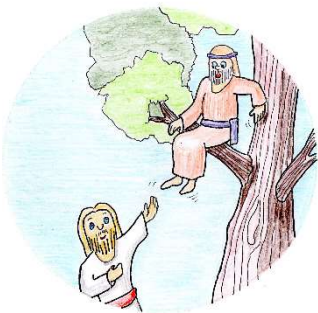


WINDMILL HOUSE SERVICES

We had been looking forward to being at Windmill House in December to hold our first live Carol Service since before the pandemic. We had made all our preparations - carols and readings chosen , talk prepared , musician lined up .

Then everything had to change as Doug and I had covid! We were disappointed that we had to revert to leading a service on zoom, from our living room, with just the two of us. It's just not the same as being face-to-face but we were glad we could still provide a service for the residents.

In January we were at Windmill House and able to mingle with the residents without wearing masks for the first time . As always we



received a very warm welcome . Vic was unable to be there but Doug , Mary and I were joined by Christine Frith who has worshipped at WBC since moving to Wymondham . We sang familiar hymns together with some of the residents joining in



enthusiastically, then looked at the story of Zacchaeus and how Jesus transformed his life, accompanied by Vic's pictures of Jesus looking up at Zacchaeus in the tree and Jesus visiting Zacchaeus at his home.

We now have dates booked for March and May with Steve Cullis, the Methodist Minister taking services in February, during Holy Week in April then early May before he goes on sabbatical during the summer. We'll be looking at how we can cover the months he is not available.

We are grateful to those who pray for us as we go to share this time with residents who are no longer able to attend a place of worship.

Jan Hodges



Photos taken at Paul's Ordination

THE ROOTED LIFE

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

Date: February/March 2023

A WBC MAGAZINE

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



IN THIS EDITION...

Spring is coming



Welcome to the ninth 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, 26th March 2023.

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

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Community Seed Swap

Wymondham Baptist Church

Saturday 4th March

10.30am - 1.00pm

Are you planning your summer garden? Have you got a surplus of seeds?

Would you like to try growing something different from seed?

Yes? Then.....

Bring along all your excess seeds and swap them for something different.

Enjoy sharing and swapping tips and suggestions with other growers over a cup of coffee and cake.

(No charge for the seeds and refreshments by donation. All proceeds to Wymondham Baptist church Eco Church projects)





RECYCLING UPDATE



BLISTER PACK COLLECTION

Unfortunately, we can no longer collect your empty blister packs. I took a few bags into Norwich a couple of weeks ago and spoke to the pharmacist there who asked me if all the bags were from my own personal use. She explained that Superdrug have a strict policy that customers can only take in their own personal empty blister packs and not drop off those belonging to friends. This is so disappointing as it has been a very popular recycling opportunity for us meantime, if you are going into Norwich, you can still drop off your own blister packs at Superdrug. *Nicki*

EXISTING RECYCLING OPPORTUNITIES

We are still collecting your used **toothpaste tubes, toothbrushes and electric toothbrush heads**. Please put them in the marked bag in the corridor opposite the kitchen door.

We would also love all your old pens etc. These go to Rymans in Norwich and Ruth Rallan is happy to do this on her visits to the city. Rymans are glad of as much **old stationery items** as we can take. A list of the items that are accepted is on the Recycling board in the corridor. Thank you, Ruth!

NEW RECYCLING OPPORTUNITIES

We are now collecting your **empty crisp and nut packets, coffee packets and dishwasher and washing machine tablets bags**.

Examples of what we are collecting is on the recycling board with a couple of requests.

Please give your empty crisp and nut packets to Rose Kirby who has kindly agreed to sort them out.

Please put your empty coffee packets and dishwasher/washing machine tablet bags in the marked bag in the corridor.

These, together with the toothbrushes and toothpaste tubes are taken to Val Keel in Wrenningham who recycles them via Terracycle and raises money for charity.

Thank you for your help and support in keeping plastic out of landfill.

The Eco Church Team



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

Spring is just around the corner! It might not feel like it but it is. Soon we will be blessed with brighter days, more sunshine and hopefully less reliance on our heating, praise God.

