

# The Lighthouse



“You don’t always get what you want.”

Jesus said, “If you love me, you will obey what I command.” John chapter 14 verse 15.

Not always easy to obey, is it? You see the problem in children. “Yours is the blue one” says mummy, “but I want the red one” says the child. You see the problem in adults, “I don’t care what the rule says, I’m doing what I want.” It’s an age - old problem. God says, “Don’t eat of the fruit of the tree”, so Adam took and ate.

It is natural to think that we know best. There are rules and notices to guide us, they are there for our safety. I had a friend who was Vicar in Ormskirk, Lancashire. People were always parking in front of his driveway. He had a sign made, which read [in gothic type] ‘Thou shalt not even think of parking here.’

What unusual signs have you seen? In a National Trust garden, I saw a sign saying, “Please walk on the grass – path being repaired”...and in Tesco, “Great offer – 2 for the price of 3”.

We have a problem obeying rules. Why? Because we fail to walk God’s straight paths. We live in a world of doing what we want when we like. We naturally think that we know best. But hang on, ‘Father knows best.’ More to the point our Heavenly Father knows what is best for his children. In John 14 v 15, Jesus asks that we obey what he says. Knowing that is hard to do, Jesus promises in v 16 that he will ask the Father, who will give us the Counsellor to be with us for ever – the Spirit of Truth. Can you see the three parts of the Trinity pulling together? The Holy Spirit counsels us – guides us – explains the rules God the Father has set – and gives us the strength and will to obey them.

Jesus is explaining to the disciples he would leave them soon – on their own they wouldn’t have a clue – but with God’s Spirit in them, they are able to obey the rules. Indeed for us the basic rule is – ‘Trust and obey, for there’s no other way, to be happy in Jesus, but to trust and obey.’ It’s as simple and as difficult as that!

Stay safe, stay alert by staying in.

Blessings on you, Derek



## Bible verse

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”  
Romans 8:28

Jane Churchill chose to share this verse with us this week - it is one that has been very special to her and kept her going over many years.

## Bakewell tart

### Ingredients

6oz margarine  
6oz self-raising flour  
6oz sugar  
3 eggs  
almond essence  
3 tablespoons milk  
raspberry/strawberry jam



1. Line 10inch quiche dish with sweetened shortcrust pastry.
2. Mix all other ingredients in a food processor or by hand.
3. Carefully spread 4 tablespoons raspberry or strawberry jam in bottom of uncooked pastry case.
4. Add topping mix and spread level, making sure all jam is covered.
5. Bake at 170C for around 30 mins, checking with cake tester after 25mins.
6. Serve warm with custard or cream.

(Thanks to Sue DuBois for this recipe - and the Honey Cake from last week)

## Telephone Worship from the Church of England

As a response to the crisis this provides access to worship for those who are not on the internet but have a telephone, this is Freephone. Callers will hear a special greeting from the Archbishop of Canterbury before being able to choose from a range of options, including hymns, prayers, reflections and advice on COVID-19. A section called Hymn Line offers callers a small selection of hymns, updated daily. An option entitled 'Hymns We Love', provides a hymn and reflection. The line – which is available 24 hours a day is on 0800 804 8044

Do try it out...

Rev Mark

**GOD** is our  
**REFUGE AND**  
**STRENGTH**  
an ever-present  
**HELP** in trouble.  
**THEREFORE WE WILL**  
**NOT FEAR**

Lord,

Grant me the serenity to accept the things I  
cannot change,

the courage to change the things I can,

and the wisdom to know the difference.

Amen

### Ideas for prayer

- all those in hospital at this time
- for our family and friends
- the continued work of Baby Basics, led by Maggie
- those who are bereaved
- shop workers and cleaners
- delivery drivers
- We give thanks for;
- the sustained support for our Foodbank and those who organise it
- our online worship, for all those involved in producing it and for all those who are reached by it - that they may find some comfort and hope in the good news of Jesus
- God's Spirit who is with us, to comfort, guide and bring light into our lives

## Daily Walks 4

For the next local walk, let's go to the south of the village, to the fen. From the the Co-op, walk along Lynn Road towards Lynn, just after the last house on the right, there is a sign pointing down a short slope and along a pathway through a few trees. The trees clear and there is a view of an area of what appears to be scrub reaching towards the A 149 by-pass. The path is clearly marked, though not wide and not even.

To the right are many birch trees and this land is owned by the Sandringham estate. The vegetation in the centre, has, apart from the usual ling, cross-leaved heath and crowberry, water mint, bog myrtle and asphodel. Round the edges are bog mosses and rosebay willow-herb.

Do not, however, walk into the central area away from the path. It is dry at present, but after rain, it can be very soft, boggy and dangerous. If you keep to the path down to the north-west corner, a small bridge crosses the drainage ditch. You will see a small sluice which controls the through-put of water from the slight downward slope through the middle.

Walk along this ditch on your left, with a wide area of common reed to your right, beyond which is the by-pass. If you like birdsong, willow warblers, whitethroats, blackcaps, chaffinches, blackbirds and song-thrushes can be heard. After 400 yards or so, you will see to the right, Sandpit cottage, a remnant of the sand quarry industry that once existed nearby. Turn left and follow the path along the fringes of Lynn Road. Do not be tempted to follow a path leading back into the middle, but keep close to the road, and you will arrive back where you started.

