

The Lighthouse



THE CHURCH
OF ENGLAND
Diocese of Norwich

Sunday, 28 March 2021
Issue 52

Palm Sunday

Scripture Reading: Philippians chapter 2 verses 5–11.

‘Living He loved me, dying He saved me.’ Scripture Union

Dear Friends, I trust that this letter finds you well. May we all be blessed as we enter Holy Week and follow the steps of Jesus through his entry to Jerusalem on Palm Sunday, his meal with the disciples, his betrayal, his trial, his death and his resurrection.

Are you a fan of Professor Van-Tam? I am! He’s the guy who sometimes speaks alongside the Prime Minister at the Coronavirus briefings on the tele. He has the skill to see and comment on things as they really are. You may have noticed that he sometimes wears a Boston United Football Club tie. During one of those interviews on the tele, when people tend to look at the book titles on the shelves in the background, Professor Van-Tam had placed a Boston United match programme face on, so everyone could see it. But it is his words that we really need to notice. To me, his best one-liner to date is ‘Vaccines don’t save lives if they’re in fridges... they only save lives if they’re in arms.’ People are remembered for their one-liners. Can you remember these words? ‘I counted them all out, and I counted them all back.’ [Brian Hanrahan – BBC Correspondent during the Falklands War.] What about ‘They were only supposed to blow the doors off?’ [Michael Caine in ‘The Italian job’.]

During the six hours Jesus was hanging on the cross He made seven different statements.

‘Father, forgive them, for they know not what they do.’ Luke 23 v34.

‘Today with me in Paradise.’ Luke 23 v43.

‘Woman, behold your Son.’ John 19 v26

‘My God, my God, why have you forsaken me?’ Matthew 27 v46.

‘I thirst.’ John 19 v28.

‘It is finished.’ John 19 v30

‘Father, into your hands I commend my spirit.’ Luke 23 v46.

Could we centre for a moment on the 6th statement please? What was ‘finished’? Jesus finished the job he came to do. Jesus fulfilled prophecy. Jesus achieved victory over the Devil. His suffering was finished. Finished – not fizzled out or defeated. Rather, ‘finished’ in the sense of complete, accomplished and final. The Greek word for ‘finished’ is *teleo*, – a cry of victory, or as we would say today, ‘Job done’.

After the pain of Good Friday, we rejoice at the news of the resurrection on Easter Day. St Paul reminds us in our reading [Philippians 2 v5–11] that ‘At the name of Jesus every knee will bow.’ Jesus still has things to say. Jesus speaks today. He has the last word, he has the right word, he has the timely word, he is always ‘The Word’.

With every blessing, Derek the Cleric



*Palm Sunday stained-glass window
at Chester Cathedral*

Image: Mum's taxi, CC BY-SA 4.0 via Wikimedia Commons

Holy Week and Easter Sunday Services

- + Holy Week will begin with compline (a short evening service) on Monday 29th, Tuesday 30th and Wednesday 31st March starting at 7pm via Zoom.
- + On Maundy Thursday at 7pm there will be a live evening worship via Zoom which will include hymns, songs, scripture and prayer.
- + On Good Friday there will be a worship service called 'A Time at the Cross'. This will be an online worship available from [Dersingham online worship – Connecting the church at home](#) or direct from the YouTube channel. On this important day, the service will include the scripture readings leading up to Jesus' crucifixion, and a number of hymns and songs by local musicians and singers, along with a time of prayer and reflection.
- + Walk of Witness on Good Friday. This year we will be providing the opportunity for individual or bubble walk of witness around Dersingham, including the symbolic Green Hill (the Common). There will be a document available nearer the time to download and print or to view on a smartphone. This will provide scriptures, prayers and a route to walk with maps included. The aim is to provide a safe option for people to walk at a time that suits you, whilst considering the impact of Jesus' sacrifice for you and me.
- + Easter Sunday. On this day of celebration of Jesus' Resurrection there will be the first service in church after lockdown. This will be Holy Communion in St Nicholas Church Dersingham at 10am. In addition, this service will also be live-streamed (please email secretary@stnicholasdersingham.org.uk for details). The in-church service will need to be booked in advance as part of the track and trace scheme. Face masks are still required, as is sitting in 'bubbles'.
- + There will also be a Bible Bites Easter Special and, in addition, the Church at Home crafts available.
- + There will also be a pre-recorded Easter Day Service online. This will be available from [Dersingham online worship – Connecting the church at home](#) or direct from the YouTube channel. This online worship will enable you to sing the wonderful Easter Hymns and Songs.

