

The Lighthouse



The 2nd Sunday before Lent

Scripture Reading: John chapter 1 verses 1–14.

‘What’s got into you?’

[Zappa Wiki Jawaka]

Dear Friends, Have you had your jab yet? Being ‘W’ in the alphabet the Walkers wait with patience, holding on to the hope that ‘the last shall be first!’ Last Sunday saw a steady flow of parishioners heading towards the Snettisham Health Centre for a jab. I’ve heard nothing but high praise for the way the surgery is organized to cope with all this. Carol and I have just been invited for our vaccinations in a few days’ time. I read about a guy who went for his jab to St James Medical Practice in King’s Lynn. He arrived wearing a suit, with smart shirt and tie. He was gently reminded by Abbie Panks, who vaccinated him, about the need for a bare arm. He simply unbuttoned an extra pocket flap that had been sewn onto the suit, to reveal a neat ‘porthole’ all the way through to his skin, just where the needle would need to enter!

I found it most moving to read of Herschel Herskovic who received his jab at the age of 93. Maddy Oliver, who administered the vaccination, asked Herschel about the numbers printed on his arm. He explained that 76 years earlier he had been in Auschwitz and the number had been tattooed on his arm when he arrived there. The nurse asked about a smaller tattooed mark in Hebrew on the same arm. Herschel replied that it was a reference to Psalm 136 v 12. ‘With a mighty hand and outstretched arm, His love endures forever.’ This was tattooed when he was freed from the camp at the end of the war.

By our arms, we display our ability and choice to love, give, take, create, defend and reach-out, as well as to destroy, injure, hurt, and oppose.

In the Old Testament, Moses with outstretched arm, divided the Red Sea, and brought water to spring from a rock. There are examples of God’s outstretched arm and mighty hand – for example, see Deuteronomy 5 v15. It is a theme all through scripture. In Jeremiah 32 v17, 21 we see God’s mighty hand and outstretched arm creating and delivering.

In the parable of the Prodigal Son, all the time that the son is away from home, his father looks and waits for him. When the son finally comes home, the father throws his arms around the lost son and welcomes him back. On the cross the outstretched arms of Jesus were held by nails and our sin. It is God’s love for us that brought Jesus to die for us. Indeed, ‘With a mighty hand and outstretched arm, God’s love endures forever.’

With every blessing,
Yours, Derek the Cleric.



Part of a Victorian stained-glass window depicting the father and the prodigal son reunited.

Photo: uk-heritage.co.uk

The COVID-19 vaccine will always be available free of charge.

The NHS will never ask you to share bank details to confirm your identity.

HANDS. FACE. SPACE

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 jabs
- + 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 Word Became Flesh

Thanks to Carol for this week's puzzle. All the words can be found in John chapter 1 verses 1 to 14.

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

MADE
RECEIVE
FATHER
BEGINNING
WITNESS
FLESH
WORD
JOHN
CHILDREN
SON
DARKNESS
LIGHT
BELIEVE
LIFE
NOTHING

Stopwatch:
how quickly
can you solve
these anagrams?

INSET MATHS

TUTORED TECHS

SUN DEER

POLAR DIG

ASPIRE

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



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

IRAQ

Population 41.5 million. 175,000 Christians.

Islamic extremist ideology persists in Iraq, despite the apparent demise of the so-called Islamic State (IS).

Prayer points

- Praise God for the families and communities who have been able to begin rebuilding.
- Pray for protection and courage for Christians facing ongoing instability.
- Pray for strength and peace for Christians from Muslim backgrounds.

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

A prayer for Iraq from Open Doors

Father God, thank You for Your eternal and total love for all Iraqis. Please bring peace and stability to a country that has suffered cycles of violence for so long. Show Iraqi Christians the truth of their identity in You, and give them opportunities to share the good news of Jesus Christ with their families, communities and friends. Equip them to be the light of hope in their country. Amen.

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

Be Still, My Soul

–written by Katharina von Schlegel (1697–1768)

Be still, my soul, the Lord is on thy side,
Bear patiently the cross of grief or pain,
Leave to thy God to order and provide,
In every change he faithful will remain.
Be still my soul, thy best, thy heavenly friend
Through thorny ways leads to a joyful end.

Be still my soul, thy God doth undertake
To guide the future as he has the past,
Thy hope thy confidence let nothing shake,
All now mysterious shall be bright at last.
Be still my soul, the waves and winds still know
His voice who ruled them while he dwelt below.

