

The Link

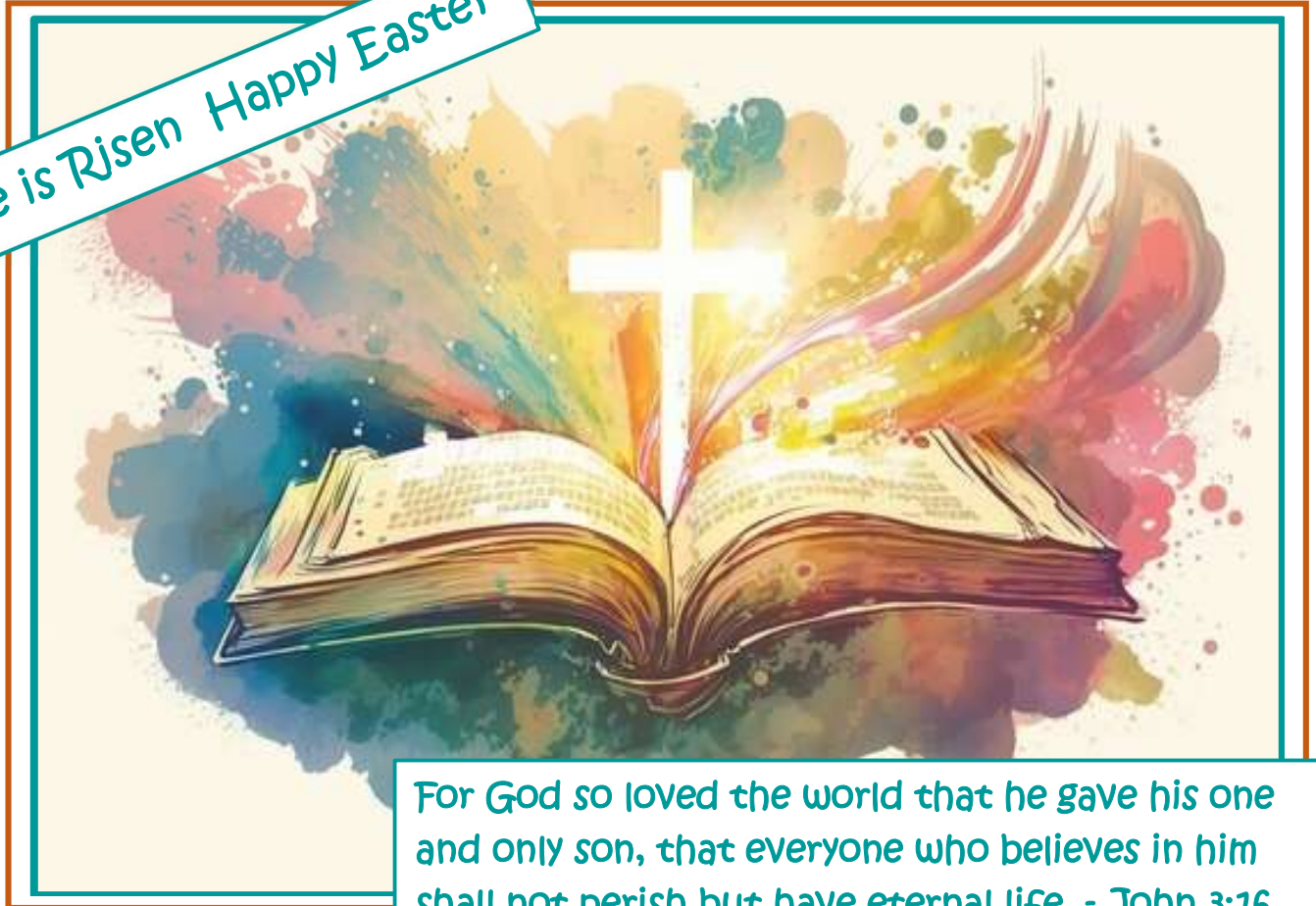
Wroxham & Hoveton
URC

wroxhamurc.org.uk

April 2025



He is Risen Happy Easter



For God so loved the world that he gave his one and only son, that everyone who believes in him shall not perish but have eternal life - John 3:16

Our Mission: "To know Jesus and to make him known."