With my continued prayers,

Rev Mark



Congratulations!

It's Adrian's 70th birthday on Tuesday!
Wishing you a very happy birthday, Adrian,
from all of us in the benefice.

*For we are God's handiwork, created in Christ Jesus to do good works,
which God prepared in advance for us to do. —Ephesians 2:10*

The Benefits of Walking

Thanks to Allan Coleby for this review.

Going for a walk has never been more vital than in recent months. Having been recommended as a permissible form of outdoor exercise when the first lockdown started on March 23rd 2020, it has become increasingly popular. Everywhere, round the edges of fields, on rural and urban pavements, on commons, parks, woodland, public footpaths and countryside tracks, there are people walking, solo or in pairs or small family groups. It is never aimless wandering, but always a purposeful, serious activity, a form of exercise not involving other people whom you should not meet because you do not live with them.

Why is walking desirable and how is it healthy?

The physical benefits come first. It is a steady form of continuous exercise, enough to keep heart and circulation active and blood pressure constant. It is not stressful or unduly taxing, and can last for as long or as short a time as you want. It also necessitates a good intake of fresh air, which research has shown promotes sound, healthy sleep better than does indoor exercise. All muscles are used and co-ordinated, and internal organs have space to function. Fitness experts tell us that an upright posture is much more healthy than a sitting or reclining one.

There are also many benefits for mental health. I quote from a scientific journal: 'Walking promotes new connections between brain cells and neurons, builds memory capacity and increases the production of the neurotransmitters dopamine, serotonin and endorphins.'

A 'spiritual' aspect of the mind is mood, and it is possible to pre-set the feelings and mood of a walk by determining the pace of it. If the pace varies, so do the emotions and attitudes of the walker, and peace and equanimity are good for the mind.

Along with the pace of a walk goes the rhythm of it, which can induce calmness and clear the mind. It can produce those moments of unexpected clarity when the solution to a problem, or even just a name or word you have forgotten, springs to mind. As the naturalist Henry Thoreau wrote, '... the moment my legs begin to move, my thoughts begin to flow.'

Looking into the far or middle distance is more restful than concentrating on things close to you. As we look around during a walk, our minds are stimulated by all sorts of natural shapes and forms. Colours are also important. Psychologists tell us that the most calming colours are green and brown, which are the commonest colours in Nature. The sky is also important, and to be prevented from seeing it for periods of time, as with prisoners, results in sensory deprivation. Conversely, industrial psychologists used to insist that the interior walls of factories were either white or yellow, in order to increase the alertness and attention levels of workers performing repetitive tasks.

All these apparently trivial factors contribute, on the completion of a walk, to a feeling of satisfaction, peace and serenity, deriving from robust mental and physical health.

–Allan Coleby

Spring Harvest

Spring Harvest's annual Easter Break festival goes online again this year. It runs from 4th to 8th April. To find out more and to subscribe for access, visit their website at [Spring Harvest | Homepage](#).



Transitioning Ministry and Worship

Dear All,

I am pleased now to be able to share the plans for the transitioning of worship in the benefice. We look forward to being able to gradually meet in fellowship together, but we appreciate that for many this feels too soon and that it may do so for a considerable time.

During April the online recorded worship through YouTube and dersinghamonlineworship.com will continue but will then be transitioned into an adapted form that will still be accessible online. Easter Sunday at 10am will be the first service in church, as previously mentioned. On 11th April there will be one service of Holy Communion in St Nicholas, also at 10am.

The current guidance with regards to singing in worship is tighter than at Christmas and, unfortunately, still means we are not able to participate in congregational singing. This means we need to adapt services to be able to offer worship; we all hope this guidance changes soon.

Please remember to book in (contact secretary@stnicholasdersingham.org.uk) and to wear face masks for all services.

Looking Ahead

From Sunday 18th April there will begin, weekly, two distinct styles of worship. At 9:30am in the Dersingham Village Centre there will be a contemporary, accessible worship with particular focus on welcoming children back into the worshipping community. This will be based with people sitting at round tables in 'bubbles'. Also beginning weekly on the 18th April, at 11am, there will be traditional worship accompanied by music played on the organ. On the 18th this will be a service of Holy Communion in St Nicholas Church.

