

The Lighthouse



THE CHURCH
OF ENGLAND
Diocese of Norwich

Sunday, 25 July 2021
Issue 68

Eighth Sunday after Trinity

Scripture Reading: John chapter 6 verses 1–21

‘Bon Appetit’

[Katy Perry & Migos]

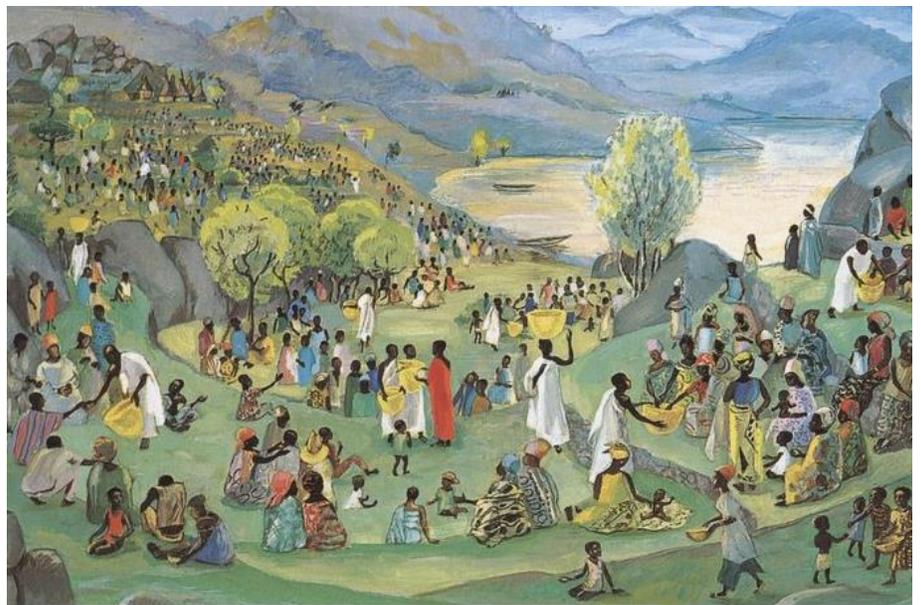
Dear Friends, Greetings! This is written on one of those blisteringly hot days. We keep the window blinds down and the windows and doors shut on days like this. Very continental! Best to be aware of what is happening and to read the signs. One of our grandsons has just had his first driving lesson – so many new road signs to read and to obey. The police attended a minor accident and asked the driver if he had seen the sign. ‘Oh yes, it was quite clear,’ replied the driver confidently. The police asked what the sign said, and the driver replied, ‘Eggs. £2.00 a dozen.’ Some folks fail to see what is ahead.

In John 6 there is a huge crowd of people around Jesus ‘because they saw the miraculous signs he had performed on the sick’ [6v2]. John introduces the possibility of a meal for everyone by saying, ‘the Jewish Passover Feast was near.’ 5000 people munching sardine sandwiches was to be a foretaste of the heavenly banquet, but you had to see that sign in order to understand what was on Jesus’ menu.

May I suggest the antidote to the Feeding of the 5000? While in Orpington in the 1970s, we had a very enthusiastic leader of the Men’s Fellowship called Clive. He arranged an ‘Evangelistic Film night’, the idea being that guests were invited, and after a Billy Graham film and food, Clive the ever-enthusiastic leader was to say a few words. He hired extra chairs for use in the church hall. [We had over 200 already.] Clive asked most ladies in our large church fellowship to bake cakes. He built his own platform with bookrest for his notes. Everything was planned and sorted, except that he forgot to advertise it. On the night there were only about twenty men plus the clergy team who had the choice of any of the 300 plus seats. There were several tables laden with cakes, sandwiches, sausage rolls, etc. Was Clive downhearted? Not a bit of it; we watched the film [it was dreadful], then Clive addressed the room as if it were full to overflowing. Clive reminded me of Churchill addressing his troops. As a curate, I gladly took my Vicar’s advice – ‘Keep talking to folks, smile as you do, then nip home, get a suitcase and fill it with food’!! Dear old Clive, he didn’t read the signs properly.

In John 6, John wants us to see the importance of the Jewish Passover Feast as a sign that Jesus would soon arrange a fellowship meal. He would invite the disciples, offering bread and wine as a sign of his broken body and poured out blood, teaching that this would be the central meal of the church, and that by faith you and I would be there with hands outstretched to feed on him by faith. All of this was planned by God and fulfilled in Christ. As they say in Cumbria when it’s time to eat – ‘Reach up.’

Every blessing, Derek the Cleric.



