

THE ROOTED LIFE

Colossians 2:7

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

Date - October/November 2024

A WBC MAGAZINE

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



IN THIS EDITION... More information about activities at WBC and in the community

This magazine is brought to you by Wymondham Baptist Church. If you would like to know more about us, please call, e-mail us or visit our website.

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Welcome to this 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, 24th November 2024.

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

Contents

- Message from our Pastor page 3
- A Good Book to Read page 4
- Christmas Advent Calendar page 5
- WBC Flowers page 5
- The Jesus Way page 6
- Giving page 7
- A story for you to ponder page 8
- Home from Home page 9
- Dates for your diary - October page 10
- Dates for your diary - November page 11
- Wymondham Baptist Church Gardens page 12
- Hope in Action page 13
- A Good Book to Read page 13
- A word from Rosedale page 14
- To Hope and Act with Creation page 15
- Uniform Bank page 16
- Extension news page 17
- Christmas Jumper Swap page 19
- Samaritan's Purse Shoebox Appeal page 19
- Triune God, Creator of all page 20
- Easy ECO Tips page 20

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



It is a rainy day on the first of October as I sit to write to you this time. The weather had been glorious at the end of September and I had enjoyed the start of autumn. It has always been my favourite time of year and September especially so.....and not just because that is the month of my birthday. I have always enjoyed the bright sunny days and then the cooler evenings of the season. The whole changing of the colours of the trees, the sense of preparation for hunkering down for winter. I like the harvest festival feeling of being thankful for the provision God has given over the rest of the year. As a child we used to sing a song called Autumn days with the following lyrics -

Autumn days when the grass is jewelled, and the silk inside a chestnut shell.

Jet planes meeting in the air to be refuelled, all these things I love so well

CHORUS - *So I mustn't forget No, I mustn't forget.*

To say a great big Thank You. I mustn't forget

Clouds that look like familiar faces, and the winter's moon with frosted rings.

Smell of bacon as I fasten up my laces, and the song the milkman sings

CHORUS

Whipped-up spray that is rainbow-scattered, and a swallow curving in the sky

Shoes so comfy though they're worn out and they're battered, and the taste of apple pie.

CHORUS

Scent of gardens when the rain's been falling, and a minnow darting down a stream

Picked-up engine that's been stuttering and stalling, and a win for my home team.

So I mustn't forget, No, I mustn't forget.

To say a great big Thank You -

I mustn't forget

Going back to my birthday.....I always remind my family on my birthday that whatever day my birthday falls on Christmas Day will always be on the same day 3 months later. They always tell me I say that every year and Emma (my wife) always says stop thinking about Christmas its too early. To be honest I've reached an age where I no longer get excited by my birthday. Don't get me wrong I am not miserable or depressed about it! I am grateful to be celebrating another year! I also enjoy Christmas but don't get overly excited, again I am not Scrooge or the Grinch its just.....I am grateful for EVERY day. I have ups and downs like us all but I genuinely feel blessed every day and I thank God for every day.

Psalm 136 says this

*Give thanks to the Lord, because he is good. His faithful love continues forever.
Give thanks to the greatest God of all. His faithful love continues forever.
Give thanks to the most powerful Lord of all. His faithful love continues forever.
Give thanks to the only one who can do great miracles. His faithful love continues forever.
By his understanding he made the heavens. His faithful love continues forever.
He spread out the earth on the waters. His faithful love continues forever.
He made the great lights in the sky. His faithful love continues forever.
He made the sun to rule over the day. His faithful love continues forever.
He made the moon and stars to rule over the night. His faithful love continues forever*

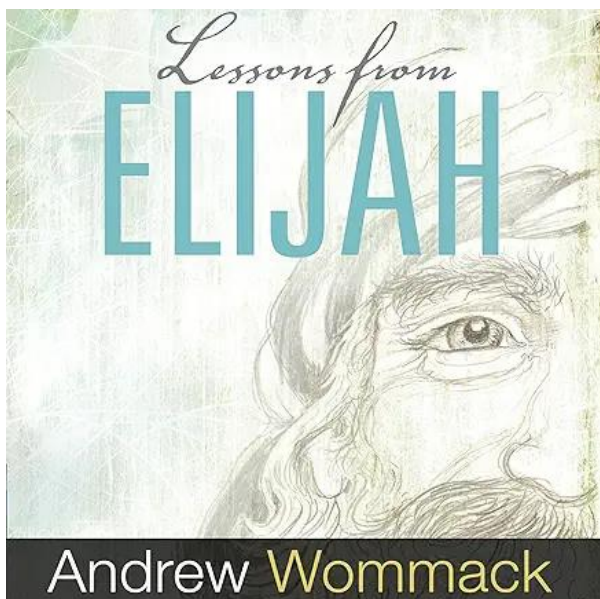
So although autumn is my favourite season and I look forward to it I think the song sums up that we may have seasons we prefer and reasons why but every day we should say a great big thank you and we mustn't forget, and the Psalm reminds us of WHO we should say a great big thank you to.