Wroxham & Hoveton
United Reformed Church
The Hub, 114 Norwich Rd
Wroxham, Norwich NR12 8SA

We are a Member of
Norwich Area URC Mission
Partnership


With many thanks

*Our Link newsletter is freely coloured printed by
Kelvin Dore of Abbott's Estate Agents, Hoveton.*



What's on in April Events and Services Calendar

Sunday 30th Mar JAM <i>Mothering Sunday</i> 	10.30am	Worship by Revd. Zephany Kennedy previously from the Presbyterian Church of Southern Africa and now living in Norfolk. JAM CPR training.
Thursday 3rd Apr 	10.30-12.00 12:15	Community Café and Foodbank at The Hub. Prayer Group in room 2 of The Hub.
 Saturday 5th Apr	8am-1pm	Pop up Charity Plant Stall outside the Hub, in aid of Norwich Foodbank and other charities.
Sunday 6th Apr HC	10.30am	Holy Communion Service led by Revd. Carole Pearl, our Interim Minister and member of our church.
Monday 7th April	10.00 am	Elder's Meeting in room 2 (Back section) of The Hub.
Thursday 10th Apr  JAM	10.30-12.00 10:00-12:30 12:15	Community Café and Foodbank at The Hub. JAM Sponsored Walk starting outside St Mary's Church Bible Discussion Group in room 2 of The Hub. Week 7 of our series on the book of Romans, see page 7 for more information.
Sunday 13th April JAM Palm Sunday	10.30am	Worship by Revd. Zephany Kennedy previously from the Presbyterian Church of Southern Africa and now living in Norfolk.
Thursday 17th Apr 	10.30-12.00 12:15 7pm	Community Café and Foodbank at The Hub. Bible Discussion Group in room 2 of The Hub. Week 8 of our series on the book of Romans, see page 7 for more information. Tenebrae Service led by Revd. Zephany Kennedy
Sunday 20th April HC JAM Easter Sunday <i>Deadline for The Link</i>	10.30am	Holy Communion Service led by Revd. Carole Pearl, our Interim Minister and member of our church.
Thursday 24th Apr	10.30-12.00	Community Café and Foodbank at The Hub.
Sunday 27th April	10.30am	Worship led by Mike Gibbs, a Methodist Local Preacher and a member of Bowthorpe Church.
Thursday 1st May	10.30-12.00	Community Café and Foodbank at The Hub.

	12:15	NO Prayer meeting Elder's Meeting in room 2 (Back section) of The Hub.
 Saturday 3 rd May	8am-1pm	Pop up Charity Plant Stall outside the Hub, in aid of Norwich Foodbank and other charities.
Sunday 4th May JAM	10.30am	Worship led by Mike Gibbs, a Methodist Local Preacher and a member of Bowthorpe Church.



You are invited to join us at our...

Community Cafe



An opportunity to **meet friends**, to have a **cuppa**, and enjoy a slice of **cake** in **The Hub, 114**

Norwich Rd, Wroxham. Every Thursday, 10.30am-12.00pm. Entry is free, but donations are invited towards our costs. **All are welcome. Hope to see you there!**
Please note No dogs are allowed in, except registered Service Dogs.

Our Community Café is being supported by a £500 Winter Pressure Grant from southnorfolkandbroadland.gov.uk

This is a grant that helps community organizations support residents of Broadland and South Norfolk during the winter. The grant is given by the Department of Health and Social Care.

Winter Pressures

Voluntary, community
faith and social enterprise
grant opportunities

Community Café Charity giving: If you have a particular charity you wish to suggest for a donation, please let one of the elders know.



Our Prayer Meeting....

Take a while in your busy life to pause and come together with friends to be with God. There is no pressure to pray aloud, but to relax and absorb the quiet, peaceful and

refreshing time. **On the first Thursday of the month, after Community Café, in room 2 at The Hub.**



HOLY COMMUNION FOR YOU AT HOME.....



If you are unable to come to church, but would still like to receive Holy Communion sometimes, one of our Elders, Lynne Howard, has completed training and has now been given permission by the Pastoral Committee of the Eastern Synod of the URC, to do this for you. Please contact your Elder, or Lynne, if this is something you would like to receive.

