

The Lighthouse



Seventh Sunday after Trinity

Scripture Reading: Mark chapter 6 verses 30–34, 53–56

‘How Do You Sleep?’

[Sam Smith]

Dear Friends, Greetings! Please try and keep awake as you read this letter. The only thing wrong with being retired is that you never have a day off. Have you heard people say that they seem busier now they're retired than when they were working? ‘No rest for the wicked’ they say. Some of us are very wicked!

Please notice the demands on Jesus and the disciples in Mark 6 v 30–34. In verses 30–31, Jesus decides they need to take some time out. The pressure on Jesus was constant and became too much even for him. They take a boat trip and intend to have a quiet picnic and a rest. But no. The demand for healing and teaching is so great that people run around the side of the lake. Seeing the crowd on the shore as they arrive by boat, Jesus had compassion on them, they were like sheep without a shepherd' [v34]. Compassion can be described as the pain of love. Rest went by the board for a while, and the quiet picnic turned into a free meal for thousands.

We need our rest. I don't sleep very well and to prove it I'm typing this at 5.20 in the morning. Tiredness is not just a physical thing – someone may feel weary at the thought of cutting the grass yet go cheerfully for a round of golf! Often, the person that is most tired and wearied of life is the person that is tired right down to their soul. For this very reason God instituted a day of rest – the Sabbath day. Now we live in a culture that keeps us going – seven days a week, and it appears 24 hours a day too. It is not what God ordered!

Maybe we need to learn to stop and do nothing for a while. I read about someone travelling in Papua New Guinea whose guides and carriers sometimes sat down by the roadside and refused to go any further without rest – they explained ‘We must give our souls a chance to catch up with our bodies.’ John Stott, who was Rector of a large and busy London church, had what he called ‘his 3H’ every afternoon without fail – his Horizontal Half Hour!

It would seem likely that soon we will be allowed to include singing and communion in both kinds in our worship. Amen to that. May I suggest it is the time to really think through what is essential in our worship programme? Jesus was prepared to take action so he was free from the pressure of healing and teaching for a while. If Jesus and his disciples adjusted their programme, it seems wholly valid that we are open to do the same. There is always the motto Work, Rest and Pray which seems good advice for individuals and collectively as a church fellowship.

Every blessing, Derek the Cleric.



Cleveland Way near Carr Ridge

Ideas for prayer

- + all those affected by coronavirus, here and around the world
- + our NHS workers, care workers and care home residents
- + key workers and those who provide essential services
- + our GPs, surgeries and vaccination centres
- + people whose health is vulnerable
- + our collective health and welfare
- + for co-operation among nations in dealing with the pandemic
- + vaccination programmes, here and around the world
- + 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 teachers and school staff
- + our children and young people, their parents and caregivers
- + our young adults; our elderly neighbours and family members
- + our Armed Forces serving here and abroad
- + all who are worried about, or who have lost, jobs, livelihoods and businesses
- + all who are homeless
- + all who are suffering any injustice – racial, social, economic
- + anyone facing illness, hospitalisation or medical treatment
- + all who feel isolated or who cannot be with their families
- + those who have died
- + all who make our worship services possible, all who attend online, in person or who visit 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 easing restrictions
- + for Baby Basics, their volunteers and the families they serve
- + hope, encouragement and peace in all times

19th July – Following the Prime Minister's Announcement

As of Friday morning, we are still waiting for guidance on worship in church following the Prime Minister's announcement that restrictions are changing. As a ministry team there are many variables to consider locally. We will review plans and share for post-19th July once we have been informed of any requirements or advisories to be implemented, whilst also considering the local context. In the meantime, this Sunday, 18th July, the same expectations in worship will continue.

Thank you for your prayers at this tricky time.
Rev Mark

Services Today

Sunday 18th July

9:30am 'The Gathering' – Contemporary Accessible Worship in Dersingham Village Centre

11am Traditional Worship – Morning Prayer with Baptisms at St Nicholas Church Dersingham (livestreamed)

Please do book in for all services by contacting Pauline, 544561 or secretary@stnicholasdersingham.org.uk

Bible Readings for Sunday, 25th July

Eighth Sunday after Trinity

First reading – Ephesians 3:14–21
Second reading – John 6:1–21

Stopwatch: how quickly can you solve these anagrams?

RULE CUT HE ALIGN
SOLUS COSMOS PAIN TRES

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

Our Heartfelt Thanks to Kathy

As you may know, Kathy Terry retired after 31 years as a Reader on 20th June. Kathy's ministry of preaching, prayer and spiritual direction has been hugely valued within this benefice and her contribution as a Reader will be greatly missed.