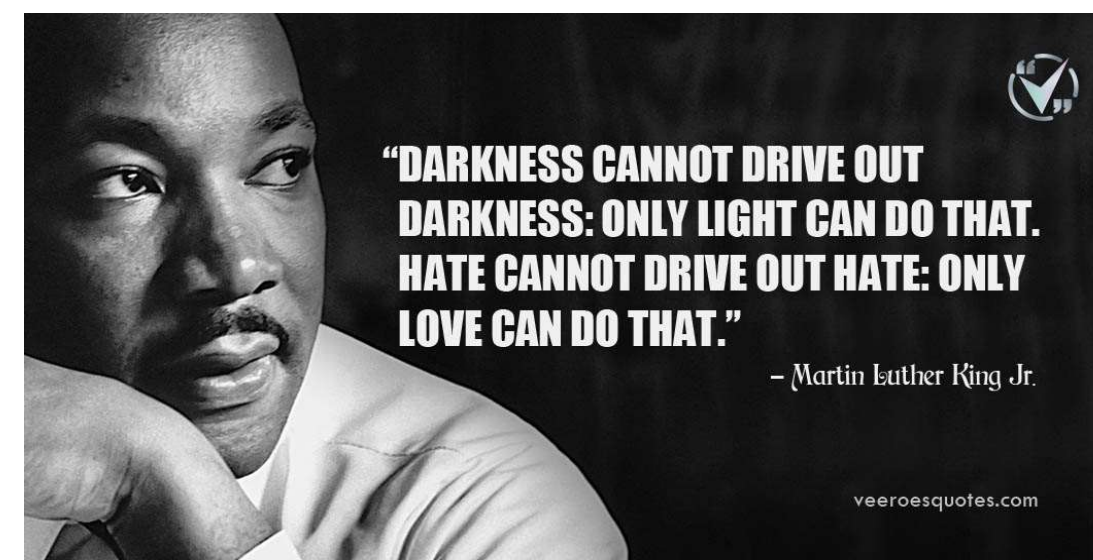
But at times that can feel a long way off. It can feel that the darkness is overwhelming and although I know in my mind that we will see the light I, like so many I know, become impatient in the desire for its arrival.

It doesn't help that sadly the world I see around us is also filled with darkness. As I write this there is news of two mass shootings in America, the invasion of the Ukraine is still on going and the inequality in the lives of people I know personally is still prevalent, be that in incomes, social care or disabilities. The darkness can seem as if it will never be defeated. What can we do?

At the beginning of January two things happened. One on a personal level and the other a memorial day. The later was that it was Martin Luther King day. It is a day to celebrate his life and legacy, which is observed on the third Monday of January each year, near his birthday which is January 15th.

Martin Luther King Jr. was a fellow Baptist minister and a civil rights leader who led nonviolent protests to help achieve equal rights for African Americans. He began to take a stand against the issues by organising non-violent protests and speaking publicly, his most famous speech being the "I Have a Dream" speech at the landmark March on Washington in 1963.

In 1964, he won the Nobel Peace Prize for combating racial inequality through non-violent resistance. Sadly, just four years later, he was assassinated in Memphis, Tennessee. He, for me is an inspiration, in standing against injustice. However, it is the way he did it that has always inspired me. Here is one of my favourite quotes of his.....



Martin Luther King made a huge difference to the world around him and I find him both inspirational and challenging into thinking what do I do?

When I feel so utterly useless and helpless about the world around us and think what difference can I make I remember his quote. I cannot change the world but I can love those I come into contact with. I can be compassionate to people who may be different to me. I can bring light into people's lives. I can be kind.

And that leads me on to my second thing that happened in January. I like many thought about making a new year's resolution. I pondered many things I 'should' do, the usuals, exercise, read more, lose weight etc. however eventually after some time in prayer I decided on one. I made a resolution to 'be kinder to myself'. Simple to say but hard to follow. It was like a light though in the darkness. If I want to be kinder to others, I need to first model kindness to myself. There are simple things I have started to practice. Taking a walk when I feel low, limiting viewing the news, and recognising I cannot do everything, but doing what I can do, and finally but most importantly praying more and handing over to Jesus the things that feel beyond me.

Jesus fully understands what it means to face a dark world. The Bible tells us all about his battle and victory over the evil in our world. In the gospel of John we are reminded that 'the light shines in the darkness and the darkness has not overcome it'. This is what we will celebrate as Christians at Easter.

Jesus has victory over ALL darkness. Jesus also promised, as his followers, that we will be filled with His light and that by that we can have victory too over all things including the darkest of things, death.

As we head towards spring and indeed Easter, remember the light is coming. If you have never pondered what Jesus means in our world today and what having His light looks like perhaps you might want to explore that with us here at WBC. In the coming months we will be looking into starting an Alpha course which explains what we as Christians believe. We also look at how our faith comes into our daily lives in our worship services together every Sunday with teachings that are relevant to real life. You would be more than welcome to come along.