Minister's Letter –

Dear Friends,

It's April and soon all those Easter eggs will have been eaten. During Lent, I glanced through our copy of the "Village Book" and found the following job opportunity *"Seasonal employment for motivated individual. Must have long ears and be able to hop quickly."* Then I recalled last year's story of the Easter egg bonanza on the Orkney Islands. Dan Dafydd mistakenly ordered 80 cases of chocolate eggs instead of just 80 eggs. The Easter eggs outnumbered the population of Sanday.

Undismayed, Dan turned his mistake into a game of "guess the number" squares for people to win the chocolate eggs. The money raised was donated to the work of the R.N.L.I whose lifeboat crews risk their own lives to save the lives of others.

The risking of lives to save others spoke to me of the true story of Easter, the real reason for celebration and thanksgiving. Jesus risked everything and gave up everything, dying so that we could truly live. Easter celebrates the cosmic event of Jesus being raised from death and appearing firstly to Mary Magdalene, then His first disciples, and then 500 other people.

The resurrected Jesus brings new life, new hope, and by the power of the Holy Spirit, new courage, determination, new dynamism and new challenge to the frightened little group of His friends who had had been hiding away behind locked doors. A group of ordinary people, blessed by having been with Him in His earthly ministry, they had travelled with Him and seen at first hand the miracles He had performed. They heard the words He spoke, bringing new understanding, the revealing of God's promise and purpose within the Scriptures. They had seen lives changed and hope renewed.

Their own lives had been changed by His presence, and, through His promised gift of the Holy Spirit given to them at Pentecost, the infant Church had been birthed. His first disciples had been equipped for their part in the work of the Kingdom of God. They had been energised, emboldened and empowered to take the Gospel message of the Good News of Jesus beyond the bounds of all that was familiar and safe to them. They followed where the Spirit led and so began the revolution of the Kingdom of God which changed the world.

The Kingdom of God has come, God's renewing of everything is under way. Jesus is alive. No longer confined by human bounds of time and space, He is with us always and wherever we are, whatever disasters and troubles we endure. He knows each of us by name and speaks to us through His Word and by His Spirit, calling *us* into a new and deeper relationship with Him.



Let us together joyfully celebrate the glorious and blessed truth of Jesus' resurrection

Christ is risen: He is risen indeed.

Alleluia!

Revd Carole



CANCELLED UNTIL FURTHER NOTICE

We have been asked to visit the residents of Heron Lodge Nursing Home on Norwich Road.

This is on the 1st Wednesday of each month at 2.30pm (in winter months) for a 30 minutes short service and chat with the residents.

Would you be interested in joining Revd. Carole and her team?

Some extra parking is available on these occasions, next door at 163A Norwich Rd, (on the right hand side of the Nursing Home). Many thanks.



Date for your diary..... please note this change of date from 11th May

1st June: Our Church Annual General Meeting (the date of our next church meeting will be arranged at the AGM)



Easter cards for Sale in aid of Grassroots Charity – 50p each available at Community café and after our service on Sunday.

After Easter if you would like to recycle your Easter cards.....?

Please drop them in our box in the vestibule, so they can be remade into future cards.

Thank you.



Christian Aid Week : 11-17th May 2025 Will you help fund vital tools and training, so farmers can support their community to escape hunger?

Our Bible Discussion Group (Very informal), will be continuing with
The Roman's Course.

This group is held twice a month, after Community Café
(12.15 in room 2) on the 2nd and 3rd Thursday.

Please come along and let us learn together.

THE ROMANS COURSE

An enjoyable way to explore the Book of Romans, with questions prompting us to study chapter and verse to find the answers.

David Suchet became a Christian after reading Paul's letter to the Romans, written to unite Jews and Gentiles.

Discover amongst many other things how many women are mentioned and celebrated for their hard work. The Churches are shown to be very united, loving towards each other, with different gifts and very hard working. A family, intergenerational, each serving Christ and each other. They are often described as being *the household of...* leading us to believe that the family's servants were also included.

My first thoughts are that this course has much to offer us, written in a way which encourages exploration of Romans and the discovery that the Church Paul wrote his letter to in AD 56/57 was, just as it is today, of and for ALL people.

Contributed by Revd. Carole Pearl



What is The Romans Course?

The Romans Course is a ten-session programme which helps you study Paul's letter to the Romans.