This walk will take twenty minutes to half an hour. Everything described here is a public right of way. The fen is one of three areas of common land held in trust by Dersingham United Charities. It is not a Nature reserve, as is the Bog, across the by-pass, though it is an SSSI, which means that it is illegal to cause damage or to take any plants or wood. Natural England provides equipment, advice and labour for some management tasks, using grants from the Government's Countryside Stewardship scheme.

Allan Coleby

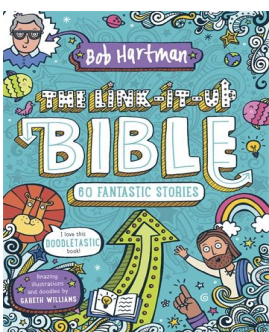
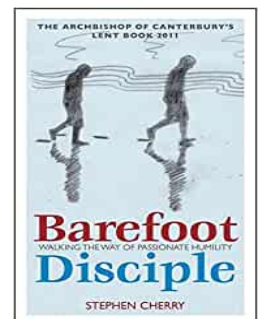
## Rector's Reviews

In this weeks online service I have recommended some books for adults and the new childrens Link it up Bible



Infographic Bible: The cover looks a little dull but inside is a wealth of interesting insights into the Bible that you won't have seen before. It is a book that will keep you interested as you enquire. With data sourced by experts in their fields, it communicates the key biblical themes and narratives. The Infographic Bible focuses on the meta narrative (Bigger picture), the key points of the major stories and themes, to give the reader insight into the bigger story and help you understand the complex or abstract themes in a relevant way. It is worth the investment.

Barefoot Disciple – Stephen Cherry: A thought provoking book exploring humility. It looks at the impression that genuine humility is energised by real passion, fresh and exciting light is shone on the challenge of following Jesus Christ today and humility is rediscovered as a healthy, life-giving and community-building virtue. This was the Archbishop of Canterbury's Lent book in 2011 and is a good read.



The Link it Up Bible – Bob Hartman: This is an engaging new Bible for 2020, following in the style of the Diary of a Disciple with animated text. Another great Bible book for children to enjoy reading and they are keen to keep reading!

Enjoy! Rev Mark

Thy Kingdom Come is a global prayer movement that invites Christians around the world to pray between Ascension Day (21 May) and Pentecost (31 May) for more people to come to know Jesus.

Praying for people to come to know the love, hope and peace found in Christ is at the heart of Thy Kingdom Come.

Daily Prayer for Thy Kingdom Come is a great way to set up regular, daily patterns of prayer to hold these people in prayer – whether you are doing so on your own, as a household, or joining with a small group or as a church virtually.

There resource is available in a range of offline and free online formats:

The booklet – in full-colour and complete with services, psalms and readings – is available now from Church House Publishing for just £1.99 with Free UK Delivery when you order online (with bulk discounts on 10s and 50s).

The free app for iOS and Android – containing audio for Morning, Evening, Day and Night Prayer from the booklet for all 11 days. The app has been updated with 2020 Sunday psalms and readings and a new feature that allows you to set reminders for any or all the services at times that suit you.

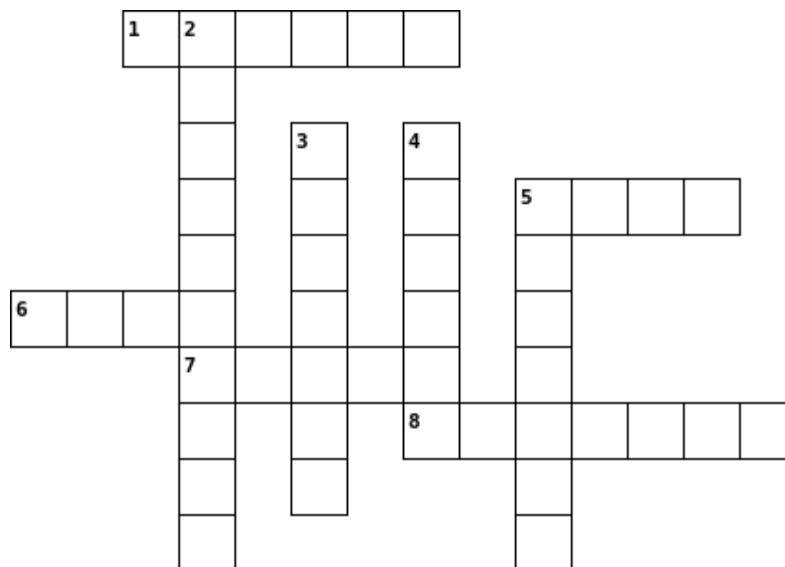
A podcast featuring all eight hours of the Daily Prayer for Thy Kingdom Come audio is also available via iTunes, Spotify and other podcast providers via:

Smart speaker – from Thursday 21 May (Ascension Day), you can also get Alexa and Google Home to ‘Ask the Church of England for today’s Thy Kingdom Come’ to hear a short service of Prayer During the Day (before 7pm) and Night Prayer (after 7pm) throughout the 11 days.



All the words used in this puzzle can be found in John ch.14 vs 15 to 21.

### Obey the Rules



[www.stnicholasdersingham.org.uk](http://www.stnicholasdersingham.org.uk)  
[dersinghamonlineworship.com](http://dersinghamonlineworship.com)

