

The Lighthouse



 THE CHURCH
OF ENGLAND

Diocese of Norwich

Sunday, 14 February 2021

Issue 46

The Sunday next before Lent

Scripture Reading: Mark chapter 9 verses 2–9.

‘Lean on me.’ – Bill Withers

Dear Friends, Among the graves of the great and famous in Westminster Abbey lies buried an ordinary, anonymous soldier who lost his life in the Great War. It is known as the tomb of the Unknown Soldier: a symbol to remember the sacrifice and courage of ordinary men and women.

In some ways Captain Sir Tom Moore is the opposite of the unknown soldier. After he died about two weeks ago, his story was on the front page of nearly every newspaper in the country. He had been knighted by the Queen, and has become a national hero. Over the last year, he became one of the most well-known soldiers in the world. However, he achieved the extraordinary by doing something fundamentally ordinary: he walked up and down his garden to raise money for the NHS. As he approached his 100th birthday, he made an effort to do something to help others.

Captain Tom’s example shows us that when we take steps to help others, it can lead to results that we can never foresee. He aimed to raise £1000, but ended up raising over £30 million! Just as Captain Tom would never have known the impact of his walking when he started, neither do we know the impact of small things that we do.

It is like the famous story about Jesus feeding 5000 people. Somewhere that morning a boy took a simple lunch out with him. He couldn’t have known that Jesus would use this lunch for one of the greatest miracles. Through the boy being willing to share what he had, God’s power was able to work and it meant that thousands were fed. The miracle later gave Jesus the opportunity to declare to the crowds who he was: “I am the Bread of Life, he who comes to me will never go hungry.” That unnamed boy’s small act of kindness had a huge impact that still speaks to us today.

And we can be sure that God sees all things, whether ‘well known’ or ‘unknown’. At the start of Psalm 139 it says: “You know me, when I sit or rise, you know my thoughts, you are familiar with all that I do, where I go, and what I say.”

God sees everything. He sees when we care for someone who needs us, without anyone else knowing about it. He knows when we harbour resentment, or don’t do what we know we should. He knows the big issues we have, and the smallest niggles too. God sees everything, however great or small. Whether we are unknown or well-known is not the important thing. So never underestimate the impact that everyday actions can have: every act of kindness or sharing can be used remarkably. When we act in faith, hope and love, what may seem ordinary to us can be used by God in incredible ways.

Do take care in these difficult times. Yours, Derek the Cleric.



Keep safe. Keep your distance. Keep looking up in the lock down.



Thanks to Rev Mark for this sunny photo of St Nicholas in the snow

Lenten Evening Zoom Service, 17th February

Lent begins this coming week on Ash Wednesday (February 17th). There will be an evening Zoom service at 7 pm.

Please contact Pauline if you would like the access details for the service:

secretary@stnicholasdersingham.org.uk

–Rev Mark

A Collect

Almighty and everlasting God,
mercifully look upon our infirmities,
and in all our dangers and necessities stretch forth
thy right hand to help and defend us; through
Jesus Christ our Lord. Amen.

–*Book of Common Prayer*

Ideas for prayer

- + all those affected by the coronavirus
- + our NHS workers and those in care homes
- + those working in essential services
- + our GPs, surgeries and staff tasked with caring for us and rolling out the new vaccines
- + people waiting to be called for the vaccine and those going for their jobs
- + our teachers and schools
- + our collective health and welfare
- + our nation and community life
- + our Government and its advisors
- + for wisdom and patience in dealing with the many changes to our ways of life
- + our children and young people, their parents and caregivers
- + all who are worried about their jobs, livelihoods and businesses
- + those who have lost their livelihoods
- + those who are homeless
- + those who are suffering any injustice – racial, social, economic
- + those facing any illness or medical treatment
- + those who feel isolated and those who cannot be with their families
- + our young adults
- + our elderly neighbours and family members
- + all who make our worship services possible and all who attend, in church or online
- + families bereaved at this time and those not able to use the church as they would wish to
- + hope, encouragement and peace during this time of continuing restrictions
- + that people will respond to the call by the Archbishops of Canterbury and York to pray daily for the nation and those who have died

Wordsearch – The Transfiguration

Thanks to Carol for this week's puzzle. All the words can be found in Mark chapter 9 verses 2 to 8.

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

ELIJAH
LISTEN
RABBI
DAZZLING
CLOUD
SHELTER
RISEN
ALONE
TRANSFIGURED
CLOTHES
MOUNTAIN
FRIGHTENED
SON
MOSES
VOICE

Ask

Q. Why is Lent called Lent?

A. Lent is the name given to the 40 days (not including Sundays) leading up to Easter.

It comes to us from the Old English word 'lencten', meaning 'spring season'. It's related to the root word for 'lengthen', referring to the gradual lengthening of the days at this time of the year.