I pray for you all to know the light of the world HAS come, JESUS, and He is always here, there is no need to wait for the dark to pass the brighter days are already here! Perhaps we just need reminding.

Blessings

Paul

ECO CHURCH NEWS AND DATES FOR THE DIARY



Raised vegetable bed for the church garden:

This is going ahead, and Keith has kindly researched the materials and costings and has agreed to build it for us. It will be ready for vegetable and salad planting in the spring. We are looking for someone to look after the veg bed once it is planted so, please see Cathy if this is something you would enjoy doing.



Bird boxes:

Last year the young people built and located 3 bird boxes in the church garden. If anyone is in the garden and notices activity in and around any of the boxes, please could you take a photo and let us know?

Saturday 4th March: Community Seed Swap event

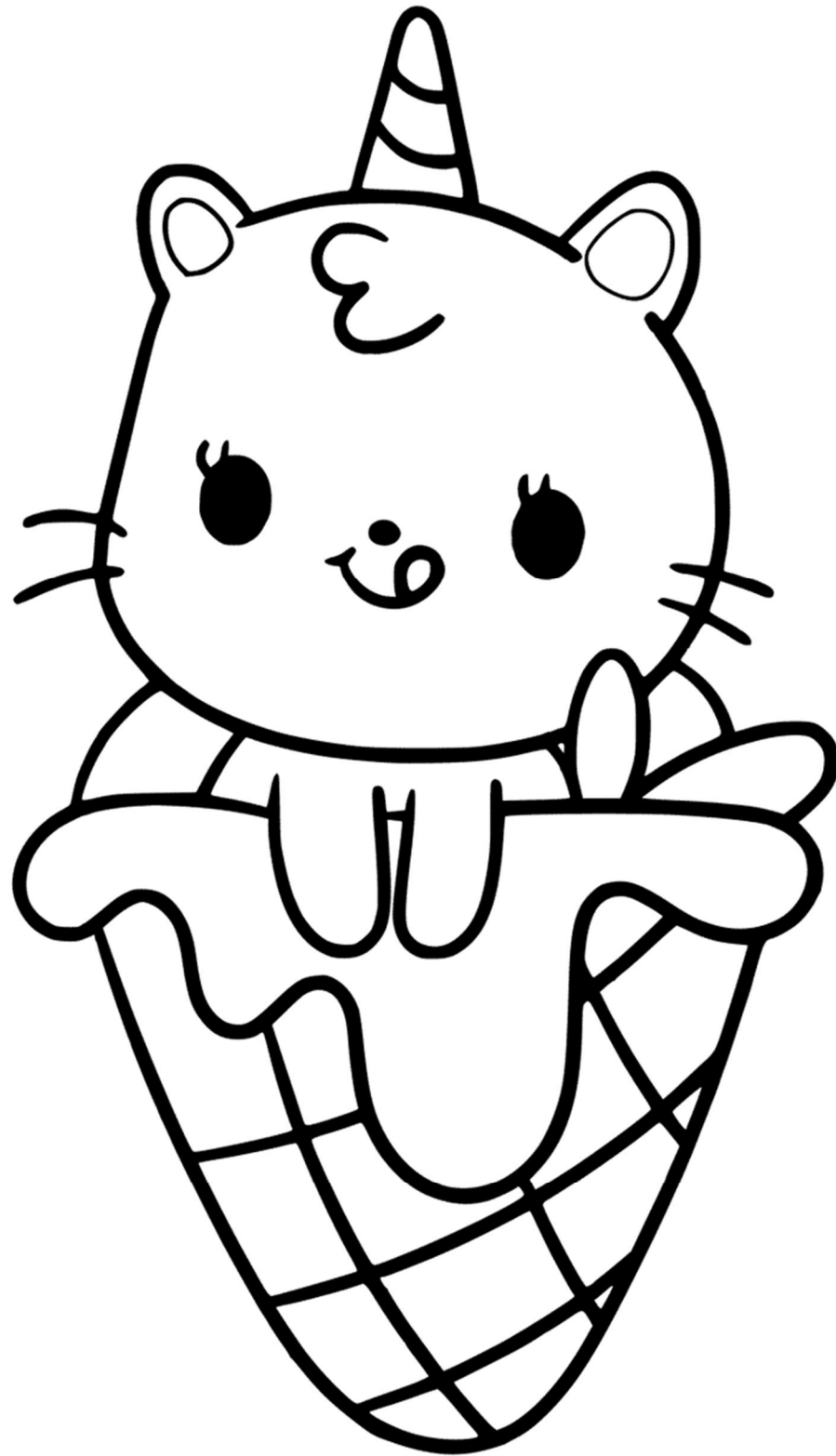


The Eco team are excited to be organising this event as another way to demonstrate our care for creation by encouraging the sharing of resources. We also hope that it will be a great opportunity for experienced, new and would be growers to get together and share tips, ideas and plans for how to look after our outdoor spaces. Bring along your spare plant and vegetable seeds to swap and enjoy a chat over a cup of tea or coffee and cake. All proceeds will go to Eco Church projects. A poster with all the details is on the Eco Church board in church.

Friday 24th February from 6.30-8.30pm at Central Hall: Climate Change is here.....What now?

This has been organised by CHAIN (Climate Hope Action in Norfolk) and is a public meeting with a cross party panel including our MP George Freeman and representatives from the Labour, Liberal Democrat and Green parties. It will be an opportunity to hear how each party aims to meet the challenges of the climate crisis. This is a free event but is on a first come, first served basis. Full details are on the poster below and on the Eco Church noticeboard in church.

A PICTURE TO COLOUR



www.GetColoringPages.com

A WORD FROM ROSEDALES

Bereavement and trauma

A bereavement can make us feel like we are in shock, even if our loved one had been ill for some time and we knew their death was imminent.

We can still feel a sense of denial, that it hasn't really happened and that they will be walking through the door at any time.