The course tackles ten big themes found in the book of Romans which are key to understanding the Christian faith:

- **Gospel** – How can we become confident in our faith?
- **Sin** – What's wrong with the world?
- **Salvation** – What's so amazing about grace?
- **Peace** – How can we find rest in a stressful world?
- **Freedom** – How can we avoid negative cycles?
- **Hope** – What has God promised?
- **Mystery** – If God is sovereign, what is our role?
- **Devotion** – How can we live full on for God?
- **Community** – How can we live together in love?
- **Mission** – How can we be ambitious with the gospel?

Source and for more information: <https://www.biblesociety.org.uk/resources/the-romans-course>

March 2025

To: Church Secretaries

MINISTRY AND MISSION FUND CONTRIBUTIONS

Please find attached a 'Thank You' appreciation for your fellowship's gifts to the Ministry and Mission Fund in 2024. I would be grateful if you could display this in your church and include copies, as appropriate, in any newsletters and magazines etc. – either print or electronic.


Last year was somewhat of a challenge as the administration of contributions to denominational funding moved from the wonderful work that the M&M Advocates had undertaken since 2008 to the Synod Office. Any transition involves making some adjustments, but I am hopeful that the process this year will be much smoother than in 2024. Thank you for your church's patience and goodwill as we surfed the changeover.

When I first became involved with M&M back in 2007, initially as a District Treasurer and later as Synod M&M Advocate, M&M Fund contributions made up 86% of the denomination's unrestricted income. In that respect little has changed. In 2023 it amounted to 88%. However, it is a very different picture when the expenditure side of the equation is considered. In 2006 for every £1 that was given to the M&M Fund, 96p was used to pay stipends and all ministry related costs as well as train ministers, CRCWs and lay preachers. However, in 2023 the income was insufficient to even cover the salary costs of the 314 ordained ministers and CRCWs. We live in difficult times. The cost of living squeeze is felt at all levels and in all places.

With that in mind I am profoundly grateful for the continued generosity of the churches in the Eastern Synod who, together and with Synod support, gifted £1,915,802 to the M&M Fund last year.

Thank you for all that you do to help build the Kingdom here as in heaven.

With thanks and blessings,



Faith Paulding
Synod Finance Officer

Wroxham and Hoveton United Reformed Church
Member of Norwich Area URC Mission Partnership



JAM is a group for children and young people aged 4-8, and 9-16.
We meet once or twice a month on Sunday mornings from 10:15-11:45 in
Wroxham Church Hall.

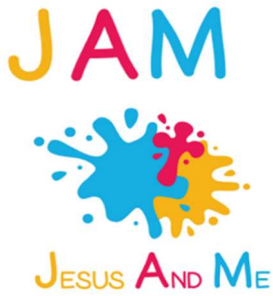
Through watching, reading, listening, discussing, playing, acting, singing,
praying, cooking and creating
the children learn about the nature of God and His amazing love for every
single one of us.

Why not come and join us?

For our activities, past sessions and events please look at our website
www.wroxhamurc.org.uk/jam

Email Chris or Joyce at jam@wroxhamurc.org.uk or phone Norwich
783992 for more details. Upcoming sessions below:-

Sunday 30th March	Mothering Sunday 10:00-11:45 – Making Posies then JAM Session with CPR Training in Wroxham Church Hall
Thursday 10th April	Sponsored Walk – starting outside St Mary's Church at 10 am and returning around 12:30pm
Sunday 13th April	PALM SUNDAY JAM Session 10:15-11:45 in Wroxham Church Hall
Sunday 20th April	Easter Sunday JAM Session 10:15-11:45 in Wroxham Church Hall with Easter Egg Hunt
Sunday 4th May	JAM Session 10:15-11:45 in Wroxham Church Hall
Sunday 18th May	JAM Session 10:15-11:45 in Wroxham Church Hall



Wroxham & Hoveton
United Reformed
Church



Operation Christmas Child – The Shoebox Appeal 2025

This year again, we plan to collect things together each month. This makes it easier for everyone to join-in; people who cannot afford to fill a whole shoebox, as well as to spread the cost for those who can.

We aim to have a workshop in November again when the children will pack all the items collected into shoeboxes, ready to be collected by Samaritan's Purse, who run Operation Christmas Child.

