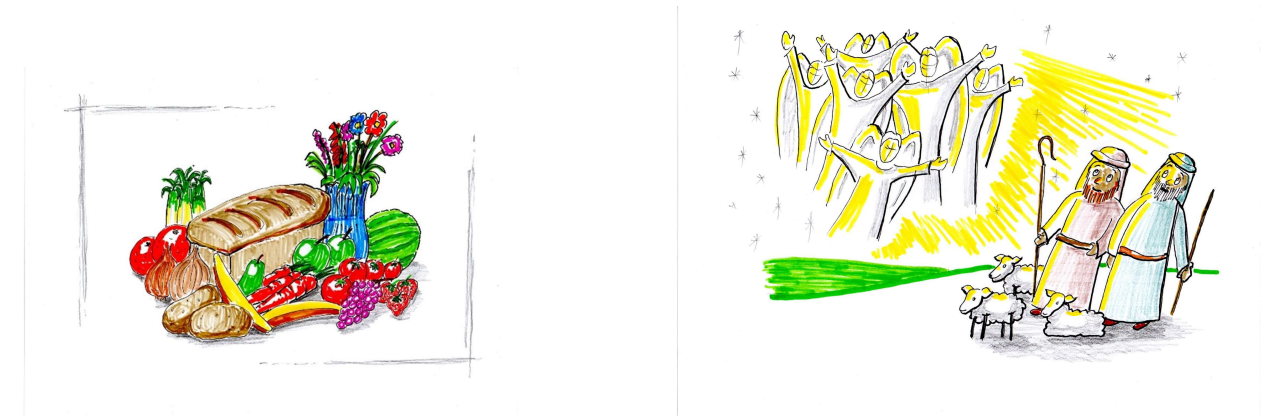
#### [WWF Footprint Calculator](https://footprint.wwf.org.uk)

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with our environmental footprint calculator.

[footprint.wwf.org.uk](https://footprint.wwf.org.uk)

We will not be expecting anyone to give us their results...the Eco Church and Leadership teams have already completed the carbon calculator and so we are hoping that lots of you will join in this project and take that extra step towards lowering carbon emissions.

## WINDMILL HOUSE SERVICES



On Wednesday 14th December a team of us from WBC will be leading a Carol Service at Windmill House Care Home. This will be just the 4th time we have been back in person since before the start of the covid pandemic as care homes were cautious about opening their doors to visitors. It has been a real delight to be so warmly welcomed and to meet face-to-face with the residents and some of the staff after a year of services on zoom.

In September we held a Harvest Thanksgiving Service which was appreciated by many residents, their visitors and some care staff. We try to include something visual to make things attractive so the songsheets were illustrated with some of Vic's colourful pictures of creation and harvest which were also shown on the TV screen during the talk. One of the residents made a nice little thank you speech at the end!

I've been looking back at my notes for the services I have taken responsibility for since I took over from Christine nearly 3 years ago and realised that it will be 4 years since we last held a Carol Service at Windmill House. (There were several months, including December 2019, when there were no church services there due to changes in circumstances at the 3 churches which had been involved). Then after just one visit in Feb. 2020 the doors were closed to all visitors from March onwards. We started zoom services in May 2021 and continued every 2 months until May this year when we were finally able to go back in person. We had arranged to alternate with Wymondham Methodist Church throughout 2022 so there would be a service once a month but that has not happened for a several months.

It will be very special to be back at Windmill House to share a Carol Service this year. The whole house will be lavishly decorated and Fran Annis, the Wellbeing Lead, will have kept the residents busy and happy making things to be part of the display. Vic and Mary have family commitments and won't be able to accompany the carols so our son Matt has agreed to bring a keyboard and play for us. As we will be a smaller team than usual if there are 1 or 2 people who would like to join us please speak to me and I'll include you.

Our aim is always to be a blessing and an encouragement to everyone we meet when we visit Windmill House but we always come away feeling blessed and encouraged ourselves by the warm welcome we receive and the appreciation shown for this simple act of worship and service. Please pray for us as we prepare for and lead this service and spend time with the residents afterwards.

Thank you for supporting in prayer this part of our church outreach and ministry.

Jan Hodges

## DATES TO REMEMBER - CHRISTMAS PROGRAMME



Thursday 8th December  
Rosedales Remembrance Service - 7.00pm

Sunday 11th December  
Morning Worship including Communion - 10.30am

Sunday 18th December  
Led by Our young People - 10.30am

Sunday 18th December  
Carol Service - 6.00pm

Monday 19th December  
Last Day Roots Community Café to be open

Sunday 25th December  
Christmas Morning Service 10.00am

Sunday 1st January  
Start the Year with Reflection and Prayer 10.30am

Sunday 8th January  
Worship Service - Re-visit our Vision

Monday 9th January  
Roots Community Café re-opens 10.00am - 1.00pm

connect us at:



[wymondhamaglistchurch](https://www.facebook.com/wymondhamaglistchurch)



[office@wymondhamaglistchurch.org](mailto:office@wymondhamaglistchurch.org)



[www.wymondhamaglistchurch.org](http://www.wymondhamaglistchurch.org)



01953 606520

## A PICTURE TO COLOUR





GLUTEN-FREE STOLLEN BITES

340 g gluten-free self raising flour  
¼ tsp xanthan gum  
1 tsp gluten free baking powder  
85 g cold butter  
60 g caster sugar  
50 g ground almonds  
150 g marzipan grated  
100 g dried fruit chopped finely  
1 large egg  
150 ml milk  
3 tsp lemon juice  
2 tsp almond extract  
Zest of 1 lemon or orange  
Icing sugar for dusting

- 1. Preheat Oven to 200C Fan/220C Prepare baking sheet with baking parchment
- 2. Place GF self raising flour, baking powder and xanthan gum in a bowl. Chop cold butter into cubes and add to the flour. Rub in with your fingers until it forms what looks like breadcrumbs.
- 3. Stir in caster sugar, ground almonds, grated marzipan and chopped dried fruit. Add zest of orange or lemon.
- 4. Warm milk in a jug, don't make it really hot. Add lemon juice and allow to stand for 1-2 minutes - it should curdle a little.
- 5. Add the egg and almond extract to the milk mixture. Beat together so your egg is combined.
- 6. Make a well in the middle of dry mixture. Pour in the milk/egg mixture and work it in using a metal fork or knife. Keep working it till it forms a sticky dough.
- 7. Dust your hand and the surface with GF flour. Take a small amount of the dough and roll it in your hands into a slightly flattened ball. Place on prepared tray, leave gaps between each ball.
- 8. Bake in the preheated oven for 12-15 minutes until golden.
- 9. Remove from oven and allow to cool briefly on the tray before transferring to a cooling rack.
- 10. Dust heavily with icing sugar and enjoy cold or slightly warm.



THE ROOTED LIFE

Colossians 2:7  
'.....continue to live your lives in him, rooted and built up in him.....' from the Bible

Date: December 2022/January 2023

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION...

Christmas thoughts and new year resolutions .....



Welcome to the eighth edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 29<sup>th</sup> January 2023.

In this edition we hope you enjoy the following...

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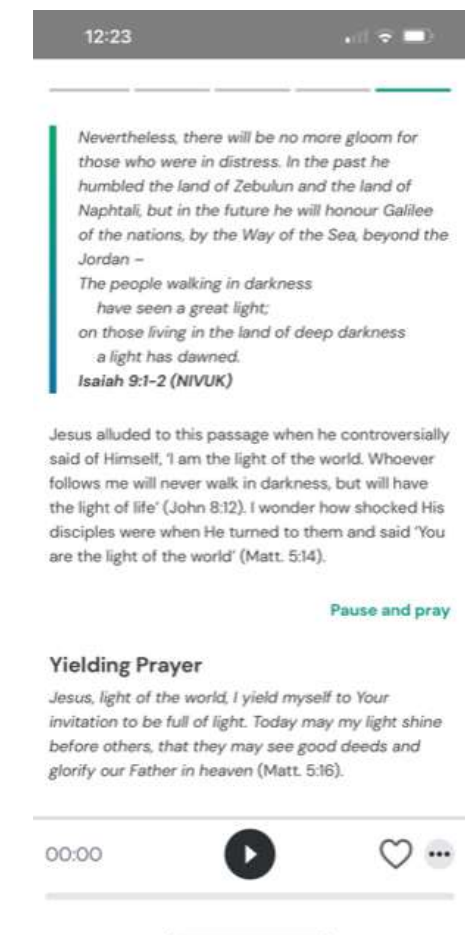
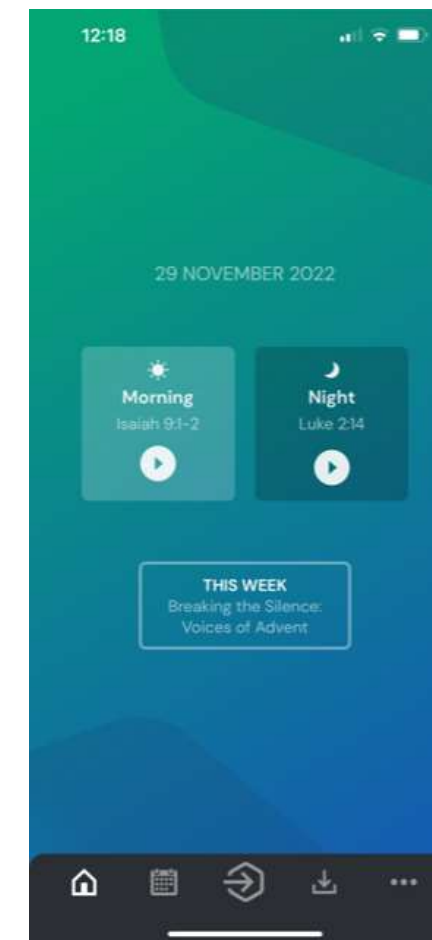
[Lectio 365](#) is a free audio devotional app that helps you pray the Bible every day. Listen for 10 minutes each morning to meditate on the word and pray. End each day with God using peaceful, seasonal night prayers.

I've been using Lectio 365 for several years now and here are some things I like about it:

- It's short (10 minutes) and easy to fit it with morning routines.
- It's listening, not reading: I don't have to focus on a screen and I can have a mug of +tea in hand at the same time!
- The themes are always inspiring, thought-provoking and relevant to everyday life and to what's going on in the world at the time.
- It's read by a variety of people/voices from the 24-7 prayer team, including Pete Greig, author of a number of great books on prayer.

Things I find a challenge - Pete Greig usually reads the evening night prayers (5 - 6 mins) and his voice is so soothing that I can sometimes fall asleep before the end!

If you think this would be helpful for you and want to try something different, why not give Lectio365 a go? [Here's a couple of images from today's Lectio365...](#)







## Home from Home -

is the name of our Warm Welcome Space.

We are currently meeting in the Church Lounge, however if numbers increase so that this is too busy we will use one end of the main church building. At the moment we have had a maximum of 15/16 people come along during an afternoon and share friendship, warmth as well as tea, coffee, hot chocolate and biscuits provided for us by Morrisons.

Our time is spent playing games, doing jigsaw puzzles, painting stones, reading the paper, chatting and of course enjoying the tea and coffee and biscuits and doughnuts left over from Thrive and the occasional spot of singing. See below:-



If you would like to join us as a volunteer or as a participant just come along between 1.30p.m. and 4.30p.m. on either Wednesday or Thursday. There are other Warm Spaces in the town at the Abbey, Alive Church at Central Hall, and at the Methodist Church, Town Green Centre.

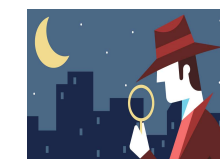
## A message from Paul Smith, our Pastor at WBC.....

Can you believe it is the end of another year and the start of a new one? We are people bounded by time and it seems to go faster and faster!

It seems that I have written that statement for every rooted life article since we started! You would think by now I would have a better handle on either my time management or a greater understanding of the mystery of time. As we reflect on the end of the year and the beginning of the next I wonder.

I wonder what next year has install for me, for our family and the wider church family. I also ponder what the year ahead might pose for our wider community here in Wymondham and beyond. I have no idea what our futures hold.....'Tis mystery to me.....

And there is my thought for this period of time. Mystery. I love a good mystery. I recently revisited the Sherlock Holmes series. I like puzzles. I like to solve riddles and the like. I also enjoy pondering the greater mysteries of life. Do you ever ponder the great mysteries of life? Where do all the odd socks go? Who did let the dogs out? (You only get the joke if you know the song) Who built Stonehenge and why? How many stars are there in the sky? What, if anything, is out there in the beyond? How does love work?



In the Bible there is a lot of mystery. In fact, the word "mystery" or "mysteries" is used 27 times in the New Testament

Christmas is full of mystery. There are so many unanswered questions that are in the biblical account of Christmas. So many mysteries that I would love to gain insight on. Angels from on high, a young woman carrying the Saviour of the world...how did she feel about it all.....Joseph....how did he wrestle with it all....shepherds interrupted at night.....a star.....then there is the greatest mystery of all.....God came down to earth for US!

I love a good mystery! But this is not just a "good mystery." This doctrine of Christ that had once been concealed but has now been revealed is an undeniably "great mystery"!

Why would he do that?

Simple .....LOVE

As you transition from one year to the next perhaps reflect on this great mystery.....God came down to earth for all who shall believe in him.

It's a great mystery....but one that can change your life forever.

We might not know what the next year holds, but we can know the one who holds it. The one who loves YOU. I leave you with these words from a famous old hymn. 'Tis mystery that we can gain from the birth, death and resurrection of Jesus, but it is the truth.

And can it be that I should gain  
An int'rest in the Savior's blood?  
Died He for me, who caused His pain?  
For me, who Him to death pursued?  
Amazing love! how can it be  
That Thou, my God, should die for me?



Refrain:  
Amazing love! how can it be  
That Thou, my God, should die for me!

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the firstborn seraph tries  
To sound the depths of love divine!  
'Tis mercy all! let earth adore,  
Let angel minds inquire no more.

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.

Long my imprisoned spirit lay  
Fast bound in sin and nature's night;  
Thine eye diffused a quick'ning ray,  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free;  
I rose, went forth and followed Thee.

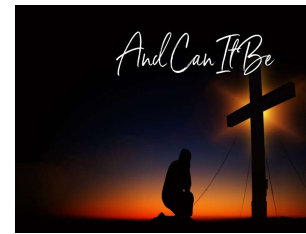
No condemnation now I dread;  
Jesus, and all in Him is mine!  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ my own.

Amen.

Have a great Christmas and a happy new year

Blessings

Paul



**Join us at one of our Christmas Services -**

**Sunday 18<sup>th</sup> December - 10.30a.m. - led by our Youth Dept.**  
**6.00p.m. - Carol Service**

**Sunday 25<sup>th</sup> December - 10.00a.m. - Christmas morning worship**

## RECYCLING NEWS



In the New Year, we will be expanding our recycling project at WBC to include crisp packets, coffee packets and dishwasher and washing tablet pouches.

Rose will be collecting your empty crisp and nut packets. Please shake these free of any 'debris' and flatten them.

Nicki will be collecting the empty coffee packets along with the dishwasher and washing tablet pouches.

We are not able to store any more recycling at church so please hand these items directly to Rose or Nicki.

Full details of what we will be collecting (along with examples of what to collect and a couple of requests to make things easier for us!!) will be on the Recycling noticeboard in the corridor. Thank you in advance for all your efforts in helping to reduce the amount of rubbish going to landfill.



### **Bronze Award for Wymondham Baptist Church**

Earlier in the year, we joined the Eco Church project and completed a survey about we care for God's earth in 5 different areas of church life:

- ❖ Worship and teaching
- ❖ Management of church buildings
- ❖ Management of church lands
- ❖ Community and global engagement
- ❖ Lifestyle

We are delighted to tell you that as a result of our efforts as a church fellowship over the last few months, we have just achieved the Bronze Award. We have received a certificate and have purchased a plaque which will be displayed somewhere prominent!

This is just the start of our Eco journey so please continue to support the project and keep an eye out for more information on future events and ideas. Thank you.



## Psalm 100 (New International Version)

'Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who has made us, and we are his; we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever; his faithfulness continues through all generations.'

This is my favourite Psalm as, although it is short, it contains the essence of much of what I believe to be true about God and so how we should praise Him, thank Him and value all other people.

I believe that as a Christian I should try to be joyful all the time - not always possible, sad to say. When I see something wonderful I try to praise and thank God for it. And I should always remember that, if I believe, as I do, that He made me and loves me, then He made every other person and loves them as much too. (That is ALL people, even those people I fundamentally disagree with!). This is one of the reasons why I feel so comfortable in the 'All inclusive' Wymondham Baptist Church. For me the Psalm also reinforces the knowledge that God's love endures always and for every generation.

When I read this Psalm I am reminded of the lovely worship song, which I really enjoy singing, 'Jubilate, everybody, serve the Lord in all your ways':

### Jubilate, everybody

Jubilate, everybody,  
serve the Lord in all your ways,  
and come before His presence singing:  
enter now His courts with praise.  
For the Lord our God is gracious,  
and His mercy's everlasting.  
Jubilate, jubilate, jubilate Deo!

©1977, 1980 Kingsway's Thankyou Music

**It is a good song to sing in the car when driving!**

Penny Seall



Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

## A WORD FROM ROSEDALES

Christmas greetings from Sarah and Beverley- Bereavement Support Group facilitators at Rosedale.



2022 has been yet another very eventful year. We have had 3 Prime Ministers, a record breaking 70<sup>th</sup> Jubilee celebration followed by the death of our beloved monarch, a new King and war in Europe again. Our economy has been battered and bruised and families struggle to make ends meet.

For many families who have lost a loved one this year, 2022 will be a year they will never forget. Christmas can be yet another painful reminder of all that has been lost.

The build up to Christmas can be stressful and bring feelings of dread as we anticipate the empty space where our loved one should be.

I can imagine that the Royal family will find their Christmas this year is difficult and very different to what has gone before.

We are used to seeing the Queen's extended family gather together at Sandringham for Christmas and attend church on Christmas morning. We may not see that again as the New King decides to do things differently.

Often the older matriarch of a family has a way of bringing all members of the family together, perhaps organising a large collective celebration, carrying on familiar traditions, remembering what everyone likes to eat or gifts people like to receive. They can be like the glue that holds everyone together.

Of course, not everyone has an 'idyllic' Christmas or a family to share it with.

Christmas comes in all shapes, sizes and budgets. It is important to do what suits you at Christmas. There is no rule book.

This is also true with bereavement, there is no right or wrong way to grieve and timescales and intensity are unique to each person.

If you are bereaved, the following tips may help you decide how you want your Christmas to be this year:

- Some people find comfort in keeping their traditions the same- others find this is too painful and choose to do things very differently and invent new 'traditions' like going away for a few days instead.
- It can be painful signing just one name in Christmas cards so some people choose not to send any - people will understand.
- Putting up the usual tree and decorations can be loaded with difficult memories- some people choose not to do this. However, others find this enables them to grieve, as they recall Christmases past.
- You may want to talk about your loved one at Christmas and include them as part of the celebration - raise a glass to them at lunch, celebrate the memories you shared together. Shedding a few tears is normal, healthy and shows you loved them. Tears and sadness are part of real life - no one should feel pressurised to feel 'jolly' at Christmas.
- Christmas movies portray happy loving families, beautifully (and expensively) decorated homes, snow on the ground and everyone getting along wonderfully. Most of us know this is pure fantasy! Take the pressure off yourself and do what is realistic and affordable instead.

- Throughout the Christmas period, spend some time alone if you need to. Go for a walk or run to relieve the pressure. Write in a journal about your thoughts and feelings.
- Some people choose to be alone on Christmas day and don't want the pressure of being around others. Others find that being around people can be a great distraction and support.
- If you cannot cope with parties this year, explain to the host that although you appreciate the invitation, you do not feel strong enough yet. On the other hand, you may find it comforting to be with others - you can always leave early if it becomes overwhelming.

And finally, every year, Rosedale offers **Christmas candles** to anyone who is bereaved. At 11am on Christmas morning, we invite the lighting of the candle and time to pause and think about our loved one. Many others will be doing the same thing at the same time, so we know we are not alone in our grief. These are available now and can be collected from all the Rosedale branches in Norfolk and Suffolk - including Wymondham. Rosedale also holds Christmas services of remembrance in many towns in Norfolk and Suffolk- check the Rosedale website for more details.

Wymondham Baptist Church and Rosedale work together to extend a warm welcome to anyone who has been bereaved, (no matter how long ago or which funeral director was used) to the Christmas Service of Remembrance at 7pm on the 8<sup>th</sup> of December. This service is another opportunity to pause and remember our loved ones at this special time of year.

Our next 8 week bereavement support course begins on January the 17<sup>th</sup>. Please call 07901 888 122 to reserve your place if you would like to attend.

Sending our warmest wishes to you for Christmas and the New Year.



Can you sort the Christmas words???

- |                  |            |
|------------------|------------|
| 1. TEHRAMEISCRST | -----/---- |
| 2. DYCNCNAEA     | ----/----- |
| 3. TTEIMLSEO     | -----      |
| 4. LYIVOYLH      | ----&---   |
| 5. SLEETIMOT     | -----      |
| 6. LOCSRA        | -----      |
| 7. BEMDRECE      | -----      |
| 8. DRERENEI      | -----      |
| 9. SSJEU         | -----      |
| 10. HDAAEERHP    | -----      |



(Answers in the next issue of Rooted Life)

SHOEBOX COLLECTION



This is our Shoebox collection this year - WBC have been taking part in the collection for many years - Ann Flaxman shares some of her memories -

We have some very happy memories of shoebox collections visiting varied Norfolk Churches - some cold and austere but, by contrast, meeting the warm and friendly shoebox volunteers.

The most memorable and joyous occasion was collecting shoeboxes from the small schools around Wymondham. A quiet well-behaved crocodile of children filed out of the school into the playground clasping their boxes - some of the children were very small, making their boxes look quite big!

I will always treasure the memory of their happy little faces - each child presenting me with their very own filled shoebox (maybe whispering a sideways comment “I chose all these” or “I bought these myself”)

Whenever shoeboxes are mentioned my memories of those happy school children come to mind, warming my heart and making me smile.

Here’s a picture of Chris and Ann filling the van with the collected shoe boxes.





# CHRISTMAS QUIZ

*...to keep you busy while you're recovering from your Christmas dinner!  
If you get stuck, we're more than happy to publish the answers in the New Year.*

- 1) Phillip Brooks wrote which famous Christmas carol?
- 2) Why is 28<sup>th</sup> December called Holy Innocent's Day?
- 3) When was the first stamp commemorating Christmas used?
- 4) Why is Xmas used as an abbreviation for Christmas?
- 5) In Britain, what is the definition of a White Christmas?
- 6) In 1650, Oliver Cromwell passed an Act of Parliament authorising the imprisonment of anyone found guilty of eating what?
- 7) What is the last date of the 'Twelve Days of Christmas'?
- 8) What is the 6<sup>th</sup> January called in the church calendar?
- 9) What did they do to celebrate Christmas on 25<sup>th</sup> December 1914 in the trenches?
- 10) When did 25<sup>th</sup> December become the official day to celebrate Jesus Christ's birth?
- 11) Which instrument was 'Silent Night' originally played on because mice had chewed through the bellows of the organ?
- 12) In which direction did the Bethlehem star rise?
- 13) Christmas crackers were invented in which century?
- 14) What does the word 'carol' mean?
- 15) Which angel who told Mary that she was to be the mother of Jesus?
- 16) What does the name Jesus mean?
- 17) In which year were Christmas lights first put up in London?
- 18) Why is Boxing Day so called?
- 19) Which German prince introduced Christmas trees to Britain?
- 20) Who was St Nicholas?
- 21) Which country donates the Trafalgar Square Christmas tree in memory of Britain's support during the 2<sup>nd</sup> World War?
- 22) Name one of the monarchs who were crowned on Christmas Day.
- 23) Carol singing began in which century?
- 24) Who visited the baby Jesus first?
- 25) What did Queen Victoria ban in 1870?
- 26) What is the ancient Viking festival of mid-winter called?
- 27) In what year did George V make the 1<sup>st</sup> royal Christmas broadcast?
- 28) What is Rudolph's distinguishing feature?
- 29) What tart with a sweet filling has its origin in a savoury mixture baked in a pastry case called a 'coffin'?
- 30) Who do we have to thank for the image of Father Christmas wearing red and white with a long beard?



**We're going on a bug hunt!.....**

On Sunday 13<sup>th</sup> November, Ruth arranged a fantastic Sunday School session all about insects.

We had a quiz about insects and shared with the rest of the group pictures of our favourite insects before heading into the garden to see what insects we could find.

We learned that God is so good and has made a wonderful variety of insects each of which have different purposes in His Creation.

Thank you to Ruth for preparing such a great session and to Daniel and Sam for making the bug hotels which are now in the church garden.





### Updates from the Eco Church team at WBC

**In the garden:** 2 bug hotels have been made by the Rallan family and are now in the church garden. Ruth prepared a wonderful Sunday school session on the 13<sup>th</sup> November all about insects to help us think more about their part in creation. Thank you to the Rallans!!

**The Great Big Green Week:** For the first times, Greening Wymondham organised a range of local events as part of this national week of action against climate change. At WBC, we hosted the litter pick and ran a powerpoint presentation during Roots to highlight what we have been doing as church to care for God's creation.

**Recycling:** The current recycling scheme is working well so a big thank you to all of you who are bringing your items (stationery, toothbrushes/toothbrush heads, toothpaste tubes, medical blister packs) for recycling. Please keep an eye on the recycling noticeboard for any changes or further information.

**Funds:** You will remember our first ECO@WBC event in June when we raised over £700. We have used £350 of this to insulate the loft at the manse which is now fully insulated. The remaining money is being saved for the spring when we are hoping to build some raised beds for growing vegetables in the church garden.

Wymondham Baptist Church is now a Charitable Incorporated Organisation registered with the Charities Commission - Charity No. 1199302



### DATES TO REMEMBER JANUARY 2023

January 1 <sup>st</sup>	Reflection and Prayer - 10.30a.m.
January 4 <sup>th</sup>	Rosedales Monthly meeting - 10.00a.m.
January 4 <sup>th</sup>	Home from Home - p.m.
January 5 <sup>th</sup>	Home from Home - p.m.
January 6 <sup>th</sup>	Roots Community Café will be closed
January 7 <sup>th</sup>	Recognition and Ordination Service of Paul Smith - 2.00p.m.
January 8 <sup>th</sup>	Worship at 10.30a.m. including communion
January 9 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 9 <sup>th</sup>	Leadership Team meeting - 7.30p.m.
January 10 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 11 <sup>th</sup>	Home from Home - p.m.
January 11 <sup>th</sup>	Eco Team meeting - 7.00p.m.
January 12 <sup>th</sup>	Home from Home - p.m.
January 13 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 13 <sup>th</sup>	Friday Night Youth
January 15 <sup>th</sup>	Café Church - 10.30a.m.
January 15 <sup>th</sup>	Church Meeting - 12.30p.m.
January 16 <sup>th</sup> -22 <sup>nd</sup>	Week of Prayer for Christian Unity
January 16 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 17 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 17 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 18 <sup>th</sup>	Home from Home - p.m.
January 19 <sup>th</sup>	Home from Home - p.m.
January 20 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 22 <sup>nd</sup>	Worship at 10.30a.m.
January 23 <sup>rd</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 24 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 24 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 25 <sup>th</sup>	Home from Home - p.m.
January 26 <sup>th</sup>	Home from Home - p.m.
January 27 <sup>th</sup>	Roots community Café - 10.00a.m. - 1.00p.m.
January 27 <sup>th</sup>	Friday Night Youth
January 29 <sup>th</sup>	Worship at 10.30a.m.
January 30 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 31 <sup>st</sup>	Rosedales Bereavement Course - 10.00a.m.
January 31 <sup>st</sup>	Thrive@Roots - 2.30p.m.







## More news from the Eco Church Team

### Greener Christmas

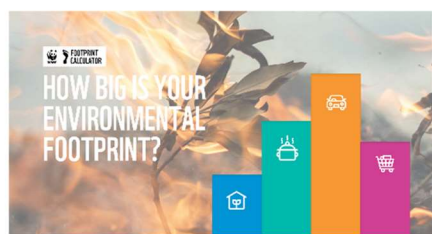
This year, we are giving everyone the option of sending just one Christmas card to the fellowship at WBC by providing an attractive and dedicated board to display the cards. All cards will be clearly and easily seen and will add to the festive appearance in the church. We will be using the 2 little Eco Church boards at the back of church and they will be ready for your cards from the beginning of December

### How big is your environmental footprint?

We would like to encourage everyone at WBC to complete a personal or household 'carbon calculator'. These surveys help us to work out how much CO<sub>2</sub> we emit in different areas of our lives – travel, energy, lifestyle etc. The results can be surprising and will hopefully lead us all to reflect on how we can make more small changes to reduce our own carbon footprint and so have a positive impact on God's earth.

We have chosen to complete the World Wildlife Fund Footprint Calculator because it is quick and easy to complete and does not require us to give any personal information other than a postcode.