Kathy's last sermon was, as ever, one that spoke to the heart that day and one we wanted to share, and to have it printed for everyone to access, whilst also paying tribute to her faithful ministry. As you can see in the pictures from the 20th June, I presented Kathy with a certificate of recognition from the Bishop of Norwich for her faithful service. Enjoy reading the sermon.

Thank you Kathy from myself, the ministry team and the worshipping community.

Rev Mark



Photos: © T. Wheeler

Calming the storms of life

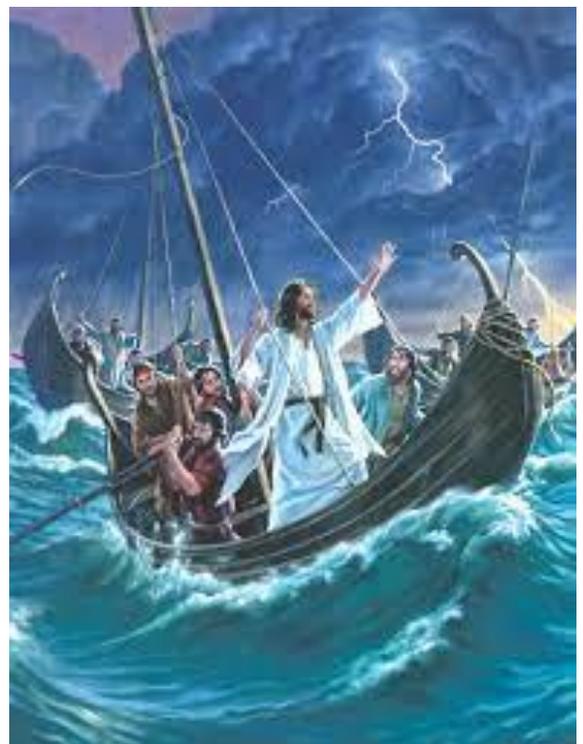
Mark 4, 35-41

Sermon by Kathy Terry at Anmer on Sunday 20th June

It was the evening after a very long day. Early in the morning Jesus had begun teaching crowds on the shore of Lake Galilee. He had told them the parable of the sower, then had to take the disciples aside to explain to them in greater depth the meaning of the story. Then he told more stories about a lamp, about crops and harvests, and mustard seeds – all to help his listeners to understand the nature of the kingdom of God.

It is no surprise then, that at the end of a long day teaching and dealing with great numbers of people, all in the heat of the sun, that Jesus was exhausted and wanted to rest in the cool of the evening in the gentle waves on the lake. He wanted to travel to the far side of the lake, perhaps to escape those crowds. So they set sail, along with other boats.

At first we see here the humanity of Jesus, as he sleeps deeply in the boat as the storm blows up and the waves surge, threatening to submerge the boat and everyone in it. Now remember four of the disciples were seasoned fishermen accustomed to squalls and storms which would very suddenly blow up on the lake. They used all their skill and resources to



control the boat, and as they realised it was beyond their control they called out to Jesus, “Lord, don’t you care that we are about to drown!”

Then we see the divinity of Jesus as he demonstrates his control over the elements, and the disciples are overwhelmed and begin to ask the question, who is this that even the wind and waves obey him?

The disciples demand, “Don’t you care that we are overwhelmed”, and Jesus asks, “Where is your faith?”

I wonder how many times we ask that question? Perhaps not specifically “Lord don’t you care”, but very possibly “Lord where are you?”

Storms are a reality of life. They blow up very quickly and those storms will test our faith. We can appreciate just how fragile is our control over our lives as we live through this pandemic. We cannot really be sure of anything. All the most difficult and destructive storms have swept in across the globe in the last year and a half. So much loss. Loss of loved ones, loss of health, loss of jobs and the ability to pay the bills and feed your family, and some families have experienced all of the above during this time.

Is it any wonder some might be asking, “Lord don’t you care that we are drowning?”

Many will be experiencing utter despair, and these people are constantly in our prayers as we uphold them when they cannot hold up themselves.

As I speak to Christian friends I find that inspite of all the tragedy this has been a time of reflection and some of us, inspite of worries about friends and family, have been blessed with time to deepen our faith and extend our understanding.