It's a happy linguistic accident that in English the length of Lent (40 days) and the lengthening of the days (spring) echo each other. We move through the dark, cold season of winter to the mild days of spring and the glory of Easter. –*lw*



Thanks to Alan Crawshaw for this snowy scene across the pastures



We pray for all Christians in countries where they are persecuted for their faith.

SYRIA

Population 18.5 million. 677,000 Christians.

New conflicts in Syria have threatened the stability that was emerging. Persecution remains extreme in public and private life for Christians in Syria.

Prayer points

- Pray that there will be peace and stability across the whole of Syria.
- Pray for Open Doors partners providing vulnerable families with vital aid through local Centres of Hope.
- Pray for protection for believers who have converted from Islam.

If you'd like to know more about the situation for Christians in Syria, do take a look at Open Doors' website and watch list: [Serving Persecuted Christians Worldwide - Syria - Open Doors UK & Ireland](#)

A prayer for Syria from Open Doors

Lord God, thank You that You have stood with the church in Syria throughout all the difficulties of the past decade. We pray that You will continue to show Your love to those who have suffered so much. Bring unity and joy to Christians who have had to leave their homes, and solace to those who mourn. May Syria become a country where praise for You resounds loudly. Amen.

Thanks to Revd Adrian for providing these prayers for the persecuted church.

The Bishop's Lent Appeal

This year Bishop Graham is asking us to support *Together in Unity*, the Archbishop of Canterbury's appeal to support churches and communities around the world during the pandemic. Full details are in our Church Magazine online, and we'll also be highlighting the appeal in the newsletter during Lent.

The story of 'Lean on Me'

This enduring song has brought hope around the world during the last year. In December 2020, BBC Radio 4's *Soul Music* broadcast a documentary looking at how the song came about, how its composer Bill Withers beat the odds to make music history, and why 'Lean on Me' still means so much to people – especially during times of struggle. With some great soundtracks alongside Withers' original, it's well worth a listen. –*lw*

[BBC Radio 4 - Soul Music, Lean On Me by Bill Withers](#)

*Lean on me
When you're not strong
And I'll be your friend
I'll help you carry on...
–Bill Withers*



Thanks to Alan Crawshaw for this weather report!

Stopwatch:
how quickly
can you solve
these anagrams?

KNOW NUN

CAR MILES

TAG TREES

LAST ELMS

IN ASCOT

(All are words found in
Derek's letter. Answers,
last page.)



WHEN icicles hang by the wall,

And Dick the shepherd blows his nail,
And Tom bears logs into the hall,

And milk comes frozen home in pail,
When blood is nipp'd and ways be foul,
Then nightly sings the staring owl,

Tu-whit;

Tu-who, a merry note,

While greasy Joan doth keel the pot.

WHEN all aloud the wind doth blow,

And coughing drowns the parson's saw,
And birds sit brooding in the snow,

And Marian's nose looks red and raw,
When roasted crabs hiss in the bowl,

Then nightly sings the staring owl,

Tu-whit;

Tu-who, a merry note,

While greasy Joan doth keel the pot.

—*Winter's song from Shakespeare's
Love's Labour's Lost, Act V, scene ii*

Pancake Day!

Traditionally, on Shrove Tuesday, the day before Ash Wednesday, people would make pancakes to use up their eggs, butter and sugar before the start of fasting for Lent. Many favourite recipes abound. Here is one from a well-used copy of Good Housekeeping's 1954 edition of *Popular Cookery*. A little melted butter added to the mixture makes it extra nice and stops it sticking when you cook it.

BASIC BATTER RECIPE

4 oz. flour
 $\frac{1}{4}$ teaspoonful salt

1 egg
 $\frac{1}{2}$ pint milk

Sieve the flour and salt into a basin and make a well in the centre. Drop in the egg and half of the milk, and mix in a little of the flour at a time, using a wooden spoon and keeping the mixture smooth, until a thick creamy mixture is obtained. Beat for 5-10 minutes until the mixture is full of bubbles. Stir in the rest of the milk and cover and stand, or use at once.

COATING BATTER

Follow the previous recipe, but use $\frac{1}{4}$ pint of milk.

125

Church finances

St Nicholas, Dersingham Finances for January 2021

RECEIPTS		PAYMENTS	
	£		£
Planned giving	3,778	Parish Share	2,000
Collections	36	Church running costs	828.26
Contactless giving	5	Admin costs	690.51
Other receipts	1945.7	Other payments	1145
Total received	£5,764	Total paid out	£4,664

A difference of £1,100 more income in January.

Parish Share 2020

We paid £33,630 towards our Parish Share in 2020, a shortfall of £23,035.