The link for the survey is here:



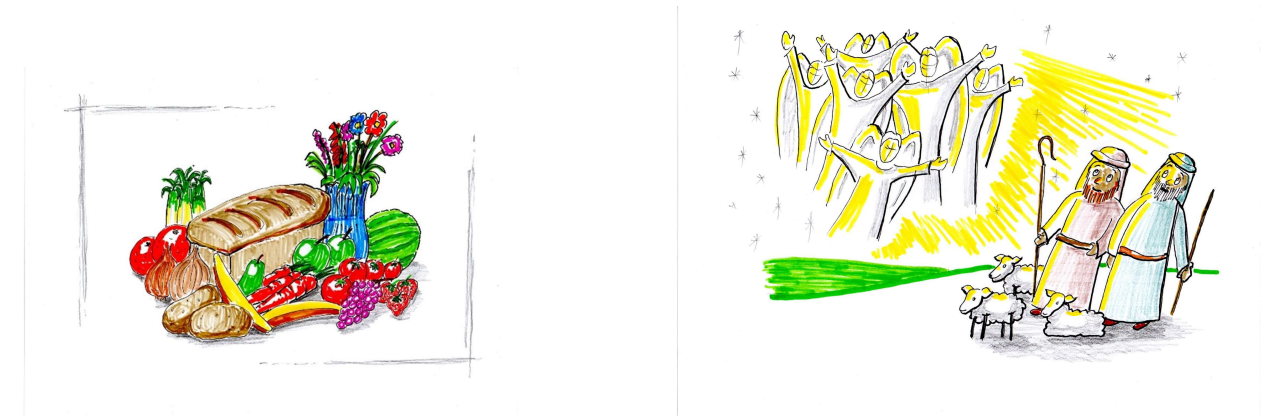
#### [WWF Footprint Calculator](https://footprint.wwf.org.uk)

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with our environmental footprint calculator.

[footprint.wwf.org.uk](https://footprint.wwf.org.uk)

We will not be expecting anyone to give us their results...the Eco Church and Leadership teams have already completed the carbon calculator and so we are hoping that lots of you will join in this project and take that extra step towards lowering carbon emissions.

## WINDMILL HOUSE SERVICES



On Wednesday 14th December a team of us from WBC will be leading a Carol Service at Windmill House Care Home. This will be just the 4th time we have been back in person since before the start of the covid pandemic as care homes were cautious about opening their doors to visitors. It has been a real delight to be so warmly welcomed and to meet face-to-face with the residents and some of the staff after a year of services on zoom.

In September we held a Harvest Thanksgiving Service which was appreciated by many residents, their visitors and some care staff. We try to include something visual to make things attractive so the songsheets were illustrated with some of Vic's colourful pictures of creation and harvest which were also shown on the TV screen during the talk. One of the residents made a nice little thank you speech at the end!

I've been looking back at my notes for the services I have taken responsibility for since I took over from Christine nearly 3 years ago and realised that it will be 4 years since we last held a Carol Service at Windmill House. (There were several months, including December 2019, when there were no church services there due to changes in circumstances at the 3 churches which had been involved). Then after just one visit in Feb. 2020 the doors were closed to all visitors from March onwards. We started zoom services in May 2021 and continued every 2 months until May this year when we were finally able to go back in person. We had arranged to alternate with Wymondham Methodist Church throughout 2022 so there would be a service once a month but that has not happened for a several months.

It will be very special to be back at Windmill House to share a Carol Service this year. The whole house will be lavishly decorated and Fran Annis, the Wellbeing Lead, will have kept the residents busy and happy making things to be part of the display. Vic and Mary have family commitments and won't be able to accompany the carols so our son Matt has agreed to bring a keyboard and play for us. As we will be a smaller team than usual if there are 1 or 2 people who would like to join us please speak to me and I'll include you.

Our aim is always to be a blessing and an encouragement to everyone we meet when we visit Windmill House but we always come away feeling blessed and encouraged ourselves by the warm welcome we receive and the appreciation shown for this simple act of worship and service. Please pray for us as we prepare for and lead this service and spend time with the residents afterwards.

Thank you for supporting in prayer this part of our church outreach and ministry.

Jan Hodges

## DATES TO REMEMBER - CHRISTMAS PROGRAMME



Thursday 8th December  
Rosedales Remembrance Service - 7.00pm

Sunday 11th December  
Morning Worship including Communion - 10.30am

Sunday 18th December  
Led by Our young People - 10.30am

Sunday 18th December  
Carol Service - 6.00pm

Monday 19th December  
Last Day Roots Community Café to be open

Sunday 25th December  
Christmas Morning Service 10.00am

Sunday 1st January  
Start the Year with Reflection and Prayer 10.30am

Sunday 8th January  
Worship Service - Re-visit our Vision

Monday 9th January  
Roots Community Café re-opens 10.00am - 1.00pm

connect us at:



[wymondhamchristchurch](https://www.facebook.com/wymondhamchristchurch)



[office@wymondhamparish.org](mailto:office@wymondhamparish.org)



[www.wymondhamparish.org](http://www.wymondhamparish.org)



01953 606520

## A PICTURE TO COLOUR





GLUTEN-FREE STOLLEN BITES

340 g gluten-free self raising flour  
¼ tsp xanthan gum  
1 tsp gluten free baking powder  
85 g cold butter  
60 g caster sugar  
50 g ground almonds  
150 g marzipan grated  
100 g dried fruit chopped finely  
1 large egg  
150 ml milk  
3 tsp lemon juice  
2 tsp almond extract  
Zest of 1 lemon or orange  
Icing sugar for dusting

- 1. Preheat Oven to 200C Fan/220C Prepare baking sheet with baking parchment
- 2. Place GF self raising flour, baking powder and xanthan gum in a bowl. Chop cold butter into cubes and add to the flour. Rub in with your fingers until it forms what looks like breadcrumbs.
- 3. Stir in caster sugar, ground almonds, grated marzipan and chopped dried fruit. Add zest of orange or lemon.
- 4. Warm milk in a jug, don't make it really hot. Add lemon juice and allow to stand for 1-2 minutes - it should curdle a little.
- 5. Add the egg and almond extract to the milk mixture. Beat together so your egg is combined.
- 6. Make a well in the middle of dry mixture. Pour in the milk/egg mixture and work it in using a metal fork or knife. Keep working it till it forms a sticky dough.
- 7. Dust your hand and the surface with GF flour. Take a small amount of the dough and roll it in your hands into a slightly flattened ball. Place on prepared tray, leave gaps between each ball.
- 8. Bake in the preheated oven for 12-15 minutes until golden.
- 9. Remove from oven and allow to cool briefly on the tray before transferring to a cooling rack.
- 10. Dust heavily with icing sugar and enjoy cold or slightly warm.



THE ROOTED LIFE

Colossians 2:7  
'.....continue to live your lives in him, rooted and built up in him.....' from the Bible

Date: December 2022/January 2023

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION...

Christmas thoughts and new year resolutions .....



Welcome to the eighth edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 29<sup>th</sup> January 2023.

In this edition we hope you enjoy the following...

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- Message from our Pastor page 3
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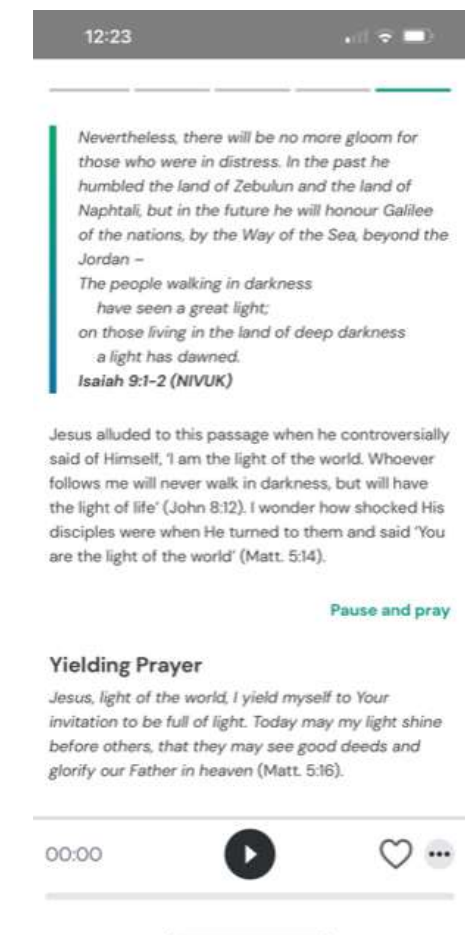
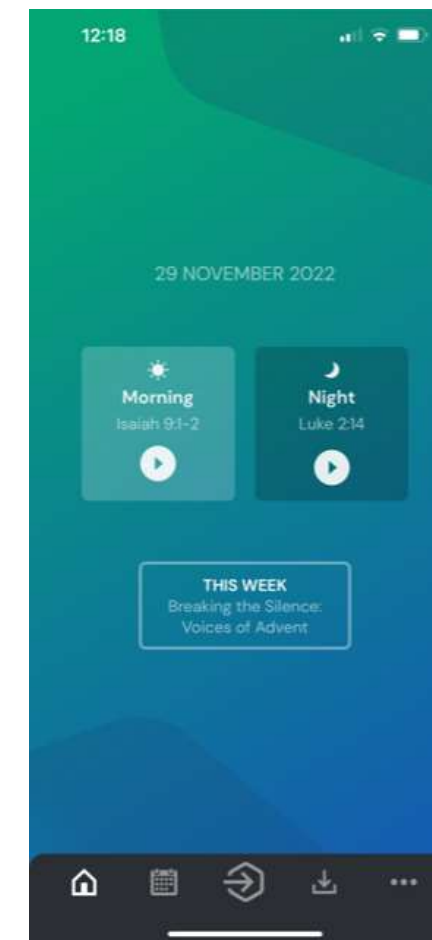
[Lectio 365](#) is a free audio devotional app that helps you pray the Bible every day. Listen for 10 minutes each morning to meditate on the word and pray. End each day with God using peaceful, seasonal night prayers.

I've been using Lectio 365 for several years now and here are some things I like about it:

- It's short (10 minutes) and easy to fit it with morning routines.
- It's listening, not reading: I don't have to focus on a screen and I can have a mug of +tea in hand at the same time!
- The themes are always inspiring, thought-provoking and relevant to everyday life and to what's going on in the world at the time.
- It's read by a variety of people/voices from the 24-7 prayer team, including Pete Greig, author of a number of great books on prayer.

Things I find a challenge - Pete Greig usually reads the evening night prayers (5 - 6 mins) and his voice is so soothing that I can sometimes fall asleep before the end!

If you think this would be helpful for you and want to try something different, why not give Lectio365 a go? [Here's a couple of images from today's Lectio365...](#)







## Home from Home -

is the name of our Warm Welcome Space.

We are currently meeting in the Church Lounge, however if numbers increase so that this is too busy we will use one end of the main church building. At the moment we have had a maximum of 15/16 people come along during an afternoon and share friendship, warmth as well as tea, coffee, hot chocolate and biscuits provided for us by Morrisons.

Our time is spent playing games, doing jigsaw puzzles, painting stones, reading the paper, chatting and of course enjoying the tea and coffee and biscuits and doughnuts left over from Thrive and the occasional spot of singing. See below:-



If you would like to join us as a volunteer or as a participant just come along between 1.30p.m. and 4.30p.m. on either Wednesday or Thursday. There are other Warm Spaces in the town at the Abbey, Alive Church at Central Hall, and at the Methodist Church, Town Green Centre.

## A message from Paul Smith, our Pastor at WBC.....

Can you believe it is the end of another year and the start of a new one? We are people bounded by time and it seems to go faster and faster!

It seems that I have written that statement for every rooted life article since we started! You would think by now I would have a better handle on either my time management or a greater understanding of the mystery of time. As we reflect on the end of the year and the beginning of the next I wonder.

I wonder what next year has install for me, for our family and the wider church family. I also ponder what the year ahead might pose for our wider community here in Wymondham and beyond. I have no idea what our futures hold.....'Tis mystery to me.....

And there is my thought for this period of time. Mystery. I love a good mystery. I recently revisited the Sherlock Holmes series. I like puzzles. I like to solve riddles and the like. I also enjoy pondering the greater mysteries of life. Do you ever ponder the great mysteries of life? Where do all the odd socks go? Who did let the dogs out? (You only get the joke if you know the song) Who built Stonehenge and why? How many stars are there in the sky? What, if anything, is out there in the beyond? How does love work?



In the Bible there is a lot of mystery. In fact, the word "mystery" or "mysteries" is used 27 times in the New Testament

Christmas is full of mystery. There are so many unanswered questions that are in the biblical account of Christmas. So many mysteries that I would love to gain insight on. Angels from on high, a young woman carrying the Saviour of the world...how did she feel about it all.....Joseph....how did he wrestle with it all....shepherds interrupted at night.....a star.....then there is the greatest mystery of all.....God came down to earth for US!

I love a good mystery! But this is not just a "good mystery." This doctrine of Christ that had once been concealed but has now been revealed is an undeniably "great mystery"!

Why would he do that?

Simple .....LOVE

As you transition from one year to the next perhaps reflect on this great mystery.....God came down to earth for all who shall believe in him.

It's a great mystery....but one that can change your life forever.

We might not know what the next year holds, but we can know the one who holds it. The one who loves YOU. I leave you with these words from a famous old hymn. 'Tis mystery that we can gain from the birth, death and resurrection of Jesus, but it is the truth.

And can it be that I should gain  
An int'rest in the Savior's blood?  
Died He for me, who caused His pain?  
For me, who Him to death pursued?  
Amazing love! how can it be  
That Thou, my God, should die for me?



Refrain:  
Amazing love! how can it be  
That Thou, my God, should die for me!

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the firstborn seraph tries  
To sound the depths of love divine!  
'Tis mercy all! let earth adore,  
Let angel minds inquire no more.

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.

Long my imprisoned spirit lay  
Fast bound in sin and nature's night;  
Thine eye diffused a quick'ning ray,  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free;  
I rose, went forth and followed Thee.

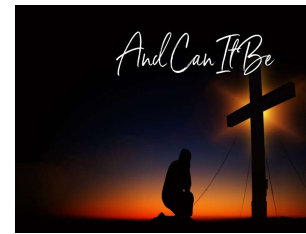
No condemnation now I dread;  
Jesus, and all in Him is mine!  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ my own.

Amen.

Have a great Christmas and a happy new year

Blessings

Paul



**Join us at one of our Christmas Services -**

**Sunday 18<sup>th</sup> December - 10.30a.m. - led by our Youth Dept.**  
**6.00p.m. - Carol Service**

**Sunday 25<sup>th</sup> December - 10.00a.m. - Christmas morning worship**

## RECYCLING NEWS



In the New Year, we will be expanding our recycling project at WBC to include crisp packets, coffee packets and dishwasher and washing tablet pouches.

Rose will be collecting your empty crisp and nut packets. Please shake these free of any 'debris' and flatten them.

Nicki will be collecting the empty coffee packets along with the dishwasher and washing tablet pouches.

We are not able to store any more recycling at church so please hand these items directly to Rose or Nicki.

Full details of what we will be collecting (along with examples of what to collect and a couple of requests to make things easier for us!!) will be on the Recycling noticeboard in the corridor. Thank you in advance for all your efforts in helping to reduce the amount of rubbish going to landfill.



### **Bronze Award for Wymondham Baptist Church**

Earlier in the year, we joined the Eco Church project and completed a survey about we care for God's earth in 5 different areas of church life:

- ❖ Worship and teaching
- ❖ Management of church buildings
- ❖ Management of church lands
- ❖ Community and global engagement
- ❖ Lifestyle

We are delighted to tell you that as a result of our efforts as a church fellowship over the last few months, we have just achieved the Bronze Award. We have received a certificate and have purchased a plaque which will be displayed somewhere prominent!

This is just the start of our Eco journey so please continue to support the project and keep an eye out for more information on future events and ideas. Thank you.



## Psalm 100 (New International Version)

'Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who has made us, and we are his; we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever; his faithfulness continues through all generations.'

This is my favourite Psalm as, although it is short, it contains the essence of much of what I believe to be true about God and so how we should praise Him, thank Him and value all other people.

I believe that as a Christian I should try to be joyful all the time - not always possible, sad to say. When I see something wonderful I try to praise and thank God for it. And I should always remember that, if I believe, as I do, that He made me and loves me, then He made every other person and loves them as much too. (That is ALL people, even those people I fundamentally disagree with!). This is one of the reasons why I feel so comfortable in the 'All inclusive' Wymondham Baptist Church. For me the Psalm also reinforces the knowledge that God's love endures always and for every generation.

When I read this Psalm I am reminded of the lovely worship song, which I really enjoy singing, 'Jubilate, everybody, serve the Lord in all your ways':

### Jubilate, everybody

Jubilate, everybody,  
serve the Lord in all your ways,  
and come before His presence singing:  
enter now His courts with praise.  
For the Lord our God is gracious,  
and His mercy's everlasting.  
Jubilate, jubilate, jubilate Deo!

©1977, 1980 Kingsway's Thankyou Music

**It is a good song to sing in the car when driving!**

Penny Seall



Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

## A WORD FROM ROSEDALES

Christmas greetings from Sarah and Beverley- Bereavement Support Group facilitators at Rosedale.



2022 has been yet another very eventful year. We have had 3 Prime Ministers, a record breaking 70<sup>th</sup> Jubilee celebration followed by the death of our beloved monarch, a new King and war in Europe again. Our economy has been battered and bruised and families struggle to make ends meet.

For many families who have lost a loved one this year, 2022 will be a year they will never forget. Christmas can be yet another painful reminder of all that has been lost.

The build up to Christmas can be stressful and bring feelings of dread as we anticipate the empty space where our loved one should be.

I can imagine that the Royal family will find their Christmas this year is difficult and very different to what has gone before.

We are used to seeing the Queen's extended family gather together at Sandringham for Christmas and attend church on Christmas morning. We may not see that again as the New King decides to do things differently.

Often the older matriarch of a family has a way of bringing all members of the family together, perhaps organising a large collective celebration, carrying on familiar traditions, remembering what everyone likes to eat or gifts people like to receive. They can be like the glue that holds everyone together.

Of course, not everyone has an 'idyllic' Christmas or a family to share it with.

Christmas comes in all shapes, sizes and budgets. It is important to do what suits you at Christmas. There is no rule book.

This is also true with bereavement, there is no right or wrong way to grieve and timescales and intensity are unique to each person.

If you are bereaved, the following tips may help you decide how you want your Christmas to be this year:

- Some people find comfort in keeping their traditions the same- others find this is too painful and choose to do things very differently and invent new 'traditions' like going away for a few days instead.
- It can be painful signing just one name in Christmas cards so some people choose not to send any - people will understand.
- Putting up the usual tree and decorations can be loaded with difficult memories- some people choose not to do this. However, others find this enables them to grieve, as they recall Christmases past.
- You may want to talk about your loved one at Christmas and include them as part of the celebration - raise a glass to them at lunch, celebrate the memories you shared together. Shedding a few tears is normal, healthy and shows you loved them. Tears and sadness are part of real life - no one should feel pressurised to feel 'jolly' at Christmas.
- Christmas movies portray happy loving families, beautifully (and expensively) decorated homes, snow on the ground and everyone getting along wonderfully. Most of us know this is pure fantasy! Take the pressure off yourself and do what is realistic and affordable instead.

- Throughout the Christmas period, spend some time alone if you need to. Go for a walk or run to relieve the pressure. Write in a journal about your thoughts and feelings.
- Some people choose to be alone on Christmas day and don't want the pressure of being around others. Others find that being around people can be a great distraction and support.
- If you cannot cope with parties this year, explain to the host that although you appreciate the invitation, you do not feel strong enough yet. On the other hand, you may find it comforting to be with others - you can always leave early if it becomes overwhelming.

And finally, every year, Rosedale offers **Christmas candles** to anyone who is bereaved. At 11am on Christmas morning, we invite the lighting of the candle and time to pause and think about our loved one. Many others will be doing the same thing at the same time, so we know we are not alone in our grief. These are available now and can be collected from all the Rosedale branches in Norfolk and Suffolk - including Wymondham. Rosedale also holds Christmas services of remembrance in many towns in Norfolk and Suffolk- check the Rosedale website for more details.

Wymondham Baptist Church and Rosedale work together to extend a warm welcome to anyone who has been bereaved, (no matter how long ago or which funeral director was used) to the Christmas Service of Remembrance at 7pm on the 8<sup>th</sup> of December. This service is another opportunity to pause and remember our loved ones at this special time of year.

Our next 8 week bereavement support course begins on January the 17<sup>th</sup>. Please call 07901 888 122 to reserve your place if you would like to attend.

Sending our warmest wishes to you for Christmas and the New Year.



Can you sort the Christmas words???

- |                  |            |
|------------------|------------|
| 1. TEHRAMEISCRST | -----/---- |
| 2. DYCNCNAEA     | ----/----- |
| 3. TTEIMLSEO     | -----      |
| 4. LYIVOYLH      | ----&---   |
| 5. SLEETIMOT     | -----      |
| 6. LOCSRA        | -----      |
| 7. BEMDRECE      | -----      |
| 8. DRERENEI      | -----      |
| 9. SSJEU         | -----      |
| 10. HDAAEERHP    | -----      |



(Answers in the next issue of Rooted Life)

SHOEBOX COLLECTION



This is our Shoebox collection this year - WBC have been taking part in the collection for many years - Ann Flaxman shares some of her memories -

We have some very happy memories of shoebox collections visiting varied Norfolk Churches - some cold and austere but, by contrast, meeting the warm and friendly shoebox volunteers.

The most memorable and joyous occasion was collecting shoeboxes from the small schools around Wymondham. A quiet well-behaved crocodile of children filed out of the school into the playground clasping their boxes - some of the children were very small, making their boxes look quite big!

I will always treasure the memory of their happy little faces - each child presenting me with their very own filled shoebox (maybe whispering a sideways comment “I chose all these” or “I bought these myself”)

Whenever shoeboxes are mentioned my memories of those happy school children come to mind, warming my heart and making me smile.

Here’s a picture of Chris and Ann filling the van with the collected shoe boxes.





# CHRISTMAS QUIZ

*...to keep you busy while you're recovering from your Christmas dinner!  
If you get stuck, we're more than happy to publish the answers in the New Year.*

- 1) Phillip Brooks wrote which famous Christmas carol?
- 2) Why is 28<sup>th</sup> December called Holy Innocent's Day?
- 3) When was the first stamp commemorating Christmas used?
- 4) Why is Xmas used as an abbreviation for Christmas?
- 5) In Britain, what is the definition of a White Christmas?
- 6) In 1650, Oliver Cromwell passed an Act of Parliament authorising the imprisonment of anyone found guilty of eating what?
- 7) What is the last date of the 'Twelve Days of Christmas'?
- 8) What is the 6<sup>th</sup> January called in the church calendar?
- 9) What did they do to celebrate Christmas on 25<sup>th</sup> December 1914 in the trenches?
- 10) When did 25<sup>th</sup> December become the official day to celebrate Jesus Christ's birth?
- 11) Which instrument was 'Silent Night' originally played on because mice had chewed through the bellows of the organ?
- 12) In which direction did the Bethlehem star rise?
- 13) Christmas crackers were invented in which century?
- 14) What does the word 'carol' mean?
- 15) Which angel who told Mary that she was to be the mother of Jesus?
- 16) What does the name Jesus mean?
- 17) In which year were Christmas lights first put up in London?
- 18) Why is Boxing Day so called?
- 19) Which German prince introduced Christmas trees to Britain?
- 20) Who was St Nicholas?
- 21) Which country donates the Trafalgar Square Christmas tree in memory of Britain's support during the 2<sup>nd</sup> World War?
- 22) Name one of the monarchs who were crowned on Christmas Day.
- 23) Carol singing began in which century?
- 24) Who visited the baby Jesus first?
- 25) What did Queen Victoria ban in 1870?
- 26) What is the ancient Viking festival of mid-winter called?
- 27) In what year did George V make the 1<sup>st</sup> royal Christmas broadcast?
- 28) What is Rudolph's distinguishing feature?
- 29) What tart with a sweet filling has its origin in a savoury mixture baked in a pastry case called a 'coffin'?
- 30) Who do we have to thank for the image of Father Christmas wearing red and white with a long beard?



**We're going on a bug hunt!.....**

On Sunday 13<sup>th</sup> November, Ruth arranged a fantastic Sunday School session all about insects.

We had a quiz about insects and shared with the rest of the group pictures of our favourite insects before heading into the garden to see what insects we could find.

We learned that God is so good and has made a wonderful variety of insects each of which have different purposes in His Creation.

Thank you to Ruth for preparing such a great session and to Daniel and Sam for making the bug hotels which are now in the church garden.





### Updates from the Eco Church team at WBC

**In the garden:** 2 bug hotels have been made by the Rallan family and are now in the church garden. Ruth prepared a wonderful Sunday school session on the 13<sup>th</sup> November all about insects to help us think more about their part in creation. Thank you to the Rallans!!

**The Great Big Green Week:** For the first times, Greening Wymondham organised a range of local events as part of this national week of action against climate change. At WBC, we hosted the litter pick and ran a powerpoint presentation during Roots to highlight what we have been doing as church to care for God's creation.

**Recycling:** The current recycling scheme is working well so a big thank you to all of you who are bringing your items (stationery, toothbrushes/toothbrush heads, toothpaste tubes, medical blister packs) for recycling. Please keep an eye on the recycling noticeboard for any changes or further information.

**Funds:** You will remember our first ECO@WBC event in June when we raised over £700. We have used £350 of this to insulate the loft at the manse which is now fully insulated. The remaining money is being saved for the spring when we are hoping to build some raised beds for growing vegetables in the church garden.

Wymondham Baptist Church is now a Charitable Incorporated Organisation registered with the Charities Commission - Charity No. 1199302



### DATES TO REMEMBER JANUARY 2023

January 1 <sup>st</sup>	Reflection and Prayer - 10.30a.m.
January 4 <sup>th</sup>	Rosedales Monthly meeting - 10.00a.m.
January 4 <sup>th</sup>	Home from Home - p.m.
January 5 <sup>th</sup>	Home from Home - p.m.
January 6 <sup>th</sup>	Roots Community Café will be closed
January 7 <sup>th</sup>	Recognition and Ordination Service of Paul Smith - 2.00p.m.
January 8 <sup>th</sup>	Worship at 10.30a.m. including communion
January 9 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 9 <sup>th</sup>	Leadership Team meeting - 7.30p.m.
January 10 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 11 <sup>th</sup>	Home from Home - p.m.
January 11 <sup>th</sup>	Eco Team meeting - 7.00p.m.
January 12 <sup>th</sup>	Home from Home - p.m.
January 13 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 13 <sup>th</sup>	Friday Night Youth
January 15 <sup>th</sup>	Café Church - 10.30a.m.
January 15 <sup>th</sup>	Church Meeting - 12.30p.m.
January 16 <sup>th</sup> -22 <sup>nd</sup>	Week of Prayer for Christian Unity
January 16 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 17 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 17 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 18 <sup>th</sup>	Home from Home - p.m.
January 19 <sup>th</sup>	Home from Home - p.m.
January 20 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 22 <sup>nd</sup>	Worship at 10.30a.m.
January 23 <sup>rd</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 24 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 24 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 25 <sup>th</sup>	Home from Home - p.m.
January 26 <sup>th</sup>	Home from Home - p.m.
January 27 <sup>th</sup>	Roots community Café - 10.00a.m. - 1.00p.m.
January 27 <sup>th</sup>	Friday Night Youth
January 29 <sup>th</sup>	Worship at 10.30a.m.
January 30 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 31 <sup>st</sup>	Rosedales Bereavement Course - 10.00a.m.
January 31 <sup>st</sup>	Thrive@Roots - 2.30p.m.







## More news from the Eco Church Team

### Greener Christmas

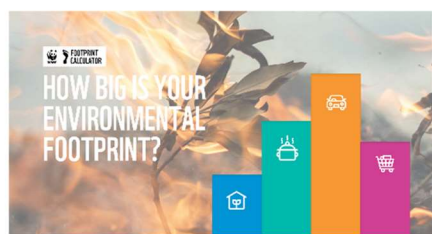
This year, we are giving everyone the option of sending just one Christmas card to the fellowship at WBC by providing an attractive and dedicated board to display the cards. All cards will be clearly and easily seen and will add to the festive appearance in the church. We will be using the 2 little Eco Church boards at the back of church and they will be ready for your cards from the beginning of December

### How big is your environmental footprint?

We would like to encourage everyone at WBC to complete a personal or household 'carbon calculator'. These surveys help us to work out how much CO<sub>2</sub> we emit in different areas of our lives – travel, energy, lifestyle etc. The results can be surprising and will hopefully lead us all to reflect on how we can make more small changes to reduce our own carbon footprint and so have a positive impact on God's earth.

We have chosen to complete the World Wildlife Fund Footprint Calculator because it is quick and easy to complete and does not require us to give any personal information other than a postcode.

The link for the survey is here:



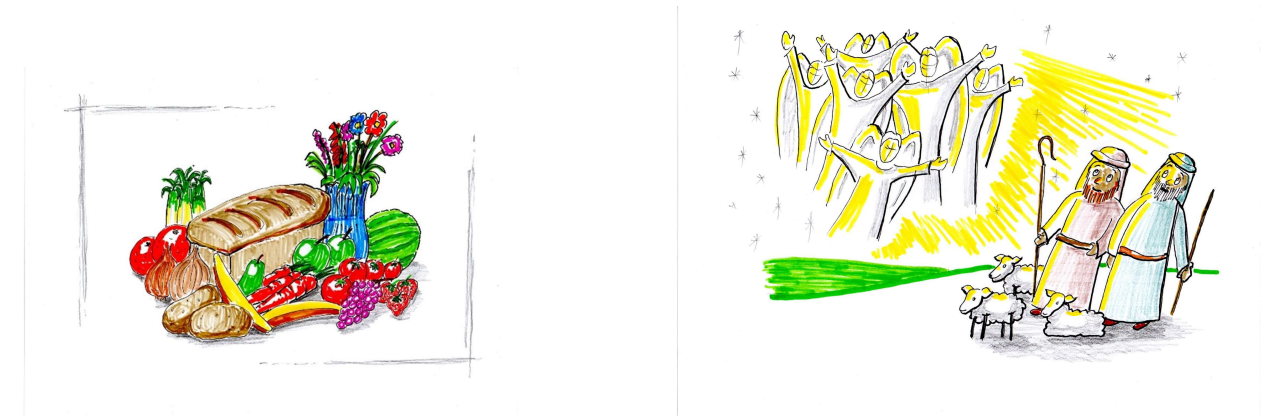
#### [WWF Footprint Calculator](https://footprint.wwf.org.uk)

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with our environmental footprint calculator.