We learn a great deal about ourselves and our faith in these storms of life. We know that even the most dedicated of followers have problems. There are steps we can take to calm our anxieties. We should try not to panic when God seems silent, but keep on trusting and cling on to whatever shred of faith we have left, keep asking for help. What is it that causes you the most anxiety and fear? The writer Barbara Brown Taylor puts it like this:

“St Paul in his second letter to the Corinthians names the big worries death and judgement but what makes your heart chatter in your chest? What feeds your ulcer? What makes your shoulders cramp, keeps you awake at night? Where are you busiest protecting yourself and those you love? Where does it seem as if there is no hope of resolution to the world’s problems, and where is it in particular that you do not quite trust God to be God?”



Yes, we are living in anxious times, but when anxiety is present faith is absent, and that lack of faith separates us from God, because it means that we try to take control and do not allow God to be God. St Paul’s word is courage; choose courage, which is not the absence of fear but the willingness to go on inspite of it.

Fear blinds us, so we must ask ourselves why we are afraid. Storms stretch our faith. We search more diligently for God, and call out for help instead of relying on our own resources.

Storms of life change us. Some things can only be learned, and wisdom gained, in stormy times.

And yet not all storms are totally destructive; some clear a path and help us to see things more clearly.

And when it is all over, look back and reflect on that experience of the tumult and chaos.

In the calm after the storm, you may find a new way of being – that you have been led into new ways of thinking, and though you may be scarred by the storm you have come through it and find a new purpose in your spiritual life.

One of my favourite sayings is that of Bishop Tutu: “I may not always have sensed God in my life but when I look back I see his fingerprints all over it.”

We have seen much to alarm and distress us over the last year, and it is certainly not over yet – in many parts of the world there seems to be no hope of an end at all – but we have seen much to encourage and strengthen us. We have seen the hand of God, because where there is pain and suffering, Christ is there. We have witnessed wonderful acts of goodness, self sacrifice and abundant kindness. We have seen miraculous advances in medicine and vaccines. We have been made more aware of our global dependence on all the peoples of the world, and seen raised awareness of the need to help the poorest and most disadvantaged folk in the world. We have seen that we are only as healthy and advantaged as the weakest and most disadvantaged of our brothers and sisters across the globe. We have increased our prayers for equality and justice. We have seen the hand of God because where love is, God is in the midst of it.

Jesus asleep in the boat is a symbol of serenity and calm, not that he doesn't care.

The miracle is that Christ, with his peace, is in my boat and in yours. The secret is to trust him more.



Wordsearch – Jesus Feeds the Five Thousand

Thanks to Carol for this week's puzzle.

All the words can be found in Mark chapter 6 verses 30–34, 53–56.

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

COMPASSION
ANCHORED
SICK
SOLITARY
GENNESARET
TOUCHED
SHEEP
QUIET
BOAT
APOSTLES
SHEPHERD
PEOPLE
REST
HEALED



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

NEPAL

Population 30.3 million. 1.3 million Christians (4.2%)

In Nepal, Christians from a Hindu background are put under the most pressure. They are viewed as deviating from the faith of the ancestors, and therefore breaking with their culture and national identity. Converts experience pressure from family, friends, community and local authorities, as do members of Protestant churches. Nepal has a great deal of political instability, driven by governmental infighting as well as a constant push-and-pull between powerful neighbours China and India. Hindu extremists occasionally take advantage of this by attacking Christians. There is also an anti-conversion law in place in Nepal, which has been used to expel foreign citizens recently. This law can be broadly applied and, since it says that anyone who causes an individual to convert to a different religion can be imprisoned, fined or deported, it has been used to target Christians. In some areas, believers have been left out of government Covid-19 relief, reinforcing their status as second-class citizens.

Prayer points

- Pray that Christians will have wisdom to know how to share their faith safely.
- Pray for God's strength for Christian women facing persecution from family members, and that their families will come to know Jesus.
- Pray for protection and support for isolated and vulnerable believers in remote villages.

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

A prayer for Nepal from Open Doors

Almighty God, we pray for our sisters and brothers in Nepal. We ask that You would protect and sustain their faith amid constant pressure. We pray for those Christians living in places where they are discriminated against or ostracised for their faith. We also pray for people who are targeted because they share Your gospel with a hungry world. We pray You would rescue Your people and hear their cries. Amen.

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

When Jesus landed and saw a large crowd, he had compassion on them, because they were like sheep without a shepherd. So he began teaching them many things.

—Mark 6:34

We give thanks for:

- + God's grace, love and forgiveness
- + our families, friendships and church
- + our scientists, medics and care workers
- + our teachers, key workers and all people providing essential services
- + our voluntary organisations and helpers
- + vaccines and progress in treating Covid
- + the arts, music and creativity
- + acts of kindness, courage, selflessness
- + the comfort and reassurance of Jesus and the Holy Spirit

Lighthouse – Looking Ahead

With almost 70 issues written and delivered since the start of the pandemic, The Lighthouse team are now looking at how to make this weekly newsletter relevant and sustainable for the future.