Hope you enjoy the season -

Blessings.

Paul

A good book to read



This book offers the reader insights of how to deal with life in success and in failure. How the grace of God is with us even when we make mistakes.

We know God used Elijah to call down fire and do other miracles but he was a man just like us and sometimes he missed the mark.

A very encouraging book

Kathleen

CHRISTMAS ADVENT CALENDAR

Do you buy chocolate Advent calendars for your children or grandchildren? We are thinking of ordering some special chocolate Advent calendars from The Meaningful Chocolate Company - this is the only Advent calendar that comes with a free 24 page Christmas story book. If we have an order for 18 of these Advent calendars we can make them available to you for £5. If you would like one of these calendars please indicate this on the sheet at the back of the church or contact the church office - office@wymondhambaptist.org and place your order.



WBC Flowers

When I became part of the EcoChurch team I did some research into Oasis flower foam and found out that the 'bio-degradable' foam did not fully degrade and left microplastics in the environment which get into the soil and water. I finished up my pack of Oasis blocks and started using alternatives - flower arranging wire mesh or glass marbles..

Then I looked at information from A Rocha EcoChurch to find out more about how to do church flowers more sustainably. It's so easy to go to a supermarket and buy flowers really



cheaply and I did that for years without thinking much about it. We have lots of shrubs in our garden so I have a plentiful supply of greenery all year round and flowers from some of them but very little space for cut flowers. I've used some flowers from the church garden to fill gaps and have only bought British grown flowers this year (and Fair-trade roses once.) Last winter I tried using a mix of fresh greenery with dried flowers and artificial ones.

Many supermarket flowers are imported from Kenya - more than 40% of the flower market in Europe, and I recently read an article on the BBC news website. Carnations, chrysanthemums and

roses are grown in huge temperature controlled greenhouses. More than 150,000 people are estimated to be employed in flower production which is very lucrative for Kenya's economy but working conditions are harsh. The pay is low, the hours are long, there is often no protection from the chemicals sprayed on the flowers and workers can be expected to pick and grade 3,700 stems a day. If you are interested to read the whole article I can show it to you.

Then there is the transport question - the flowers are flown to the Netherlands and transported by huge refrigerated lorries all over Europe.

Giving up buying imported flowers for church is a challenge to use what is available closer to home. I'd be very grateful for any offers of flowers from your gardens! Please let me know if you can help.

Many thanks,

Jan Hodges

Carleton Rode Baptist Church

presents:

The Jesus Way

A musical about the life of Jesus

his impact on those he met and how he continues to change people

3 Performances

3 Venues

Friday 18th October
Bunwell Village Hall
7.30pm

Saturday 19th October
Tibenham Community
Hall 7.30pm

Sunday 20th October
Carleton Rode Baptist
Church 6.30pm

Free Entry

**Donations for Food Bank
& Integrate Youth For Christ**

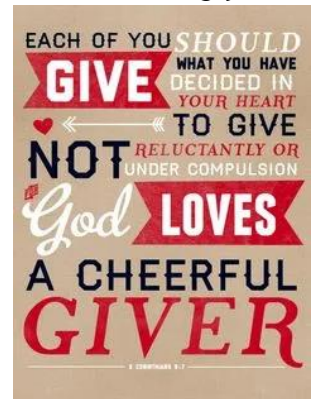
Contact: Beryl Dawson – 01953 498280 – beryldawson23@yahoo.co.uk

GIVING

What is the purpose of giving, what is accomplished through our giving?

Through our giving we reach our community, we spread the Gospel, we expand God's Kingdom, through giving we fight the darkness, **we worship our creator**, we feed the hungry, clothe those in need, we embrace the lost and heal the broken. Through giving we grow deeper in our faith and fulfil God's mission and glorify the King. Through giving we recognize the one who gave us everything, indeed He gave His life for us. Through our giving we can show our love and proclaim His praises.

How can we fulfil this act of worship at WBC? We do not pass an offering bag or plate during our worship services at WBC, however, this doesn't mean we can relinquish our responsibility to worship God through our giving. There is an offering box to the side of the entrance door as well as a digital offering plate where you can give using your debit or credit card. If you want to make a regular gift you can arrange a standing order into the church bank account.



As Christians we are encouraged in the Bible to tithe - to give 10% of our income. In the current climate this is a challenge as we all face rising costs, however, I am reminded of the story of the widow who gave a small amount, but it was all she had, so for her it was an enormous amount. This challenges me, do we give what we have left, or put our giving first?



As we look toward the end of the year, currently we are forecasting an overspend in the region of over £6,000. I have faith that God will provide and we will meet the increasing costs that the church is facing. How will He do this, I believe that He will do this through the sacrificial giving of our church fellowship. Can I encourage you to look at your giving and consider whether God is asking you to review what He is asking you to give.