[footprint.wwf.org.uk](https://footprint.wwf.org.uk)

We will not be expecting anyone to give us their results...the Eco Church and Leadership teams have already completed the carbon calculator and so we are hoping that lots of you will join in this project and take that extra step towards lowering carbon emissions.

## WINDMILL HOUSE SERVICES



On Wednesday 14th December a team of us from WBC will be leading a Carol Service at Windmill House Care Home. This will be just the 4th time we have been back in person since before the start of the covid pandemic as care homes were cautious about opening their doors to visitors. It has been a real delight to be so warmly welcomed and to meet face-to-face with the residents and some of the staff after a year of services on zoom.

In September we held a Harvest Thanksgiving Service which was appreciated by many residents, their visitors and some care staff. We try to include something visual to make things attractive so the songsheets were illustrated with some of Vic's colourful pictures of creation and harvest which were also shown on the TV screen during the talk. One of the residents made a nice little thank you speech at the end!

I've been looking back at my notes for the services I have taken responsibility for since I took over from Christine nearly 3 years ago and realised that it will be 4 years since we last held a Carol Service at Windmill House. (There were several months, including December 2019, when there were no church services there due to changes in circumstances at the 3 churches which had been involved). Then after just one visit in Feb. 2020 the doors were closed to all visitors from March onwards. We started zoom services in May 2021 and continued every 2 months until May this year when we were finally able to go back in person. We had arranged to alternate with Wymondham Methodist Church throughout 2022 so there would be a service once a month but that has not happened for a several months.

It will be very special to be back at Windmill House to share a Carol Service this year. The whole house will be lavishly decorated and Fran Annis, the Wellbeing Lead, will have kept the residents busy and happy making things to be part of the display. Vic and Mary have family commitments and won't be able to accompany the carols so our son Matt has agreed to bring a keyboard and play for us. As we will be a smaller team than usual if there are 1 or 2 people who would like to join us please speak to me and I'll include you.

Our aim is always to be a blessing and an encouragement to everyone we meet when we visit Windmill House but we always come away feeling blessed and encouraged ourselves by the warm welcome we receive and the appreciation shown for this simple act of worship and service. Please pray for us as we prepare for and lead this service and spend time with the residents afterwards.

Thank you for supporting in prayer this part of our church outreach and ministry.

Jan Hodges

## DATES TO REMEMBER - CHRISTMAS PROGRAMME



Thursday 8th December  
Rosedales Remembrance Service - 7.00pm

Sunday 11th December  
Morning Worship including Communion - 10.30am

Sunday 18th December  
Led by Our young People - 10.30am

Sunday 18th December  
Carol Service - 6.00pm

Monday 19th December  
Last Day Roots Community Café to be open

Sunday 25th December  
Christmas Morning Service 10.00am

Sunday 1st January  
Start the Year with Reflection and Prayer 10.30am

Sunday 8th January  
Worship Service - Re-visit our Vision

Monday 9th January  
Roots Community Café re-opens 10.00am - 1.00pm

connect us at:



[wymondhamaglistchurch](https://www.facebook.com/wymondhamaglistchurch)



[office@wymondhamapds.org](mailto:office@wymondhamapds.org)



[www.wymondhamapds.org](http://www.wymondhamapds.org)



01953 606520

## A PICTURE TO COLOUR





GLUTEN-FREE STOLLEN BITES

340 g gluten-free self raising flour  
¼ tsp xanthan gum  
1 tsp gluten free baking powder  
85 g cold butter  
60 g caster sugar  
50 g ground almonds  
150 g marzipan grated  
100 g dried fruit chopped finely  
1 large egg  
150 ml milk  
3 tsp lemon juice  
2 tsp almond extract  
Zest of 1 lemon or orange  
Icing sugar for dusting

- 1. Preheat Oven to 200C Fan/220C Prepare baking sheet with baking parchment
- 2. Place GF self raising flour, baking powder and xanthan gum in a bowl. Chop cold butter into cubes and add to the flour. Rub in with your fingers until it forms what looks like breadcrumbs.
- 3. Stir in caster sugar, ground almonds, grated marzipan and chopped dried fruit. Add zest of orange or lemon.
- 4. Warm milk in a jug, don't make it really hot. Add lemon juice and allow to stand for 1-2 minutes - it should curdle a little.
- 5. Add the egg and almond extract to the milk mixture. Beat together so your egg is combined.
- 6. Make a well in the middle of dry mixture. Pour in the milk/egg mixture and work it in using a metal fork or knife. Keep working it till it forms a sticky dough.
- 7. Dust your hand and the surface with GF flour. Take a small amount of the dough and roll it in your hands into a slightly flattened ball. Place on prepared tray, leave gaps between each ball.
- 8. Bake in the preheated oven for 12-15 minutes until golden.
- 9. Remove from oven and allow to cool briefly on the tray before transferring to a cooling rack.
- 10. Dust heavily with icing sugar and enjoy cold or slightly warm.



THE ROOTED LIFE

Colossians 2:7  
*‘.....continue to live your lives in him, rooted and built up in him.....’ from the Bible*

Date: December 2022/January 2023

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION...

Christmas thoughts and new year resolutions .....



Welcome to the eighth edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 29<sup>th</sup> January 2023.

In this edition we hope you enjoy the following...

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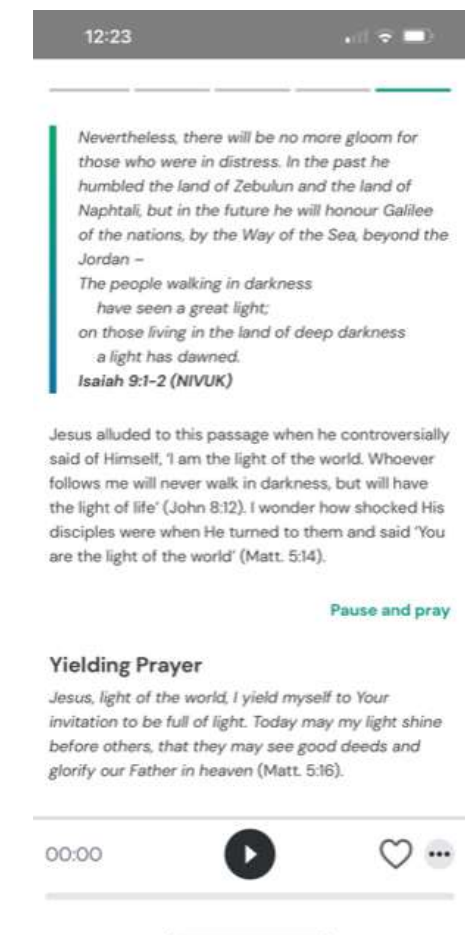
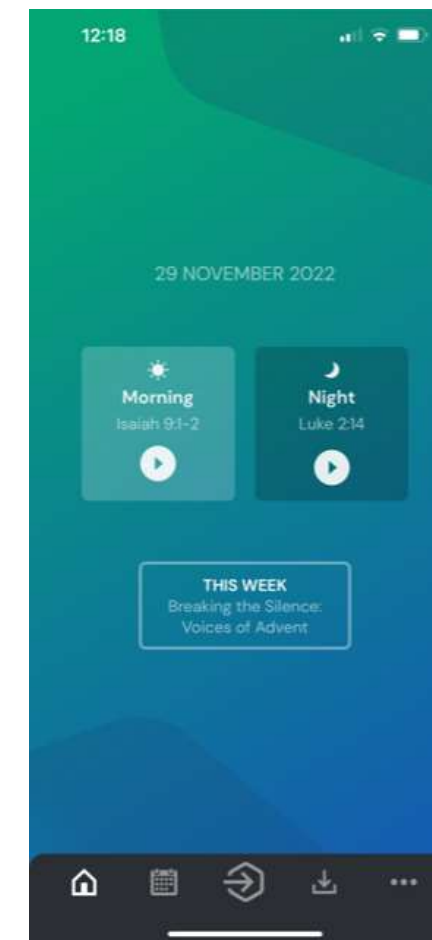
[Lectio 365](#) is a free audio devotional app that helps you pray the Bible every day. Listen for 10 minutes each morning to meditate on the word and pray. End each day with God using peaceful, seasonal night prayers.

I've been using Lectio 365 for several years now and here are some things I like about it:

- It's short (10 minutes) and easy to fit it with morning routines.
- It's listening, not reading: I don't have to focus on a screen and I can have a mug of +tea in hand at the same time!
- The themes are always inspiring, thought-provoking and relevant to everyday life and to what's going on in the world at the time.
- It's read by a variety of people/voices from the 24-7 prayer team, including Pete Greig, author of a number of great books on prayer.

Things I find a challenge - Pete Greig usually reads the evening night prayers (5 - 6 mins) and his voice is so soothing that I can sometimes fall asleep before the end!

If you think this would be helpful for you and want to try something different, why not give Lectio365 a go? [Here's a couple of images from today's Lectio365...](#)







## Home from Home -

is the name of our Warm Welcome Space.

We are currently meeting in the Church Lounge, however if numbers increase so that this is too busy we will use one end of the main church building. At the moment we have had a maximum of 15/16 people come along during an afternoon and share friendship, warmth as well as tea, coffee, hot chocolate and biscuits provided for us by Morrisons.

Our time is spent playing games, doing jigsaw puzzles, painting stones, reading the paper, chatting and of course enjoying the tea and coffee and biscuits and doughnuts left over from Thrive and the occasional spot of singing. See below:-



If you would like to join us as a volunteer or as a participant just come along between 1.30p.m. and 4.30p.m. on either Wednesday or Thursday. There are other Warm Spaces in the town at the Abbey, Alive Church at Central Hall, and at the Methodist Church, Town Green Centre.

## A message from Paul Smith, our Pastor at WBC.....

Can you believe it is the end of another year and the start of a new one? We are people bounded by time and it seems to go faster and faster!

It seems that I have written that statement for every rooted life article since we started! You would think by now I would have a better handle on either my time management or a greater understanding of the mystery of time. As we reflect on the end of the year and the beginning of the next I wonder.

I wonder what next year has install for me, for our family and the wider church family. I also ponder what the year ahead might pose for our wider community here in Wymondham and beyond. I have no idea what our futures hold.....'Tis mystery to me.....

And there is my thought for this period of time. Mystery. I love a good mystery. I recently revisited the Sherlock Holmes series. I like puzzles. I like to solve riddles and the like. I also enjoy pondering the greater mysteries of life. Do you ever ponder the great mysteries of life? Where do all the odd socks go? Who did let the dogs out? (You only get the joke if you know the song) Who built Stonehenge and why? How many stars are there in the sky? What, if anything, is out there in the beyond? How does love work?



In the Bible there is a lot of mystery. In fact, the word "mystery" or "mysteries" is used 27 times in the New Testament

Christmas is full of mystery. There are so many unanswered questions that are in the biblical account of Christmas. So many mysteries that I would love to gain insight on. Angels from on high, a young woman carrying the Saviour of the world...how did she feel about it all.....Joseph....how did he wrestle with it all....shepherds interrupted at night.....a star.....then there is the greatest mystery of all.....God came down to earth for US!

I love a good mystery! But this is not just a "good mystery." This doctrine of Christ that had once been concealed but has now been revealed is an undeniably "great mystery"!

Why would he do that?

Simple .....LOVE

As you transition from one year to the next perhaps reflect on this great mystery.....God came down to earth for all who shall believe in him.

It's a great mystery....but one that can change your life forever.

We might not know what the next year holds, but we can know the one who holds it. The one who loves YOU. I leave you with these words from a famous old hymn. 'Tis mystery that we can gain from the birth, death and resurrection of Jesus, but it is the truth.

And can it be that I should gain  
An int'rest in the Savior's blood?  
Died He for me, who caused His pain?  
For me, who Him to death pursued?  
Amazing love! how can it be  
That Thou, my God, should die for me?



Refrain:  
Amazing love! how can it be  
That Thou, my God, should die for me!

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the firstborn seraph tries  
To sound the depths of love divine!  
'Tis mercy all! let earth adore,  
Let angel minds inquire no more.

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.

Long my imprisoned spirit lay  
Fast bound in sin and nature's night;  
Thine eye diffused a quick'ning ray,  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free;  
I rose, went forth and followed Thee.

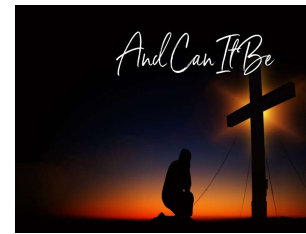
No condemnation now I dread;  
Jesus, and all in Him is mine!  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ my own.

Amen.

Have a great Christmas and a happy new year

Blessings

Paul



**Join us at one of our Christmas Services -**

**Sunday 18<sup>th</sup> December - 10.30a.m. - led by our Youth Dept.**  
**6.00p.m. - Carol Service**

**Sunday 25<sup>th</sup> December - 10.00a.m. - Christmas morning worship**

## RECYCLING NEWS



In the New Year, we will be expanding our recycling project at WBC to include crisp packets, coffee packets and dishwasher and washing tablet pouches.

Rose will be collecting your empty crisp and nut packets. Please shake these free of any 'debris' and flatten them.

Nicki will be collecting the empty coffee packets along with the dishwasher and washing tablet pouches.

We are not able to store any more recycling at church so please hand these items directly to Rose or Nicki.

Full details of what we will be collecting (along with examples of what to collect and a couple of requests to make things easier for us!!) will be on the Recycling noticeboard in the corridor. Thank you in advance for all your efforts in helping to reduce the amount of rubbish going to landfill.



### **Bronze Award for Wymondham Baptist Church**

Earlier in the year, we joined the Eco Church project and completed a survey about we care for God's earth in 5 different areas of church life:

- ❖ Worship and teaching
- ❖ Management of church buildings
- ❖ Management of church lands
- ❖ Community and global engagement
- ❖ Lifestyle

We are delighted to tell you that as a result of our efforts as a church fellowship over the last few months, we have just achieved the Bronze Award. We have received a certificate and have purchased a plaque which will be displayed somewhere prominent!

This is just the start of our Eco journey so please continue to support the project and keep an eye out for more information on future events and ideas. Thank you.



## Psalm 100 (New International Version)

'Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who has made us, and we are his; we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever; his faithfulness continues through all generations.'

This is my favourite Psalm as, although it is short, it contains the essence of much of what I believe to be true about God and so how we should praise Him, thank Him and value all other people.

I believe that as a Christian I should try to be joyful all the time - not always possible, sad to say. When I see something wonderful I try to praise and thank God for it. And I should always remember that, if I believe, as I do, that He made me and loves me, then He made every other person and loves them as much too. (That is ALL people, even those people I fundamentally disagree with!). This is one of the reasons why I feel so comfortable in the 'All inclusive' Wymondham Baptist Church. For me the Psalm also reinforces the knowledge that God's love endures always and for every generation.

When I read this Psalm I am reminded of the lovely worship song, which I really enjoy singing, 'Jubilate, everybody, serve the Lord in all your ways':

### Jubilate, everybody

Jubilate, everybody,  
serve the Lord in all your ways,  
and come before His presence singing:  
enter now His courts with praise.  
For the Lord our God is gracious,  
and His mercy's everlasting.  
Jubilate, jubilate, jubilate Deo!

©1977, 1980 Kingsway's Thankyou Music

**It is a good song to sing in the car when driving!**

Penny Seall



Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

## A WORD FROM ROSEDALES

Christmas greetings from Sarah and Beverley- Bereavement Support Group facilitators at Rosedale.



2022 has been yet another very eventful year. We have had 3 Prime Ministers, a record breaking 70<sup>th</sup> Jubilee celebration followed by the death of our beloved monarch, a new King and war in Europe again. Our economy has been battered and bruised and families struggle to make ends meet.

For many families who have lost a loved one this year, 2022 will be a year they will never forget. Christmas can be yet another painful reminder of all that has been lost.

The build up to Christmas can be stressful and bring feelings of dread as we anticipate the empty space where our loved one should be.

I can imagine that the Royal family will find their Christmas this year is difficult and very different to what has gone before.

We are used to seeing the Queen's extended family gather together at Sandringham for Christmas and attend church on Christmas morning. We may not see that again as the New King decides to do things differently.

Often the older matriarch of a family has a way of bringing all members of the family together, perhaps organising a large collective celebration, carrying on familiar traditions, remembering what everyone likes to eat or gifts people like to receive. They can be like the glue that holds everyone together.

Of course, not everyone has an 'idyllic' Christmas or a family to share it with.

Christmas comes in all shapes, sizes and budgets. It is important to do what suits you at Christmas. There is no rule book.

This is also true with bereavement, there is no right or wrong way to grieve and timescales and intensity are unique to each person.

If you are bereaved, the following tips may help you decide how you want your Christmas to be this year:

- Some people find comfort in keeping their traditions the same- others find this is too painful and choose to do things very differently and invent new 'traditions' like going away for a few days instead.
- It can be painful signing just one name in Christmas cards so some people choose not to send any - people will understand.
- Putting up the usual tree and decorations can be loaded with difficult memories- some people choose not to do this. However, others find this enables them to grieve, as they recall Christmases past.
- You may want to talk about your loved one at Christmas and include them as part of the celebration - raise a glass to them at lunch, celebrate the memories you shared together. Shedding a few tears is normal, healthy and shows you loved them. Tears and sadness are part of real life - no one should feel pressurised to feel 'jolly' at Christmas.
- Christmas movies portray happy loving families, beautifully (and expensively) decorated homes, snow on the ground and everyone getting along wonderfully. Most of us know this is pure fantasy! Take the pressure off yourself and do what is realistic and affordable instead.

- Throughout the Christmas period, spend some time alone if you need to. Go for a walk or run to relieve the pressure. Write in a journal about your thoughts and feelings.
- Some people choose to be alone on Christmas day and don't want the pressure of being around others. Others find that being around people can be a great distraction and support.
- If you cannot cope with parties this year, explain to the host that although you appreciate the invitation, you do not feel strong enough yet. On the other hand, you may find it comforting to be with others - you can always leave early if it becomes overwhelming.

And finally, every year, Rosedale offers **Christmas candles** to anyone who is bereaved. At 11am on Christmas morning, we invite the lighting of the candle and time to pause and think about our loved one. Many others will be doing the same thing at the same time, so we know we are not alone in our grief. These are available now and can be collected from all the Rosedale branches in Norfolk and Suffolk - including Wymondham. Rosedale also holds Christmas services of remembrance in many towns in Norfolk and Suffolk- check the Rosedale website for more details.

Wymondham Baptist Church and Rosedale work together to extend a warm welcome to anyone who has been bereaved, (no matter how long ago or which funeral director was used) to the Christmas Service of Remembrance at 7pm on the 8<sup>th</sup> of December. This service is another opportunity to pause and remember our loved ones at this special time of year.

Our next 8 week bereavement support course begins on January the 17<sup>th</sup>. Please call 07901 888 122 to reserve your place if you would like to attend.

Sending our warmest wishes to you for Christmas and the New Year.



Can you sort the Christmas words???

- |                  |            |
|------------------|------------|
| 1. TEHRAMEISCRST | -----/---- |
| 2. DYCNCNAEA     | ----/----- |
| 3. TTEIMLSEO     | -----      |
| 4. LYIVOYLH      | ----&---   |
| 5. SLEETIMOT     | -----      |
| 6. LOCSRA        | -----      |
| 7. BEMDRECE      | -----      |
| 8. DRERENEI      | -----      |
| 9. SSJEU         | -----      |
| 10. HDAAEERHP    | -----      |



(Answers in the next issue of Rooted Life)

SHOEBOX COLLECTION



This is our Shoebox collection this year - WBC have been taking part in the collection for many years - Ann Flaxman shares some of her memories -

We have some very happy memories of shoebox collections visiting varied Norfolk Churches - some cold and austere but, by contrast, meeting the warm and friendly shoebox volunteers.

The most memorable and joyous occasion was collecting shoeboxes from the small schools around Wymondham. A quiet well-behaved crocodile of children filed out of the school into the playground clasping their boxes - some of the children were very small, making their boxes look quite big!

I will always treasure the memory of their happy little faces - each child presenting me with their very own filled shoebox (maybe whispering a sideways comment “I chose all these” or “I bought these myself”)

Whenever shoeboxes are mentioned my memories of those happy school children come to mind, warming my heart and making me smile.

Here’s a picture of Chris and Ann filling the van with the collected shoe boxes.





# CHRISTMAS QUIZ

*...to keep you busy while you're recovering from your Christmas dinner!  
If you get stuck, we're more than happy to publish the answers in the New Year.*

- 1) Phillip Brooks wrote which famous Christmas carol?
- 2) Why is 28<sup>th</sup> December called Holy Innocent's Day?
- 3) When was the first stamp commemorating Christmas used?
- 4) Why is Xmas used as an abbreviation for Christmas?
- 5) In Britain, what is the definition of a White Christmas?
- 6) In 1650, Oliver Cromwell passed an Act of Parliament authorising the imprisonment of anyone found guilty of eating what?
- 7) What is the last date of the 'Twelve Days of Christmas'?
- 8) What is the 6<sup>th</sup> January called in the church calendar?
- 9) What did they do to celebrate Christmas on 25<sup>th</sup> December 1914 in the trenches?
- 10) When did 25<sup>th</sup> December become the official day to celebrate Jesus Christ's birth?
- 11) Which instrument was 'Silent Night' originally played on because mice had chewed through the bellows of the organ?
- 12) In which direction did the Bethlehem star rise?
- 13) Christmas crackers were invented in which century?
- 14) What does the word 'carol' mean?
- 15) Which angel who told Mary that she was to be the mother of Jesus?
- 16) What does the name Jesus mean?
- 17) In which year were Christmas lights first put up in London?
- 18) Why is Boxing Day so called?
- 19) Which German prince introduced Christmas trees to Britain?
- 20) Who was St Nicholas?
- 21) Which country donates the Trafalgar Square Christmas tree in memory of Britain's support during the 2<sup>nd</sup> World War?
- 22) Name one of the monarchs who were crowned on Christmas Day.
- 23) Carol singing began in which century?
- 24) Who visited the baby Jesus first?
- 25) What did Queen Victoria ban in 1870?
- 26) What is the ancient Viking festival of mid-winter called?
- 27) In what year did George V make the 1<sup>st</sup> royal Christmas broadcast?
- 28) What is Rudolph's distinguishing feature?
- 29) What tart with a sweet filling has its origin in a savoury mixture baked in a pastry case called a 'coffin'?
- 30) Who do we have to thank for the image of Father Christmas wearing red and white with a long beard?



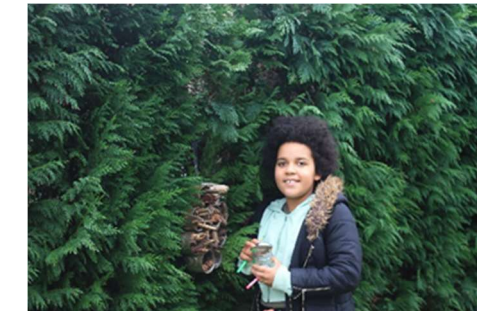
**We're going on a bug hunt!.....**

On Sunday 13<sup>th</sup> November, Ruth arranged a fantastic Sunday School session all about insects.

We had a quiz about insects and shared with the rest of the group pictures of our favourite insects before heading into the garden to see what insects we could find.

We learned that God is so good and has made a wonderful variety of insects each of which have different purposes in His Creation.

Thank you to Ruth for preparing such a great session and to Daniel and Sam for making the bug hotels which are now in the church garden.





### Updates from the Eco Church team at WBC

**In the garden:** 2 bug hotels have been made by the Rallan family and are now in the church garden. Ruth prepared a wonderful Sunday school session on the 13<sup>th</sup> November all about insects to help us think more about their part in creation. Thank you to the Rallans!!

**The Great Big Green Week:** For the first times, Greening Wymondham organised a range of local events as part of this national week of action against climate change. At WBC, we hosted the litter pick and ran a powerpoint presentation during Roots to highlight what we have been doing as church to care for God's creation.

**Recycling:** The current recycling scheme is working well so a big thank you to all of you who are bringing your items (stationery, toothbrushes/toothbrush heads, toothpaste tubes, medical blister packs) for recycling. Please keep an eye on the recycling noticeboard for any changes or further information.

**Funds:** You will remember our first ECO@WBC event in June when we raised over £700. We have used £350 of this to insulate the loft at the manse which is now fully insulated. The remaining money is being saved for the spring when we are hoping to build some raised beds for growing vegetables in the church garden.

Wymondham Baptist Church is now a Charitable Incorporated Organisation registered with the Charities Commission - Charity No. 1199302



### DATES TO REMEMBER JANUARY 2023

January 1 <sup>st</sup>	Reflection and Prayer - 10.30a.m.
January 4 <sup>th</sup>	Rosedales Monthly meeting - 10.00a.m.
January 4 <sup>th</sup>	Home from Home - p.m.
January 5 <sup>th</sup>	Home from Home - p.m.
January 6 <sup>th</sup>	Roots Community Café will be closed
January 7 <sup>th</sup>	Recognition and Ordination Service of Paul Smith - 2.00p.m.
January 8 <sup>th</sup>	Worship at 10.30a.m. including communion
January 9 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 9 <sup>th</sup>	Leadership Team meeting - 7.30p.m.
January 10 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 11 <sup>th</sup>	Home from Home - p.m.
January 11 <sup>th</sup>	Eco Team meeting - 7.00p.m.
January 12 <sup>th</sup>	Home from Home - p.m.
January 13 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 13 <sup>th</sup>	Friday Night Youth
January 15 <sup>th</sup>	Café Church - 10.30a.m.
January 15 <sup>th</sup>	Church Meeting - 12.30p.m.
January 16 <sup>th</sup> -22 <sup>nd</sup>	Week of Prayer for Christian Unity
January 16 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 17 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 17 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 18 <sup>th</sup>	Home from Home - p.m.
January 19 <sup>th</sup>	Home from Home - p.m.
January 20 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 22 <sup>nd</sup>	Worship at 10.30a.m.
January 23 <sup>rd</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 24 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 24 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 25 <sup>th</sup>	Home from Home - p.m.
January 26 <sup>th</sup>	Home from Home - p.m.
January 27 <sup>th</sup>	Roots community Café - 10.00a.m. - 1.00p.m.
January 27 <sup>th</sup>	Friday Night Youth
January 29 <sup>th</sup>	Worship at 10.30a.m.
January 30 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 31 <sup>st</sup>	Rosedales Bereavement Course - 10.00a.m.
January 31 <sup>st</sup>	Thrive@Roots - 2.30p.m.







## More news from the Eco Church Team

### Greener Christmas

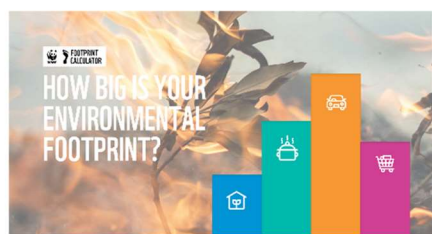
This year, we are giving everyone the option of sending just one Christmas card to the fellowship at WBC by providing an attractive and dedicated board to display the cards. All cards will be clearly and easily seen and will add to the festive appearance in the church. We will be using the 2 little Eco Church boards at the back of church and they will be ready for your cards from the beginning of December

### How big is your environmental footprint?

We would like to encourage everyone at WBC to complete a personal or household 'carbon calculator'. These surveys help us to work out how much CO<sub>2</sub> we emit in different areas of our lives – travel, energy, lifestyle etc. The results can be surprising and will hopefully lead us all to reflect on how we can make more small changes to reduce our own carbon footprint and so have a positive impact on God's earth.

We have chosen to complete the World Wildlife Fund Footprint Calculator because it is quick and easy to complete and does not require us to give any personal information other than a postcode.

The link for the survey is here:



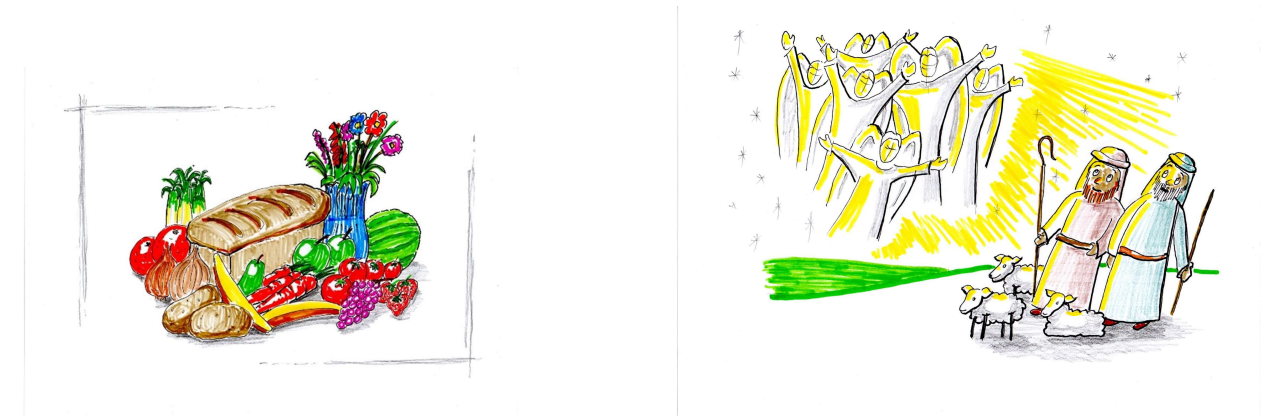
#### [WWF Footprint Calculator](https://footprint.wwf.org.uk)

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with our environmental footprint calculator.

[footprint.wwf.org.uk](https://footprint.wwf.org.uk)

We will not be expecting anyone to give us their results...the Eco Church and Leadership teams have already completed the carbon calculator and so we are hoping that lots of you will join in this project and take that extra step towards lowering carbon emissions.