The Lighthouse will continue to go out online and via email, and we will still deliver paper copies to people who can't get out or who don't have internet access.

We are also asking for a few volunteers who could take a turn at delivering paper copies of The Lighthouse to several homes in Dersingham and Ingoldisthorpe, so that our long-time deliverers can take a much-needed break. You would not need to deliver all the copies yourself; just dropping off a few in your local area or while out for a walk would help us out and we'd be most grateful. Thank you for considering this request.

As life moves forward into the autumn and beyond, and as people start to come to church in person, we have also wondered if those of us who are able to do so would be happy to pick up their paper copy of The Lighthouse at a central location, such as at church or perhaps at a local business. We are also looking into the use of QR codes, posted on the church noticeboard, to enable parishioners and visitors alike to scan a copy of the newsletter directly to their phones.

Now that our monthly Parish Magazine is available again, we are thinking about the kinds of things The Lighthouse could focus on for the future. What would you like to see? Or not see? What helps you keep in touch and feel connected to church? We welcome your thoughts and ideas. Please let us know what you think.

The Lighthouse will take a break from publication in August. We can still be reached during this time via secretary@stnicholasdersingham.org.uk and we look forward to resuming in September.

Thank you for your support as readers and contributors over the past year. Please keep the mission of The Lighthouse in your prayers.

Rev Mark and Lighthouse Editor

Services in July

Sunday 18th

9:30 'The Gathering' – Contemporary Accessible Worship, Holy Communion in Dersingham Village Centre

11am Traditional Worship – Morning Prayer with Baptisms at St Nicholas Church Dersingham (livestreamed)

Sunday 25th

9:30 'The Gathering' – Contemporary Accessible Worship in Dersingham Village Centre

11am Traditional Worship – Holy Communion at St Michael and All Angels Ingoldisthorpe (livestreamed)



Services in August

Sunday 1st

9:30 'The Gathering' – Contemporary Accessible Worship in Dersingham Village Centre

11am Traditional Worship – Holy Communion at St Nicholas Church Dersingham (livestreamed)

Sunday 8th

9:30 'The Gathering' – Contemporary Accessible Worship in Dersingham Village Centre

11am Traditional Worship – Book of Common Prayer Holy Communion at St Mary the Virgin Anmer (viewable online later in the day)

Sunday 15th

9:30 'The Gathering' – Contemporary Accessible Worship, Holy Communion in Dersingham Village Centre

11am Traditional Worship – Morning Prayer with Baptisms at St Nicholas Church Dersingham (livestreamed)

Sunday 22nd

9:30 'The Gathering' – Contemporary Accessible Worship in Dersingham Village Centre

11am Traditional Worship – Holy Communion at St Nicholas Church Dersingham (livestreamed)

Sunday 29th

9:30 'The Gathering' – Contemporary Accessible Worship in Dersingham Village Centre

11am Traditional Worship – Morning Prayer (No Baptisms) at St Nicholas Church Dersingham (livestreamed)



'Yarmouth Jetty' by John Constable, 1822

Courtesy of the National Gallery of Art

News from the Diocese

An interfaith pilgrimage on climate justice will be heading from Great Yarmouth to King's Lynn in late August. Speaking about the pilgrimage, Bishop Graham of Norwich said: 'It is incredible that young people have been inspired to organise a relay from the G7 meeting in Cornwall to November's COP26 in Glasgow. We need to hear their prophetic voices and enable them to convert the Church and society as a whole to engage much more with climate change.' Further details and a route map can be found here: [Join the COP26 pilgrimage from Great Yarmouth to King's Lynn this August – Diocese of Norwich](#)

Science and Faith in Norfolk

Science and Faith in Norfolk (SFN), an ecumenical group of scientists, clergy and laity, explores connections between science and faith from a Christian perspective. The group is supported by the Bishop of Norwich. SFN is sponsoring two talks to coincide with Dippy's visit to Norwich Cathedral, and in October they'll be looking at climate change and food security. [Science and Faith in Norfolk \(google.com\)](#) –lw

*You alone are the LORD.
You made the heavens,
even the highest heavens, and
all their starry host,
the earth and all that is on it,
the seas and all that is in
them. You give life to
everything, and the
multitudes of heaven
worship you.
–Nehemiah 9:6*

*Anagrams: culture, healing, souls,
compassion, rest
With help from: wordman.com/anagram-maker*



www.stnicholasdersingham.org.uk
dersinghamonlineworship.com