‘Jesus multiplies the loaves and fish’, a painting from the Mafa Christian community in Cameroon, 1973

**Benefice of Dersingham,
Anmer, Ingoldisthorpe & Shernborne**

Rector's Letter: Guidance for Worship Post-19th July for the Benefice

21 July 2021

Dear All,

As you are aware the Prime Minister continued his plans in the relaxing of the legal restrictions. Here, as a ministry leadership team, we now offer our guidance in doing our part to support and care for others. This guidance will be the basis for the remainder of July and the duration of August, being reviewed for September onwards.

As the body of Christ, one body, we are called to be responsible to and for one another, respecting the more vulnerable (1 Cor 12:12-27). Unfortunately, no vaccine is 100% effective, and in line with the government it is expected and recommended that people wear face coverings in crowded and enclosed settings to protect themselves and others.

During the months of July and August, we strongly encourage the continued wearing of facemasks for worship to assist in limiting the chances of people becoming poorly or people's holidays/times of rest being dealt a blow, having to self isolate. It is also felt that people at this time may feel safer in returning to worship, and to other uses of the building, with the use of face masks. This is a small price to pay in doing our part to help our brothers and sisters in Christ.

Some simple points to help:

- The use of facemasks to continue in July and August
- Holy Communion will remain of one kind during July and August and be reviewed
- Hand sanitiser will be available to use as we have become accustomed, and we strongly recommend this is used when entering church and before receiving Holy Communion
- Some areas of St Nicholas Church will remain sectioned off during the week to facilitate cleaning at Dersingham, yet the church will still be open for prayer and the lighting of candles
- There will no longer be a requirement to pre-register for services
- The church's own QR code for track and trace will be visible
- No longer any restrictions on serving food and drink
- People no longer have to be seated in their households or bubbles to eat and drink for coffee mornings.

The Good News is that singing can return!! I know many have been longing for this, and this will still be possible, although through the use of face masks. At present, the plan is that The Gathering worship will move back into St Nicholas Church on 5th September, but if infections increase considerably this may need to be reviewed. We will also review whether to offer coffee between the services at Dersingham, as long as there are sufficient volunteers.

As a final note, clergy and lay alike have worked extremely hard and beyond expectations this last 15 months. We all need a good rest; please do pray for us and our families. Thank you for your prayers as we seek to move forward steadily and safely.

Yours in Christ
Rev Mark Capron



Rector: Rev. Mark Capron
www.stnicholasdersingham.org.uk



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

Services Today

Sunday 25th July

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

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

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

Lighthouse News

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.

You'll notice we've included a few extra items in this issue, plus (on page 4) the complete set of Bible Readings for the month of August.

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

Lighthouse Editor

We're Looking Forward To

St Nicholas Church Coffee Morning
Friday, 6th August

St Nicholas Church Coffee Morning
Friday, 3rd September

Dersingham Open Gardens
Saturday, 4th and Sunday, 5th September

Church Tower Abseil
Saturday, 2nd October



Bible Readings for the Five Sundays in August and the First Sunday in September

1st August, Ninth Sunday after Trinity

First reading – Ephesians 4:1–16
Second reading – John 6:24–35

8th August, Tenth Sunday after Trinity

First reading – Ephesians 4:25–5:2
Second reading – John 6:35, 41–51

15th August, Eleventh Sunday after Trinity

First reading – Ephesians 5:15–20
Second reading – John 6:51–58

22nd August, Twelfth Sunday after Trinity

First reading – Ephesians 6:10–20
Second reading – John 6:56–69

29th August, Thirteenth Sunday after Trinity

First reading – James 1:17–27
Second reading – Mark 7:1–8, 14–15, 21–23

5th September, Fourteenth Sunday after Trinity

First reading – James 2:1–10 (11–13), 14–17
Second reading – Mark 7:24–37

Promises

God has not promised
sun without rain
joy without sorrow
peace without pain

but God has promised
strength for the day
rest for the labour
grace for the trials
unfailing sympathy
and undying love.

These words are from “What God Hath Promised”, a hymn written in 1919 by Annie Johnson Flint.

Wordsearch – Jesus Feeds the Five Thousand

Thanks to Carol for this week’s puzzle. All the words can be found in John chapter 6 verses 1–21.

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

LOAVES
TIBERIAS
BREAD
FIVE
SIGNS
THOUSAND
ANDREW
HILLSIDE
TWELVE
FISH
BASKETS
PHILIP
CROWD
PASSOVER

Stopwatch:
how quickly
can you
solve these
anagrams?

AS PROVES
FINER FOG
BEARD
NO KERB
RODE UP
LEND PAN
CUE HARP

(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.