Being with our loved one in their final moments can leave us feeling traumatised as we recall how they looked or the sounds of their breathing.

If our loved one passed away suddenly, we may have tried to administer CPR in order to save them. The memories we are left with can be extremely traumatising.

We may feel the need to talk to everyone we know about the details of what happened- going over and over the events to try to make sense of what feels like a completely unreal experience. We may also struggle to sleep, as our thoughts torment us by continually re-running what happened.

Keeping a journal is a helpful way to process difficult and confusing thoughts and feelings. Writing down the story of your bereavement can help to process the reality of the loss and 'download' it from your mind. This can also be a good way to allow the tears to flow and grief to be expressed.

The senses exercise helps us to focus on the present: look around and list 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste.



Mindfulness techniques and focussed breathing exercises can also help to calm the mind and body and bring us back to the here and now.

If you suspect you may be suffering from PTSD (post traumatic stress disorder), It is always best to seek specialist medical help, starting with your GP. Signs of PTSD include: experiencing vivid flashbacks, repetitive intrusive thoughts or images, nightmares, continually feeling on edge or experiencing physical symptoms such as shaking, sweating and feeling sick. If these signs continue and are having a significant impact on your life, then this it is important to seek help from a doctor.

In 2023, Rosedale will be running 3 bereavement groups in the church, starting on January 17th, May 9th and September 12th, led by Beverley and myself. If you would like to attend, please call 01953 601103.

Sarah (Rosedales)

Did you sort the Christmas words???

- | | |
|------------------|----------------|
| 1. TEHRAMEISCRST | Christmas Tree |
| 2. DYCNCNAEA | Candy Cane |
| 3. TTEIMLSEO | Mistletoe |
| 4. LYIVOYLH | Holy and Ivy |
| 5. SLEETIMOT | Mistletoe |
| 6. LOCSRA | Carols |
| 7. BEMDRECE | December |
| 8. DRERENEI | Reindeer |
| 9. SSJEU | Jesus |
| 10. HDAAEERHP | Shepherds |



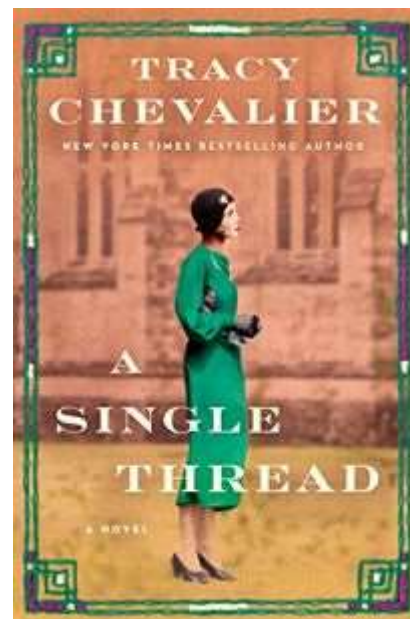
How many did you work out???