## WINDMILL HOUSE SERVICES



On Wednesday 14th December a team of us from WBC will be leading a Carol Service at Windmill House Care Home. This will be just the 4th time we have been back in person since before the start of the covid pandemic as care homes were cautious about opening their doors to visitors. It has been a real delight to be so warmly welcomed and to meet face-to-face with the residents and some of the staff after a year of services on zoom.

In September we held a Harvest Thanksgiving Service which was appreciated by many residents, their visitors and some care staff. We try to include something visual to make things attractive so the songsheets were illustrated with some of Vic's colourful pictures of creation and harvest which were also shown on the TV screen during the talk. One of the residents made a nice little thank you speech at the end!

I've been looking back at my notes for the services I have taken responsibility for since I took over from Christine nearly 3 years ago and realised that it will be 4 years since we last held a Carol Service at Windmill House. (There were several months, including December 2019, when there were no church services there due to changes in circumstances at the 3 churches which had been involved). Then after just one visit in Feb. 2020 the doors were closed to all visitors from March onwards. We started zoom services in May 2021 and continued every 2 months until May this year when we were finally able to go back in person. We had arranged to alternate with Wymondham Methodist Church throughout 2022 so there would be a service once a month but that has not happened for a several months.

It will be very special to be back at Windmill House to share a Carol Service this year. The whole house will be lavishly decorated and Fran Annis, the Wellbeing Lead, will have kept the residents busy and happy making things to be part of the display. Vic and Mary have family commitments and won't be able to accompany the carols so our son Matt has agreed to bring a keyboard and play for us. As we will be a smaller team than usual if there are 1 or 2 people who would like to join us please speak to me and I'll include you.

Our aim is always to be a blessing and an encouragement to everyone we meet when we visit Windmill House but we always come away feeling blessed and encouraged ourselves by the warm welcome we receive and the appreciation shown for this simple act of worship and service. Please pray for us as we prepare for and lead this service and spend time with the residents afterwards.

Thank you for supporting in prayer this part of our church outreach and ministry.

Jan Hodges

## DATES TO REMEMBER - CHRISTMAS PROGRAMME



Thursday 8th December  
Rosedales Remembrance Service - 7.00pm

Sunday 11th December  
Morning Worship including Communion - 10.30am

Sunday 18th December  
Led by Our young People - 10.30am

Sunday 18th December  
Carol Service - 6.00pm

Monday 19th December  
Last Day Roots Community Café to be open

Sunday 25th December  
Christmas Morning Service 10.00am

Sunday 1st January  
Start the Year with Reflection and Prayer 10.30am

Sunday 8th January  
Worship Service - Re-visit our Vision

Monday 9th January  
Roots Community Café re-opens 10.00am - 1.00pm

connect us at:



[wymondhamaglistchurch](https://www.facebook.com/wymondhamaglistchurch)



[office@wymondhamapdsc.org](mailto:office@wymondhamapdsc.org)



[www.wymondhamapdsc.org](http://www.wymondhamapdsc.org)



01953 606520

## A PICTURE TO COLOUR





GLUTEN-FREE STOLLEN BITES

340 g gluten-free self raising flour  
¼ tsp xanthan gum  
1 tsp gluten free baking powder  
85 g cold butter  
60 g caster sugar  
50 g ground almonds  
150 g marzipan grated  
100 g dried fruit chopped finely  
1 large egg  
150 ml milk  
3 tsp lemon juice  
2 tsp almond extract  
Zest of 1 lemon or orange  
Icing sugar for dusting

- 1. Preheat Oven to 200C Fan/220C Prepare baking sheet with baking parchment
- 2. Place GF self raising flour, baking powder and xanthan gum in a bowl. Chop cold butter into cubes and add to the flour. Rub in with your fingers until it forms what looks like breadcrumbs.
- 3. Stir in caster sugar, ground almonds, grated marzipan and chopped dried fruit. Add zest of orange or lemon.
- 4. Warm milk in a jug, don't make it really hot. Add lemon juice and allow to stand for 1-2 minutes - it should curdle a little.
- 5. Add the egg and almond extract to the milk mixture. Beat together so your egg is combined.
- 6. Make a well in the middle of dry mixture. Pour in the milk/egg mixture and work it in using a metal fork or knife. Keep working it till it forms a sticky dough.
- 7. Dust your hand and the surface with GF flour. Take a small amount of the dough and roll it in your hands into a slightly flattened ball. Place on prepared tray, leave gaps between each ball.
- 8. Bake in the preheated oven for 12-15 minutes until golden.
- 9. Remove from oven and allow to cool briefly on the tray before transferring to a cooling rack.
- 10. Dust heavily with icing sugar and enjoy cold or slightly warm.



THE ROOTED LIFE

Colossians 2:7  
*‘.....continue to live your lives in him, rooted and built up in him.....’ from the Bible*

Date: December 2022/January 2023

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION...

Christmas thoughts and new year resolutions .....



Welcome to the eighth edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 29<sup>th</sup> January 2023.

In this edition we hope you enjoy the following...

#### Contents

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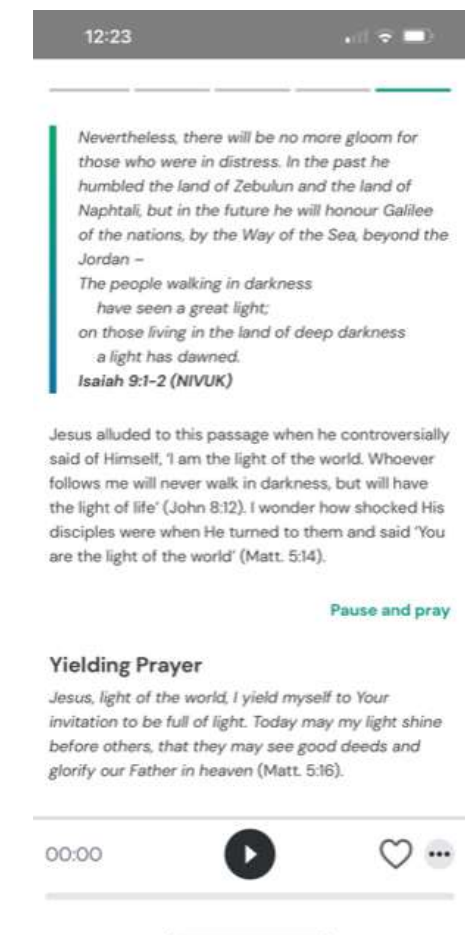
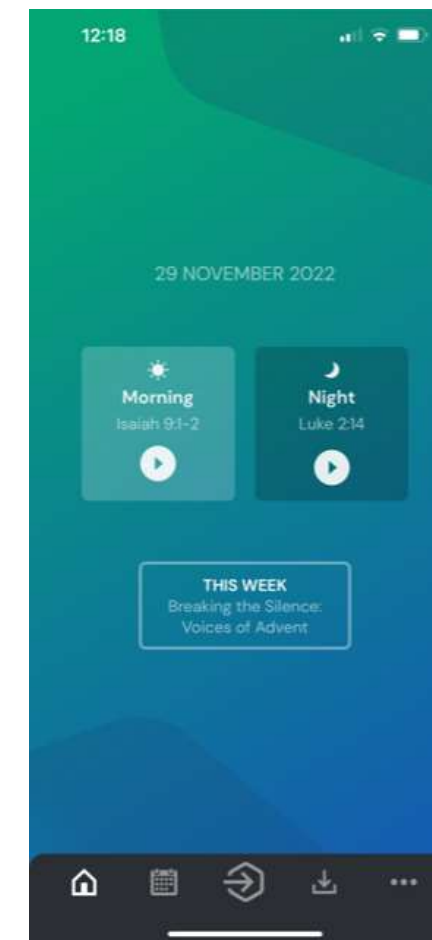
[Lectio 365](#) is a free audio devotional app that helps you pray the Bible every day. Listen for 10 minutes each morning to meditate on the word and pray. End each day with God using peaceful, seasonal night prayers.

I've been using Lectio 365 for several years now and here are some things I like about it:

- It's short (10 minutes) and easy to fit it with morning routines.
- It's listening, not reading: I don't have to focus on a screen and I can have a mug of +tea in hand at the same time!
- The themes are always inspiring, thought-provoking and relevant to everyday life and to what's going on in the world at the time.
- It's read by a variety of people/voices from the 24-7 prayer team, including Pete Greig, author of a number of great books on prayer.

Things I find a challenge - Pete Greig usually reads the evening night prayers (5 - 6 mins) and his voice is so soothing that I can sometimes fall asleep before the end!

If you think this would be helpful for you and want to try something different, why not give Lectio365 a go? [Here's a couple of images from today's Lectio365...](#)







## Home from Home -

is the name of our Warm Welcome Space.

We are currently meeting in the Church Lounge, however if numbers increase so that this is too busy we will use one end of the main church building. At the moment we have had a maximum of 15/16 people come along during an afternoon and share friendship, warmth as well as tea, coffee, hot chocolate and biscuits provided for us by Morrisons.

Our time is spent playing games, doing jigsaw puzzles, painting stones, reading the paper, chatting and of course enjoying the tea and coffee and biscuits and doughnuts left over from Thrive and the occasional spot of singing. See below:-



If you would like to join us as a volunteer or as a participant just come along between 1.30p.m. and 4.30p.m. on either Wednesday or Thursday. There are other Warm Spaces in the town at the Abbey, Alive Church at Central Hall, and at the Methodist Church, Town Green Centre.

## A message from Paul Smith, our Pastor at WBC.....

Can you believe it is the end of another year and the start of a new one? We are people bounded by time and it seems to go faster and faster!

It seems that I have written that statement for every rooted life article since we started! You would think by now I would have a better handle on either my time management or a greater understanding of the mystery of time. As we reflect on the end of the year and the beginning of the next I wonder.

I wonder what next year has install for me, for our family and the wider church family. I also ponder what the year ahead might pose for our wider community here in Wymondham and beyond. I have no idea what our futures hold.....'Tis mystery to me.....

And there is my thought for this period of time. Mystery. I love a good mystery. I recently revisited the Sherlock Holmes series. I like puzzles. I like to solve riddles and the like. I also enjoy pondering the greater mysteries of life. Do you ever ponder the great mysteries of life? Where do all the odd socks go? Who did let the dogs out? (You only get the joke if you know the song) Who built Stonehenge and why? How many stars are there in the sky? What, if anything, is out there in the beyond? How does love work?



In the Bible there is a lot of mystery. In fact, the word "mystery" or "mysteries" is used 27 times in the New Testament

Christmas is full of mystery. There are so many unanswered questions that are in the biblical account of Christmas. So many mysteries that I would love to gain insight on. Angels from on high, a young woman carrying the Saviour of the world...how did she feel about it all.....Joseph....how did he wrestle with it all....shepherds interrupted at night.....a star.....then there is the greatest mystery of all.....God came down to earth for US!

I love a good mystery! But this is not just a "good mystery." This doctrine of Christ that had once been concealed but has now been revealed is an undeniably "great mystery"!

Why would he do that?

Simple .....LOVE

As you transition from one year to the next perhaps reflect on this great mystery.....God came down to earth for all who shall believe in him.

It's a great mystery....but one that can change your life forever.

We might not know what the next year holds, but we can know the one who holds it. The one who loves YOU. I leave you with these words from a famous old hymn. 'Tis mystery that we can gain from the birth, death and resurrection of Jesus, but it is the truth.

And can it be that I should gain  
An int'rest in the Savior's blood?  
Died He for me, who caused His pain?  
For me, who Him to death pursued?  
Amazing love! how can it be  
That Thou, my God, should die for me?



Refrain:  
Amazing love! how can it be  
That Thou, my God, should die for me!

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the firstborn seraph tries  
To sound the depths of love divine!  
'Tis mercy all! let earth adore,  
Let angel minds inquire no more.

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.

Long my imprisoned spirit lay  
Fast bound in sin and nature's night;  
Thine eye diffused a quick'ning ray,  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free;  
I rose, went forth and followed Thee.

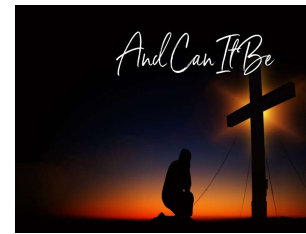
No condemnation now I dread;  
Jesus, and all in Him is mine!  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ my own.

Amen.

Have a great Christmas and a happy new year

Blessings

Paul



**Join us at one of our Christmas Services -**

**Sunday 18<sup>th</sup> December - 10.30a.m. - led by our Youth Dept.**  
**6.00p.m. - Carol Service**

**Sunday 25<sup>th</sup> December - 10.00a.m. - Christmas morning worship**

## RECYCLING NEWS



In the New Year, we will be expanding our recycling project at WBC to include crisp packets, coffee packets and dishwasher and washing tablet pouches.

Rose will be collecting your empty crisp and nut packets. Please shake these free of any 'debris' and flatten them.

Nicki will be collecting the empty coffee packets along with the dishwasher and washing tablet pouches.

We are not able to store any more recycling at church so please hand these items directly to Rose or Nicki.

Full details of what we will be collecting (along with examples of what to collect and a couple of requests to make things easier for us!!) will be on the Recycling noticeboard in the corridor. Thank you in advance for all your efforts in helping to reduce the amount of rubbish going to landfill.



### **Bronze Award for Wymondham Baptist Church**

Earlier in the year, we joined the Eco Church project and completed a survey about we care for God's earth in 5 different areas of church life:

- ❖ Worship and teaching
- ❖ Management of church buildings
- ❖ Management of church lands
- ❖ Community and global engagement
- ❖ Lifestyle

We are delighted to tell you that as a result of our efforts as a church fellowship over the last few months, we have just achieved the Bronze Award. We have received a certificate and have purchased a plaque which will be displayed somewhere prominent!

This is just the start of our Eco journey so please continue to support the project and keep an eye out for more information on future events and ideas. Thank you.



## Psalm 100 (New International Version)

'Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who has made us, and we are his; we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever; his faithfulness continues through all generations.'

This is my favourite Psalm as, although it is short, it contains the essence of much of what I believe to be true about God and so how we should praise Him, thank Him and value all other people.

I believe that as a Christian I should try to be joyful all the time - not always possible, sad to say. When I see something wonderful I try to praise and thank God for it. And I should always remember that, if I believe, as I do, that He made me and loves me, then He made every other person and loves them as much too. (That is ALL people, even those people I fundamentally disagree with!). This is one of the reasons why I feel so comfortable in the 'All inclusive' Wymondham Baptist Church. For me the Psalm also reinforces the knowledge that God's love endures always and for every generation.

When I read this Psalm I am reminded of the lovely worship song, which I really enjoy singing, 'Jubilate, everybody, serve the Lord in all your ways':

### Jubilate, everybody

Jubilate, everybody,  
serve the Lord in all your ways,  
and come before His presence singing:  
enter now His courts with praise.  
For the Lord our God is gracious,  
and His mercy's everlasting.  
Jubilate, jubilate, jubilate Deo!

©1977, 1980 Kingsway's Thankyou Music

**It is a good song to sing in the car when driving!**

Penny Seall



Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

## A WORD FROM ROSEDALES

Christmas greetings from Sarah and Beverley- Bereavement Support Group facilitators at Rosedale.



2022 has been yet another very eventful year. We have had 3 Prime Ministers, a record breaking 70<sup>th</sup> Jubilee celebration followed by the death of our beloved monarch, a new King and war in Europe again. Our economy has been battered and bruised and families struggle to make ends meet.

For many families who have lost a loved one this year, 2022 will be a year they will never forget. Christmas can be yet another painful reminder of all that has been lost.

The build up to Christmas can be stressful and bring feelings of dread as we anticipate the empty space where our loved one should be.

I can imagine that the Royal family will find their Christmas this year is difficult and very different to what has gone before.

We are used to seeing the Queen's extended family gather together at Sandringham for Christmas and attend church on Christmas morning. We may not see that again as the New King decides to do things differently.

Often the older matriarch of a family has a way of bringing all members of the family together, perhaps organising a large collective celebration, carrying on familiar traditions, remembering what everyone likes to eat or gifts people like to receive. They can be like the glue that holds everyone together.

Of course, not everyone has an 'idyllic' Christmas or a family to share it with.

Christmas comes in all shapes, sizes and budgets. It is important to do what suits you at Christmas. There is no rule book.

This is also true with bereavement, there is no right or wrong way to grieve and timescales and intensity are unique to each person.

If you are bereaved, the following tips may help you decide how you want your Christmas to be this year:

- Some people find comfort in keeping their traditions the same- others find this is too painful and choose to do things very differently and invent new 'traditions' like going away for a few days instead.
- It can be painful signing just one name in Christmas cards so some people choose not to send any - people will understand.
- Putting up the usual tree and decorations can be loaded with difficult memories- some people choose not to do this. However, others find this enables them to grieve, as they recall Christmases past.
- You may want to talk about your loved one at Christmas and include them as part of the celebration - raise a glass to them at lunch, celebrate the memories you shared together. Shedding a few tears is normal, healthy and shows you loved them. Tears and sadness are part of real life - no one should feel pressurised to feel 'jolly' at Christmas.
- Christmas movies portray happy loving families, beautifully (and expensively) decorated homes, snow on the ground and everyone getting along wonderfully. Most of us know this is pure fantasy! Take the pressure off yourself and do what is realistic and affordable instead.

- Throughout the Christmas period, spend some time alone if you need to. Go for a walk or run to relieve the pressure. Write in a journal about your thoughts and feelings.
- Some people choose to be alone on Christmas day and don't want the pressure of being around others. Others find that being around people can be a great distraction and support.
- If you cannot cope with parties this year, explain to the host that although you appreciate the invitation, you do not feel strong enough yet. On the other hand, you may find it comforting to be with others - you can always leave early if it becomes overwhelming.

And finally, every year, Rosedale offers **Christmas candles** to anyone who is bereaved. At 11am on Christmas morning, we invite the lighting of the candle and time to pause and think about our loved one. Many others will be doing the same thing at the same time, so we know we are not alone in our grief. These are available now and can be collected from all the Rosedale branches in Norfolk and Suffolk - including Wymondham. Rosedale also holds Christmas services of remembrance in many towns in Norfolk and Suffolk- check the Rosedale website for more details.

Wymondham Baptist Church and Rosedale work together to extend a warm welcome to anyone who has been bereaved, (no matter how long ago or which funeral director was used) to the Christmas Service of Remembrance at 7pm on the 8<sup>th</sup> of December. This service is another opportunity to pause and remember our loved ones at this special time of year.

Our next 8 week bereavement support course begins on January the 17<sup>th</sup>. Please call 07901 888 122 to reserve your place if you would like to attend.

Sending our warmest wishes to you for Christmas and the New Year.



Can you sort the Christmas words???

- |                  |            |
|------------------|------------|
| 1. TEHRAMEISCRST | -----/---- |
| 2. DYCNCNAEA     | ----/----- |
| 3. TTEIMLSEO     | -----      |
| 4. LYIVOYLH      | ----&---   |
| 5. SLEETIMOT     | -----      |
| 6. LOCSRA        | -----      |
| 7. BEMDRECE      | -----      |
| 8. DRERENEI      | -----      |
| 9. SSJEU         | -----      |
| 10. HDAAEERHP    | -----      |



(Answers in the next issue of Rooted Life)

SHOEBOX COLLECTION



This is our Shoebox collection this year - WBC have been taking part in the collection for many years - Ann Flaxman shares some of her memories -

We have some very happy memories of shoebox collections visiting varied Norfolk Churches - some cold and austere but, by contrast, meeting the warm and friendly shoebox volunteers.

The most memorable and joyous occasion was collecting shoeboxes from the small schools around Wymondham. A quiet well-behaved crocodile of children filed out of the school into the playground clasping their boxes - some of the children were very small, making their boxes look quite big!

I will always treasure the memory of their happy little faces - each child presenting me with their very own filled shoebox (maybe whispering a sideways comment “I chose all these” or “I bought these myself”)

Whenever shoeboxes are mentioned my memories of those happy school children come to mind, warming my heart and making me smile.

Here’s a picture of Chris and Ann filling the van with the collected shoe boxes.





# CHRISTMAS QUIZ

*...to keep you busy while you're recovering from your Christmas dinner!  
If you get stuck, we're more than happy to publish the answers in the New Year.*

- 1) Phillip Brooks wrote which famous Christmas carol?
- 2) Why is 28<sup>th</sup> December called Holy Innocent's Day?
- 3) When was the first stamp commemorating Christmas used?
- 4) Why is Xmas used as an abbreviation for Christmas?
- 5) In Britain, what is the definition of a White Christmas?
- 6) In 1650, Oliver Cromwell passed an Act of Parliament authorising the imprisonment of anyone found guilty of eating what?
- 7) What is the last date of the 'Twelve Days of Christmas'?
- 8) What is the 6<sup>th</sup> January called in the church calendar?
- 9) What did they do to celebrate Christmas on 25<sup>th</sup> December 1914 in the trenches?
- 10) When did 25<sup>th</sup> December become the official day to celebrate Jesus Christ's birth?
- 11) Which instrument was 'Silent Night' originally played on because mice had chewed through the bellows of the organ?
- 12) In which direction did the Bethlehem star rise?
- 13) Christmas crackers were invented in which century?
- 14) What does the word 'carol' mean?
- 15) Which angel who told Mary that she was to be the mother of Jesus?
- 16) What does the name Jesus mean?
- 17) In which year were Christmas lights first put up in London?
- 18) Why is Boxing Day so called?
- 19) Which German prince introduced Christmas trees to Britain?
- 20) Who was St Nicholas?
- 21) Which country donates the Trafalgar Square Christmas tree in memory of Britain's support during the 2<sup>nd</sup> World War?
- 22) Name one of the monarchs who were crowned on Christmas Day.
- 23) Carol singing began in which century?
- 24) Who visited the baby Jesus first?
- 25) What did Queen Victoria ban in 1870?
- 26) What is the ancient Viking festival of mid-winter called?
- 27) In what year did George V make the 1<sup>st</sup> royal Christmas broadcast?
- 28) What is Rudolph's distinguishing feature?
- 29) What tart with a sweet filling has its origin in a savoury mixture baked in a pastry case called a 'coffin'?
- 30) Who do we have to thank for the image of Father Christmas wearing red and white with a long beard?

**We're going on a bug hunt!.....**



On Sunday 13<sup>th</sup> November, Ruth arranged a fantastic Sunday School session all about insects.

We had a quiz about insects and shared with the rest of the group pictures of our favourite insects before heading into the garden to see what insects we could find.

We learned that God is so good and has made a wonderful variety of insects each of which have different purposes in His Creation.

Thank you to Ruth for preparing such a great session and to Daniel and Sam for making the bug hotels which are now in the church garden.





### Updates from the Eco Church team at WBC

**In the garden:** 2 bug hotels have been made by the Rallan family and are now in the church garden. Ruth prepared a wonderful Sunday school session on the 13<sup>th</sup> November all about insects to help us think more about their part in creation. Thank you to the Rallans!!

**The Great Big Green Week:** For the first times, Greening Wymondham organised a range of local events as part of this national week of action against climate change. At WBC, we hosted the litter pick and ran a powerpoint presentation during Roots to highlight what we have been doing as church to care for God's creation.

**Recycling:** The current recycling scheme is working well so a big thank you to all of you who are bringing your items (stationery, toothbrushes/toothbrush heads, toothpaste tubes, medical blister packs) for recycling. Please keep an eye on the recycling noticeboard for any changes or further information.

**Funds:** You will remember our first ECO@WBC event in June when we raised over £700. We have used £350 of this to insulate the loft at the manse which is now fully insulated. The remaining money is being saved for the spring when we are hoping to build some raised beds for growing vegetables in the church garden.

Wymondham Baptist Church is now a Charitable Incorporated Organisation registered with the Charities Commission - Charity No. 1199302



### DATES TO REMEMBER JANUARY 2023

January 1 <sup>st</sup>	Reflection and Prayer - 10.30a.m.
January 4 <sup>th</sup>	Rosedales Monthly meeting - 10.00a.m.
January 4 <sup>th</sup>	Home from Home - p.m.
January 5 <sup>th</sup>	Home from Home - p.m.
January 6 <sup>th</sup>	Roots Community Café will be closed
January 7 <sup>th</sup>	Recognition and Ordination Service of Paul Smith - 2.00p.m.
January 8 <sup>th</sup>	Worship at 10.30a.m. including communion
January 9 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 9 <sup>th</sup>	Leadership Team meeting - 7.30p.m.
January 10 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 11 <sup>th</sup>	Home from Home - p.m.
January 11 <sup>th</sup>	Eco Team meeting - 7.00p.m.
January 12 <sup>th</sup>	Home from Home - p.m.
January 13 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 13 <sup>th</sup>	Friday Night Youth
January 15 <sup>th</sup>	Café Church - 10.30a.m.
January 15 <sup>th</sup>	Church Meeting - 12.30p.m.
January 16 <sup>th</sup> -22 <sup>nd</sup>	Week of Prayer for Christian Unity
January 16 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 17 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 17 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 18 <sup>th</sup>	Home from Home - p.m.
January 19 <sup>th</sup>	Home from Home - p.m.
January 20 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 22 <sup>nd</sup>	Worship at 10.30a.m.
January 23 <sup>rd</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 24 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 24 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 25 <sup>th</sup>	Home from Home - p.m.
January 26 <sup>th</sup>	Home from Home - p.m.
January 27 <sup>th</sup>	Roots community Café - 10.00a.m. - 1.00p.m.
January 27 <sup>th</sup>	Friday Night Youth
January 29 <sup>th</sup>	Worship at 10.30a.m.
January 30 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 31 <sup>st</sup>	Rosedales Bereavement Course - 10.00a.m.
January 31 <sup>st</sup>	Thrive@Roots - 2.30p.m.







## More news from the Eco Church Team

### Greener Christmas

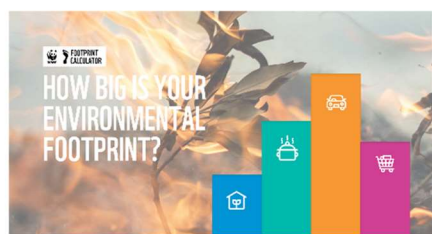
This year, we are giving everyone the option of sending just one Christmas card to the fellowship at WBC by providing an attractive and dedicated board to display the cards. All cards will be clearly and easily seen and will add to the festive appearance in the church. We will be using the 2 little Eco Church boards at the back of church and they will be ready for your cards from the beginning of December

### How big is your environmental footprint?

We would like to encourage everyone at WBC to complete a personal or household 'carbon calculator'. These surveys help us to work out how much CO<sub>2</sub> we emit in different areas of our lives – travel, energy, lifestyle etc. The results can be surprising and will hopefully lead us all to reflect on how we can make more small changes to reduce our own carbon footprint and so have a positive impact on God's earth.

We have chosen to complete the World Wildlife Fund Footprint Calculator because it is quick and easy to complete and does not require us to give any personal information other than a postcode.

The link for the survey is here:



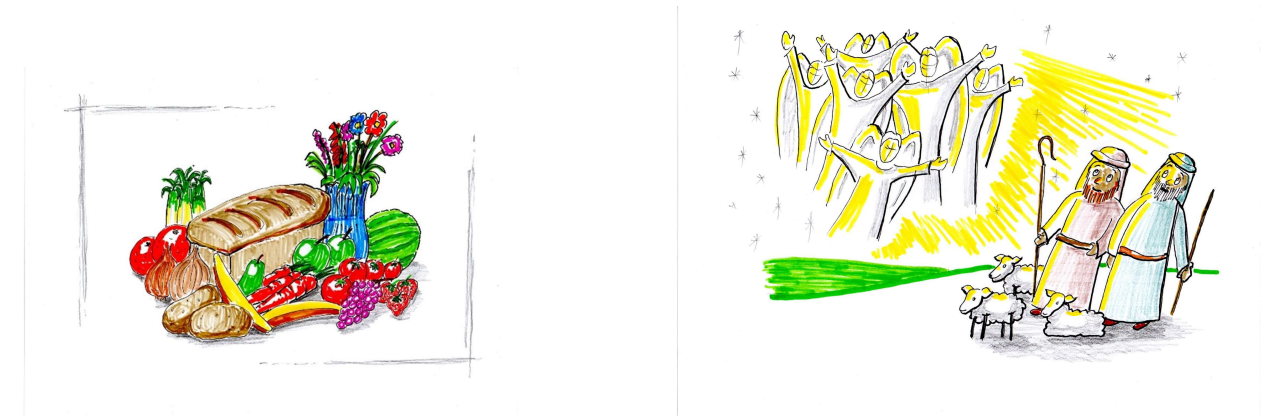
#### [WWF Footprint Calculator](https://footprint.wwf.org.uk)

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with our environmental footprint calculator.

[footprint.wwf.org.uk](https://footprint.wwf.org.uk)

We will not be expecting anyone to give us their results...the Eco Church and Leadership teams have already completed the carbon calculator and so we are hoping that lots of you will join in this project and take that extra step towards lowering carbon emissions.

## WINDMILL HOUSE SERVICES



On Wednesday 14th December a team of us from WBC will be leading a Carol Service at Windmill House Care Home. This will be just the 4th time we have been back in person since before the start of the covid pandemic as care homes were cautious about opening their doors to visitors. It has been a real delight to be so warmly welcomed and to meet face-to-face with the residents and some of the staff after a year of services on zoom.

In September we held a Harvest Thanksgiving Service which was appreciated by many residents, their visitors and some care staff. We try to include something visual to make things attractive so the songsheets were illustrated with some of Vic's colourful pictures of creation and harvest which were also shown on the TV screen during the talk. One of the residents made a nice little thank you speech at the end!