CENTRAL AFRICAN REPUBLIC

Population 4.9 million. 3.7 million Christians (75%)

Three-quarters of the population of Central African Republic are Christian but they are still vulnerable to persecution. The Central African Republic has seen near-constant conflict and fighting since 2013. Much of the country is occupied by various armed militia groups, who are responsible for a range of human rights abuses. Many of these groups – whether Islamic extremist or otherwise – specifically target Christians, so life is constantly uncertain for believers in areas under militia control. Christian leaders who have publicly denounced the violence have been threatened; church buildings have been burned and ransacked. The conflict has resulted in the displacement of thousands of Christians who have lost their homes and livelihoods and are now forced to live in displacement camps. In addition to the insecurity and violence that all Christians suffer, converts to Christianity from Islam face persecution from their immediate family members. The local community will often ostracise Christian converts and might also try to force them to renounce Christianity through violence.

Prayer points

- Pray that stability and peace would return to the Central African Republic.
- Pray for protection for Christians targeted by militia groups and that God will change the hearts of the militants with His love.
- Pray that God would comfort and sustain believers in displacement camps.

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

A prayer for Central African Republic from Open Doors

God, we come before You to ask You to sustain and spare our family – Your children – in Central African Republic. We pray against violence; bring Your peace to the country and the hearts of all those engaged in fighting. We pray for believers who are forced to keep their faith secret; grow their faith even as they follow You behind closed doors. Amen.

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

Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish. When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted."

– John 6:11–12

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

Bible Society at the Chelsea Flower Show

The Bible Society recently contacted us with news of its forthcoming Psalm 23 exhibit at the Chelsea Flower show and publication of an accompanying book, which can be pre-ordered.

Details at the website:

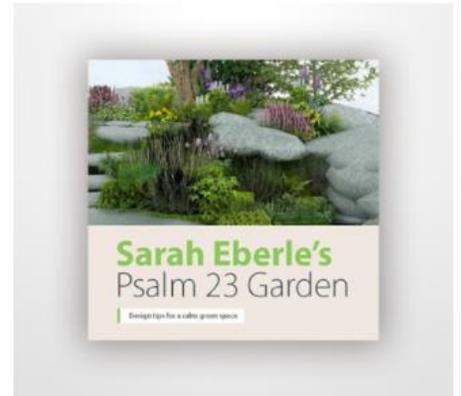
[The Psalm 23 Garden at RHS Chelsea Flower Show - Psalm 23 garden \(biblesociety.org.uk\)](https://www.biblesociety.org.uk/the-psalm-23-garden-at-rhs-chelsea-flower-show)



Get ready, nature lovers, because Bible Society is entering the RHS Chelsea Flower Show with a garden based on Psalm 23, and [we will soon be releasing a full-colour book all about it!](#)

This beautiful companion will contain plenty of photos from the garden by award-winning designer Sarah Eberle, including its water features and greenery. Taking the principles of seeking rest and peace from Psalm 23, the garden will be designed as a place of refuge and restoration, which will be reflected in the meditations and stories within the book. You may also be inspired to create a garden based on Psalm 23 within your community or your own outdoor space. There are [plenty of tips to help you](#) picture your own green space, as well as other features to help you immerse yourself in the garden and the psalm it is based upon:

- Beautiful photos of the Psalm 23 Garden, taken at the Chelsea Flower Show 2021
- Tips from medal-winning Chelsea garden designer Sarah Eberle on how to create a peaceful outdoor space
- Meditations on each verse of Psalm 23 (in English Standard Version)
- Personal stories of people who have been impacted by the psalm



St Nicholas Catering Team

Many thanks to all those who made and donated cakes for us for the July coffee morning. They were appreciated by all who attended.

We intend to hold the next one on Friday 6th August and once again would appreciate offers of cakes/tray bakes. They can be brought into church on the Thursday afternoon and left in the kitchen or on the Friday morning, or if you contact me (Katrina 544773) I can collect from you.

In September our coffee morning is on Friday 3rd September and we will also be catering for the Open Gardens 4th/5th September in the Village Hall. In the past we have had a lovely selection of cakes donated and hope that this will happen this year. Please contact me or any member of the catering team — Lyn, Dot and Avril — if you are able to help in any way for the September event.

It is great to be back at the coffee mornings and seeing all our friends enjoying a drink and a cake and of course the chatting.

Katrina

Looking to the Future – Many Hands Make Light Work!

You may have heard me preach last Sunday on Rest (work, rest, play and pray). As part of that I spoke about encouraging others to play their part in the life of the church. I thought it might be helpful to follow this up; as a benefice there are many different opportunities for people to offer to help. Currently much falls on the few: as the saying goes *Many hands make light work*.