A GOOD BOOK TO READ -

A Single Thread by Tracy Chevalier -

This is a heart warming story of creativity, loneliness and community. It describes women after the loss of so many men, these women were called “surplus women”. Violet, lonely wanders into Wincchester Cathedral and finds the brderers, women who create beautifully embroiderd kneelers, still made today. A non embroider, she joins the group and learns the craft. The story unfolds gently, a mixture of loss, discovering friendship and the enjoyment of creating something lovely. I couldn’t read it fast enough but didn’t want to finish it. I loved it and thoroughly recommend it.

Claire Drake



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

If you would like to make a donation to Wymondham Baptist Church General Fund or to the Building Fund please make this to the following account:-

Sort Code - 30-90-89 Account Number 47748863

Week Six - Be still in nature. During Holy Week, find a quiet spot outdoors and reflect on what Holy Week means to you. Surrounded by the beauty and creativity of nature, the shortcomings of humanity and our need for repentance are often clearer, but so also is the power and timelessness of God. Bring before him your own concerns and the needs of the natural world. Continue to pray with us via our weekly prayer diary at: arocha.org.uk/get-involved/pray.



Easter Sunday - The Easter hope of reconciliation is good news for all. May we celebrate anew Christ’s commitment in relating to his creation; that the God-man Jesus would enter into the deepest pains and realities of the flesh in order to restore the relationship between Creator and creature. By this restorative work all creation is reconciled to its intended delight, finding peace and mutual flourishing.



From A Rocha resources

Love Wymondham Love Earth

By Ian Maunders, Greening Wymondham

For those who enjoy the outdoors, Wymondham has a lot to offer as you take your daily exercise: a peaceful stroll through the town to the Abbey, where you can experience beautiful sunsets, a meander across the nature reserve at Toll’s Meadow or a walk down the Lizard. Maybe visit Kett’s Park Wood, where Greening Wymondham volunteers are continuing to improve the area, creating glades to encourage wildflowers and a more diverse habitat for wildlife.

Valentine’s Day is approaching and in nature, romance is in the air, judging by the birdsong and activity in the trees and hedges along the roadside and in parks and gardens. Also in the garden, the promise of Spring is beginning to show as bulbs push up their shoots and buds appear on the trees and bushes. These are the same trees and plants that Earth needs to help it to sustain life, so don’t just love Wymondham, love our planet. It is the only one we’ve got and now it needs all the love we can give it to keep it healthy, for life as we know it to continue.

So, just for a while, consider the effects of your actions; think what you can do to help. Relax and concentrate on the simple pleasures in life; you’ll feel better for it and so will those you love.

Week Two - Connect with creation in a new way. Time spent enjoying God's creation will help set your mind and seek the things that are above. Bring your sketch or note book, your Bible, or whatever helps you connect with our heavenly Father. Or perhaps God is inviting you to just bring yourself (with some extra layers!). Note all the signs of the season. Use this time to reflect on the changing season and what we can be thankful for.



Week Three - Discover the great outdoors with company. Meet up with a friend or several for an extended or brisk wintery walk together. You could visit an outstanding area of beauty in the UK or keep it local and soak up the seasonal sights on your doorstep in your nearest green space. Bring along a notepad and pens to write about or draw something that inspires you in nature and share your ideas and reflections.



Week Four - Plan a Wild Time! Plan something completely wild in nature for later this year. Experience kayaking, wild camping, forest school, forest church... Make sure to take the opportunity to really enjoy what nature has to offer beyond Lent. Break out of your normal routine and join a volunteer work party or take to the water for wild swimming. Whatever you do – do something different and have fun!



Week Five - Join us to protect and restore nature together. How can we make small changes in our everyday lives that can make a big difference to others and for your world? Contribute to positive change as part of an A Rocha UK community, as a church (Eco Church) and as an individual or family (Wild Christian).