There are other ways in which you can give. Many of us shop on-line these days, if you are someone who buys your groceries on-line, books your holidays or buys birthday or Christmas gifts on-line, there are hundreds of retailers who will give a small percentage of your shop to a charity, at no cost to you. Can I encourage you to sign up with [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and/or



[giveasyoulive.com](https://www.giveasyoulive.com) in support of Wymondham Baptist Church. You can agree to retailers reminding you to order through [easyfundraising](https://www.easyfundraising.org.uk) or [giveasyoulive](https://www.giveasyoulive.com) -

: <https://join.easyfundraising.org.uk/wymondham-baptist-church/cfvz14/c2s/wF6YaYJU/CE968/facebook/>. There are a number of the fellowship who support us in this way, please consider if this is a way you could support us.

Cathy
On behalf of the Leadership Team

A story for you to ponder

At the same time, every morning, the old man walked slowly down the main street, carrying his two battered suitcases. He never spoke to anyone; he just walked along with his head bent. No one knew where he was going to or what he carried in the old suitcases. But today was different. Today the whole town would find out the truth about the lonely old man, who had kept himself to himself for over thirty years.

Today as the old man neared the town hall, one of his suitcase handles broke in his hand and the case tumbled across the road, stopping only when it hit the war memorial and burst open. The contents spilled across the cobbles, the case had been full of pictures and old yellow papers full of writing. The old man quickly walked over and began to scoop his belongings back into the case. Two middle-aged women came over to help him. He waved them away, mumbling to himself. One of the women, Kathy, picked up some pictures and was about to give them to the old man when she caught a glimpse of a face in the picture that froze her blood. Kathy turned to June and shoved the picture in her hand, June looked at it and turned slightly pale.



The old man mumbled something and snatched the picture from June's hand and placed it back in the case. He shut the case, clutched it to his chest and grabbing the other one hurried off down the road. June and Kathy just stood and stared as he disappeared into the distance. They stood in silence, both deep in their own thoughts, both wondering how it was possible for that picture to exist. How was it possible for the old man to be in possession of that picture, when one had never been taken, couldn't have been taken was more to the point.

Kathy and June rushed into the town hall to find John, their brother. They told him about their encounter with the old man, when they had finished, John just laughed, saying it was impossible, they must have made a mistake. Kathy and June decided to go and find the old man and ask him about the picture. John thought for a second and joined them, he was not sure if it was out of curiosity or for a laugh. They came out of the town hall and looked around wondering where he might have gone. It suddenly dawned on them, that no-one knew just where the old man lived or where he went every day. They decided to head in the direction that he hurried off in and hope they would spot him.

As they walked off down the road, they spotted a few of the town's folk milling around in little clusters, talking rapidly to each other. John walked over to three of his mates and asked them what was wrong. They told a story very similar to that of Kathy and June's. John went and asked someone else, they too said the same thing. Everyone they spoke to told of either a picture, that could not have been taken or some words written down that could not have been written. Every piece was of some private event or thought that they had done, said, or thought over the past thirty years. What was going on? They had to find the old man. They had to find out how this lonely old man had things that were impossible to have. The whole group decided that before the day was over they would find out the truth.

Kathy, June and John thought it would be a good idea for them all to go back to the town hall and work out a plan. They all headed back to the hall and went inside. All the way back, each person was thinking about his or her picture/writing, wondering about the day

each event happened. By the time they reached the hall, some were smiling, some were sad but they all realised that these were things they had all forgotten about. As they entered the hall John stopped abruptly, inside the big hall was the old man. He was sitting on the edge of the stage smiling, in all the years that they could remember him, they had never seen him smile. It was a warm smile that lit his whole face up, there even seemed to be a glint in his eyes, even from the distance that was between them it was seen.

All the people moved slowly down toward the old man, who carried on smiling as if his life depended on it. When everyone had reached the front, the old man stood up with the ease of a much younger man and walked over to a table on the stage. He spread his arms out and turned slightly towards the table, to where his two battered suitcases lay open. He gestured to them all, to come up and see what it was he was showing them. Without saying a word each of the people there, climbed onto the stage and slowly walked towards the man, who looked each person straight in the eyes. The feeling they all had was that the old man could ‘see’ right into their hearts.



Spread out in the two suitcases, were pictures and writings, with names and dates from the past. As each person picked up something that belonged to them all that was heard in the hall was the odd gasp for breath or a gentle laugh. All the people in the town realised he was showing them all a piece of themselves, a piece of the past, whether happy or sad. All the people were so engrossed with what they were looking at, apart from Kathy, they never saw the old man smile one last time before he simply turned around and walked out of the building. Kathy waited a second, before she followed him outside. As she reached the door, the old man turned to her smiled and said “*Never forget the past, enjoy the present and live for the future.*” He turned and headed towards the cemetery, fading into a mist that came from nowhere, when it cleared a moment later the old man had vanished. He would never be seen again.

Ruth Donaldson - *printed with permission of Penelope White*

HOME FROM HOME

You will remember that over the last two winters we have offered a ‘Warm Space’ here at WBC. We are very aware that once again this year there will be those in our community that will struggle to heat their homes during the winter months. We are planning to open Home from Home again in November. This year, subject to the availability of volunteers we plan to hold Home from Home each Thursday afternoon - 1.30p.m. - 4.30p.m. As well as providing a warm space Home from Home offers support to those who are lonely in our community. If you are able to help, please let me know. We offer tea and coffee, warm snacks, people to chat to, games to play, puzzles to do. The time spent together is enjoyable for all, so please consider if this is something you might be able to help with.