The week after, on 25th April, the 11am traditional worship will be held at Anmer church, with a service of Holy Communion from the Prayer Book, and the contemporary worship will again be in the Dersingham Village Centre, starting at 9:30am.

In summary:

Easter Day	10am Holy Communion
11th April	10am Holy Communion
18th April	9:30am Contemporary Worship in Dersingham Village Centre
	11am Traditional Worship at St Nicholas Dersingham – Holy Communion
25th April	9:30am Contemporary Worship in Dersingham Village Centre
	11am Traditional Worship at Anmer Church – Prayer Book Holy Communion

With my continued prayers,

Rev Mark

Ideas for prayer

- + all those affected by coronavirus
- + our NHS workers, care workers and care home residents
- + key workers and those who provide essential services
- + our GPs, surgeries and staff tasked with caring for us and running the vaccination programme
- + people waiting to be called for a job and those going for their jobs
- + for co-operation among nations in dealing with the pandemic
- + our teachers and school staff, and for safety in the reopening of schools
- + for a restful Easter break for all of us
- + our collective health and welfare
- + our nation and community life; our Government and its advisors
- + for wisdom and patience as we deal with changes to our ways of life
- + our children and young people, their parents and caregivers
- + our young adults; our elderly neighbours and family members

A Collect for Passiontide

Almighty God,
as we stand at the foot of the cross of your Son,
help us to see and know your love for us,
so that in humility, love and joy
we may place at his feet
all that we have and all that we are;
through Jesus Christ our Saviour.

— from *Common Worship*



We give thanks for:

- + Holy Week and the journey to Easter
- + God's presence in our lives
- + our church community and our families and friendships
- + progress being made in treating 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
- + spring and time spent outside in nature
- + the continuing success of the vaccines rollout



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

VIETNAM

Population 97.4 million. 8.9 million Christians (9.1%).

The most intense persecution is reserved for non-traditional Protestants and converts from indigenous religions, especially in the remote areas of central and northern Vietnam. The majority belong to the country's ethnic minorities, like the Hmong, and face social exclusion, discrimination and attacks.

Prayer points

- Pray for safety for those distributing Bibles and training believers.
- Pray that God will reveal his love to members of ethnic minority groups.
- Pray that oppressive Communist authorities will be frustrated in their attempts to destroy the church and anyone convicted of their need for Christ.

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

A prayer for Vietnam from Open Doors

Heavenly Father, keep Your children in Vietnam safe, provide for all their needs, and open up opportunities for fellowship with other Christians. Help believers to stand firm in their faith despite often tremendous pressure, and use their witness to inspire others to give their lives to Jesus. Work in the hearts of local leaders, that they will soften towards Christians and will influence the way others treat Christians. Amen.

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

Wordsearch – Imitating Christ’s Humility

Thanks to Carol for this week’s puzzle. All the words can be found in Philippians chapter 2 verses 5 to 11.

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

- OBEDIENT
- HUMAN
- EQUALITY
- SERVANT
- BOW
- GRASPED
- LORD
- NATURE
- HUMBLED
- KNEE
- DEATH
- NAME
- CROSS
- ATTITUDE
- CONFESS
- TONGUE
- NOTHING

Stopwatch:
how quickly
can you solve
these anagrams?

HID FINES

GIVER OF

AS REPAID

MEDICAL CHOPS

RECRUITER SON

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

Photocopier

The Dersingham PCC are looking for a potential new site for the photocopier. Do you have a warm area where it could be based? It doesn’t mean you need to do the copying, but perhaps you could enable someone else to come and do it.

To offer an idea of the size of space required, it is equivalent to a dining room table (roughly), with some space to store paper. If you might be able to help, please do contact either Thomas Wheeler or myself.

Thank you.
Rev Mark

Good Friday Walk of Witness

This year, instead of our communal walk, we are offering an adapted, socially distanced Walk of Witness for you to enjoy by yourself or with your bubble.

The aim is to provide a safe option for you to walk at a time that suits you, whilst considering the impact of Jesus' sacrifice for all of us.

A downloadable map and devotional booklet are available online. The booklet contains QR codes, which can be read with a smartphone, giving access to hymns sung by various musicians.

You can find the link online at Dersingham Online Worship, or click through from here:

<https://dersinghamonlineworship.com/wp-content/uploads/2021/03/Walk-of-Witness-Devotional-Guide-v2.pdf>

A big thank you to everyone who helped develop this year's Walk of Witness.