Parish Share 2021

We have agreed to pay £2,000 each month towards our Parish Share this year and will pay extra after we have met our other commitments. This leaves £32,655.54 to raise.

This finance information will be a regular feature in the magazine. I have added some explanatory information this month.

Planned giving is the pledge to give regular amounts through either bank transfers or the envelope scheme. Both methods can be gift aided.

Other receipts include individual donations, the Wall Box, the Votive candle stand etc It also includes receipts from Statutory and additional fees from weddings and funerals.

Please note that the church does not keep all of the Statutory Fees, a proportion is paid to the diocese at the end of each quarter.

Church running costs include gas and electric, insurance, water.

Admin costs include bank charges, licences, subscriptions photocopier etc

Other payments may include building work, repairs, cost of fundraising eg this month we paid the bill for the christmas trees from the festival 2020.

These are some of the details behind the figures above. The Financial Statement which is produced at the end of the year gives more details. This is included in the Annual Report and is available at the Annual Parochial Church Meeting.

–Treasurer

Let your light shine

Thank you to everyone who has sent in news, poems, prayers, recipes, photos and articles during the past year. Please keep them coming. The Lighthouse loves hearing from you. We welcome your ideas. If there's something you'd like to see featured in the newsletter, please drop us a line at: secretary@stnicholasdersingham.org.uk



Local news from the Diocese

This positive story came across the wire this week. Local vicar Becca Rogers is shining a light on vaccine poverty. After learning that only 10% of people in low-income countries are likely to get the Covid-19 vaccine this year, Becca set up a fundraiser to help with the purchase and distribution of vaccines via the COVAX programme. People in the UK are invited to donate the cost of a vaccine for someone else. The fund is already exceeding what it hoped to raise.

[Crowdfunding to help people in low-income countries access the COVID-19 vaccine on JustGiving](#)

We give thanks for:

- + God's presence in our lives
- + our church community and our families and friendships
- + progress being made in finding new treatments for coronavirus
- + God's grace, love and forgiveness
- + God's word and help for our own situations
- + acts of kindness, courage and selflessness
- + the comfort and reassurance of the Holy Spirit
- + that we can take our worries to Jesus in prayer
- + the days staying lighter for longer each week now
- + time spent outside in nature
- + the continuing success of the vaccines rollout

Lenten activities

Here are three of the many interesting Lenten activities churches are offering this year. Each one uses the 40-day theme to explore the Christian faith, with a focus on Lent as a time of reflection and action – not just on giving up chocolate, though that may be in there too!

The C of E's **Live Lent: Care for God's Creation** challenge: [LiveLentCareforGodsCreationSampleWeb.pdf \(churchofengland.org\)](#)

The Diocese of Norwich's **40 words for 40 days** – a single, inspiring word to mull over each day: [40 words for 40 days – Diocese of Norwich](#)

and **40Acts** – forty actions for daily life, inspired by the story of Easter [40Acts – Diocese of Norwich](#)

*Then a cloud appeared and covered them,
and a voice came from the cloud:
"This is my Son, whom I love. Listen to him!"*
–Mark 9:7

Norwich Cathedral news



Video reflection for Racial Justice Sunday

To commemorate this important day, The Revd Karlene Kerr and the Revd Tim Yau are presenting a short reflection from Norwich Cathedral.

Sunday, 14th February is Racial Justice Sunday. This year at Norwich Cathedral the Revd Karlene Kerr and the Revd Tim Yau will present a short video reflection on the theme: 'What does love look like?'

Racial Justice Sunday has been commemorated since 1995. It's an opportunity for Christians across the denominations to reflect on the importance of racial justice, give thanks for our human diversity and pray for an end to misunderstanding, racism and injustice.

This year the Cathedral will be posting the video reflection on its YouTube channel.

Churches Together is also offering a variety of resources in support at [Racial Justice Sunday 2021 – Resources \(ctbi.org.uk\)](https://www.ctbi.org.uk)

The Cross in my pocket

(verses 1, 3, 4 and 6)

I carry a cross in my pocket
A simple reminder to me
Of the fact that I am a Christian
No matter where I may be.

It's not for identification
For all the world to see
It's simply an understanding
Between my Saviour and me.

When I put my hand in my pocket
To bring out a coin or a key
The cross in there to remind me
Of the price He paid for me.

It reminds me, too, to be thankful
For my blessings day to day
And to strive to serve Him better
In all that I do and say.

—Anonymous

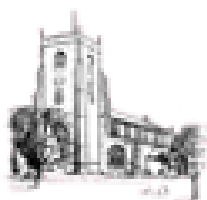


Winter trees

Photo: Alan Crawshaw



Anagrams: unknown, miracles, greatest, smallest, actions With help from: [anagrammaker.com](https://www.anagrammaker.com)



www.stnicholasdersingham.org.uk
dersinghamonlineworship.com