Cathy

Dates for your diary:-

October -

- 1st Power Hour - 10.00a.m. - focus - Building Project, Steering Group, Homegroups
- 1st Rosedale Bereavement Course - 10.00a.m.
- 1st Thrive@Roots - 3.15p.m.
- 2nd Rosedale Monthly meeting - 10.00a.m.
- 2nd Roots Community Café - 10.00a.m. - 1.00p.m.
- 3rd Menscraft - 3.00p.m. - 5.00p.m.
- 4th Roots Community Café - 10.00a.m. - 1.00p.m.
- 4th Friday Night Youth - 6.30p.m.
- 6th Worship at 10.30a.m. including communion - Falconer Trust focus
- 7th External Fund Raising Group Meeting - 12.30p.m.
- 7th Leadership Team meeting - 7.00p.m.
- 8th Power Hour - 10.00a.m. - focus - Wymondham Churches, Bible Readathon, Shoeboxes
- 8th Rosedale Bereavement Course - 10.00a.m.
- 8th Thrive@Roots - 3.15p.m.
- 9th Roots Community Café - 10.00a.m. - 1.00p.m.
- 10th Menscraft - 3.00p.m. - 5.00p.m.
- 11th Roots Community Café - 10.00a.m. - 1.00p.m.
- 13th Worship at 10.30a.m.
- 15th Power Hour - 10.00a.m. - focus - National Week of Prayer for UK
- 15th Rosedales Bereavement Course - 10.00a.m.
- 15th Elders Meeting
- 15th Thrive@Roots - 3.15p.m.
- 16th Roots Community Café - 10.00a.m. - 1.00p.m.
- 17th Menscraft - 3.00p.m. - 5.00p.m.
- 18th Roots Community Café - 10.00a.m. - 1.00p.m.
- 18th Friday Night Youth - 6.30p.m.
- 19th Bible Readathon
- 20th Shoebox Sunday worship at 10.30a.m.
- 22nd Power Hour - 10.00a.m. - focus - Volunteers & areas needing more people
- 22nd Rosedale Bereavement Course - 10.00a.m.
- 22nd Thrive@Roots - 3.15p.m.
- 23rd Roots Community Café - 10.00a.m. - 1.00p.m.
- 24th Menscraft - 3.00p.m. - 5.00p.m.
- 25th Roots Community Café - 10.00a.m. - 1.00p.m.
- 27th Worship at 10.30a.m.
- 27th Praise and Worship - 7.00p.m.
- 28th ECO Team meeting - 10.00a.m.
- 29th Power Hour - 10.00a.m. - focus - Youthworkers/Youthwork, Halloween
- 29th Rosedale Bereavement Course - 10.00a.m.
- 30th Roots Community Café - 10.00a.m. - 1.00p.m.
- 31st Menscraft - 3.00p.m. - 5.00p.m.

Dates for your diary:-

November -

- 1st Roots Community Café - 10.00a.m. - 1.00p.m.
- School Uniform Bank open
- 3rd Worship at 10.30a.m. including Communion
- 4th Leadership Team Meeting - 7.00p.m.
- 5th Power Hour - 10.00a.m. - focus - Leadership Team Away Day, Paul's sabbatical
- 5th Thrive@Roots - 3.15p.m.
- 6th Rosedale Monthly Meeting - 10.00a.m.
- 6th Roots Community Café - 10.00a.m. - 1.00p.m.
- 7th Home from Home - 1.30p.m. - 4.30p.m.
- 7th Menscraft - 3.00p.m. - 5.00p.m.
- 8th Roots Community Café - 10.00a.m. - 1.00p.m.
- 8th Friday Night Youth - 6.30p.m.
- 9th Leadership Team Away Day
- 10th Worship at 10.30a.m. - Remembrance Sunday
- 12th Power Hour - 10.00a.m. - focus - WBC vision, A passion for prayer
- 12th Elders Meeting - 10.00a.m.
- 12th Thrive@Roots - 3.15p.m.
- 13th Roots Community Café - 10.00a.m. - 1.00p.m.
- 14th Home from Home - 1.30p.m. - 4.30p.m.
- 14th Menscraft - 3.00p.m. - 5.00p.m.
- 15th Roots Community Café - 10.00a.m. - 1.00p.m.
- Christmas Jumper Swap
- 17th Café Church - 10.30a.m.
- 18th Churches Together meeting at WBC
- 19th Power Hour - focus - WBC mission, evangelism, outreach
- 19th Thrive@Roots - 3.15p.m.
- 20th Roots Community Café - 10.00a.m. - 1.00p.m.
- 21st Home from Home - 1.30p.m. - 4.30p.m.
- 21st Menscraft - 3.00p.m. - 5.00p.m.
- 22nd Roots Community Café - 10.00a.m. - 1.00p.m.
- 22nd Friday Night Youth - 6.30p.m.
- 23rd Safeguarding Training
- 24th Worship at 10.30a.m.
- 24th Church Meeting - 12.30p.m.
- 24th Praise and Worship - 7.00p.m.
- 26th Power Hour - 10.00a.m. - focus - The Church worldwide, Advent
- 26th Thrive@Roots - 3.15p.m.
- 27th Roots Community Café - 10.00a.m. - 1.00p.m.
- 28th Home from Home - 1.30p.m. - 4.30p.m.
- 28th Menscraft - 3.00p.m. - 5.00p.m.
- 29th Roots Community Café - 10.00a.m. - 1.00p.m.