Be still my soul, the hour is hastening on
When we shall be forever with the Lord,
When disappointment, grief and fear are gone,
Sorrows forgot, love's purest joys restored,
Be still my soul, when change and tears are past,
All save and blessed we shall meet at last.



Thanks to Alan Crawshaw for sending us this lovely photo! More next week ...

Thanks to Liz Holland for sending us this favourite hymn.

Thanks to Jackie Scott for sending us this poem.

God speaking...

The man whispered, “God, speak to me” and a meadowlark sang.
But, the man did not hear.
So, the man yelled, “God speak to me” and the thunder rolled
across the sky.
But, the man did not listen.
The man looked around and said, “God let me see you” and a star
shined brightly.
But, the man did not see.
And the man shouted, “God show me a miracle” and a life was born.
But, the man did not notice.
So the man cried out in despair, “Touch me God, and let me know
you’re here”,
whereupon God reached down and touched the man.
But the man brushed the butterfly away and walked on.

–Author unknown



Silver-washed fritillary

Photo: Charles James Sharp, CC BY SA 4.0

We give thanks for:

- + God’s presence in our lives
- + our church community and our families and friendships
- + progress being made in treating the coronavirus and finding vaccines
- + 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



Persimmon, along the road to Anmer

Photo: Richard Humphrey, CC BY SA 2.0

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.

I have been so inspired by the response of churches and individuals in our diocese during the COVID-19 pandemic. Thank you for your part in that.

– Bishop Graham of Norwich

New online giving facility

The good news is that we now have an online giving facility to make it easier for us all to be able to make an offering. If you would like to make either an additional offering or a one-off gift to the church, here are the links to online giving, which is being managed by the Diocese of Norwich. All gifts will be attributed to the respective church.

St Nicholas, Dersingham – <https://www.dioceseofnorwich.org/donate/?id=1888>

St Mary the Virgin, Anmer – <https://www.dioceseofnorwich.org/donate/?id=1621>

St Michael and All Angels, Ingoldisthorpe – <https://www.dioceseofnorwich.org/donate/?id=2154>

St Peter and St Paul's, Shernborne – <https://www.dioceseofnorwich.org/donate/?id=2462>

Standing orders or direct debit are still the simplest and most efficient way to make offerings. If you are considering this, please contact benefice church secretary Pauline Martin at 01485 544561 or secretary@stnicholasdersingham.org.uk, who will be able to direct you to the corresponding church treasurer. Please don't forget Gift Aid, as this means we can claim the tax back from HMRC where appropriate. Hopefully, the online giving will make it easier and more convenient for people to make their offering to God's church, supporting the ministry and mission.

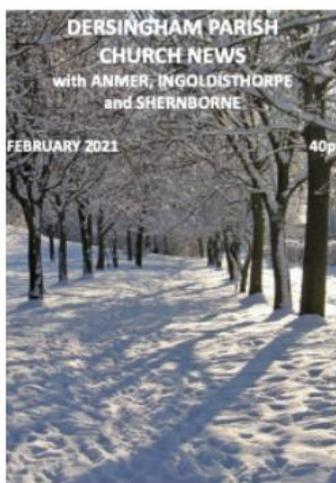
Thank you for reading. With my prayers at this time.

Rev Mark Capron
Rector Dersingham, Anmer, Ingoldisthorpe and Shernborne

Cricket news

Several benefice cricket fans have noted that Test Cricket returns to terrestrial TV this week. For the first time in 16 years, you'll be able to watch the test match for free on your ordinary television. Channel 4 is providing live coverage, beginning on Friday 5/2 with the 5-day test against India in Chennai. For those of us not up for a 4am start, highlights will be available on All 4.

Online Dersingham Church magazine



Last Sunday (31/1) the digital version of the Church Magazine went live online.

You can find it at the Dersingham Online Worship main page – just scroll down to find the link, or click through from here:

[February-2021-church-mag-website-1.pdf \(dersinghamonlineworship.com\)](#)

Thank you to Jackie Harris and the team behind the scenes whose hard work has made this possible.

Anagrams: Snettisham, outstretched, endures, Prodigal, praise With help from: anagrammaker.com



www.stnicholasdersingham.org.uk
dersinghamonlineworship.com

