

The Lighthouse



‘Sorry seems to be the hardest word.’

The reading for Trinity 10 is:
Matthew chapter 15 verses 21–28

Dear Friends,

Greetings! Not an easy passage of scripture for this week. Please read it. What do you think? Is Jesus, a Jewish man, unfair to the Canaanite lady whose daughter is mentally ill? Is he speaking sharply to her? You could so easily think that. We cannot get away from the fact that this Canaanite woman appears to be put down. “Jesus did not answer a word.” The disciples ask that she be sent away. Jesus speaks of his mission and objective, “I was sent only to the lost sheep of Israel.” But the mother comes to Jesus – “Help me” – indeed, “Son of David, have mercy on me.” I’ll leave that one with you, while I ask us all to reflect that forgiveness and differences are never easy.

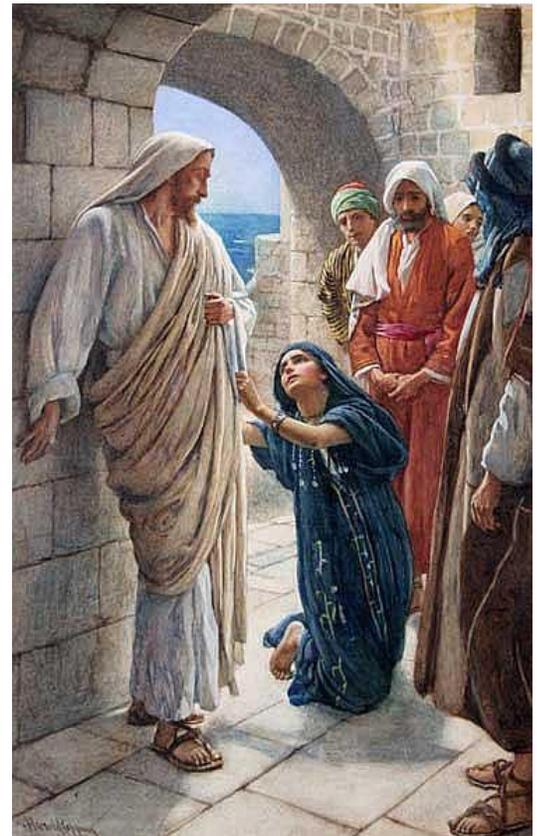
VJ Day involves forgiving and differences. My father served in Burma, fighting deep in the jungle. He rarely talked about any of this, but an uncle of mine told how my dad’s task was to walk last in line as soldiers moved along a stream, to avoid footprints or scent. Arriving back in Britain, over six foot, yet under six stone, he recuperated in Llandudno slowly building up bodily and spiritual strength.

Dad had a Christian friend in Burma who wrote a book about forgiveness – Eric Lomax – and the book is titled *The Railway Man*. Eric meets and forgives those who had held him captive in a POW camp. Well worth chasing a copy. VJ Day was remembered on Saturday, August 15th. I hope you have had the time to catch a TV programme or a column in a newspaper about VJ Day and given some thought about forgiveness and differences.

Forgiveness and differences are a challenge in any church fellowship and never more so when it is an effective church fellowship reaching out with the news of God’s love. As the Canaanite woman talks with Jesus, her daughter is healed, and her mother’s light, quick response to a comment by Jesus is included in our communion liturgy – “We were not fit even to eat the crumbs from under your table – but you Lord are the God of our salvation.” Here is the perfect example of forgiveness, and differences sorted by the grace and love of God.

Keep safe, book your Sunday seat, forgive as we have been forgiven, wear your face cover, wash your hands, buy Eric’s book.

Every blessing in Christ,
Derek the Cleric



‘The Woman of Canaan’, a painting by Harold Copping (1863-1932) Photo: www.invaluable.com

The Seafarers' Hymn

Thanks to Allan Coleby for sharing this remembrance of a favourite hymn with us.

“Eternal father, strong to save”. This is the seafarers' hymn, and each verse ends with the dramatic plea:

O hear us when we cry to Thee
for those in peril on the sea.

It is a favourite of mine, and I would like not to analyse the language, as I have done with other hymns, but to describe a simple childhood memory of the singing of it.