WYMONDHAM BAPTIST CHURCH GARDEN

You may have noticed a new certificate outside the Church Office - WBC was awarded the Best Hidden Gem by Wymondham In Bloom. The team have worked hard in the garden to provide a welcoming space for members of the fellowship, visitors to Roots and the local community. In our raised bed this year we have planted strawberries, we haven't had a large crop but they are growing well. In the raised bed we also have some chives that are growing well.

At some point, possibly next Spring, we are planning to hold a plant sale corner in support of the Building Fund. We have been given some Canna Lilies, some we plan to plant out, but there will be some that we hope to sell. There will be other plants that we can take cuttings from, perhaps you have some cuttings that you could include in our sale, or seeds that you could propagate during the winter/spring months - more information to follow, so watch this space.

When the building project begins in 2025 we will be losing our quiet corner, currently located in the little garden to the left of our current entrance. We are planning to re-locate this quiet corner in the back garden just opposite the entrance gate where currently there is a Flamingo tree. We have plans to have a little paved/shingle area where we can place a couple of chairs. We are hoping to get the men from the Menscraft Group to help Keith with this project.



You may have looked at our wild flower patch and thought it looked a bit untidy, but we are hoping that the colourful annuals will self seed and next Spring/Summer the area will be full of colour once again. Nicky gave us some Corn Cockle plants which grew really well and Shirley has collected the seeds if anyone is interested in having a go at growing them in your own garden.

Don't forget if you visit the garden and notice something interesting - a different insect, bird or flower, note it in our garden log in the porch and if you are able to, send us a photo.

A couple of gardening tips - if you have coffee grounds, these can be used as a good fertilizer, mulch and pest repellent - slugs, snails and ants don't like the smell of coffee!! Blueberries, Azaleas and Rhododendrons benefit from a dose of coffee grounds. Have you tried banana skin fertilizer - chop up your banana skins, put them in a container with a lid, fill the container with water and leave for a few days, make sure that mould does not form. After a few days remove the banana skin and put this in your compost bin, use the banana water to water your indoor and outdoor plants.

The Garden Team

Hope in Action

What is Hope in Action? - Hope in Action began early in the 2000s when the founder had a conversation with a rough sleeping ex-offender. This led him to ask what more could churches do? He decided to invest his own money into Hope into Action's first home in Peterborough in 2010.

Now over 350 investors are sharing over £26,000,000 of wealth with the homeless in over 106 Hope into Action run homes.

How does it work? -An investor (or group of investors) buys a house. They retain ownership of the house and lease it to Hope in Action for 5 years. Hope in Action find, place and support the tenants in the house, and do all the maintenance.

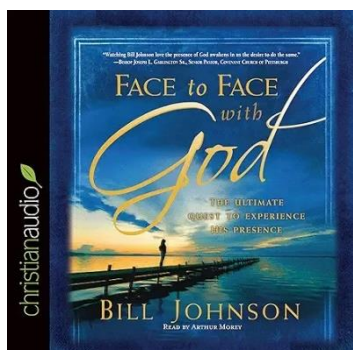


The tenants pay a modest rent and pay the bills and a local church group builds a relationship with the tenants, showing love, care and friendship, seeking to involve them in the life of the community. A representative from Hope in Action also works with the tenant to help them move forward.

There is one such house in Wymondham and WBC has been approached and asked to consider whether we as a fellowship might be able to support an individual or a family in this way. This would require one or more individuals who have a passion for the homeless to give their time and support to a family that will be offered a home in this house.

If this is something that you are interested in becoming involved in, please speak to Paul or a member of the leadership team. Hope in Action give training and help to anyone who volunteers to support tenants and they take responsibility for liaising with Housing Authorities, Social Services etc.

A Good Book to Read



Face to Face With God. The ultimate quest to experience His presence by Bill Johnson. For Bill he makes experiencing a deep intimate relationship with God a priority for himself and the rest of his congregation. He shares what he has learnt along the way which makes the reader yearn for more of God's presence.

Kathleen



A word from Rosedale Bereavement Support.....

I love this time of year, Autumn being my favourite season. I channel my inner Dane, embrace the Hygge and take every opportunity to enjoy blustery walks in the chilly air, followed by warming food and drinks by the fire. There is nothing quite like cosying up in a comfy armchair with a blanket and a good book or magazine. I think I share much in common with hedgehogs because I like to hibernate when the season of falling leaves arrives!