Deputy Churchwardens

The Churchwardens at Dersingham, Neil and Tom, do a fantastic job. We are very fortunate to have two incredibly dedicated wardens, yet over the last two years or so they have taken on additional duties at church; much of this is behind the scenes. To provide suitable support and reduce the load, I have proposed to Neil and Tom and the PCC to prayerfully consider adding up to two deputy churchwardens to assist. Could this be you? The role of churchwarden is supporting and preparation for worship. Each warden, both at Dersingham and the other benefice churches, brings their own gifts and skills to the role. Some of the additional roles may be to liaise with the utility companies, checking readings for the church. The role of churchwarden is a rewarding one that makes a difference to the life of the church. I would be interested to hear from both women and men who would like to know a little more. Please consider ringing me (297293) for more information and insight, with no obligation!

Camera Operators

With livestream cameras in use, we now seek a small team of people who can operate on a rota basis. There are many pre-set camera angles and types of fades/transitions which are used during the service. Currently the 11am traditional service is being streamed, but it is hoped that the contemporary service can also be streamed. If you would like to have a look and try how it works, please do let me or Dave and Tom know. As an idea, about six people on the rota would be helpful.

Coffee Mornings

It is wonderful that coffee mornings are back – thank you to Katrina and the catering committee – but they need your support, particularly in moving chairs and tables both before and after. This doesn't take much time to do and is only once a month, but it would be an appreciated contribution. Please speak to Katrina Mundy for the details.

Ingoldisthorpe Children's Group

In order for this group to continue in the Autumn, we need some more leaders. It is a weekly group for children in school years 3–6, meeting at the Church Hall in Ingoldisthorpe. It can be on a rota basis. If you would like to consider being a part of this emerging and exciting group, please speak to me.

Church Tower Abseil

Various kinds of help are needed for this event, which takes place on 2nd October. Abseiling is optional!

The Gathering – Setting Up for Worship

Each week during August there are chairs and tables to be set up so that the worship can take place. If you could help with this, please contact Pauline. It is worth bringing to your attention that currently on Sunday 8th August there is no one able to set up the Village Centre. Help is desperately needed.

Bee Keeper

Do fancy bee-ing a church Bee Keeper? We have bees currently living in the Tithe Barn at Dersingham, near the gate entrance, who on some days are a little more visible. The PCC would like to move them to a quieter part of the churchyard, in a Hive, so we can look after them and potentially have some Holy Honey! We understand training can be acquired locally. This could perhaps *bee* a new hobby opportunity. 

Churchyard Pruning and Maintenance

For some time I have been trying to form a social churchyard maintenance team for Dersingham and Ingoldisthorpe. This would offer a chance to make friends, be with others, enjoy a good cuppa and piece of cake, whilst also contributing by trimming bushes, hedges and trees, thus keeping the churchyards well tended. Please speak to Neil or Tom for more information.

Doors

The outside doors for the toilet and mower shed at Dersingham churchyard are in a very poor state. Would anyone wish to use their time and skill to replace/repair them? Neil would be very pleased to hear from you. Thank you.

Thank you for getting to the end of this piece!

As you can see there is a variety of roles and opportunities to help and serve the church – probably over 20 roles! It could be that one of these roles would provide you with a focus or something to look forward to. The list is by no means exhaustive. For individual contact details, please contact Pauline Martin (544561) who will put you in contact where appropriate.