My parents, and grandparents, lived at Lowestoft, on the East coast. My family lived there for five years. The main industry was fishing, and we had fish for tea most days, but not the cod, haddock or mackerel that is now commonly sold in fish shops. Our staple diet was herring, a smaller fish that moved round the coast in huge shoals in those days and has now been fished out. We ate herring fresh or as bloaters (smoked herring) or kippers (split and salted herring) or soused (salted and pickled) herring.

As the shoals of herring moved round the coast of the British Isles, they arrived at Lowestoft and Yarmouth in October each year, pursued by fishing fleets from Scotland. The fishermen also brought with them cohorts of Scottish ladies, who spread the drift nets (no trawlers allowed) on huge drying frames and mended them each day. They also gutted the fish before they were sold.

Near the docks, in London Road North, Lowestoft, was a large Baptist chapel, as big as those Methodist Central Halls that were in most cities during the twentieth century. There was no fishing on Sundays, but the fishermen and their ladies had nowhere to live except on the boats, which were cramped and cold in October, and so they came to the nearest big church in crowds. Evening service started at 6.30 pm, but they were in their seats by 5 pm, because it was warm and dry.

My uncle, who was a prominent tenor in the Church choir, led the congregation. The organist came, too. People called out the number of the hymn they wanted to sing, the organist played, and my uncle led the community singing for over an hour. The fishermen mostly sat in the large gallery at the back, and there was a wide window behind them.

The memory that will never leave me is of a hundred Scottish fishermen, the setting sun behind them, singing all four verses of “Eternal father, strong to save”. To say they sang loudly and lustily would be an understatement. It was an enormous noise, full of joy and happiness.



A view of Lowestoft Harbour's basin with sails set, circa 1908.

–Allan Coleby

Ideas for prayer

- + all those affected by the coronavirus
- + our NHS workers and those in care homes
- + our Government and advisors in making decisions for our nation
- + for wisdom and patience in dealing with the many changes to our ways of life
- + our public church service, for all working to make it happen and all who attend
- + our continuing online worship service and Bitesize bible, the online worship team and all who attend
- + all those helping with community events: the Sponsored Bike Ride/Walk and Open Gardens
- + our children and their parents
- + our young adults leaving school or college during this time of uncertainty
- + our teachers in all that they do
- + those working in essential services
- + those who have lost their jobs
- + those who are back at work and adjusting to new ways of working
- + those who are suffering any injustice – racial, social, economic
- + those who feel isolated
- + wisdom in opening church buildings safely, and our Diocesan leaders in guiding the way forward
- + couples waiting to get married in church
- + families bereaved at this time and those not able to use the church as they would have wished to
- + our church community

We give thanks for:

- + examples of forgiveness and God's help for our own situations
- + God's word and his forgiveness of us
- + freedom to know the light of God's love through his Spirit
- + opportunities to serve others and share God's love
- + the beauty of the coast where we live, gardens, greenspaces and summertime
- + progress in understanding and treating the coronavirus
- + our families and friendships
- + small seeds of thought that lead us to faith in Christ



St Mary's Anmer

Photo: Church of England website

Outdoor Service at St Mary's, Anmer, on 30th August, 2020

On Sunday 30th August at 10 am we will hold a Benefice Morning Prayer Book Service in Anmer Churchyard.

Please bring a chair!

If you plan to attend, please contact Pauline Martin on 01485 544561 or secretary@stnicholasdersingham.org.uk to book as usual.

Wordsearch

All the words in this puzzle can be found in Matthew chapter 15 verses 21–28.

M	C	I	O	G	D	C	L	I	H
F	R	A	R	O	H	Y	O	T	B
A	Y	F	N	D	O	N	R	E	J
J	I	H	E	A	L	E	D	E	S
E	N	L	Y	U	A	O	A	L	U
S	G	O	D	G	D	N	U	B	C
U	P	N	H	H	Y	R	I	A	C
S	A	E	I	T	F	A	I	T	H
S	L	A	M	E	R	C	Y	O	E
F	D	A	C	R	U	M	B	S	L

DAUGHTER
CRUMBS
DOGS
HEALED
TABLE
FAITH
CANAANITE
CRYING
MERCY
LORD
HELP
JESUS

Fun facts for 16 August!