I know that not everyone shares my preference and it seems that most people I talk to, lament the end of summer. Many dread the end of long, warm days and the opportunity to be out and about as much as possible. This is especially true of those who are bereaved, particularly those who now find themselves living alone.

Motivation can wane and doing anything can feel like more of an effort. However, it is more important than ever at this time of year, to make self-care a priority.

Self-care can sound a bit selfish but it really just means taking time to look after yourself and doing things that make you feel recharged and warm inside. It might involve spending time alone, to rest and relax or reaching out to engage with others.

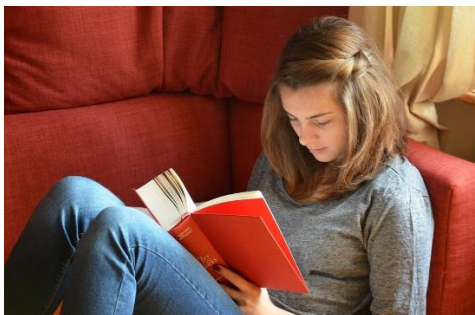
This could mean volunteering for an organisation or charity which gives a sense of purpose by knowing we are helping others and making a positive difference in the world.

We can also make time to meet with others. Inviting someone round for a coffee or meal, or going out together, could mean a lot to someone who also lives alone.

Those who are bereaved can sometimes experience feelings of guilt if they start to enjoy life again and engage with others. This is not unusual and does not mean that we are leaving our loved ones behind or being disrespectful to them. It simply means that we are trying to make the most of the life we have now. We are all entitled to experience joy, happiness and connection in life - it's what makes life worth living.

So, this Autumn, make time for self-care: Meet with others, enjoy some good food, watch an uplifting film, read a good book, have a long soak in a fragrant bubble bath or whatever else makes you feel warm inside.

Our next Bereavement Support Groups start in January. All our groups are free and open to everyone. Please book your place by calling 07901 888 122 or pop into your local Rosedale branch.





TO HOPE AND ACT WITH CREATION

SEASON OF CREATION 2024

The firstfruits of hope (Rom 8:19-25)

The Season of Creation, also known as Creationtide, is an annual Christian celebration to pray and respond together to the cry of Creation. With roots in the Orthodox and Catholic traditions, this is a time when the ecumenical family around the world unites to listen and care for our common home.

The Season of Creation starts on 1 September with the Feast of Creation (also known as Day of Prayer for Creation, or Creation Day) and ends 4 October with the Feast of St. Francis of Assisi.

This year, the theme of Season of Creation is to 'Hope and Act with Creation'. This is an invitation to put our ultimate *hope* in God, as the Sustainer of all things and respond with *action*, to safeguard and protect our common home - nature.

What action could we take for nature and Creation this month?

Here are some ideas from *Wild Christian*, a branch of A Rocha.....



Enjoy

Download a bird ID app! It's hard to get to know someone if you don't know their name. That's also true of plants and animals, and knowing their name is a gateway to understanding and protecting them. So, even if you have an encyclopaedic knowledge of birds, insects and plants, most people don't. Why not try a nature app or two, and introduce your friends, children or grandchildren to those apps?

Two apps to try:

- [Merlin Bird ID by Cornell Lab](#)
- [Seek by iNaturalist](#)



Nurture

Put up bird boxes! This time of year is a great season to get bird boxes up because it's when many of our resident birds begin the process of looking for nest sites for next year.

Our top tips:

- Facing your box east, southeast or south will keep it out of the prevailing wind and rain, as well as ensuring that the boxes stay reasonably warm, which will help with the hatching rates.
- Avoid placing boxes immediately next to busy footpaths or roads and if you have pets, hide boxes away from areas that they frequently use.
- Make sure that there are branches nearby that the bird can land on before going into the box. This will save energy when feeding young birds and when teaching the young to fly.
- Boxes should be put up just above head height (5'10'' to 6'5''). This will reduce the risk of predators attempting to access the boxes.



Defend

Write to your MP! Nature can't speak up for itself. Our polluted rivers can't write a letter to the representative of the constituency they flow through, swifts displaced by modern housing cannot call into their MPs surgeries and ripped up

hedgerows and the wildlife who once called them home can't march on parliament. But we can. Proverbs 31:8 calls us 'to speak up for those who cannot speak up for themselves.' While this passage refers to the poor and needy, the principle can apply to nature itself as well as the impact of the degradation of our natural world on lower income countries and communities.

Your MP is your representative in parliament, their job is to represent the views of their constituents - you! So, by writing them an email, a letter or meeting them in person you can influence the issues they prioritise in parliament. By telling our MPs that we care about what happens to nature, we are showing that the people who elect them support policies which protect and restore nature.