I've been looking back at my notes for the services I have taken responsibility for since I took over from Christine nearly 3 years ago and realised that it will be 4 years since we last held a Carol Service at Windmill House. (There were several months, including December 2019, when there were no church services there due to changes in circumstances at the 3 churches which had been involved). Then after just one visit in Feb. 2020 the doors were closed to all visitors from March onwards. We started zoom services in May 2021 and continued every 2 months until May this year when we were finally able to go back in person. We had arranged to alternate with Wymondham Methodist Church throughout 2022 so there would be a service once a month but that has not happened for a several months.

It will be very special to be back at Windmill House to share a Carol Service this year. The whole house will be lavishly decorated and Fran Annis, the Wellbeing Lead, will have kept the residents busy and happy making things to be part of the display. Vic and Mary have family commitments and won't be able to accompany the carols so our son Matt has agreed to bring a keyboard and play for us. As we will be a smaller team than usual if there are 1 or 2 people who would like to join us please speak to me and I'll include you.

Our aim is always to be a blessing and an encouragement to everyone we meet when we visit Windmill House but we always come away feeling blessed and encouraged ourselves by the warm welcome we receive and the appreciation shown for this simple act of worship and service. Please pray for us as we prepare for and lead this service and spend time with the residents afterwards.

Thank you for supporting in prayer this part of our church outreach and ministry.

Jan Hodges

## DATES TO REMEMBER - CHRISTMAS PROGRAMME



Thursday 8th December  
Rosedales Remembrance Service - 7.00pm

Sunday 11th December  
Morning Worship including Communion - 10.30am

Sunday 18th December  
Led by Our young People - 10.30am

Sunday 18th December  
Carol Service - 6.00pm

Monday 19th December  
Last Day Roots Community Café to be open

Sunday 25th December  
Christmas Morning Service 10.00am

Sunday 1st January  
Start the Year with Reflection and Prayer 10.30am

Sunday 8th January  
Worship Service - Re-visit our Vision

Monday 9th January  
Roots Community Café re-opens 10.00am - 1.00pm

connect us at:



[wymondhamaglistchurch](https://www.facebook.com/wymondhamaglistchurch)



[office@wymondhamaglistchurch.org](mailto:office@wymondhamaglistchurch.org)



[www.wymondhamaglistchurch.org](http://www.wymondhamaglistchurch.org)



01953 606520

## A PICTURE TO COLOUR





GLUTEN-FREE STOLLEN BITES

340 g gluten-free self raising flour  
¼ tsp xanthan gum  
1 tsp gluten free baking powder  
85 g cold butter  
60 g caster sugar  
50 g ground almonds  
150 g marzipan grated  
100 g dried fruit chopped finely  
1 large egg  
150 ml milk  
3 tsp lemon juice  
2 tsp almond extract  
Zest of 1 lemon or orange  
Icing sugar for dusting

- 1. Preheat Oven to 200C Fan/220C Prepare baking sheet with baking parchment
- 2. Place GF self raising flour, baking powder and xanthan gum in a bowl. Chop cold butter into cubes and add to the flour. Rub in with your fingers until it forms what looks like breadcrumbs.
- 3. Stir in caster sugar, ground almonds, grated marzipan and chopped dried fruit. Add zest of orange or lemon.
- 4. Warm milk in a jug, don't make it really hot. Add lemon juice and allow to stand for 1-2 minutes - it should curdle a little.
- 5. Add the egg and almond extract to the milk mixture. Beat together so your egg is combined.
- 6. Make a well in the middle of dry mixture. Pour in the milk/egg mixture and work it in using a metal fork or knife. Keep working it till it forms a sticky dough.
- 7. Dust your hand and the surface with GF flour. Take a small amount of the dough and roll it in your hands into a slightly flattened ball. Place on prepared tray, leave gaps between each ball.
- 8. Bake in the preheated oven for 12-15 minutes until golden.
- 9. Remove from oven and allow to cool briefly on the tray before transferring to a cooling rack.
- 10. Dust heavily with icing sugar and enjoy cold or slightly warm.



THE ROOTED LIFE

Colossians 2:7  
*‘.....continue to live your lives in him, rooted and built up in him.....’ from the Bible*

Date: December 2022/January 2023

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION...

Christmas thoughts and new year resolutions .....



Welcome to the eighth edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 29<sup>th</sup> January 2023.

In this edition we hope you enjoy the following...

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- Message from our Pastor page 3
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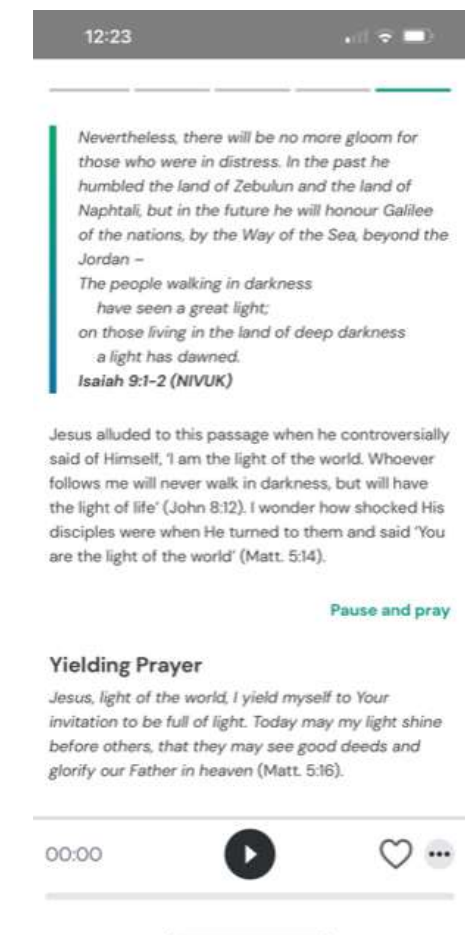
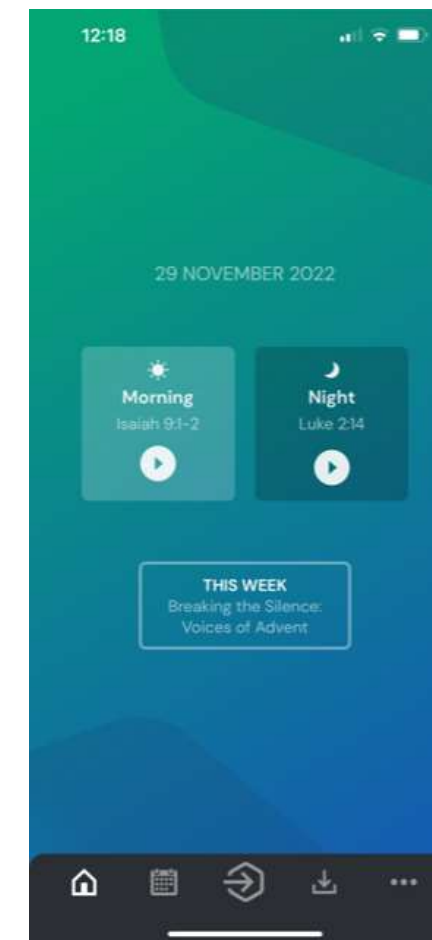
[Lectio 365](#) is a free audio devotional app that helps you pray the Bible every day. Listen for 10 minutes each morning to meditate on the word and pray. End each day with God using peaceful, seasonal night prayers.

I've been using Lectio 365 for several years now and here are some things I like about it:

- It's short (10 minutes) and easy to fit it with morning routines.
- It's listening, not reading: I don't have to focus on a screen and I can have a mug of +tea in hand at the same time!
- The themes are always inspiring, thought-provoking and relevant to everyday life and to what's going on in the world at the time.
- It's read by a variety of people/voices from the 24-7 prayer team, including Pete Greig, author of a number of great books on prayer.

Things I find a challenge - Pete Greig usually reads the evening night prayers (5 - 6 mins) and his voice is so soothing that I can sometimes fall asleep before the end!

If you think this would be helpful for you and want to try something different, why not give Lectio365 a go? [Here's a couple of images from today's Lectio365...](#)







## Home from Home -

is the name of our Warm Welcome Space.

We are currently meeting in the Church Lounge, however if numbers increase so that this is too busy we will use one end of the main church building. At the moment we have had a maximum of 15/16 people come along during an afternoon and share friendship, warmth as well as tea, coffee, hot chocolate and biscuits provided for us by Morrisons.

Our time is spent playing games, doing jigsaw puzzles, painting stones, reading the paper, chatting and of course enjoying the tea and coffee and biscuits and doughnuts left over from Thrive and the occasional spot of singing. See below:-



If you would like to join us as a volunteer or as a participant just come along between 1.30p.m. and 4.30p.m. on either Wednesday or Thursday. There are other Warm Spaces in the town at the Abbey, Alive Church at Central Hall, and at the Methodist Church, Town Green Centre.

## A message from Paul Smith, our Pastor at WBC.....

Can you believe it is the end of another year and the start of a new one? We are people bounded by time and it seems to go faster and faster!

It seems that I have written that statement for every rooted life article since we started! You would think by now I would have a better handle on either my time management or a greater understanding of the mystery of time. As we reflect on the end of the year and the beginning of the next I wonder.

I wonder what next year has install for me, for our family and the wider church family. I also ponder what the year ahead might pose for our wider community here in Wymondham and beyond. I have no idea what our futures hold.....'Tis mystery to me.....

And there is my thought for this period of time. Mystery. I love a good mystery. I recently revisited the Sherlock Holmes series. I like puzzles. I like to solve riddles and the like. I also enjoy pondering the greater mysteries of life. Do you ever ponder the great mysteries of life? Where do all the odd socks go? Who did let the dogs out? (You only get the joke if you know the song) Who built Stonehenge and why? How many stars are there in the sky? What, if anything, is out there in the beyond? How does love work?



In the Bible there is a lot of mystery. In fact, the word "mystery" or "mysteries" is used 27 times in the New Testament

Christmas is full of mystery. There are so many unanswered questions that are in the biblical account of Christmas. So many mysteries that I would love to gain insight on. Angels from on high, a young woman carrying the Saviour of the world...how did she feel about it all.....Joseph....how did he wrestle with it all....shepherds interrupted at night.....a star.....then there is the greatest mystery of all.....God came down to earth for US!

I love a good mystery! But this is not just a "good mystery." This doctrine of Christ that had once been concealed but has now been revealed is an undeniably "great mystery"!

Why would he do that?

Simple .....LOVE

As you transition from one year to the next perhaps reflect on this great mystery.....God came down to earth for all who shall believe in him.

It's a great mystery....but one that can change your life forever.

We might not know what the next year holds, but we can know the one who holds it. The one who loves YOU. I leave you with these words from a famous old hymn. 'Tis mystery that we can gain from the birth, death and resurrection of Jesus, but it is the truth.

And can it be that I should gain  
An int'rest in the Savior's blood?  
Died He for me, who caused His pain?  
For me, who Him to death pursued?  
Amazing love! how can it be  
That Thou, my God, should die for me?



Refrain:  
Amazing love! how can it be  
That Thou, my God, should die for me!

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the firstborn seraph tries  
To sound the depths of love divine!  
'Tis mercy all! let earth adore,  
Let angel minds inquire no more.

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.

Long my imprisoned spirit lay  
Fast bound in sin and nature's night;  
Thine eye diffused a quick'ning ray,  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free;  
I rose, went forth and followed Thee.

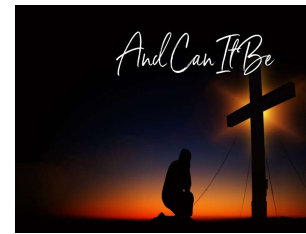
No condemnation now I dread;  
Jesus, and all in Him is mine!  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ my own.

Amen.

Have a great Christmas and a happy new year

Blessings

Paul



**Join us at one of our Christmas Services -**

**Sunday 18<sup>th</sup> December - 10.30a.m. - led by our Youth Dept.  
6.00p.m. - Carol Service**

**Sunday 25<sup>th</sup> December - 10.00a.m. - Christmas morning worship**

## RECYCLING NEWS



In the New Year, we will be expanding our recycling project at WBC to include crisp packets, coffee packets and dishwasher and washing tablet pouches.

Rose will be collecting your empty crisp and nut packets. Please shake these free of any 'debris' and flatten them.

Nicki will be collecting the empty coffee packets along with the dishwasher and washing tablet pouches.

We are not able to store any more recycling at church so please hand these items directly to Rose or Nicki.

Full details of what we will be collecting (along with examples of what to collect and a couple of requests to make things easier for us!!) will be on the Recycling noticeboard in the corridor. Thank you in advance for all your efforts in helping to reduce the amount of rubbish going to landfill.



### **Bronze Award for Wymondham Baptist Church**

Earlier in the year, we joined the Eco Church project and completed a survey about we care for God's earth in 5 different areas of church life:

- ❖ Worship and teaching
- ❖ Management of church buildings
- ❖ Management of church lands
- ❖ Community and global engagement
- ❖ Lifestyle

We are delighted to tell you that as a result of our efforts as a church fellowship over the last few months, we have just achieved the Bronze Award. We have received a certificate and have purchased a plaque which will be displayed somewhere prominent!

This is just the start of our Eco journey so please continue to support the project and keep an eye out for more information on future events and ideas. Thank you.



## Psalm 100 (New International Version)

'Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who has made us, and we are his; we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever; his faithfulness continues through all generations.'

This is my favourite Psalm as, although it is short, it contains the essence of much of what I believe to be true about God and so how we should praise Him, thank Him and value all other people.

I believe that as a Christian I should try to be joyful all the time - not always possible, sad to say. When I see something wonderful I try to praise and thank God for it. And I should always remember that, if I believe, as I do, that He made me and loves me, then He made every other person and loves them as much too. (That is ALL people, even those people I fundamentally disagree with!). This is one of the reasons why I feel so comfortable in the 'All inclusive' Wymondham Baptist Church. For me the Psalm also reinforces the knowledge that God's love endures always and for every generation.

When I read this Psalm I am reminded of the lovely worship song, which I really enjoy singing, 'Jubilate, everybody, serve the Lord in all your ways':

### Jubilate, everybody

Jubilate, everybody,  
serve the Lord in all your ways,  
and come before His presence singing:  
enter now His courts with praise.  
For the Lord our God is gracious,  
and His mercy's everlasting.  
Jubilate, jubilate, jubilate Deo!

©1977, 1980 Kingsway's Thankyou Music

**It is a good song to sing in the car when driving!**

Penny Seall



Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

## A WORD FROM ROSEDALES

Christmas greetings from Sarah and Beverley- Bereavement Support Group facilitators at Rosedale.



2022 has been yet another very eventful year. We have had 3 Prime Ministers, a record breaking 70<sup>th</sup> Jubilee celebration followed by the death of our beloved monarch, a new King and war in Europe again. Our economy has been battered and bruised and families struggle to make ends meet.

For many families who have lost a loved one this year, 2022 will be a year they will never forget. Christmas can be yet another painful reminder of all that has been lost.

The build up to Christmas can be stressful and bring feelings of dread as we anticipate the empty space where our loved one should be.

I can imagine that the Royal family will find their Christmas this year is difficult and very different to what has gone before.

We are used to seeing the Queen's extended family gather together at Sandringham for Christmas and attend church on Christmas morning. We may not see that again as the New King decides to do things differently.

Often the older matriarch of a family has a way of bringing all members of the family together, perhaps organising a large collective celebration, carrying on familiar traditions, remembering what everyone likes to eat or gifts people like to receive. They can be like the glue that holds everyone together.

Of course, not everyone has an 'idyllic' Christmas or a family to share it with.

Christmas comes in all shapes, sizes and budgets. It is important to do what suits you at Christmas. There is no rule book.

This is also true with bereavement, there is no right or wrong way to grieve and timescales and intensity are unique to each person.

If you are bereaved, the following tips may help you decide how you want your Christmas to be this year:

- Some people find comfort in keeping their traditions the same- others find this is too painful and choose to do things very differently and invent new 'traditions' like going away for a few days instead.
- It can be painful signing just one name in Christmas cards so some people choose not to send any - people will understand.
- Putting up the usual tree and decorations can be loaded with difficult memories- some people choose not to do this. However, others find this enables them to grieve, as they recall Christmases past.
- You may want to talk about your loved one at Christmas and include them as part of the celebration - raise a glass to them at lunch, celebrate the memories you shared together. Shedding a few tears is normal, healthy and shows you loved them. Tears and sadness are part of real life - no one should feel pressurised to feel 'jolly' at Christmas.
- Christmas movies portray happy loving families, beautifully (and expensively) decorated homes, snow on the ground and everyone getting along wonderfully. Most of us know this is pure fantasy! Take the pressure off yourself and do what is realistic and affordable instead.

- Throughout the Christmas period, spend some time alone if you need to. Go for a walk or run to relieve the pressure. Write in a journal about your thoughts and feelings.
- Some people choose to be alone on Christmas day and don't want the pressure of being around others. Others find that being around people can be a great distraction and support.
- If you cannot cope with parties this year, explain to the host that although you appreciate the invitation, you do not feel strong enough yet. On the other hand, you may find it comforting to be with others - you can always leave early if it becomes overwhelming.

And finally, every year, Rosedale offers **Christmas candles** to anyone who is bereaved. At 11am on Christmas morning, we invite the lighting of the candle and time to pause and think about our loved one. Many others will be doing the same thing at the same time, so we know we are not alone in our grief. These are available now and can be collected from all the Rosedale branches in Norfolk and Suffolk - including Wymondham. Rosedale also holds Christmas services of remembrance in many towns in Norfolk and Suffolk- check the Rosedale website for more details.

Wymondham Baptist Church and Rosedale work together to extend a warm welcome to anyone who has been bereaved, (no matter how long ago or which funeral director was used) to the Christmas Service of Remembrance at 7pm on the 8<sup>th</sup> of December. This service is another opportunity to pause and remember our loved ones at this special time of year.

Our next 8 week bereavement support course begins on January the 17<sup>th</sup>. Please call 07901 888 122 to reserve your place if you would like to attend.

Sending our warmest wishes to you for Christmas and the New Year.



Can you sort the Christmas words???

- |                  |            |
|------------------|------------|
| 1. TEHRAMEISCRST | -----/---- |
| 2. DYCNCNAEA     | ----/----- |
| 3. TTEIMLSEO     | -----      |
| 4. LYIVOYLH      | ----&---   |
| 5. SLEETIMOT     | -----      |
| 6. LOCSRA        | -----      |
| 7. BEMDRECE      | -----      |
| 8. DRERENEI      | -----      |
| 9. SSJEU         | -----      |
| 10. HDAAEERHP    | -----      |



(Answers in the next issue of Rooted Life)

SHOEBOX COLLECTION



This is our Shoebox collection this year - WBC have been taking part in the collection for many years - Ann Flaxman shares some of her memories -

We have some very happy memories of shoebox collections visiting varied Norfolk Churches - some cold and austere but, by contrast, meeting the warm and friendly shoebox volunteers.

The most memorable and joyous occasion was collecting shoeboxes from the small schools around Wymondham. A quiet well-behaved crocodile of children filed out of the school into the playground clasping their boxes - some of the children were very small, making their boxes look quite big!

I will always treasure the memory of their happy little faces - each child presenting me with their very own filled shoebox (maybe whispering a sideways comment “I chose all these” or “I bought these myself”)

Whenever shoeboxes are mentioned my memories of those happy school children come to mind, warming my heart and making me smile.

Here’s a picture of Chris and Ann filling the van with the collected shoe boxes.





# CHRISTMAS QUIZ

*...to keep you busy while you're recovering from your Christmas dinner!  
If you get stuck, we're more than happy to publish the answers in the New Year.*

- 1) Phillip Brooks wrote which famous Christmas carol?
- 2) Why is 28<sup>th</sup> December called Holy Innocent's Day?
- 3) When was the first stamp commemorating Christmas used?
- 4) Why is Xmas used as an abbreviation for Christmas?
- 5) In Britain, what is the definition of a White Christmas?
- 6) In 1650, Oliver Cromwell passed an Act of Parliament authorising the imprisonment of anyone found guilty of eating what?
- 7) What is the last date of the 'Twelve Days of Christmas'?
- 8) What is the 6<sup>th</sup> January called in the church calendar?
- 9) What did they do to celebrate Christmas on 25<sup>th</sup> December 1914 in the trenches?
- 10) When did 25<sup>th</sup> December become the official day to celebrate Jesus Christ's birth?
- 11) Which instrument was 'Silent Night' originally played on because mice had chewed through the bellows of the organ?
- 12) In which direction did the Bethlehem star rise?
- 13) Christmas crackers were invented in which century?
- 14) What does the word 'carol' mean?
- 15) Which angel who told Mary that she was to be the mother of Jesus?
- 16) What does the name Jesus mean?
- 17) In which year were Christmas lights first put up in London?
- 18) Why is Boxing Day so called?
- 19) Which German prince introduced Christmas trees to Britain?
- 20) Who was St Nicholas?
- 21) Which country donates the Trafalgar Square Christmas tree in memory of Britain's support during the 2<sup>nd</sup> World War?
- 22) Name one of the monarchs who were crowned on Christmas Day.
- 23) Carol singing began in which century?
- 24) Who visited the baby Jesus first?
- 25) What did Queen Victoria ban in 1870?
- 26) What is the ancient Viking festival of mid-winter called?
- 27) In what year did George V make the 1<sup>st</sup> royal Christmas broadcast?
- 28) What is Rudolph's distinguishing feature?
- 29) What tart with a sweet filling has its origin in a savoury mixture baked in a pastry case called a 'coffin'?
- 30) Who do we have to thank for the image of Father Christmas wearing red and white with a long beard?



**We're going on a bug hunt!.....**

On Sunday 13<sup>th</sup> November, Ruth arranged a fantastic Sunday School session all about insects.

We had a quiz about insects and shared with the rest of the group pictures of our favourite insects before heading into the garden to see what insects we could find.

We learned that God is so good and has made a wonderful variety of insects each of which have different purposes in His Creation.

Thank you to Ruth for preparing such a great session and to Daniel and Sam for making the bug hotels which are now in the church garden.





### Updates from the Eco Church team at WBC

**In the garden:** 2 bug hotels have been made by the Rallan family and are now in the church garden. Ruth prepared a wonderful Sunday school session on the 13<sup>th</sup> November all about insects to help us think more about their part in creation. Thank you to the Rallans!!

**The Great Big Green Week:** For the first times, Greening Wymondham organised a range of local events as part of this national week of action against climate change. At WBC, we hosted the litter pick and ran a powerpoint presentation during Roots to highlight what we have been doing as church to care for God's creation.

**Recycling:** The current recycling scheme is working well so a big thank you to all of you who are bringing your items (stationery, toothbrushes/toothbrush heads, toothpaste tubes, medical blister packs) for recycling. Please keep an eye on the recycling noticeboard for any changes or further information.

**Funds:** You will remember our first ECO@WBC event in June when we raised over £700. We have used £350 of this to insulate the loft at the manse which is now fully insulated. The remaining money is being saved for the spring when we are hoping to build some raised beds for growing vegetables in the church garden.

Wymondham Baptist Church is now a Charitable Incorporated Organisation registered with the Charities Commission - Charity No. 1199302



### DATES TO REMEMBER JANUARY 2023

January 1 <sup>st</sup>	Reflection and Prayer - 10.30a.m.
January 4 <sup>th</sup>	Rosedales Monthly meeting - 10.00a.m.
January 4 <sup>th</sup>	Home from Home - p.m.
January 5 <sup>th</sup>	Home from Home - p.m.
January 6 <sup>th</sup>	Roots Community Café will be closed
January 7 <sup>th</sup>	Recognition and Ordination Service of Paul Smith - 2.00p.m.
January 8 <sup>th</sup>	Worship at 10.30a.m. including communion
January 9 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 9 <sup>th</sup>	Leadership Team meeting - 7.30p.m.
January 10 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 11 <sup>th</sup>	Home from Home - p.m.
January 11 <sup>th</sup>	Eco Team meeting - 7.00p.m.
January 12 <sup>th</sup>	Home from Home - p.m.
January 13 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 13 <sup>th</sup>	Friday Night Youth
January 15 <sup>th</sup>	Café Church - 10.30a.m.
January 15 <sup>th</sup>	Church Meeting - 12.30p.m.
January 16 <sup>th</sup> -22 <sup>nd</sup>	Week of Prayer for Christian Unity
January 16 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 17 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 17 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 18 <sup>th</sup>	Home from Home - p.m.
January 19 <sup>th</sup>	Home from Home - p.m.
January 20 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 22 <sup>nd</sup>	Worship at 10.30a.m.
January 23 <sup>rd</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 24 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 24 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 25 <sup>th</sup>	Home from Home - p.m.
January 26 <sup>th</sup>	Home from Home - p.m.
January 27 <sup>th</sup>	Roots community Café - 10.00a.m. - 1.00p.m.
January 27 <sup>th</sup>	Friday Night Youth
January 29 <sup>th</sup>	Worship at 10.30a.m.
January 30 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 31 <sup>st</sup>	Rosedales Bereavement Course - 10.00a.m.
January 31 <sup>st</sup>	Thrive@Roots - 2.30p.m.







## More news from the Eco Church Team

### Greener Christmas

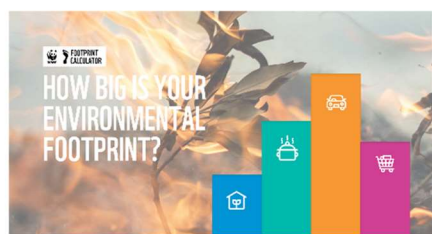
This year, we are giving everyone the option of sending just one Christmas card to the fellowship at WBC by providing an attractive and dedicated board to display the cards. All cards will be clearly and easily seen and will add to the festive appearance in the church. We will be using the 2 little Eco Church boards at the back of church and they will be ready for your cards from the beginning of December

### How big is your environmental footprint?

We would like to encourage everyone at WBC to complete a personal or household 'carbon calculator'. These surveys help us to work out how much CO<sub>2</sub> we emit in different areas of our lives – travel, energy, lifestyle etc. The results can be surprising and will hopefully lead us all to reflect on how we can make more small changes to reduce our own carbon footprint and so have a positive impact on God's earth.

We have chosen to complete the World Wildlife Fund Footprint Calculator because it is quick and easy to complete and does not require us to give any personal information other than a postcode.

The link for the survey is here:



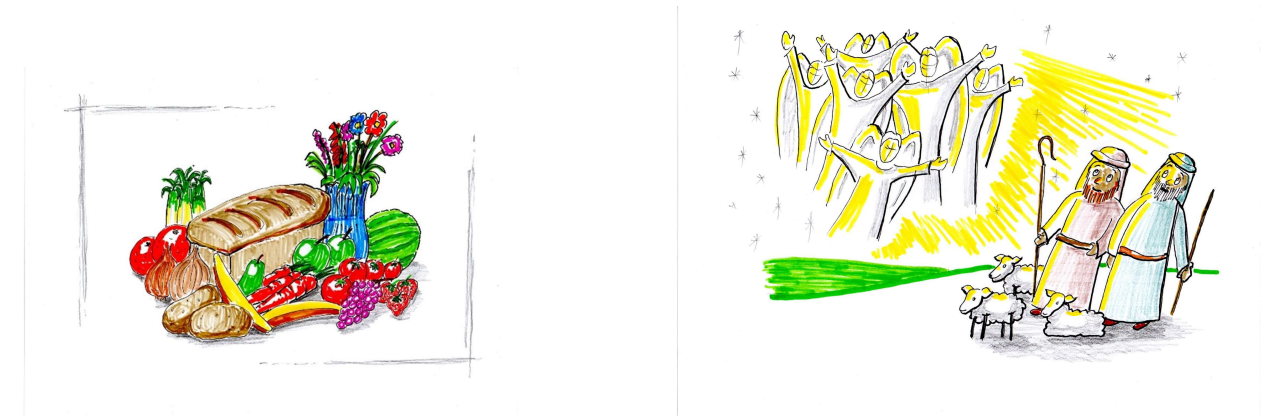
#### WWF Footprint Calculator

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with our environmental footprint calculator.

[footprint.wwf.org.uk](https://footprint.wwf.org.uk)

We will not be expecting anyone to give us their results...the Eco Church and Leadership teams have already completed the carbon calculator and so we are hoping that lots of you will join in this project and take that extra step towards lowering carbon emissions.

## WINDMILL HOUSE SERVICES



On Wednesday 14th December a team of us from WBC will be leading a Carol Service at Windmill House Care Home. This will be just the 4th time we have been back in person since before the start of the covid pandemic as care homes were cautious about opening their doors to visitors. It has been a real delight to be so warmly welcomed and to meet face-to-face with the residents and some of the staff after a year of services on zoom.

In September we held a Harvest Thanksgiving Service which was appreciated by many residents, their visitors and some care staff. We try to include something visual to make things attractive so the songsheets were illustrated with some of Vic's colourful pictures of creation and harvest which were also shown on the TV screen during the talk. One of the residents made a nice little thank you speech at the end!

I've been looking back at my notes for the services I have taken responsibility for since I took over from Christine nearly 3 years ago and realised that it will be 4 years since we last held a Carol Service at Windmill House. (There were several months, including December 2019, when there were no church services there due to changes in circumstances at the 3 churches which had been involved). Then after just one visit in Feb. 2020 the doors were closed to all visitors from March onwards. We started zoom services in May 2021 and continued every 2 months until May this year when we were finally able to go back in person. We had arranged to alternate with Wymondham Methodist Church throughout 2022 so there would be a service once a month but that has not happened for a several months.

It will be very special to be back at Windmill House to share a Carol Service this year. The whole house will be lavishly decorated and Fran Annis, the Wellbeing Lead, will have kept the residents busy and happy making things to be part of the display. Vic and Mary have family commitments and won't be able to accompany the carols so our son Matt has agreed to bring a keyboard and play for us. As we will be a smaller team than usual if there are 1 or 2 people who would like to join us please speak to me and I'll include you.

Our aim is always to be a blessing and an encouragement to everyone we meet when we visit Windmill House but we always come away feeling blessed and encouraged ourselves by the warm welcome we receive and the appreciation shown for this simple act of worship and service. Please pray for us as we prepare for and lead this service and spend time with the residents afterwards.