In 2008, Jamaican sprinter Usain Bolt set a new world record of 9.69 seconds to win gold in the 100m at the Summer Olympics in Beijing.

At the same Olympics, British cyclist Bradley Wiggins became the first rider ever to successfully defend his Olympic title in the individual pursuit when he won gold.

Recipe: Classic potato salad for a heatwave

450 g new potatoes, boiled and cooled
2 shallots, finely chopped
3 tbsp mayonnaise
1 tbsp plain yogurt
juice of one lemon
freshly chopped mint leaves (optional)
salt and ground black pepper, to taste

Cut the cold potatoes into chunks and put them in a bowl.

Blend the mayonnaise, yogurt and lemon juice together and stir them into the potatoes. (If you like a sloppier mixture, add more mayo or yogurt.)

Add the chopped shallots, mint leaves, salt and pepper. Stir the mixture lightly and serve.

Makes 3 portions plus leftovers.

Stopwatch: how quickly can you solve these anagrams?

OCTAGON REIGN
HER GRIN
COLD ANTS
SOFT TOWEL
EEL RANT

(All are words found in Allan's article on page 2. Answers, last page.)

Dersingham Open Gardens 5th/6th September 2020

Thanks to Katrina for sending us this news.



The Church Catering team will be providing refreshments for this event in the Village Hall and would welcome donations of cakes, small buns, and scones. The cakes can be either decorated or undecorated.

These can be brought to the Village Hall on the Saturday morning any time after 9.30 am or delivered to me (Katrina, 19 Queen Elizabeth Drive, Tel no. 544773) on the Friday, 4th September. Please put them in tin foil or in a plastic bag/cling film (not in a reusable container, as we can't return these to you).

If possible, could you let me know what you intend to donate so I can have some idea of quantities. Any problems with delivering please ring.

Many thanks and hope to see you on the weekend.

(Please be advised all social distancing and Covid-19 safety rules will be adhered to in the Hall.)



Dersingham

OPEN

GARDENS

Sat/Sunday
September 5/6
11am - 5pm



Painting by Jill Dettl

Tickets £5.00 from Dersingham Village Centre
and are valid for both days

Refreshments at Dersingham Village Centre
Manor Road

www.DersinghamOpenGardens.co.uk

Reminder

Please remember to book in advance if you plan to attend the Sunday in-church worship service at 10 am in St Nicholas Church, Dersingham.

You will need to book in advance each time.

To book, please contact Pauline Martin on 01485 544561 or secretary@stnicholasdersingham.org.uk

*Anagrams:
congregation,
herring,
Scotland,
Lowestoft,
eternal*

*With help from:
anagrammaker.com*

Bring a cushion...

You may wish to bring a cushion if you are coming to church for the service or for private prayer, as we've removed all the pew cushions for ease of cleaning!

Face coverings

Please be aware that the Diocese have now said that we should be wearing masks (face coverings) in church for our services, but if you have any health problems and are unable to wear one, please be assured that you will be very welcome in church without one.

Contactless payment

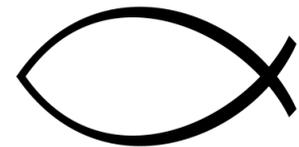
At our in-church services, we would welcome you making your Giving by Contactless Payment, which will be available on the front desk as you come in. Just set the machine to the amount you wish to give and scan your card.

Those who are unable to get to the service and would like to make a donation, please contact the Treasurer, Pat Oughtibridge, c/o the church office at 01485 544561 or email secretary@stnicholasdersingham.org.uk

A prayer from *Common Worship: Daily Prayer*

Keep us in peace, O Christ our God,
Under the protection of your holy and venerable cross;
Save us from our enemies, visible and invisible,
And count us worthy to glorify you with thanksgiving,
With the Father and the Holy Spirit,
Now and for ever, world without end.
Amen.

—An Armenian Orthodox dismissal



www.stnicholasdersingham.org.uk
dersinghamonlineworship.com