To find out more, including a sample letter, go to:

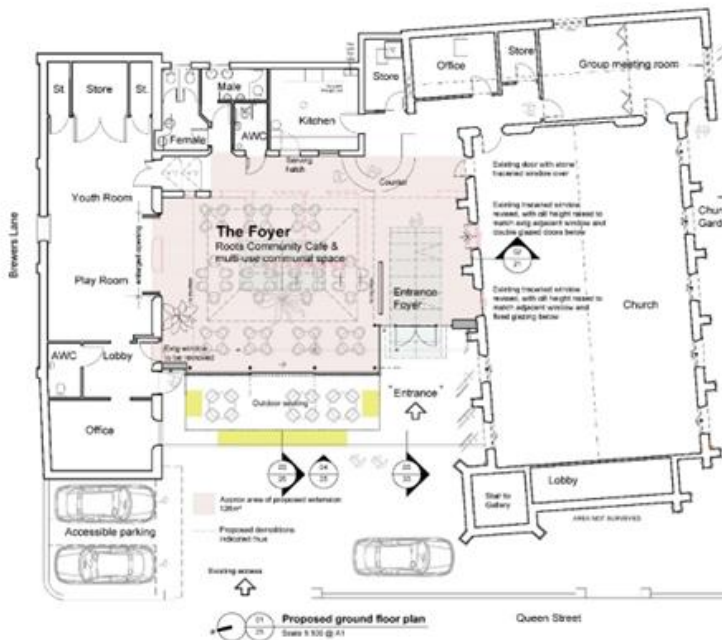
<https://arocha.org.uk/get-involved/write-to-your-mp>

UNIFORM BANK

We have a stock of second hand school uniform - please ask if you or someone you know is in need of uniform and we can get this out for you.



Extension - Phase 2 is nearing completion



Summary

Phase 1 - Planning Permission

Received December 2022

Phase 2 - Detail Design Development

- Prepare detailed drawing
- Prepare specifications for the work
- Identify Building Control requirements
- Engage architect, structural engineer and independent energy consultant
- Obtain contractor pricing and refine cost estimate

Phase 3 - Construction

No commitment to construction will occur without specific approval of the Church Members. We do not have a firm date for when construction will start. The earliest start date would be in the Autumn of 2024, but Spring 2025 is more realistic, providing we have the funds. The budget for the overall project (all three phases) is approximately £500,000.

Progress on Phase 2

A summary of the expected costs for Phase 2 was received by the Church Members Meeting on 19th November 2023 and approval was given to carry out this work, subject to the necessary finance being in place. The costs are summarised below.

LWA architects	£18,000
Other professional fees	£5,538
Site investigations	£900
Energy consultant	£2,700
WBC contingency, 10%	£2,714
GRAND TOTAL	£29,852

Phase 2 takes the planning permission already received in Phase 1 and develops the detail design drawings, specifications and drawings needed to obtain real pricing from contractors. It includes much work from the architect, and input from a structural engineer to design the required steelwork and foundations. It also includes advice from an energy consultant on the proposed heat pump included in the design and the feasibility of using solar panels to reduce our electricity bills. The timescale to finish the Phase 2 work was not fixed, but we are about at the point where we could go out to contractors for pricing. We may pause at this point, to review where we are at with overall funding for the project, as we don't want to go out to tenders twice. Please pray for David Frith and Paul Smith as they liaise with the architect John Western and others during the Phase 2 work.

We have now had a number of meetings with the architect and have worked through most of our issues and questions. We have also met with the energy consultant and confirmed that for the extension we expect to use an air-to-air heating (and cooling) system rather than the air-to-water heating system, coupled with underfloor heating, as originally suggested. (Both systems use heat pump technology.) The air-to-air heating approach is also expected to be the longer-term solution for our overall building heating. We already have a similar type of air-to-air heating (and cooling) unit in the upgraded kitchen. Trial pits have been dug in the car park to assess ground conditions and the quality of the foundations of the existing buildings. The structural engineer has reviewed the ground conditions and these seem reasonable. The detail design drawings are being assessed by building control to establish what needs to be done to gain building regulations approval during the construction phase.

Information has been received during Phase 2 from the energy consultant on the feasibility of installing solar panels. It is predicted that these could pay for themselves in about four years, and serve to reduce our electricity bills. Likewise incorporating further air-to air heating in the rest of the building could potentially reduce our electricity bills by half. A draft strategy paper has been submitted to the church leadership team on how we might proceed with this. If we do proceed it would be carried out separately from the extension project itself.

How do we pay for this?

So far the church has managed to raise the funds necessary to achieve planning permission, and to upgrade the kitchen following a flood due to a broken pipe, and to balance the books for 2023. We give God thanks for this and particularly now that we have the funds necessary in the Building Fund to pay for the Phase 2 work. God has been good to us.

We also give thanks to God that the efforts of Grace Burke and a small team of dedicated helpers (the “External Fund-Raising Team” have been rewarded and that the application to South Norfolk Council for a community grant towards the cost of this Phase 2 work has been approved. This will cover a substantial part of the cost of Phase 2 but we still have to pay the invoices first and reclaim the grant afterwards, with a lag between the two. Our first report was made in mid-June, and we have received the first payment from this grant. The next report has been submitted and we await confirmation of the payment due, but should be significant. The next (final) report is due by mid-December.