DATES FOR FEBRUARY:-

February	5 th	Worship at 10.30a.m. including Communion (bread used is GF)
February	6 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
February	6 th	Finance Team Meeting
February	7 th	Rosedales Bereavement Course - 10.00a.m.
February	7 th	Thrive@Roots - 2.30p.m.
February	8 th	Home from Home - 1.30p.m. - 4.30p.m.
February	9 th	Home from Home - 1.30p.m. - 4.30p.m.
February	10 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
February	10 th	Friday Night Youth - 6.30p.m.
February	12 th	Worship at 10.30a.m.
February	13 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
February	13 th	Leadership Team Meeting - 7.30p.m.
February	14 th	Rosedales Bereavement Course - 10.00a.m.
February	15 th	Home from Home - 1.30p.m. - 4.30p.m.
February	15 th	Eco Meeting at 3 Jackdaw Close - 7p.m.
February	16 th	Home from Home - 1.30p.m. - 4.30p.m.
February	17 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
February	19 th	All age Worship at 10.30a.m.
February	20 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
February	21 st	Rosedales Bereavement Course - 10.00a.m.
February	21 st	Thrive@Roots - 2.30p.m.
February	22 nd	Home from Home - 1.30p.m. - 4.30p.m.
February	23 rd	Home from Home - 1.30p.m. - 4.30p.m.
February	24 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
February	24 th	Friday Night Youth - 6.30p.m.
February	26 th	Worship at 10.30a.m.
February	27 th	Roots Community Café at WBC - 10.00a.m - 1.00p.m.
February	28 th	Rosedales Bereavement Course - 10.00a.m.
February	28 th	Thrive@Roots - 2.30p.m.

PUZZLE TO WORK OUT

If you know your ABCs, you should be able to solve this Bible puzzle. Remove each letter of the alphabet, in order. Then write the remaining letters in the blanks at the bottom to spell an important Bible verse.

J A E S B U S C A N S W D E R E D E , " I F A M
T H E G W A Y H A N I D T J H E K T R U L T H
M A N D N O T H E P L I Q F E . N O R O N S E
C O M E T S T O T U H E F A V T H E W R
E X C E P T T H Y R O U G H Z M E . "

Answer:

_____, " _____

_____.
_____."

Do you know where this verse is found? _____

DATES FOR MARCH -

March	1 st	Rosedales Monthly Bereavement Group - 10.00a.m.
March	1 st	Home from Home - 1.30p.m. - 4.30p.m.
March	2 nd	Home from Home - 1.30p.m. - 4.30p.m.
March	3 rd	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
March	5 th	Worship at 10.30a.m. including Communion (bread is GF)
March	6 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
March	6 th	Finance Team Meeting
March	7 th	Rosedales Bereavement Course - 10.00a.m.
March	7 th	Thrive@Roots - 2.30p.m.
March	8 th	Home from Home - 1.30p.m. - 4.30p.m.
March	9 th	Home from Home - 1.30p.m. - 4.30p.m.
March	10 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
March	10 th	Friday Night Youth - 6.30p.m.
March	12 th	Worship at 10.30a.m.
March	13 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.
March	13 th	Leadership Team Meeting - 7.30p.m.
March	14 th	Thrive@Roots - 2.30p.m.
March	15 th	Home from Home - 1.30p.m. - 4.30p.m.
March	16 th	Home from Home - 1.30p.m. - 4.30p.m.
March	17 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
March	19 th	Café Church at 10.30a.m.
March	20 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
March	21 st	Thrive@Roots - 2.30p.m.
March	22 nd	Home from Home - 1.30p.m. - 4.30p.m.
March	23 rd	Home from Home - 1.30p.m. - 4.30p.m.
March	24 th	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.
March	24 th	Friday Night Youth - 6.30p.m.
March	26 th	Worship at 10.30a.m.
March	26 th	Church AGM - 12.30p.m./Election of Leadership Team
March	27 th	Roots Community Café at WBC - 10.00a.m - 1.00p.m.
March	28 th	Thrive@Roots - 2.30p. m.
March	29 th	Home from Home - 1.30p.m. - 4.30p.m.
March	30 th	Home from Home - 1.30p.m. - 4.30p.m.
March	31 st	Roots Community Café at WBC - 10.00a.m. - 1.00p.m.

TEST YOUR WORD POWER!!

How many words can you make out of Ecclesiastes?

And how many can you make out of Deuteronomy?



Save the date!

Spring Worship Walk

Sunday 30th April

Come and join us for a spring walk in Ashwellthorpe woods. We will be leaving WBC at 3pm and returning about 5pm. It will be a time to look, hear and reflect on God’s creation at this lovely time of year, either with friends and family or quietly by yourself.

More details will follow but please put the date in your diaries. It should be a lovely time of outdoor fellowship.

Connect with God’s creation over Lent

As we begin the season of Lent in February, let us pray that God will open our eyes each day to see something new and wonderful in His world, so we may choose to be more considerate towards your creation during this time of reflection and beyond

Week One - Bring nature into your home or garden. What could you grow inside your home, in the garden or even at church? Plant a herb or flower as a reminder of our responsibility to steward God’s earth. As you tend to this plant, prayerfully ask God how you might nurture nature better at home over the Lent period and beyond.