Thank you for supporting in prayer this part of our church outreach and ministry.

Jan Hodges

## DATES TO REMEMBER - CHRISTMAS PROGRAMME



Thursday 8th December  
Rosedales Remembrance Service - 7.00pm

Sunday 11th December  
Morning Worship including Communion - 10.30am

Sunday 18th December  
Led by Our young People - 10.30am

Sunday 18th December  
Carol Service - 6.00pm

Monday 19th December  
Last Day Roots Community Café to be open

Sunday 25th December  
Christmas Morning Service 10.00am

Sunday 1st January  
Start the Year with Reflection and Prayer 10.30am

Sunday 8th January  
Worship Service - Re-visit our Vision

Monday 9th January  
Roots Community Café re-opens 10.00am - 1.00pm

connect us at:



[wymondhamchristchurch](https://www.facebook.com/wymondhamchristchurch)



[office@wymondhamparish.org](mailto:office@wymondhamparish.org)



[www.wymondhamparish.org](http://www.wymondhamparish.org)



01953 606520

## A PICTURE TO COLOUR





GLUTEN-FREE STOLLEN BITES

340 g gluten-free self raising flour  
¼ tsp xanthan gum  
1 tsp gluten free baking powder  
85 g cold butter  
60 g caster sugar  
50 g ground almonds  
150 g marzipan grated  
100 g dried fruit chopped finely  
1 large egg  
150 ml milk  
3 tsp lemon juice  
2 tsp almond extract  
Zest of 1 lemon or orange  
Icing sugar for dusting

- 1. Preheat Oven to 200C Fan/220C Prepare baking sheet with baking parchment
- 2. Place GF self raising flour, baking powder and xanthan gum in a bowl. Chop cold butter into cubes and add to the flour. Rub in with your fingers until it forms what looks like breadcrumbs.
- 3. Stir in caster sugar, ground almonds, grated marzipan and chopped dried fruit. Add zest of orange or lemon.
- 4. Warm milk in a jug, don't make it really hot. Add lemon juice and allow to stand for 1-2 minutes - it should curdle a little.
- 5. Add the egg and almond extract to the milk mixture. Beat together so your egg is combined.
- 6. Make a well in the middle of dry mixture. Pour in the milk/egg mixture and work it in using a metal fork or knife. Keep working it till it forms a sticky dough.
- 7. Dust your hand and the surface with GF flour. Take a small amount of the dough and roll it in your hands into a slightly flattened ball. Place on prepared tray, leave gaps between each ball.
- 8. Bake in the preheated oven for 12-15 minutes until golden.
- 9. Remove from oven and allow to cool briefly on the tray before transferring to a cooling rack.
- 10. Dust heavily with icing sugar and enjoy cold or slightly warm.



THE ROOTED LIFE

Colossians 2:7  
*‘.....continue to live your lives in him, rooted and built up in him.....’ from the Bible*

Date: December 2022/January 2023

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION...

Christmas thoughts and new year resolutions .....



Welcome to the eighth edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 29<sup>th</sup> January 2023.

In this edition we hope you enjoy the following...

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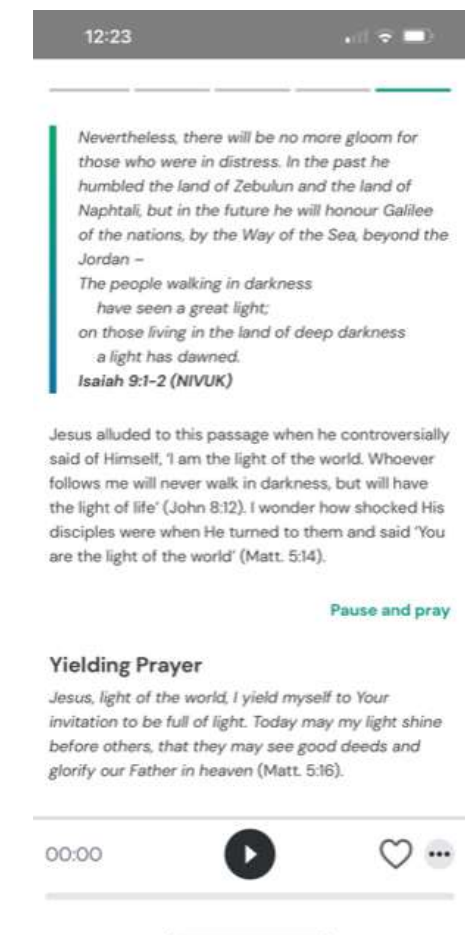
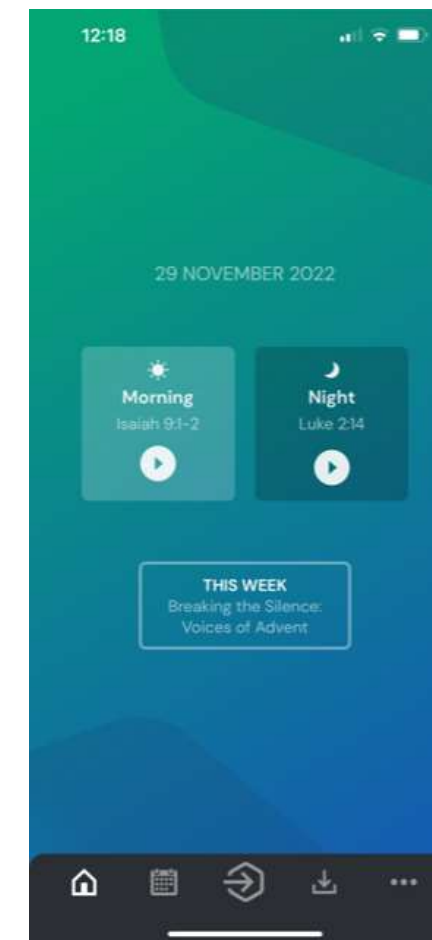
[Lectio 365](#) is a free audio devotional app that helps you pray the Bible every day. Listen for 10 minutes each morning to meditate on the word and pray. End each day with God using peaceful, seasonal night prayers.

I've been using Lectio 365 for several years now and here are some things I like about it:

- It's short (10 minutes) and easy to fit it with morning routines.
- It's listening, not reading: I don't have to focus on a screen and I can have a mug of +tea in hand at the same time!
- The themes are always inspiring, thought-provoking and relevant to everyday life and to what's going on in the world at the time.
- It's read by a variety of people/voices from the 24-7 prayer team, including Pete Greig, author of a number of great books on prayer.

Things I find a challenge - Pete Greig usually reads the evening night prayers (5 - 6 mins) and his voice is so soothing that I can sometimes fall asleep before the end!

If you think this would be helpful for you and want to try something different, why not give Lectio365 a go? [Here's a couple of images from today's Lectio365...](#)







## Home from Home -

is the name of our Warm Welcome Space.

We are currently meeting in the Church Lounge, however if numbers increase so that this is too busy we will use one end of the main church building. At the moment we have had a maximum of 15/16 people come along during an afternoon and share friendship, warmth as well as tea, coffee, hot chocolate and biscuits provided for us by Morrisons.

Our time is spent playing games, doing jigsaw puzzles, painting stones, reading the paper, chatting and of course enjoying the tea and coffee and biscuits and doughnuts left over from Thrive and the occasional spot of singing. See below:-



If you would like to join us as a volunteer or as a participant just come along between 1.30p.m. and 4.30p.m. on either Wednesday or Thursday. There are other Warm Spaces in the town at the Abbey, Alive Church at Central Hall, and at the Methodist Church, Town Green Centre.

## A message from Paul Smith, our Pastor at WBC.....

Can you believe it is the end of another year and the start of a new one? We are people bounded by time and it seems to go faster and faster!

It seems that I have written that statement for every rooted life article since we started! You would think by now I would have a better handle on either my time management or a greater understanding of the mystery of time. As we reflect on the end of the year and the beginning of the next I wonder.

I wonder what next year has install for me, for our family and the wider church family. I also ponder what the year ahead might pose for our wider community here in Wymondham and beyond. I have no idea what our futures hold.....'Tis mystery to me.....

And there is my thought for this period of time. Mystery. I love a good mystery. I recently revisited the Sherlock Holmes series. I like puzzles. I like to solve riddles and the like. I also enjoy pondering the greater mysteries of life. Do you ever ponder the great mysteries of life? Where do all the odd socks go? Who did let the dogs out? (You only get the joke if you know the song) Who built Stonehenge and why? How many stars are there in the sky? What, if anything, is out there in the beyond? How does love work?



In the Bible there is a lot of mystery. In fact, the word "mystery" or "mysteries" is used 27 times in the New Testament

Christmas is full of mystery. There are so many unanswered questions that are in the biblical account of Christmas. So many mysteries that I would love to gain insight on. Angels from on high, a young woman carrying the Saviour of the world...how did she feel about it all.....Joseph....how did he wrestle with it all....shepherds interrupted at night.....a star.....then there is the greatest mystery of all.....God came down to earth for US!

I love a good mystery! But this is not just a "good mystery." This doctrine of Christ that had once been concealed but has now been revealed is an undeniably "great mystery"!

Why would he do that?

Simple .....LOVE

As you transition from one year to the next perhaps reflect on this great mystery.....God came down to earth for all who shall believe in him.

It's a great mystery....but one that can change your life forever.

We might not know what the next year holds, but we can know the one who holds it. The one who loves YOU. I leave you with these words from a famous old hymn. 'Tis mystery that we can gain from the birth, death and resurrection of Jesus, but it is the truth.

And can it be that I should gain  
An int'rest in the Savior's blood?  
Died He for me, who caused His pain?  
For me, who Him to death pursued?  
Amazing love! how can it be  
That Thou, my God, should die for me?



Refrain:  
Amazing love! how can it be  
That Thou, my God, should die for me!

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the firstborn seraph tries  
To sound the depths of love divine!  
'Tis mercy all! let earth adore,  
Let angel minds inquire no more.

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.

Long my imprisoned spirit lay  
Fast bound in sin and nature's night;  
Thine eye diffused a quick'ning ray,  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free;  
I rose, went forth and followed Thee.

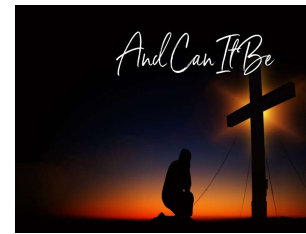
No condemnation now I dread;  
Jesus, and all in Him is mine!  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ my own.

Amen.

Have a great Christmas and a happy new year

Blessings

Paul



**Join us at one of our Christmas Services -**

**Sunday 18<sup>th</sup> December - 10.30a.m. - led by our Youth Dept.**  
**6.00p.m. - Carol Service**

**Sunday 25<sup>th</sup> December - 10.00a.m. - Christmas morning worship**

## RECYCLING NEWS



In the New Year, we will be expanding our recycling project at WBC to include crisp packets, coffee packets and dishwasher and washing tablet pouches.

Rose will be collecting your empty crisp and nut packets. Please shake these free of any 'debris' and flatten them.

Nicki will be collecting the empty coffee packets along with the dishwasher and washing tablet pouches.

We are not able to store any more recycling at church so please hand these items directly to Rose or Nicki.

Full details of what we will be collecting (along with examples of what to collect and a couple of requests to make things easier for us!!) will be on the Recycling noticeboard in the corridor. Thank you in advance for all your efforts in helping to reduce the amount of rubbish going to landfill.



### **Bronze Award for Wymondham Baptist Church**

Earlier in the year, we joined the Eco Church project and completed a survey about we care for God's earth in 5 different areas of church life:

- ❖ Worship and teaching
- ❖ Management of church buildings
- ❖ Management of church lands
- ❖ Community and global engagement
- ❖ Lifestyle

We are delighted to tell you that as a result of our efforts as a church fellowship over the last few months, we have just achieved the Bronze Award. We have received a certificate and have purchased a plaque which will be displayed somewhere prominent!

This is just the start of our Eco journey so please continue to support the project and keep an eye out for more information on future events and ideas. Thank you.



## Psalm 100 (New International Version)

'Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who has made us, and we are his; we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever; his faithfulness continues through all generations.'

This is my favourite Psalm as, although it is short, it contains the essence of much of what I believe to be true about God and so how we should praise Him, thank Him and value all other people.

I believe that as a Christian I should try to be joyful all the time - not always possible, sad to say. When I see something wonderful I try to praise and thank God for it. And I should always remember that, if I believe, as I do, that He made me and loves me, then He made every other person and loves them as much too. (That is ALL people, even those people I fundamentally disagree with!). This is one of the reasons why I feel so comfortable in the 'All inclusive' Wymondham Baptist Church. For me the Psalm also reinforces the knowledge that God's love endures always and for every generation.

When I read this Psalm I am reminded of the lovely worship song, which I really enjoy singing, 'Jubilate, everybody, serve the Lord in all your ways':

### Jubilate, everybody

Jubilate, everybody,  
serve the Lord in all your ways,  
and come before His presence singing:  
enter now His courts with praise.  
For the Lord our God is gracious,  
and His mercy's everlasting.  
Jubilate, jubilate, jubilate Deo!

©1977, 1980 Kingsway's Thankyou Music

**It is a good song to sing in the car when driving!**

Penny Seall



Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

## A WORD FROM ROSEDALES

Christmas greetings from Sarah and Beverley- Bereavement Support Group facilitators at Rosedale.



2022 has been yet another very eventful year. We have had 3 Prime Ministers, a record breaking 70<sup>th</sup> Jubilee celebration followed by the death of our beloved monarch, a new King and war in Europe again. Our economy has been battered and bruised and families struggle to make ends meet.

For many families who have lost a loved one this year, 2022 will be a year they will never forget. Christmas can be yet another painful reminder of all that has been lost.

The build up to Christmas can be stressful and bring feelings of dread as we anticipate the empty space where our loved one should be.

I can imagine that the Royal family will find their Christmas this year is difficult and very different to what has gone before.

We are used to seeing the Queen's extended family gather together at Sandringham for Christmas and attend church on Christmas morning. We may not see that again as the New King decides to do things differently.

Often the older matriarch of a family has a way of bringing all members of the family together, perhaps organising a large collective celebration, carrying on familiar traditions, remembering what everyone likes to eat or gifts people like to receive. They can be like the glue that holds everyone together.

Of course, not everyone has an 'idyllic' Christmas or a family to share it with.

Christmas comes in all shapes, sizes and budgets. It is important to do what suits you at Christmas. There is no rule book.

This is also true with bereavement, there is no right or wrong way to grieve and timescales and intensity are unique to each person.

If you are bereaved, the following tips may help you decide how you want your Christmas to be this year:

- Some people find comfort in keeping their traditions the same- others find this is too painful and choose to do things very differently and invent new 'traditions' like going away for a few days instead.
- It can be painful signing just one name in Christmas cards so some people choose not to send any - people will understand.
- Putting up the usual tree and decorations can be loaded with difficult memories- some people choose not to do this. However, others find this enables them to grieve, as they recall Christmases past.
- You may want to talk about your loved one at Christmas and include them as part of the celebration - raise a glass to them at lunch, celebrate the memories you shared together. Shedding a few tears is normal, healthy and shows you loved them. Tears and sadness are part of real life - no one should feel pressurised to feel 'jolly' at Christmas.
- Christmas movies portray happy loving families, beautifully (and expensively) decorated homes, snow on the ground and everyone getting along wonderfully. Most of us know this is pure fantasy! Take the pressure off yourself and do what is realistic and affordable instead.

- Throughout the Christmas period, spend some time alone if you need to. Go for a walk or run to relieve the pressure. Write in a journal about your thoughts and feelings.
- Some people choose to be alone on Christmas day and don't want the pressure of being around others. Others find that being around people can be a great distraction and support.
- If you cannot cope with parties this year, explain to the host that although you appreciate the invitation, you do not feel strong enough yet. On the other hand, you may find it comforting to be with others - you can always leave early if it becomes overwhelming.

And finally, every year, Rosedale offers **Christmas candles** to anyone who is bereaved. At 11am on Christmas morning, we invite the lighting of the candle and time to pause and think about our loved one. Many others will be doing the same thing at the same time, so we know we are not alone in our grief. These are available now and can be collected from all the Rosedale branches in Norfolk and Suffolk - including Wymondham. Rosedale also holds Christmas services of remembrance in many towns in Norfolk and Suffolk- check the Rosedale website for more details.

Wymondham Baptist Church and Rosedale work together to extend a warm welcome to anyone who has been bereaved, (no matter how long ago or which funeral director was used) to the Christmas Service of Remembrance at 7pm on the 8<sup>th</sup> of December. This service is another opportunity to pause and remember our loved ones at this special time of year.

Our next 8 week bereavement support course begins on January the 17<sup>th</sup>. Please call 07901 888 122 to reserve your place if you would like to attend.

Sending our warmest wishes to you for Christmas and the New Year.



Can you sort the Christmas words???

- |                  |            |
|------------------|------------|
| 1. TEHRAMEISCRST | -----/---- |
| 2. DYCNCNAEA     | -----/---- |
| 3. TTEIMLSEO     | -----      |
| 4. LYIVOYLH      | -----&---- |
| 5. SLEETIMOT     | -----      |
| 6. LOCSRA        | -----      |
| 7. BEMDRECE      | -----      |
| 8. DRERENEI      | -----      |
| 9. SSJEU         | -----      |
| 10. HDAAEERHP    | -----      |



(Answers in the next issue of Rooted Life)

SHOEBOX COLLECTION



This is our Shoebox collection this year - WBC have been taking part in the collection for many years - Ann Flaxman shares some of her memories -

We have some very happy memories of shoebox collections visiting varied Norfolk Churches - some cold and austere but, by contrast, meeting the warm and friendly shoebox volunteers.

The most memorable and joyous occasion was collecting shoeboxes from the small schools around Wymondham. A quiet well-behaved crocodile of children filed out of the school into the playground clasping their boxes - some of the children were very small, making their boxes look quite big!

I will always treasure the memory of their happy little faces - each child presenting me with their very own filled shoebox (maybe whispering a sideways comment “I chose all these” or “I bought these myself”)

Whenever shoeboxes are mentioned my memories of those happy school children come to mind, warming my heart and making me smile.

Here’s a picture of Chris and Ann filling the van with the collected shoe boxes.





# CHRISTMAS QUIZ

*...to keep you busy while you're recovering from your Christmas dinner!  
If you get stuck, we're more than happy to publish the answers in the New Year.*

- 1) Phillip Brooks wrote which famous Christmas carol?
- 2) Why is 28<sup>th</sup> December called Holy Innocent's Day?
- 3) When was the first stamp commemorating Christmas used?
- 4) Why is Xmas used as an abbreviation for Christmas?
- 5) In Britain, what is the definition of a White Christmas?
- 6) In 1650, Oliver Cromwell passed an Act of Parliament authorising the imprisonment of anyone found guilty of eating what?
- 7) What is the last date of the 'Twelve Days of Christmas'?
- 8) What is the 6<sup>th</sup> January called in the church calendar?
- 9) What did they do to celebrate Christmas on 25<sup>th</sup> December 1914 in the trenches?
- 10) When did 25<sup>th</sup> December become the official day to celebrate Jesus Christ's birth?
- 11) Which instrument was 'Silent Night' originally played on because mice had chewed through the bellows of the organ?
- 12) In which direction did the Bethlehem star rise?
- 13) Christmas crackers were invented in which century?
- 14) What does the word 'carol' mean?
- 15) Which angel who told Mary that she was to be the mother of Jesus?
- 16) What does the name Jesus mean?
- 17) In which year were Christmas lights first put up in London?
- 18) Why is Boxing Day so called?
- 19) Which German prince introduced Christmas trees to Britain?
- 20) Who was St Nicholas?
- 21) Which country donates the Trafalgar Square Christmas tree in memory of Britain's support during the 2<sup>nd</sup> World War?
- 22) Name one of the monarchs who were crowned on Christmas Day.
- 23) Carol singing began in which century?
- 24) Who visited the baby Jesus first?
- 25) What did Queen Victoria ban in 1870?
- 26) What is the ancient Viking festival of mid-winter called?
- 27) In what year did George V make the 1<sup>st</sup> royal Christmas broadcast?
- 28) What is Rudolph's distinguishing feature?
- 29) What tart with a sweet filling has its origin in a savoury mixture baked in a pastry case called a 'coffin'?
- 30) Who do we have to thank for the image of Father Christmas wearing red and white with a long beard?



**We're going on a bug hunt!.....**

On Sunday 13<sup>th</sup> November, Ruth arranged a fantastic Sunday School session all about insects.

We had a quiz about insects and shared with the rest of the group pictures of our favourite insects before heading into the garden to see what insects we could find.

We learned that God is so good and has made a wonderful variety of insects each of which have different purposes in His Creation.

Thank you to Ruth for preparing such a great session and to Daniel and Sam for making the bug hotels which are now in the church garden.



## Updates from the Eco Church team at WBC

**In the garden:** 2 bug hotels have been made by the Rallan family and are now in the church garden. Ruth prepared a wonderful Sunday school session on the 13<sup>th</sup> November all about insects to help us think more about their part in creation. Thank you to the Rallans!!

**The Great Big Green Week:** For the first times, Greening Wymondham organised a range of local events as part of this national week of action against climate change. At WBC, we hosted the litter pick and ran a powerpoint presentation during Roots to highlight what we have been doing as church to care for God's creation.

**Recycling:** The current recycling scheme is working well so a big thank you to all of you who are bringing your items (stationery, toothbrushes/toothbrush heads, toothpaste tubes, medical blister packs) for recycling. Please keep an eye on the recycling noticeboard for any changes or further information.

**Funds:** You will remember our first ECO@WBC event in June when we raised over £700. We have used £350 of this to insulate the loft at the manse which is now fully insulated. The remaining money is being saved for the spring when we are hoping to build some raised beds for growing vegetables in the church garden.

Wymondham Baptist Church is now a Charitable Incorporated Organisation registered with the Charities Commission - Charity No. 1199302



## DATES TO REMEMBER JANUARY 2023

January 1 <sup>st</sup>	Reflection and Prayer - 10.30a.m.
January 4 <sup>th</sup>	Rosedales Monthly meeting - 10.00a.m.
January 4 <sup>th</sup>	Home from Home - p.m.
January 5 <sup>th</sup>	Home from Home - p.m.
January 6 <sup>th</sup>	Roots Community Café will be closed
January 7 <sup>th</sup>	Recognition and Ordination Service of Paul Smith - 2.00p.m.
January 8 <sup>th</sup>	Worship at 10.30a.m. including communion
January 9 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 9 <sup>th</sup>	Leadership Team meeting - 7.30p.m.
January 10 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 11 <sup>th</sup>	Home from Home - p.m.
January 11 <sup>th</sup>	Eco Team meeting - 7.00p.m.
January 12 <sup>th</sup>	Home from Home - p.m.
January 13 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 13 <sup>th</sup>	Friday Night Youth
January 15 <sup>th</sup>	Café Church - 10.30a.m.
January 15 <sup>th</sup>	Church Meeting - 12.30p.m.
January 16 <sup>th</sup> -22 <sup>nd</sup>	Week of Prayer for Christian Unity
January 16 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 17 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 17 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 18 <sup>th</sup>	Home from Home - p.m.
January 19 <sup>th</sup>	Home from Home - p.m.
January 20 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 22 <sup>nd</sup>	Worship at 10.30a.m.
January 23 <sup>rd</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 24 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 24 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 25 <sup>th</sup>	Home from Home - p.m.
January 26 <sup>th</sup>	Home from Home - p.m.
January 27 <sup>th</sup>	Roots community Café - 10.00a.m. - 1.00p.m.
January 27 <sup>th</sup>	Friday Night Youth
January 29 <sup>th</sup>	Worship at 10.30a.m.
January 30 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 31 <sup>st</sup>	Rosedales Bereavement Course - 10.00a.m.
January 31 <sup>st</sup>	Thrive@Roots - 2.30p.m.







## More news from the Eco Church Team

### Greener Christmas

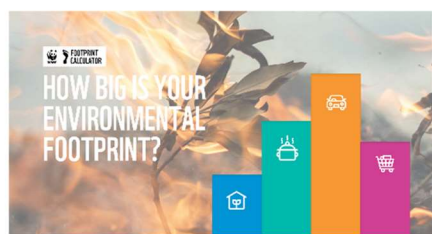
This year, we are giving everyone the option of sending just one Christmas card to the fellowship at WBC by providing an attractive and dedicated board to display the cards. All cards will be clearly and easily seen and will add to the festive appearance in the church. We will be using the 2 little Eco Church boards at the back of church and they will be ready for your cards from the beginning of December

### How big is your environmental footprint?

We would like to encourage everyone at WBC to complete a personal or household 'carbon calculator'. These surveys help us to work out how much CO<sub>2</sub> we emit in different areas of our lives – travel, energy, lifestyle etc. The results can be surprising and will hopefully lead us all to reflect on how we can make more small changes to reduce our own carbon footprint and so have a positive impact on God's earth.

We have chosen to complete the World Wildlife Fund Footprint Calculator because it is quick and easy to complete and does not require us to give any personal information other than a postcode.

The link for the survey is here:



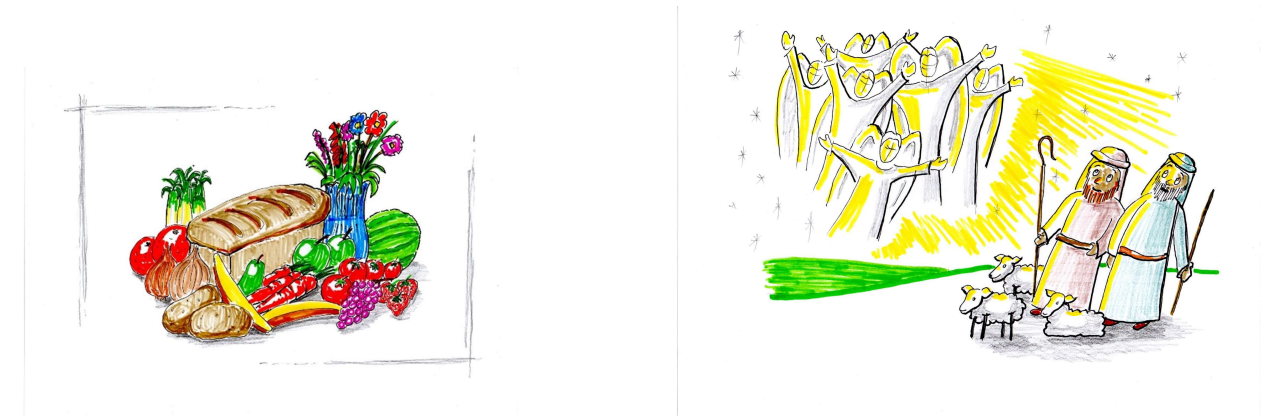
#### [WWF Footprint Calculator](https://footprint.wwf.org.uk)

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with our environmental footprint calculator.

[footprint.wwf.org.uk](https://footprint.wwf.org.uk)

We will not be expecting anyone to give us their results...the Eco Church and Leadership teams have already completed the carbon calculator and so we are hoping that lots of you will join in this project and take that extra step towards lowering carbon emissions.

## WINDMILL HOUSE SERVICES



On Wednesday 14th December a team of us from WBC will be leading a Carol Service at Windmill House Care Home. This will be just the 4th time we have been back in person since before the start of the covid pandemic as care homes were cautious about opening their doors to visitors. It has been a real delight to be so warmly welcomed and to meet face-to-face with the residents and some of the staff after a year of services on zoom.

In September we held a Harvest Thanksgiving Service which was appreciated by many residents, their visitors and some care staff. We try to include something visual to make things attractive so the songsheets were illustrated with some of Vic's colourful pictures of creation and harvest which were also shown on the TV screen during the talk. One of the residents made a nice little thank you speech at the end!

I've been looking back at my notes for the services I have taken responsibility for since I took over from Christine nearly 3 years ago and realised that it will be 4 years since we last held a Carol Service at Windmill House. (There were several months, including December 2019, when there were no church services there due to changes in circumstances at the 3 churches which had been involved). Then after just one visit in Feb. 2020 the doors were closed to all visitors from March onwards. We started zoom services in May 2021 and continued every 2 months until May this year when we were finally able to go back in person. We had arranged to alternate with Wymondham Methodist Church throughout 2022 so there would be a service once a month but that has not happened for a several months.

It will be very special to be back at Windmill House to share a Carol Service this year. The whole house will be lavishly decorated and Fran Annis, the Wellbeing Lead, will have kept the residents busy and happy making things to be part of the display. Vic and Mary have family commitments and won't be able to accompany the carols so our son Matt has agreed to bring a keyboard and play for us. As we will be a smaller team than usual if there are 1 or 2 people who would like to join us please speak to me and I'll include you.

Our aim is always to be a blessing and an encouragement to everyone we meet when we visit Windmill House but we always come away feeling blessed and encouraged ourselves by the warm welcome we receive and the appreciation shown for this simple act of worship and service. Please pray for us as we prepare for and lead this service and spend time with the residents afterwards.

Thank you for supporting in prayer this part of our church outreach and ministry.