Rev Mark



One of the stops on the Walk of Witness

Image: Craig Tuck / Village Sign / CC BY-SA 2.0

Online Worship on Good Friday

Our Good Friday online worship service, 'A Time at the Cross', features scripture and hymns along with time for prayer and reflection. The service is available from [Dersingham online worship – Connecting the church at home](#) or direct from the YouTube channel. We hope you'll join us on this important day, and that you'll find the service helpful as we think about Jesus' sacrificial love for us.

Rev Mark

Bible Bites Easter Treasure Hunt!



Bible bites

We invite you to a free Easter Treasure Hunt around Dersingham from Saturday 3rd until Saturday 10th April 2021.

The answers from each clue in order will make a bible verse. Every entry will get a prize for taking part. The map will show where the clues are – mostly in shop or business windows. It's an opportunity for families to get out and explore during the Easter holidays.

We hope you enjoy! Access info:

<https://dersinghamonlineworship.com/?p=901>

Thank you.
Rev Mark

Online Giving

The online giving links are a convenient way to make an offering for the church's ministry and mission. Online giving is managed by the Diocese of Norwich and all gifts will be attributed to the respective local church. Here are the links for our benefice:

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>

If you prefer to give via standing order or direct debit, 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, these options for giving will make it easier and more convenient for us to support the work of God's church.

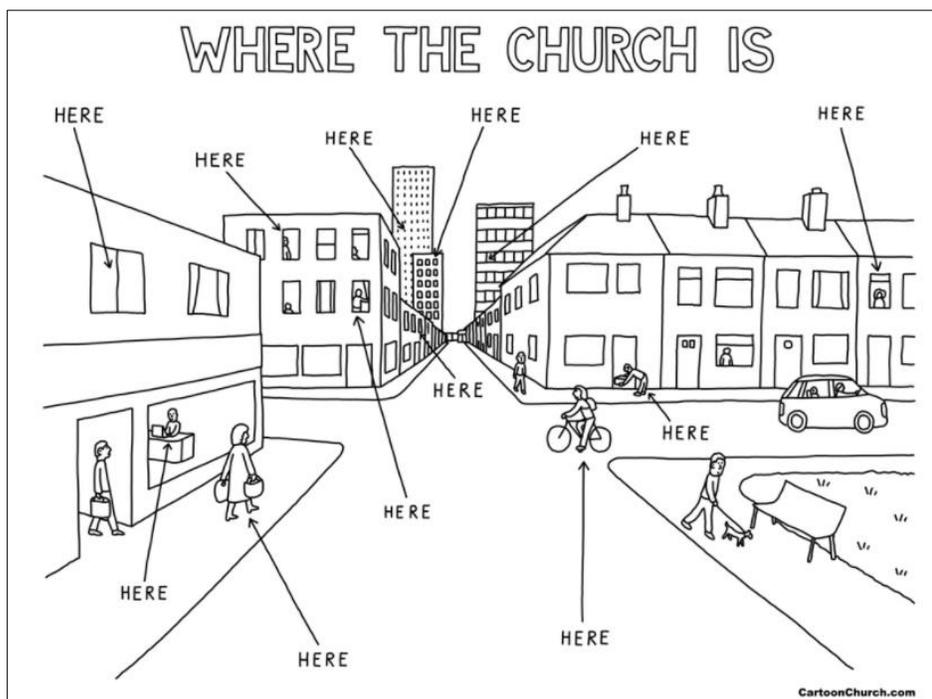
Thank you for your support.

With my prayers at this time.

Rev Mark

Ideas for prayer

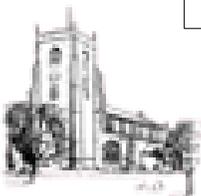
- + all who are worried about, or who have lost, their jobs, livelihoods and businesses
- + all who are homeless
- + all who are suffering any injustice – racial, social, economic
- + anyone facing illness or medical treatment
- + all who feel isolated and those who cannot be with their families
- + those who have died
- + all who make our various worship services possible and all who attend
- + all who are visiting the church via our Facebook pages
- + families bereaved at this time and those not able to use the church as they would wish to
- + for wisdom and safety in the easing of restrictions in the months ahead
- + hope, encouragement and peace in all circumstances



*Anagrams:
finished,
forgive,
paradise,
accomplished,
resurrection*

*With help from:
anagrammaker.com*

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www.stnicholasdersingham.org.uk
dersinghamonlineworship.com