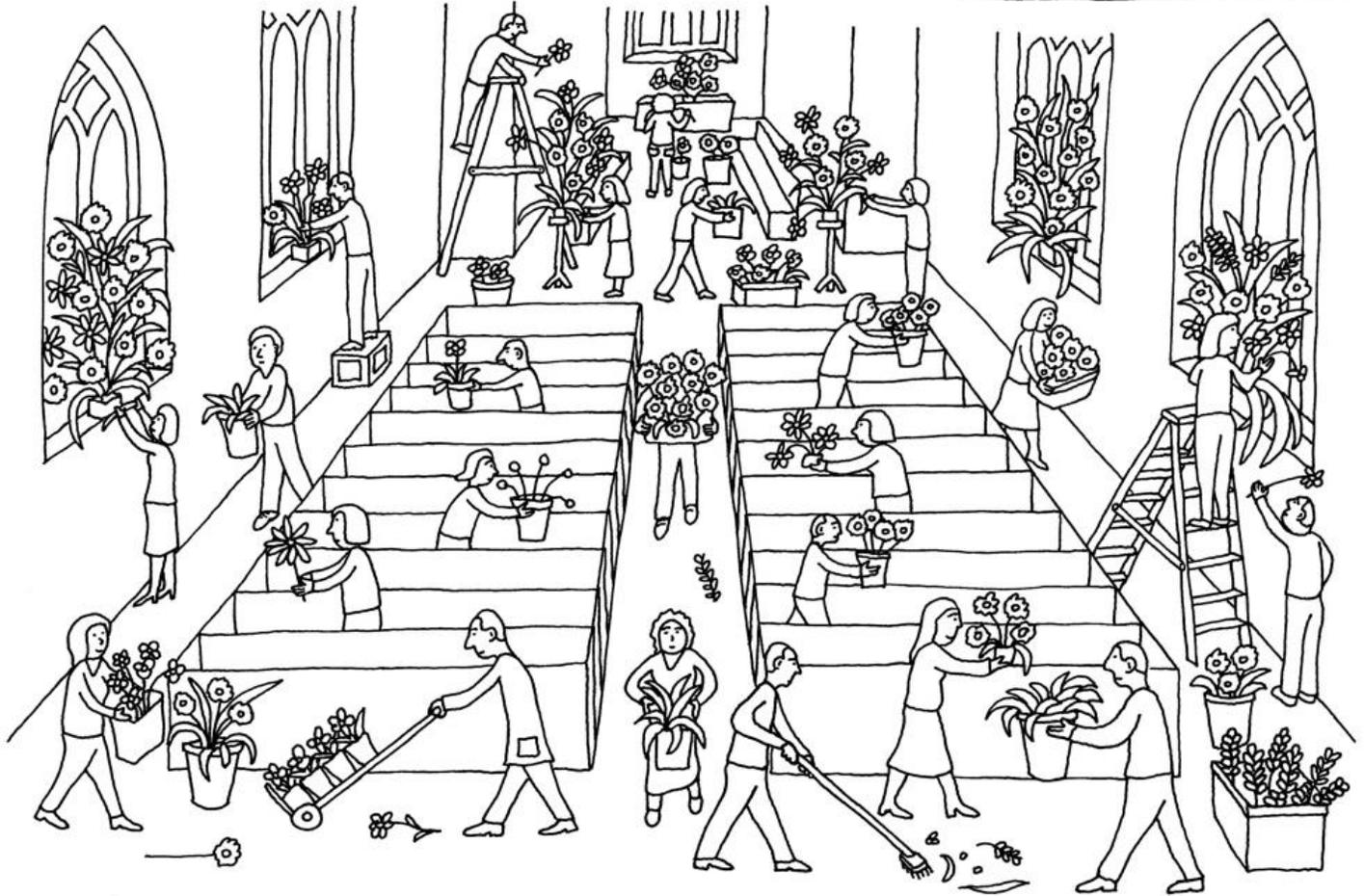
Many of the jobs and roles mentioned above are currently falling to a small few. Please do consider how you can serve the church, or perhaps you feel it might be a way for someone you know to become involved at church in a new and steady way. I hope there will be a rush of people so that many hands make light work!

Thank you in anticipation.
Mark

Things to Colour

These wonderful illustrations are courtesy of Dave Walker and CartoonChurch.com

ARRANGING THE FLOWERS



CartoonChurch.com

THE TODDLER GROUP



CartoonChurch.com

“Drawing is taking a line for a walk.”
—Paul Klee

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 (no livestream or recorded version this week)

Sunday 15th

9:30 'The Gathering' – Contemporary Accessible Worship with 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 from the Prayer Book (No Baptisms) at St Michael and All Angels Ingoldisthorpe (livestreamed)

Back by Popular Demand...

This recipe appeared in our 5 July 2020 Lighthouse. With the recent warm weather, and hopes for sunny days ahead, we reprint it here, wishing you all a lovely summer.

Recipe: sunny ice cream float

An old-fashioned favourite. Warm weather not included, alas...

Ingredients

Serves: 2

- 1 (330ml) can or bottle fizzy lemonade
- 2 tinned peach halves
- 1 teaspoon fresh lemon juice
- 2 scoops vanilla ice cream

Method

Whizz the lemonade, peach halves and lemon juice together in a blender until smooth. Pour the mixture into two tall glasses. Top with ice cream. Enjoy outside in the sunshine, at a social distance!

For a classic version, just pop a dollop of ice cream into a tall glass of lemonade.

For a lighter version, replace ice cream with frozen yoghurt or a dairy-free option.

Anagrams: Passover, offering, bread, broken, poured, planned, reach up
With help from: wordman.com/anagram-maker

May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all.

– 2 Corinthians 13:14



www.stnicholasdersingham.org.uk
dersinghamonlineworship.com