Jan Hodges

## DATES TO REMEMBER - CHRISTMAS PROGRAMME



Thursday 8th December  
Rosedales Remembrance Service - 7.00pm

Sunday 11th December  
Morning Worship including Communion - 10.30am

Sunday 18th December  
Led by Our young People - 10.30am

Sunday 18th December  
Carol Service - 6.00pm

Monday 19th December  
Last Day Roots Community Café to be open

Sunday 25th December  
Christmas Morning Service 10.00am

Sunday 1st January  
Start the Year with Reflection and Prayer 10.30am

Sunday 8th January  
Worship Service - Re-visit our Vision

Monday 9th January  
Roots Community Café re-opens 10.00am - 1.00pm

connect us at:



[wymondhamchristchurch](https://www.facebook.com/wymondhamchristchurch)



[office@wymondhamparish.org](mailto:office@wymondhamparish.org)



[www.wymondhamparish.org](http://www.wymondhamparish.org)



01953 606520

## A PICTURE TO COLOUR





GLUTEN-FREE STOLLEN BITES

340 g gluten-free self raising flour  
¼ tsp xanthan gum  
1 tsp gluten free baking powder  
85 g cold butter  
60 g caster sugar  
50 g ground almonds  
150 g marzipan grated  
100 g dried fruit chopped finely  
1 large egg  
150 ml milk  
3 tsp lemon juice  
2 tsp almond extract  
Zest of 1 lemon or orange  
Icing sugar for dusting

- 1. Preheat Oven to 200C Fan/220C Prepare baking sheet with baking parchment
- 2. Place GF self raising flour, baking powder and xanthan gum in a bowl. Chop cold butter into cubes and add to the flour. Rub in with your fingers until it forms what looks like breadcrumbs.
- 3. Stir in caster sugar, ground almonds, grated marzipan and chopped dried fruit. Add zest of orange or lemon.
- 4. Warm milk in a jug, don't make it really hot. Add lemon juice and allow to stand for 1-2 minutes - it should curdle a little.
- 5. Add the egg and almond extract to the milk mixture. Beat together so your egg is combined.
- 6. Make a well in the middle of dry mixture. Pour in the milk/egg mixture and work it in using a metal fork or knife. Keep working it till it forms a sticky dough.
- 7. Dust your hand and the surface with GF flour. Take a small amount of the dough and roll it in your hands into a slightly flattened ball. Place on prepared tray, leave gaps between each ball.
- 8. Bake in the preheated oven for 12-15 minutes until golden.
- 9. Remove from oven and allow to cool briefly on the tray before transferring to a cooling rack.
- 10. Dust heavily with icing sugar and enjoy cold or slightly warm.



THE ROOTED LIFE

Colossians 2:7  
*‘.....continue to live your lives in him, rooted and built up in him.....’ from the Bible*

Date: December 2022/January 2023

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION...

Christmas thoughts and new year resolutions .....



Welcome to the eighth edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 29<sup>th</sup> January 2023.

In this edition we hope you enjoy the following...

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- Message from our Pastor page 3
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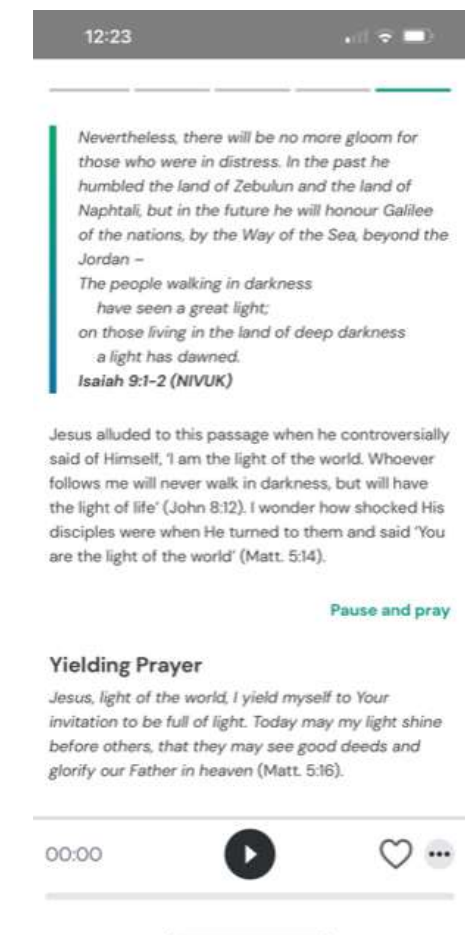
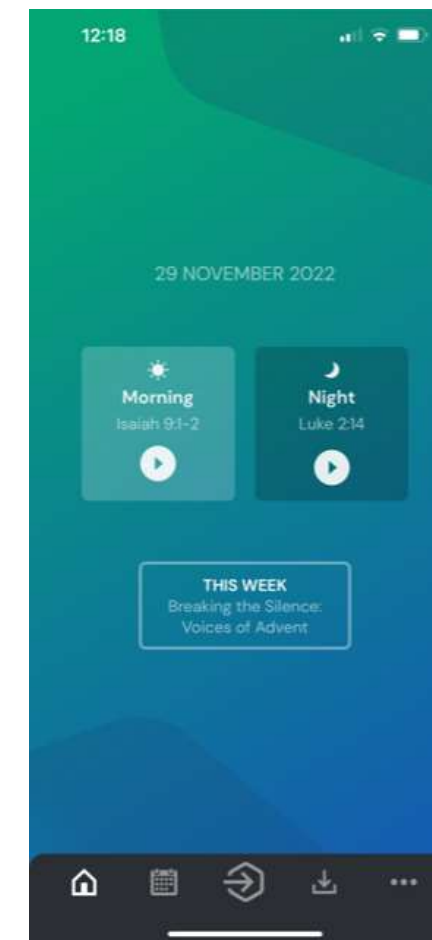
[Lectio 365](#) is a free audio devotional app that helps you pray the Bible every day. Listen for 10 minutes each morning to meditate on the word and pray. End each day with God using peaceful, seasonal night prayers.

I've been using Lektion 365 for several years now and here are some things I like about it:

- It's short (10 minutes) and easy to fit it with morning routines.
- It's listening, not reading: I don't have to focus on a screen and I can have a mug of +tea in hand at the same time!
- The themes are always inspiring, thought-provoking and relevant to everyday life and to what's going on in the world at the time.
- It's read by a variety of people/voices from the 24-7 prayer team, including Pete Greig, author of a number of great books on prayer.

Things I find a challenge - Pete Greig usually reads the evening night prayers (5 - 6 mins) and his voice is so soothing that I can sometimes fall asleep before the end!

If you think this would be helpful for you and want to try something different, why not give Lectio365 a go? [Here's a couple of images from today's Lectio365...](#)





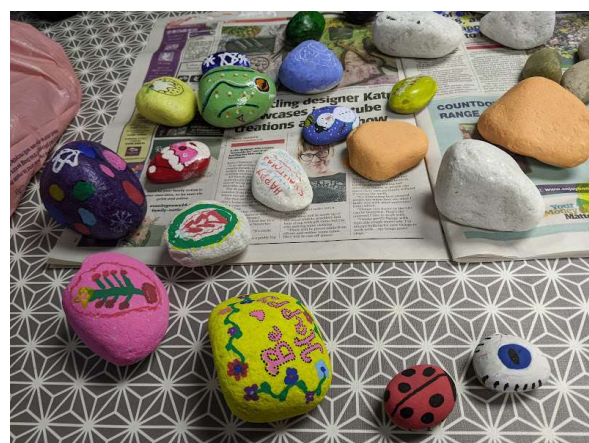


## Home from Home -

is the name of our Warm Welcome Space.

We are currently meeting in the Church Lounge, however if numbers increase so that this is too busy we will use one end of the main church building. At the moment we have had a maximum of 15/16 people come along during an afternoon and share friendship, warmth as well as tea, coffee, hot chocolate and biscuits provided for us by Morrisons.

Our time is spent playing games, doing jigsaw puzzles, painting stones, reading the paper, chatting and of course enjoying the tea and coffee and biscuits and doughnuts left over from Thrive and the occasional spot of singing. See below:-



If you would like to join us as a volunteer or as a participant just come along between 1.30p.m. and 4.30p.m. on either Wednesday or Thursday. There are other Warm Spaces in the town at the Abbey, Alive Church at Central Hall, and at the Methodist Church, Town Green Centre.

## A message from Paul Smith, our Pastor at WBC.....

Can you believe it is the end of another year and the start of a new one? We are people bounded by time and it seems to go faster and faster!

It seems that I have written that statement for every rooted life article since we started! You would think by now I would have a better handle on either my time management or a greater understanding of the mystery of time. As we reflect on the end of the year and the beginning of the next I wonder.

I wonder what next year has install for me, for our family and the wider church family. I also ponder what the year ahead might pose for our wider community here in Wymondham and beyond. I have no idea what our futures hold.....'Tis mystery to me.....

And there is my thought for this period of time. Mystery. I love a good mystery. I recently revisited the Sherlock Holmes series. I like puzzles. I like to solve riddles and the like. I also enjoy pondering the greater mysteries of life. Do you ever ponder the great mysteries of life? Where do all the odd socks go? Who did let the dogs out? (You only get the joke if you know the song) Who built Stonehenge and why? How many stars are there in the sky? What, if anything, is out there in the beyond? How does love work?



In the Bible there is a lot of mystery. In fact, the word "mystery" or "mysteries" is used 27 times in the New Testament

Christmas is full of mystery. There are so many unanswered questions that are in the biblical account of Christmas. So many mysteries that I would love to gain insight on. Angels from on high, a young woman carrying the Saviour of the world...how did she feel about it all.....Joseph....how did he wrestle with it all....shepherds interrupted at night.....a star.....then there is the greatest mystery of all.....God came down to earth for US!

I love a good mystery! But this is not just a "good mystery." This doctrine of Christ that had once been concealed but has now been revealed is an undeniably "great mystery"!

Why would he do that?

Simple .....LOVE

As you transition from one year to the next perhaps reflect on this great mystery.....God came down to earth for all who shall believe in him.

It's a great mystery....but one that can change your life forever.

We might not know what the next year holds, but we can know the one who holds it. The one who loves YOU. I leave you with these words from a famous old hymn. 'Tis mystery that we can gain from the birth, death and resurrection of Jesus, but it is the truth.

And can it be that I should gain  
An int'rest in the Savior's blood?  
Died He for me, who caused His pain?  
For me, who Him to death pursued?  
Amazing love! how can it be  
That Thou, my God, should die for me?



Refrain:  
Amazing love! how can it be  
That Thou, my God, should die for me!

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the firstborn seraph tries  
To sound the depths of love divine!  
'Tis mercy all! let earth adore,  
Let angel minds inquire no more.

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.

Long my imprisoned spirit lay  
Fast bound in sin and nature's night;  
Thine eye diffused a quick'ning ray,  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free;  
I rose, went forth and followed Thee.

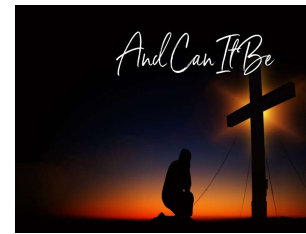
No condemnation now I dread;  
Jesus, and all in Him is mine!  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ my own.

Amen.

Have a great Christmas and a happy new year

Blessings

Paul



**Join us at one of our Christmas Services -**

**Sunday 18<sup>th</sup> December - 10.30a.m. - led by our Youth Dept.**  
**6.00p.m. - Carol Service**

**Sunday 25<sup>th</sup> December - 10.00a.m. - Christmas morning worship**

## RECYCLING NEWS



In the New Year, we will be expanding our recycling project at WBC to include crisp packets, coffee packets and dishwasher and washing tablet pouches.

Rose will be collecting your empty crisp and nut packets. Please shake these free of any 'debris' and flatten them.

Nicki will be collecting the empty coffee packets along with the dishwasher and washing tablet pouches.

We are not able to store any more recycling at church so please hand these items directly to Rose or Nicki.

Full details of what we will be collecting (along with examples of what to collect and a couple of requests to make things easier for us!!) will be on the Recycling noticeboard in the corridor. Thank you in advance for all your efforts in helping to reduce the amount of rubbish going to landfill.



### **Bronze Award for Wymondham Baptist Church**

Earlier in the year, we joined the Eco Church project and completed a survey about we care for God's earth in 5 different areas of church life:

- ❖ Worship and teaching
- ❖ Management of church buildings
- ❖ Management of church lands
- ❖ Community and global engagement
- ❖ Lifestyle

We are delighted to tell you that as a result of our efforts as a church fellowship over the last few months, we have just achieved the Bronze Award. We have received a certificate and have purchased a plaque which will be displayed somewhere prominent!

This is just the start of our Eco journey so please continue to support the project and keep an eye out for more information on future events and ideas. Thank you.



## Psalm 100 (New International Version)

'Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who has made us, and we are his; we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever; his faithfulness continues through all generations.'

This is my favourite Psalm as, although it is short, it contains the essence of much of what I believe to be true about God and so how we should praise Him, thank Him and value all other people.

I believe that as a Christian I should try to be joyful all the time - not always possible, sad to say. When I see something wonderful I try to praise and thank God for it. And I should always remember that, if I believe, as I do, that He made me and loves me, then He made every other person and loves them as much too. (That is ALL people, even those people I fundamentally disagree with!). This is one of the reasons why I feel so comfortable in the 'All inclusive' Wymondham Baptist Church. For me the Psalm also reinforces the knowledge that God's love endures always and for every generation.

When I read this Psalm I am reminded of the lovely worship song, which I really enjoy singing, 'Jubilate, everybody, serve the Lord in all your ways':

### Jubilate, everybody

Jubilate, everybody,  
serve the Lord in all your ways,  
and come before His presence singing:  
enter now His courts with praise.  
For the Lord our God is gracious,  
and His mercy's everlasting.  
Jubilate, jubilate, jubilate Deo!

©1977, 1980 Kingsway's Thankyou Music

**It is a good song to sing in the car when driving!**

Penny Seall



Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

## A WORD FROM ROSEDALES

Christmas greetings from Sarah and Beverley- Bereavement Support Group facilitators at Rosedale.



2022 has been yet another very eventful year. We have had 3 Prime Ministers, a record breaking 70<sup>th</sup> Jubilee celebration followed by the death of our beloved monarch, a new King and war in Europe again. Our economy has been battered and bruised and families struggle to make ends meet.

For many families who have lost a loved one this year, 2022 will be a year they will never forget. Christmas can be yet another painful reminder of all that has been lost.

The build up to Christmas can be stressful and bring feelings of dread as we anticipate the empty space where our loved one should be.

I can imagine that the Royal family will find their Christmas this year is difficult and very different to what has gone before.

We are used to seeing the Queen's extended family gather together at Sandringham for Christmas and attend church on Christmas morning. We may not see that again as the New King decides to do things differently.

Often the older matriarch of a family has a way of bringing all members of the family together, perhaps organising a large collective celebration, carrying on familiar traditions, remembering what everyone likes to eat or gifts people like to receive. They can be like the glue that holds everyone together.

Of course, not everyone has an 'idyllic' Christmas or a family to share it with.

Christmas comes in all shapes, sizes and budgets. It is important to do what suits you at Christmas. There is no rule book.

This is also true with bereavement, there is no right or wrong way to grieve and timescales and intensity are unique to each person.

If you are bereaved, the following tips may help you decide how you want your Christmas to be this year:

- Some people find comfort in keeping their traditions the same- others find this is too painful and choose to do things very differently and invent new 'traditions' like going away for a few days instead.
- It can be painful signing just one name in Christmas cards so some people choose not to send any - people will understand.
- Putting up the usual tree and decorations can be loaded with difficult memories- some people choose not to do this. However, others find this enables them to grieve, as they recall Christmases past.
- You may want to talk about your loved one at Christmas and include them as part of the celebration - raise a glass to them at lunch, celebrate the memories you shared together. Shedding a few tears is normal, healthy and shows you loved them. Tears and sadness are part of real life - no one should feel pressurised to feel 'jolly' at Christmas.
- Christmas movies portray happy loving families, beautifully (and expensively) decorated homes, snow on the ground and everyone getting along wonderfully. Most of us know this is pure fantasy! Take the pressure off yourself and do what is realistic and affordable instead.

- Throughout the Christmas period, spend some time alone if you need to. Go for a walk or run to relieve the pressure. Write in a journal about your thoughts and feelings.
- Some people choose to be alone on Christmas day and don't want the pressure of being around others. Others find that being around people can be a great distraction and support.
- If you cannot cope with parties this year, explain to the host that although you appreciate the invitation, you do not feel strong enough yet. On the other hand, you may find it comforting to be with others - you can always leave early if it becomes overwhelming.

And finally, every year, Rosedale offers **Christmas candles** to anyone who is bereaved. At 11am on Christmas morning, we invite the lighting of the candle and time to pause and think about our loved one. Many others will be doing the same thing at the same time, so we know we are not alone in our grief. These are available now and can be collected from all the Rosedale branches in Norfolk and Suffolk - including Wymondham. Rosedale also holds Christmas services of remembrance in many towns in Norfolk and Suffolk- check the Rosedale website for more details.

Wymondham Baptist Church and Rosedale work together to extend a warm welcome to anyone who has been bereaved, (no matter how long ago or which funeral director was used) to the Christmas Service of Remembrance at 7pm on the 8<sup>th</sup> of December. This service is another opportunity to pause and remember our loved ones at this special time of year.

Our next 8 week bereavement support course begins on January the 17<sup>th</sup>. Please call 07901 888 122 to reserve your place if you would like to attend.

Sending our warmest wishes to you for Christmas and the New Year.



Can you sort the Christmas words???

- |                  |            |
|------------------|------------|
| 1. TEHRAMEISCRST | -----/---- |
| 2. DYCNCNAEA     | ----/----- |
| 3. TTEIMLSEO     | -----      |
| 4. LYIVOYLH      | ----&---   |
| 5. SLEETIMOT     | -----      |
| 6. LOCSRA        | -----      |
| 7. BEMDRECE      | -----      |
| 8. DRERENEI      | -----      |
| 9. SSJEU         | -----      |
| 10. HDAAEERHP    | -----      |



(Answers in the next issue of Rooted Life)

SHOEBOX COLLECTION



This is our Shoebox collection this year - WBC have been taking part in the collection for many years - Ann Flaxman shares some of her memories -

We have some very happy memories of shoebox collections visiting varied Norfolk Churches - some cold and austere but, by contrast, meeting the warm and friendly shoebox volunteers.

The most memorable and joyous occasion was collecting shoeboxes from the small schools around Wymondham. A quiet well-behaved crocodile of children filed out of the school into the playground clasping their boxes - some of the children were very small, making their boxes look quite big!

I will always treasure the memory of their happy little faces - each child presenting me with their very own filled shoebox (maybe whispering a sideways comment “I chose all these” or “I bought these myself”)

Whenever shoeboxes are mentioned my memories of those happy school children come to mind, warming my heart and making me smile.

Here’s a picture of Chris and Ann filling the van with the collected shoe boxes.





# CHRISTMAS QUIZ

*...to keep you busy while you're recovering from your Christmas dinner!  
If you get stuck, we're more than happy to publish the answers in the New Year.*

- 1) Phillip Brooks wrote which famous Christmas carol?
- 2) Why is 28<sup>th</sup> December called Holy Innocent's Day?
- 3) When was the first stamp commemorating Christmas used?
- 4) Why is Xmas used as an abbreviation for Christmas?
- 5) In Britain, what is the definition of a White Christmas?
- 6) In 1650, Oliver Cromwell passed an Act of Parliament authorising the imprisonment of anyone found guilty of eating what?
- 7) What is the last date of the 'Twelve Days of Christmas'?
- 8) What is the 6<sup>th</sup> January called in the church calendar?
- 9) What did they do to celebrate Christmas on 25<sup>th</sup> December 1914 in the trenches?
- 10) When did 25<sup>th</sup> December become the official day to celebrate Jesus Christ's birth?
- 11) Which instrument was 'Silent Night' originally played on because mice had chewed through the bellows of the organ?
- 12) In which direction did the Bethlehem star rise?
- 13) Christmas crackers were invented in which century?
- 14) What does the word 'carol' mean?
- 15) Which angel who told Mary that she was to be the mother of Jesus?
- 16) What does the name Jesus mean?
- 17) In which year were Christmas lights first put up in London?
- 18) Why is Boxing Day so called?
- 19) Which German prince introduced Christmas trees to Britain?
- 20) Who was St Nicholas?
- 21) Which country donates the Trafalgar Square Christmas tree in memory of Britain's support during the 2<sup>nd</sup> World War?
- 22) Name one of the monarchs who were crowned on Christmas Day.
- 23) Carol singing began in which century?
- 24) Who visited the baby Jesus first?
- 25) What did Queen Victoria ban in 1870?
- 26) What is the ancient Viking festival of mid-winter called?
- 27) In what year did George V make the 1<sup>st</sup> royal Christmas broadcast?
- 28) What is Rudolph's distinguishing feature?
- 29) What tart with a sweet filling has its origin in a savoury mixture baked in a pastry case called a 'coffin'?
- 30) Who do we have to thank for the image of Father Christmas wearing red and white with a long beard?



**We're going on a bug hunt!.....**

On Sunday 13<sup>th</sup> November, Ruth arranged a fantastic Sunday School session all about insects.

We had a quiz about insects and shared with the rest of the group pictures of our favourite insects before heading into the garden to see what insects we could find.

We learned that God is so good and has made a wonderful variety of insects each of which have different purposes in His Creation.

Thank you to Ruth for preparing such a great session and to Daniel and Sam for making the bug hotels which are now in the church garden.





### Updates from the Eco Church team at WBC

**In the garden:** 2 bug hotels have been made by the Rallan family and are now in the church garden. Ruth prepared a wonderful Sunday school session on the 13<sup>th</sup> November all about insects to help us think more about their part in creation. Thank you to the Rallans!!

**The Great Big Green Week:** For the first times, Greening Wymondham organised a range of local events as part of this national week of action against climate change. At WBC, we hosted the litter pick and ran a powerpoint presentation during Roots to highlight what we have been doing as church to care for God's creation.

**Recycling:** The current recycling scheme is working well so a big thank you to all of you who are bringing your items (stationery, toothbrushes/toothbrush heads, toothpaste tubes, medical blister packs) for recycling. Please keep an eye on the recycling noticeboard for any changes or further information.

**Funds:** You will remember our first ECO@WBC event in June when we raised over £700. We have used £350 of this to insulate the loft at the manse which is now fully insulated. The remaining money is being saved for the spring when we are hoping to build some raised beds for growing vegetables in the church garden.

Wymondham Baptist Church is now a Charitable Incorporated Organisation registered with the Charities Commission - Charity No. 1199302



### DATES TO REMEMBER JANUARY 2023

January 1 <sup>st</sup>	Reflection and Prayer - 10.30a.m.
January 4 <sup>th</sup>	Rosedales Monthly meeting - 10.00a.m.
January 4 <sup>th</sup>	Home from Home - p.m.
January 5 <sup>th</sup>	Home from Home - p.m.
January 6 <sup>th</sup>	Roots Community Café will be closed
January 7 <sup>th</sup>	Recognition and Ordination Service of Paul Smith - 2.00p.m.
January 8 <sup>th</sup>	Worship at 10.30a.m. including communion
January 9 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 9 <sup>th</sup>	Leadership Team meeting - 7.30p.m.
January 10 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 11 <sup>th</sup>	Home from Home - p.m.
January 11 <sup>th</sup>	Eco Team meeting - 7.00p.m.
January 12 <sup>th</sup>	Home from Home - p.m.
January 13 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 13 <sup>th</sup>	Friday Night Youth
January 15 <sup>th</sup>	Café Church - 10.30a.m.
January 15 <sup>th</sup>	Church Meeting - 12.30p.m.
January 16 <sup>th</sup> -22 <sup>nd</sup>	Week of Prayer for Christian Unity
January 16 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 17 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 17 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 18 <sup>th</sup>	Home from Home - p.m.
January 19 <sup>th</sup>	Home from Home - p.m.
January 20 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 22 <sup>nd</sup>	Worship at 10.30a.m.
January 23 <sup>rd</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 24 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 24 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 25 <sup>th</sup>	Home from Home - p.m.
January 26 <sup>th</sup>	Home from Home - p.m.
January 27 <sup>th</sup>	Roots community Café - 10.00a.m. - 1.00p.m.
January 27 <sup>th</sup>	Friday Night Youth
January 29 <sup>th</sup>	Worship at 10.30a.m.
January 30 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 31 <sup>st</sup>	Rosedales Bereavement Course - 10.00a.m.
January 31 <sup>st</sup>	Thrive@Roots - 2.30p.m.







## More news from the Eco Church Team

### Greener Christmas

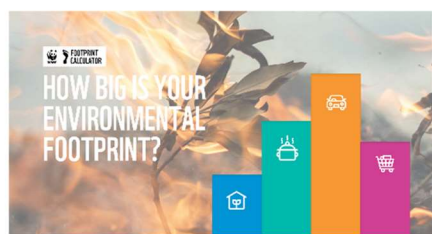
This year, we are giving everyone the option of sending just one Christmas card to the fellowship at WBC by providing an attractive and dedicated board to display the cards. All cards will be clearly and easily seen and will add to the festive appearance in the church. We will be using the 2 little Eco Church boards at the back of church and they will be ready for your cards from the beginning of December

### How big is your environmental footprint?

We would like to encourage everyone at WBC to complete a personal or household 'carbon calculator'. These surveys help us to work out how much CO<sub>2</sub> we emit in different areas of our lives – travel, energy, lifestyle etc. The results can be surprising and will hopefully lead us all to reflect on how we can make more small changes to reduce our own carbon footprint and so have a positive impact on God's earth.

We have chosen to complete the World Wildlife Fund Footprint Calculator because it is quick and easy to complete and does not require us to give any personal information other than a postcode.

The link for the survey is here:



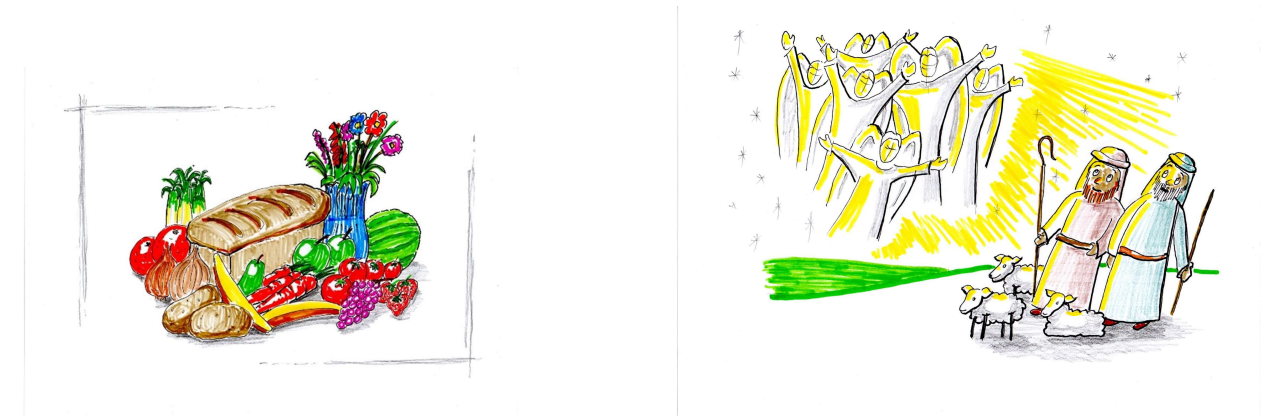
#### [WWF Footprint Calculator](https://footprint.wwf.org.uk)

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with our environmental footprint calculator.

[footprint.wwf.org.uk](https://footprint.wwf.org.uk)

We will not be expecting anyone to give us their results...the Eco Church and Leadership teams have already completed the carbon calculator and so we are hoping that lots of you will join in this project and take that extra step towards lowering carbon emissions.

## WINDMILL HOUSE SERVICES



On Wednesday 14th December a team of us from WBC will be leading a Carol Service at Windmill House Care Home. This will be just the 4th time we have been back in person since before the start of the covid pandemic as care homes were cautious about opening their doors to visitors. It has been a real delight to be so warmly welcomed and to meet face-to-face with the residents and some of the staff after a year of services on zoom.

In September we held a Harvest Thanksgiving Service which was appreciated by many residents, their visitors and some care staff. We try to include something visual to make things attractive so the songsheets were illustrated with some of Vic's colourful pictures of creation and harvest which were also shown on the TV screen during the talk. One of the residents made a nice little thank you speech at the end!

I've been looking back at my notes for the services I have taken responsibility for since I took over from Christine nearly 3 years ago and realised that it will be 4 years since we last held a Carol Service at Windmill House. (There were several months, including December 2019, when there were no church services there due to changes in circumstances at the 3 churches which had been involved). Then after just one visit in Feb. 2020 the doors were closed to all visitors from March onwards. We started zoom services in May 2021 and continued every 2 months until May this year when we were finally able to go back in person. We had arranged to alternate with Wymondham Methodist Church throughout 2022 so there would be a service once a month but that has not happened for a several months.

It will be very special to be back at Windmill House to share a Carol Service this year. The whole house will be lavishly decorated and Fran Annis, the Wellbeing Lead, will have kept the residents busy and happy making things to be part of the display. Vic and Mary have family commitments and won't be able to accompany the carols so our son Matt has agreed to bring a keyboard and play for us. As we will be a smaller team than usual if there are 1 or 2 people who would like to join us please speak to me and I'll include you.

Our aim is always to be a blessing and an encouragement to everyone we meet when we visit Windmill House but we always come away feeling blessed and encouraged ourselves by the warm welcome we receive and the appreciation shown for this simple act of worship and service. Please pray for us as we prepare for and lead this service and spend time with the residents afterwards.

Thank you for supporting in prayer this part of our church outreach and ministry.