So, each month we will ask for different things and there is a drawer in the cabinet in the entrance to The Hub, so that you can put your gifts in.

In April & May we will be asking for Special Items, the examples are:

Cuddly toy
Football and pump
Toy truck
Doll
Musical instrument



Remember that they do need to fit in the shoebox!

Some items are for older children, but we are collecting for girls and boys from age 2-14

Dear God,

We thank you for the opportunity to participate in Operation Christmas Child and to bring joy and hope to children in need. We pray for each child who will receive a shoebox, that they may experience your love and compassion. We also pray for the volunteers and staff who are working tirelessly to make this ministry a success. May your blessings be upon them, and may your guidance lead them in all they do. We ask for your protection and provision for the gifts and the ministry, and may your word go forth from these simple gifts into families, communities, and the entire world. We pray all of this in the name of Jesus Christ. Amen.



100% to Charity
Please come to the

Wroxham & Hoveton United Reformed Church

SUNDAY SCHOOL (JAM)



PLANT



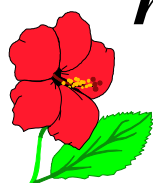
STALL

8 am - 1 pm

Sat 5th April

The Hub, 114 Norwich Road
Wroxham NR12 8SA

Lots of Plants, Shrubs, perennials,
herbs and houseplants & much more



At least 75% to Foodbank



For the Plant Stall at The Hub.....

Our first plant stall raising money for foodbank is on Saturday 5th April :

If you have any garden plants, veg, equipment or containers that you would like to contribute to this, or any future ones, please speak to Joyce B or Barbara W.



We are in need of 1.5 litre pots (any colour) and six pack containers (as shown in the photos). Many thanks.

Jammy News 2nd March 2025

We continued to look at the parables in our JAM sessions, this time we looked at the Parable of the Mustard Seed.

This is one of the smallest parables, being only a few sentences long. It can be found in all three Gospels; clearly another well-remembered parable. You can read it in Matthew 13:31-32, Mark 4:30-32 and Luke 13:18-19.

Not only is the parable small, but the seed it is about, is very tiny indeed.

Jesus has been teaching the people, and he wants to let them know what he means by the Kingdom of God; in this parable Jesus is trying to explain this.

Jesus said what is God's Kingdom like? What can I compare it with?

God's Kingdom is like the seed of a mustard plant, a man plants this seed in his garden, the seed grows and becomes a tree, the wild birds build nests in its branches.

So, what is Jesus saying about God's Kingdom?

He uses the example of a mustard seed, a really tiny seed; although it is the smallest seed, it's powerful, it's alive and can grow up to 10 feet tall!

The people in Palestine would have been very familiar with this plant that could grow to a small tree, big enough that birds could nest in its branches.

Jesus wants the disciples to know that God's Kingdom may have small beginnings, but it will grow and, indeed, is growing bigger and bigger. God's Kingdom is wherever there are people who believe in Jesus, worship God and try to live God's way; they have God's love in their hearts, and they're growing in love for God and others. It's a Kingdom of people's hearts, people living in peace and harmony with each other. At JAM, we are very small part of millions of people all over the world. 2.4 billion people are Christian - 30% of all the world population!

That's a lot of people, our part in JAM may seem small and insignificant, but we thought about being a light in the world and looked at a photo from NASA (see below) each individual light is tiny, but together they make a huge difference to darkness.

We thought about the small things that we do at JAM to show love to others, we thought about Mother's Day posies, we thought about running a breakfast for the homeless, and how these tiny actions can make a big difference. Wherever good has won, and we have done what God wants, we help God's Kingdom of love grow.

We thought about how just a smile at someone can sometimes make all the difference to that person and how they're feeling; we watched the Pig of Happiness by Edward Moncton