Thank you for your prayers and contributions. The fund-raising efforts continue alongside the Phase 2 work and beyond. Please pray for Grace Burke and Kate Kinsey (and the rest of the “External Fund raising team”) as they seek grants for Phase 3 - Construction. Grants totalling over £60,000 have now been awarded. This together with other funds raised and promised takes the total raised by the end of August to over £134,000! An application has recently been made for a large grant from South Norfolk Council’s infrastructure fund. Pray that this will be successful. Please don’t feel embarrassed if you are unable to contribute directly - prayer for the project is even more important. If you have other imaginative ideas for raising funds do let us know. Details of how to give are below.

The existing buildings

In looking at interfaces with the existing buildings, we are also looking at smartening up the north elevation of the church which may look scruffy compared to the new extension. Cleaning of the north wall has been completed - the brick cleaned up nicely but the stonework did not respond to treatment, much to the disappointment and surprise of the cleaners and their on-call experts. A quote has now been received for the windows. The costs of such work on the existing building are not included in the above project, and would in any case be carried out separately. Consideration is being given to grant funding, particularly those that specialise in environmental improvements.

How to give?

There are various ways you can give.

1) **On the premises.** There is an opportunity for you to give your offering as part of our Sunday worship or whenever the church is open. Envelopes marked “Building Fund” are available. A donation terminal is also available, which takes payment by credit card or debit card for a small fee. Indicate on the terminal that your donation is for the Building Fund.

2) **Giving through your bank** - if you would like to make a donation by BACS, please ensure that it is marked 'BUILDING FUND'. Payments should be made to the credit of Wymondham Baptist Church account: **Sort code: 30-90-89 Account No. 47748863**

3) **By leaving a cheque or cash** at the Church Office or in the Offering Box in the church.

4) **By visiting the website ...Just Giving.....** and following the instructions using a credit card or debit card. All giving via Just Giving is to the Building Fund

5) **By scanning the QR code below** and following the instructions, this giving all goes to the Building Fund.

If you pay UK tax please consider Gift Aid - a form can be obtained from the office. This enables the church to increase the value of your donation by 25%.

If you need help or more details, please contact Cathy in the office on 01953 606520 or by e-mail at office@wymondhambaptist.org.

David Frith

CHRISTMAS JUMPER SWAP -

On Friday, 15th November we will be holding a Christmas jumper swap. Look out the Christmas jumper you wore last year, maybe even the year before (!), would you like a different one - come and see if someone else has one that you would like. Hopefully we will have sizes from children's to adults, male and female options. If you would like to leave your Christmas jumper in the office before the 15th November, please do and come along to Roots on the 15th and pick up a different one.



SAMARITAN'S PURSE SHOEBOX APPEAL

Start collecting items for your shoebox in support of Operation Christmas Child - We will be collecting shoeboxes on Sunday, 20th October. Pre-prepared cardboard boxes will be available from the Church Office.

Triune God, Creator of all

We praise you for your **goodness**, visible in all the diversity that you have created, making us a cosmic family living in a common home. Through the Earth you created, we experience love and nourishment, **home and protection**. We confess that we do not relate to the Earth as a Mothering gift from you, our Creator.

Our selfishness, greed, neglect, and abuse have caused the climate crisis, loss of biodiversity, human suffering as well as the suffering of all our fellow creatures. We confess that we have failed to listen to the groans of the **Earth**, the groans of all **creatures**, and the groans of the **Spirit of hope and justice** that lives within us.

May your Creator Spirit help us in our weakness, so that we may know the **redeeming power of Christ and the hope found in him**. May the groans of the Spirit birth in us a willingness to serve you faithfully, so that we may hear and heal Creation, to hope and act together with her, so that the **first fruits of hope** may blossom.

Loving and Creator God, we pray that you will make us sensitive to these groans and enable us to have the same **compassion** as that of Jesus, the redeeming Lord. Grant us a **fresh vision** of our relationship with Earth, and with one another, as creatures that are made in your image.

In the name of the one who came to proclaim the good news to all Creation, Jesus Christ.
Amen.

Copied from the A Rocha UK magazine

Easy ECO Tips

October -

Contribution to wildlife conservation.

Clean bird feeders to prevent diseases spreading to winter migrants. Install a nest box well before breeding season to provide a cosy retreat for small birds during cold winter nights. Prepare to support more birds next year, with more tips at arocha.org.uk/give-a-bird-a-home. As you observe the local birds reflect on this verse, 'I know every bird in the mountains, and the insects in the fields are mine.' Psalm 50:11

November -

Green your home. Combat climate change and reduce heating costs by identifying and sealing drafts around your home. Find the gaps around your home. Find the gaps that let the cold air in and warm air out (think keyholes, letterboxes, cracks around the edges or bottoms of windows and doors, loft hatches, floorboards, etc.) and fix these gaps using the correct materials and online tutorials. Additionally, place foil or radiator panels to reflect heat into your room. Pray for those who might be experiencing the cold this winter.