Jan Hodges

## DATES TO REMEMBER - CHRISTMAS PROGRAMME



Thursday 8th December  
Rosedales Remembrance Service - 7.00pm

Sunday 11th December  
Morning Worship including Communion - 10.30am

Sunday 18th December  
Led by Our young People - 10.30am

Sunday 18th December  
Carol Service - 6.00pm

Monday 19th December  
Last Day Roots Community Café to be open

Sunday 25th December  
Christmas Morning Service 10.00am

Sunday 1st January  
Start the Year with Reflection and Prayer 10.30am

Sunday 8th January  
Worship Service - Re-visit our Vision

Monday 9th January  
Roots Community Café re-opens 10.00am - 1.00pm

connect us at:



[wymondhamchristchurch](https://www.facebook.com/wymondhamchristchurch)



[office@wymondhamparish.org](mailto:office@wymondhamparish.org)



[www.wymondhamparish.org](http://www.wymondhamparish.org)



01953 606520

## A PICTURE TO COLOUR





GLUTEN-FREE STOLLEN BITES

340 g gluten-free self raising flour  
¼ tsp xanthan gum  
1 tsp gluten free baking powder  
85 g cold butter  
60 g caster sugar  
50 g ground almonds  
150 g marzipan grated  
100 g dried fruit chopped finely  
1 large egg  
150 ml milk  
3 tsp lemon juice  
2 tsp almond extract  
Zest of 1 lemon or orange  
Icing sugar for dusting

- 1. Preheat Oven to 200C Fan/220C Prepare baking sheet with baking parchment
- 2. Place GF self raising flour, baking powder and xanthan gum in a bowl. Chop cold butter into cubes and add to the flour. Rub in with your fingers until it forms what looks like breadcrumbs.
- 3. Stir in caster sugar, ground almonds, grated marzipan and chopped dried fruit. Add zest of orange or lemon.
- 4. Warm milk in a jug, don't make it really hot. Add lemon juice and allow to stand for 1-2 minutes - it should curdle a little.
- 5. Add the egg and almond extract to the milk mixture. Beat together so your egg is combined.
- 6. Make a well in the middle of dry mixture. Pour in the milk/egg mixture and work it in using a metal fork or knife. Keep working it till it forms a sticky dough.
- 7. Dust your hand and the surface with GF flour. Take a small amount of the dough and roll it in your hands into a slightly flattened ball. Place on prepared tray, leave gaps between each ball.
- 8. Bake in the preheated oven for 12-15 minutes until golden.
- 9. Remove from oven and allow to cool briefly on the tray before transferring to a cooling rack.
- 10. Dust heavily with icing sugar and enjoy cold or slightly warm.



THE ROOTED LIFE

Colossians 2:7  
'.....continue to live your lives in him, rooted and built up in him.....' from the Bible

Date: December 2022/January 2023

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION...

Christmas thoughts and new year resolutions .....



Welcome to the eighth edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 29<sup>th</sup> January 2023.

In this edition we hope you enjoy the following...

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- Message from our Pastor page 3
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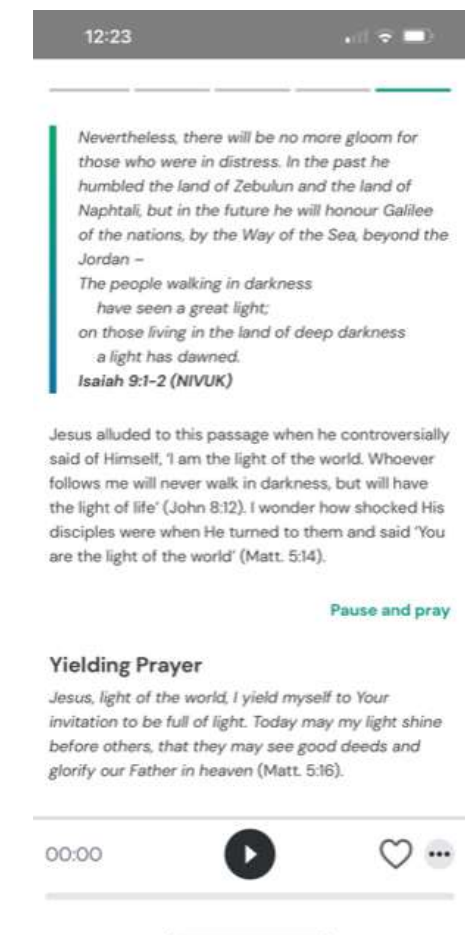
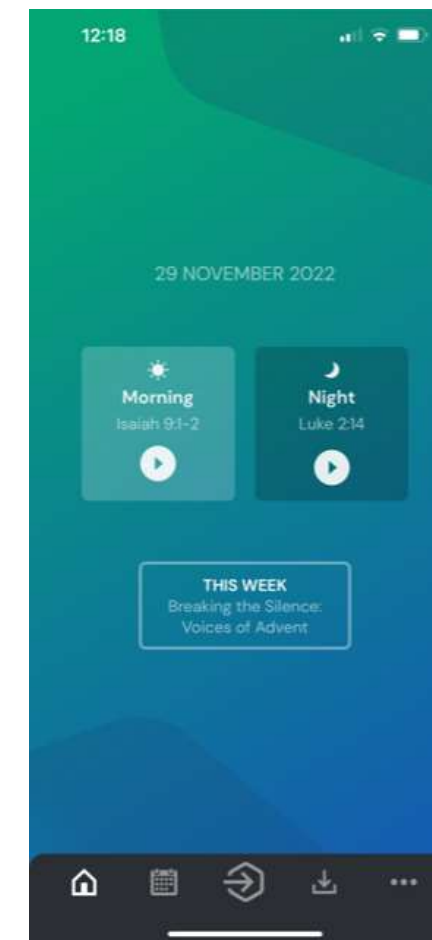
[Lectio 365](#) is a free audio devotional app that helps you pray the Bible every day. Listen for 10 minutes each morning to meditate on the word and pray. End each day with God using peaceful, seasonal night prayers.

I've been using Lektion 365 for several years now and here are some things I like about it:

- It's short (10 minutes) and easy to fit it with morning routines.
- It's listening, not reading: I don't have to focus on a screen and I can have a mug of +tea in hand at the same time!
- The themes are always inspiring, thought-provoking and relevant to everyday life and to what's going on in the world at the time.
- It's read by a variety of people/voices from the 24-7 prayer team, including Pete Greig, author of a number of great books on prayer.

Things I find a challenge - Pete Greig usually reads the evening night prayers (5 - 6 mins) and his voice is so soothing that I can sometimes fall asleep before the end!

If you think this would be helpful for you and want to try something different, why not give Lectio365 a go? [Here's a couple of images from today's Lectio365...](#)







## Home from Home -

is the name of our Warm Welcome Space.

We are currently meeting in the Church Lounge, however if numbers increase so that this is too busy we will use one end of the main church building. At the moment we have had a maximum of 15/16 people come along during an afternoon and share friendship, warmth as well as tea, coffee, hot chocolate and biscuits provided for us by Morrisons.

Our time is spent playing games, doing jigsaw puzzles, painting stones, reading the paper, chatting and of course enjoying the tea and coffee and biscuits and doughnuts left over from Thrive and the occasional spot of singing. See below:-



If you would like to join us as a volunteer or as a participant just come along between 1.30p.m. and 4.30p.m. on either Wednesday or Thursday. There are other Warm Spaces in the town at the Abbey, Alive Church at Central Hall, and at the Methodist Church, Town Green Centre.

## A message from Paul Smith, our Pastor at WBC.....

Can you believe it is the end of another year and the start of a new one? We are people bounded by time and it seems to go faster and faster!

It seems that I have written that statement for every rooted life article since we started! You would think by now I would have a better handle on either my time management or a greater understanding of the mystery of time. As we reflect on the end of the year and the beginning of the next I wonder.

I wonder what next year has install for me, for our family and the wider church family. I also ponder what the year ahead might pose for our wider community here in Wymondham and beyond. I have no idea what our futures hold.....'Tis mystery to me.....

And there is my thought for this period of time. Mystery. I love a good mystery. I recently revisited the Sherlock Holmes series. I like puzzles. I like to solve riddles and the like. I also enjoy pondering the greater mysteries of life. Do you ever ponder the great mysteries of life? Where do all the odd socks go? Who did let the dogs out? (You only get the joke if you know the song) Who built Stonehenge and why? How many stars are there in the sky? What, if anything, is out there in the beyond? How does love work?



In the Bible there is a lot of mystery. In fact, the word "mystery" or "mysteries" is used 27 times in the New Testament

Christmas is full of mystery. There are so many unanswered questions that are in the biblical account of Christmas. So many mysteries that I would love to gain insight on. Angels from on high, a young woman carrying the Saviour of the world...how did she feel about it all.....Joseph....how did he wrestle with it all....shepherds interrupted at night.....a star.....then there is the greatest mystery of all.....God came down to earth for US!

I love a good mystery! But this is not just a "good mystery." This doctrine of Christ that had once been concealed but has now been revealed is an undeniably "great mystery"!

Why would he do that?

Simple .....LOVE

As you transition from one year to the next perhaps reflect on this great mystery.....God came down to earth for all who shall believe in him.

It's a great mystery....but one that can change your life forever.

We might not know what the next year holds, but we can know the one who holds it. The one who loves YOU. I leave you with these words from a famous old hymn. 'Tis mystery that we can gain from the birth, death and resurrection of Jesus, but it is the truth.

And can it be that I should gain  
An int'rest in the Savior's blood?  
Died He for me, who caused His pain?  
For me, who Him to death pursued?  
Amazing love! how can it be  
That Thou, my God, should die for me?



Refrain:  
Amazing love! how can it be  
That Thou, my God, should die for me!

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the firstborn seraph tries  
To sound the depths of love divine!  
'Tis mercy all! let earth adore,  
Let angel minds inquire no more.

He left His Father's throne above,  
So free, so infinite His grace;  
Emptied Himself of all but love,  
And bled for Adam's helpless race;  
'Tis mercy all, immense and free;  
For, O my God, it found out me.

Long my imprisoned spirit lay  
Fast bound in sin and nature's night;  
Thine eye diffused a quick'ning ray,  
I woke, the dungeon flamed with light;  
My chains fell off, my heart was free;  
I rose, went forth and followed Thee.

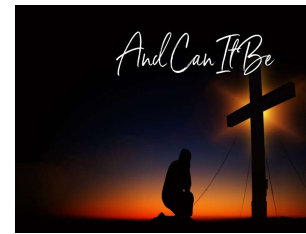
No condemnation now I dread;  
Jesus, and all in Him is mine!  
Alive in Him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ my own.

Amen.

Have a great Christmas and a happy new year

Blessings

Paul



**Join us at one of our Christmas Services -**

**Sunday 18<sup>th</sup> December - 10.30a.m. - led by our Youth Dept.**  
**6.00p.m. - Carol Service**

**Sunday 25<sup>th</sup> December - 10.00a.m. - Christmas morning worship**

## RECYCLING NEWS



In the New Year, we will be expanding our recycling project at WBC to include crisp packets, coffee packets and dishwasher and washing tablet pouches.

Rose will be collecting your empty crisp and nut packets. Please shake these free of any 'debris' and flatten them.

Nicki will be collecting the empty coffee packets along with the dishwasher and washing tablet pouches.

We are not able to store any more recycling at church so please hand these items directly to Rose or Nicki.

Full details of what we will be collecting (along with examples of what to collect and a couple of requests to make things easier for us!!) will be on the Recycling noticeboard in the corridor. Thank you in advance for all your efforts in helping to reduce the amount of rubbish going to landfill.



### **Bronze Award for Wymondham Baptist Church**

Earlier in the year, we joined the Eco Church project and completed a survey about we care for God's earth in 5 different areas of church life:

- ❖ Worship and teaching
- ❖ Management of church buildings
- ❖ Management of church lands
- ❖ Community and global engagement
- ❖ Lifestyle

We are delighted to tell you that as a result of our efforts as a church fellowship over the last few months, we have just achieved the Bronze Award. We have received a certificate and have purchased a plaque which will be displayed somewhere prominent!

This is just the start of our Eco journey so please continue to support the project and keep an eye out for more information on future events and ideas. Thank you.



## Psalm 100 (New International Version)

'Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who has made us, and we are his; we are his people, the sheep of his pasture.  
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures for ever; his faithfulness continues through all generations.'

This is my favourite Psalm as, although it is short, it contains the essence of much of what I believe to be true about God and so how we should praise Him, thank Him and value all other people.

I believe that as a Christian I should try to be joyful all the time - not always possible, sad to say. When I see something wonderful I try to praise and thank God for it. And I should always remember that, if I believe, as I do, that He made me and loves me, then He made every other person and loves them as much too. (That is ALL people, even those people I fundamentally disagree with!). This is one of the reasons why I feel so comfortable in the 'All inclusive' Wymondham Baptist Church. For me the Psalm also reinforces the knowledge that God's love endures always and for every generation.

When I read this Psalm I am reminded of the lovely worship song, which I really enjoy singing, 'Jubilate, everybody, serve the Lord in all your ways':

### Jubilate, everybody

Jubilate, everybody,  
serve the Lord in all your ways,  
and come before His presence singing:  
enter now His courts with praise.  
For the Lord our God is gracious,  
and His mercy's everlasting.  
Jubilate, jubilate, jubilate Deo!

©1977, 1980 Kingsway's Thankyou Music

**It is a good song to sing in the car when driving!**

Penny Seall



Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

## A WORD FROM ROSEDALES

Christmas greetings from Sarah and Beverley- Bereavement Support Group facilitators at Rosedale.



2022 has been yet another very eventful year. We have had 3 Prime Ministers, a record breaking 70<sup>th</sup> Jubilee celebration followed by the death of our beloved monarch, a new King and war in Europe again. Our economy has been battered and bruised and families struggle to make ends meet.

For many families who have lost a loved one this year, 2022 will be a year they will never forget. Christmas can be yet another painful reminder of all that has been lost.

The build up to Christmas can be stressful and bring feelings of dread as we anticipate the empty space where our loved one should be.

I can imagine that the Royal family will find their Christmas this year is difficult and very different to what has gone before.

We are used to seeing the Queen's extended family gather together at Sandringham for Christmas and attend church on Christmas morning. We may not see that again as the New King decides to do things differently.

Often the older matriarch of a family has a way of bringing all members of the family together, perhaps organising a large collective celebration, carrying on familiar traditions, remembering what everyone likes to eat or gifts people like to receive. They can be like the glue that holds everyone together.

Of course, not everyone has an 'idyllic' Christmas or a family to share it with.

Christmas comes in all shapes, sizes and budgets. It is important to do what suits you at Christmas. There is no rule book.

This is also true with bereavement, there is no right or wrong way to grieve and timescales and intensity are unique to each person.

If you are bereaved, the following tips may help you decide how you want your Christmas to be this year:

- Some people find comfort in keeping their traditions the same- others find this is too painful and choose to do things very differently and invent new 'traditions' like going away for a few days instead.
- It can be painful signing just one name in Christmas cards so some people choose not to send any - people will understand.
- Putting up the usual tree and decorations can be loaded with difficult memories- some people choose not to do this. However, others find this enables them to grieve, as they recall Christmases past.
- You may want to talk about your loved one at Christmas and include them as part of the celebration - raise a glass to them at lunch, celebrate the memories you shared together. Shedding a few tears is normal, healthy and shows you loved them. Tears and sadness are part of real life - no one should feel pressurised to feel 'jolly' at Christmas.
- Christmas movies portray happy loving families, beautifully (and expensively) decorated homes, snow on the ground and everyone getting along wonderfully. Most of us know this is pure fantasy! Take the pressure off yourself and do what is realistic and affordable instead.

- Throughout the Christmas period, spend some time alone if you need to. Go for a walk or run to relieve the pressure. Write in a journal about your thoughts and feelings.
- Some people choose to be alone on Christmas day and don't want the pressure of being around others. Others find that being around people can be a great distraction and support.
- If you cannot cope with parties this year, explain to the host that although you appreciate the invitation, you do not feel strong enough yet. On the other hand, you may find it comforting to be with others - you can always leave early if it becomes overwhelming.

And finally, every year, Rosedale offers **Christmas candles** to anyone who is bereaved. At 11am on Christmas morning, we invite the lighting of the candle and time to pause and think about our loved one. Many others will be doing the same thing at the same time, so we know we are not alone in our grief. These are available now and can be collected from all the Rosedale branches in Norfolk and Suffolk - including Wymondham. Rosedale also holds Christmas services of remembrance in many towns in Norfolk and Suffolk- check the Rosedale website for more details.

Wymondham Baptist Church and Rosedale work together to extend a warm welcome to anyone who has been bereaved, (no matter how long ago or which funeral director was used) to the Christmas Service of Remembrance at 7pm on the 8<sup>th</sup> of December. This service is another opportunity to pause and remember our loved ones at this special time of year.

Our next 8 week bereavement support course begins on January the 17<sup>th</sup>. Please call 07901 888 122 to reserve your place if you would like to attend.

Sending our warmest wishes to you for Christmas and the New Year.



Can you sort the Christmas words???

- |                  |            |
|------------------|------------|
| 1. TEHRAMEISCRST | -----/---- |
| 2. DYCNCNAEA     | ----/----- |
| 3. TTEIMLSEO     | -----      |
| 4. LYIVOYLH      | ----&---   |
| 5. SLEETIMOT     | -----      |
| 6. LOCSRA        | -----      |
| 7. BEMDRECE      | -----      |
| 8. DRERENEI      | -----      |
| 9. SSJEU         | -----      |
| 10. HDAAEERHP    | -----      |



(Answers in the next issue of Rooted Life)

SHOEBOX COLLECTION



This is our Shoebox collection this year - WBC have been taking part in the collection for many years - Ann Flaxman shares some of her memories -

We have some very happy memories of shoebox collections visiting varied Norfolk Churches - some cold and austere but, by contrast, meeting the warm and friendly shoebox volunteers.

The most memorable and joyous occasion was collecting shoeboxes from the small schools around Wymondham. A quiet well-behaved crocodile of children filed out of the school into the playground clasping their boxes - some of the children were very small, making their boxes look quite big!

I will always treasure the memory of their happy little faces - each child presenting me with their very own filled shoebox (maybe whispering a sideways comment “I chose all these” or “I bought these myself”)

Whenever shoeboxes are mentioned my memories of those happy school children come to mind, warming my heart and making me smile.

Here’s a picture of Chris and Ann filling the van with the collected shoe boxes.





# CHRISTMAS QUIZ

*...to keep you busy while you're recovering from your Christmas dinner!  
If you get stuck, we're more than happy to publish the answers in the New Year.*

- 1) Phillip Brooks wrote which famous Christmas carol?
- 2) Why is 28<sup>th</sup> December called Holy Innocent's Day?
- 3) When was the first stamp commemorating Christmas used?
- 4) Why is Xmas used as an abbreviation for Christmas?
- 5) In Britain, what is the definition of a White Christmas?
- 6) In 1650, Oliver Cromwell passed an Act of Parliament authorising the imprisonment of anyone found guilty of eating what?
- 7) What is the last date of the 'Twelve Days of Christmas'?
- 8) What is the 6<sup>th</sup> January called in the church calendar?
- 9) What did they do to celebrate Christmas on 25<sup>th</sup> December 1914 in the trenches?
- 10) When did 25<sup>th</sup> December become the official day to celebrate Jesus Christ's birth?
- 11) Which instrument was 'Silent Night' originally played on because mice had chewed through the bellows of the organ?
- 12) In which direction did the Bethlehem star rise?
- 13) Christmas crackers were invented in which century?
- 14) What does the word 'carol' mean?
- 15) Which angel who told Mary that she was to be the mother of Jesus?
- 16) What does the name Jesus mean?
- 17) In which year were Christmas lights first put up in London?
- 18) Why is Boxing Day so called?
- 19) Which German prince introduced Christmas trees to Britain?
- 20) Who was St Nicholas?
- 21) Which country donates the Trafalgar Square Christmas tree in memory of Britain's support during the 2<sup>nd</sup> World War?
- 22) Name one of the monarchs who were crowned on Christmas Day.
- 23) Carol singing began in which century?
- 24) Who visited the baby Jesus first?
- 25) What did Queen Victoria ban in 1870?
- 26) What is the ancient Viking festival of mid-winter called?
- 27) In what year did George V make the 1<sup>st</sup> royal Christmas broadcast?
- 28) What is Rudolph's distinguishing feature?
- 29) What tart with a sweet filling has its origin in a savoury mixture baked in a pastry case called a 'coffin'?
- 30) Who do we have to thank for the image of Father Christmas wearing red and white with a long beard?



**We're going on a bug hunt!.....**

On Sunday 13<sup>th</sup> November, Ruth arranged a fantastic Sunday School session all about insects.

We had a quiz about insects and shared with the rest of the group pictures of our favourite insects before heading into the garden to see what insects we could find.

We learned that God is so good and has made a wonderful variety of insects each of which have different purposes in His Creation.

Thank you to Ruth for preparing such a great session and to Daniel and Sam for making the bug hotels which are now in the church garden.





### Updates from the Eco Church team at WBC

**In the garden:** 2 bug hotels have been made by the Rallan family and are now in the church garden. Ruth prepared a wonderful Sunday school session on the 13<sup>th</sup> November all about insects to help us think more about their part in creation. Thank you to the Rallans!!

**The Great Big Green Week:** For the first times, Greening Wymondham organised a range of local events as part of this national week of action against climate change. At WBC, we hosted the litter pick and ran a powerpoint presentation during Roots to highlight what we have been doing as church to care for God's creation.

**Recycling:** The current recycling scheme is working well so a big thank you to all of you who are bringing your items (stationery, toothbrushes/toothbrush heads, toothpaste tubes, medical blister packs) for recycling. Please keep an eye on the recycling noticeboard for any changes or further information.

**Funds:** You will remember our first ECO@WBC event in June when we raised over £700. We have used £350 of this to insulate the loft at the manse which is now fully insulated. The remaining money is being saved for the spring when we are hoping to build some raised beds for growing vegetables in the church garden.

Wymondham Baptist Church is now a Charitable Incorporated Organisation registered with the Charities Commission - Charity No. 1199302



### DATES TO REMEMBER JANUARY 2023

January 1 <sup>st</sup>	Reflection and Prayer - 10.30a.m.
January 4 <sup>th</sup>	Rosedales Monthly meeting - 10.00a.m.
January 4 <sup>th</sup>	Home from Home - p.m.
January 5 <sup>th</sup>	Home from Home - p.m.
January 6 <sup>th</sup>	Roots Community Café will be closed
January 7 <sup>th</sup>	Recognition and Ordination Service of Paul Smith - 2.00p.m.
January 8 <sup>th</sup>	Worship at 10.30a.m. including communion
January 9 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 9 <sup>th</sup>	Leadership Team meeting - 7.30p.m.
January 10 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 11 <sup>th</sup>	Home from Home - p.m.
January 11 <sup>th</sup>	Eco Team meeting - 7.00p.m.
January 12 <sup>th</sup>	Home from Home - p.m.
January 13 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 13 <sup>th</sup>	Friday Night Youth
January 15 <sup>th</sup>	Café Church - 10.30a.m.
January 15 <sup>th</sup>	Church Meeting - 12.30p.m.
January 16 <sup>th</sup> -22 <sup>nd</sup>	Week of Prayer for Christian Unity
January 16 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 17 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 17 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 18 <sup>th</sup>	Home from Home - p.m.
January 19 <sup>th</sup>	Home from Home - p.m.
January 20 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 22 <sup>nd</sup>	Worship at 10.30a.m.
January 23 <sup>rd</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 24 <sup>th</sup>	Rosedales Bereavement Course - 10.00a.m.
January 24 <sup>th</sup>	Thrive@Roots - 2.30p.m.
January 25 <sup>th</sup>	Home from Home - p.m.
January 26 <sup>th</sup>	Home from Home - p.m.
January 27 <sup>th</sup>	Roots community Café - 10.00a.m. - 1.00p.m.
January 27 <sup>th</sup>	Friday Night Youth
January 29 <sup>th</sup>	Worship at 10.30a.m.
January 30 <sup>th</sup>	Roots Community Café - 10.00a.m. - 1.00p.m.
January 31 <sup>st</sup>	Rosedales Bereavement Course - 10.00a.m.
January 31 <sup>st</sup>	Thrive@Roots - 2.30p.m.







## More news from the Eco Church Team

### Greener Christmas

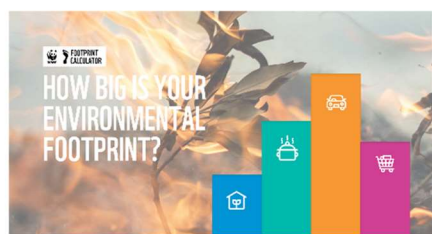
This year, we are giving everyone the option of sending just one Christmas card to the fellowship at WBC by providing an attractive and dedicated board to display the cards. All cards will be clearly and easily seen and will add to the festive appearance in the church. We will be using the 2 little Eco Church boards at the back of church and they will be ready for your cards from the beginning of December

### How big is your environmental footprint?

We would like to encourage everyone at WBC to complete a personal or household 'carbon calculator'. These surveys help us to work out how much CO<sub>2</sub> we emit in different areas of our lives – travel, energy, lifestyle etc. The results can be surprising and will hopefully lead us all to reflect on how we can make more small changes to reduce our own carbon footprint and so have a positive impact on God's earth.

We have chosen to complete the World Wildlife Fund Footprint Calculator because it is quick and easy to complete and does not require us to give any personal information other than a postcode.

The link for the survey is here:



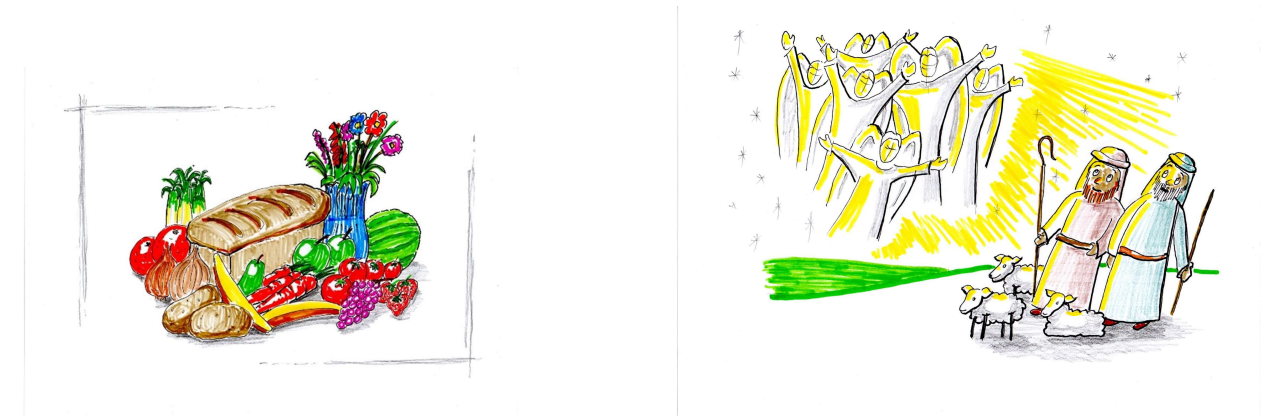
#### [WWF Footprint Calculator](https://footprint.wwf.org.uk)

The planet is in crisis - from climate change to the pollution in our oceans and devastation of our forests. It's up to all of us to fix it. Take your first step with our environmental footprint calculator.

[footprint.wwf.org.uk](https://footprint.wwf.org.uk)

We will not be expecting anyone to give us their results...the Eco Church and Leadership teams have already completed the carbon calculator and so we are hoping that lots of you will join in this project and take that extra step towards lowering carbon emissions.

## WINDMILL HOUSE SERVICES



On Wednesday 14th December a team of us from WBC will be leading a Carol Service at Windmill House Care Home. This will be just the 4th time we have been back in person since before the start of the covid pandemic as care homes were cautious about opening their doors to visitors. It has been a real delight to be so warmly welcomed and to meet face-to-face with the residents and some of the staff after a year of services on zoom.

In September we held a Harvest Thanksgiving Service which was appreciated by many residents, their visitors and some care staff. We try to include something visual to make things attractive so the songsheets were illustrated with some of Vic's colourful pictures of creation and harvest which were also shown on the TV screen during the talk. One of the residents made a nice little thank you speech at the end!

I've been looking back at my notes for the services I have taken responsibility for since I took over from Christine nearly 3 years ago and realised that it will be 4 years since we last held a Carol Service at Windmill House. (There were several months, including December 2019, when there were no church services there due to changes in circumstances at the 3 churches which had been involved). Then after just one visit in Feb. 2020 the doors were closed to all visitors from March onwards. We started zoom services in May 2021 and continued every 2 months until May this year when we were finally able to go back in person. We had arranged to alternate with Wymondham Methodist Church throughout 2022 so there would be a service once a month but that has not happened for a several months.

It will be very special to be back at Windmill House to share a Carol Service this year. The whole house will be lavishly decorated and Fran Annis, the Wellbeing Lead, will have kept the residents busy and happy making things to be part of the display. Vic and Mary have family commitments and won't be able to accompany the carols so our son Matt has agreed to bring a keyboard and play for us. As we will be a smaller team than usual if there are 1 or 2 people who would like to join us please speak to me and I'll include you.

Our aim is always to be a blessing and an encouragement to everyone we meet when we visit Windmill House but we always come away feeling blessed and encouraged ourselves by the warm welcome we receive and the appreciation shown for this simple act of worship and service. Please pray for us as we prepare for and lead this service and spend time with the residents afterwards.

Thank you for supporting in prayer this part of our church outreach and ministry.

Jan Hodges

## DATES TO REMEMBER - CHRISTMAS PROGRAMME



Thursday 8th December  
Rosedales Remembrance Service - 7.00pm

Sunday 11th December  
Morning Worship including Communion - 10.30am

Sunday 18th December  
Led by Our young People - 10.30am

Sunday 18th December  
Carol Service - 6.00pm

Monday 19th December  
Last Day Roots Community Café to be open

Sunday 25th December  
Christmas Morning Service 10.00am

Sunday 1st January  
Start the Year with Reflection and Prayer 10.30am

Sunday 8th January  
Worship Service - Re-visit our Vision

Monday 9th January  
Roots Community Café re-opens 10.00am - 1.00pm

connect us at:



[wymondhamaglistchurch](https://www.facebook.com/wymondhamaglistchurch)



[office@wymondhamapds.org](mailto:office@wymondhamapds.org)



[www.wymondhamapds.org](http://www.wymondhamapds.org)



01953 606520

## A PICTURE TO COLOUR