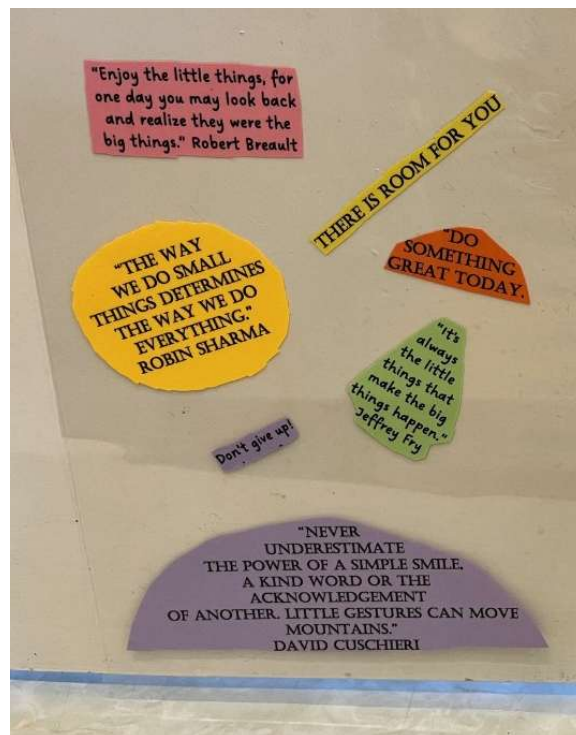
<https://www.youtube.com/watch?v=uoiYlww8M4>

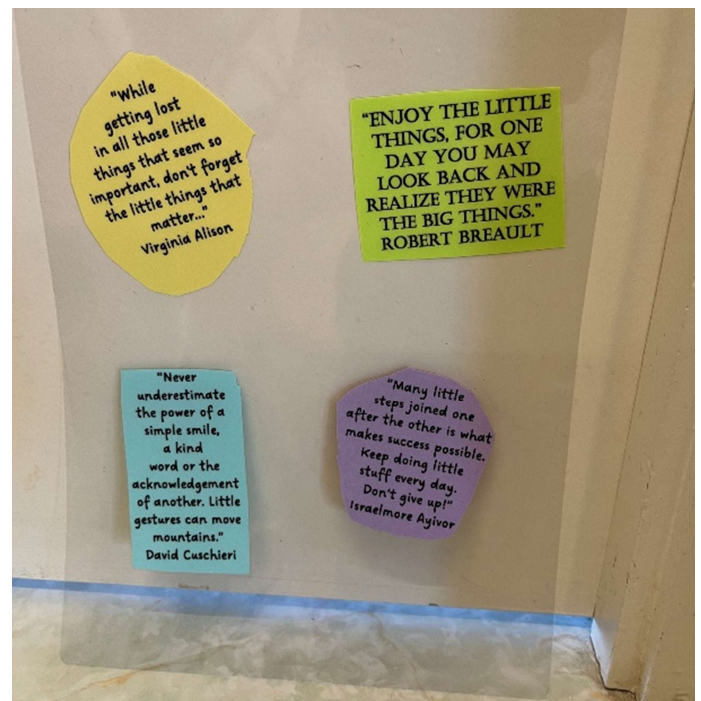
We read from Matthew 17 verse 20, where Jesus tells us that all we need is a mustard seed of faith and we can move mountains; we then sung the Mustard Seed song and City on a Hill (Let Your Light Shine). The links are: <https://www.youtube.com/watch?v=HPylxzfN-Oo> and <https://www.youtube.com/watch?v=4Bmm4-MYkBk>

We joined-in a prayer with the response of "With God's help, small can become big" (adapted from the Messy Church book).

We ended with a worldwide prayer; we started in a circle in a tight circle and prayed for JAM, we took a step back and prayed for the church; we then took another step back and prayed for our village and surrounding villages, we took another step back and prayed for our world particularly the countries in conflict, asking for God's peace in these situations and thanking God for his love for these people and places.

We then ate seedy flapjack snacks





We filled cups with soil to grow giant sunflowers, created a JAM family tree collage, with the phrase at the bottom "Helping God's Kingdom Grow"

We also made laminated posters of quotes (please see pictures).

Please see picture of cress-head, grown from previous week's session on The Parable of the Sower, we were all amazed how quickly it grew! The picture below on the right was from 9th March.



(2nd March)



JAMMY News 9th March – Community Breakfast

What an amazing morning! we arrived before 9am to get ready to serve 2 sittings of people from the church and community with a cooked breakfast.

The members of JAM were kept very busy firstly getting people seated, then taking their orders and providing everyone with a lovely full English breakfast served with toast and juice.



Our “customers” were all delighted with the service they received from the children of JAM as well as the food and drink provided.

We want to thank the amazing team of adult helpers who worked so very hard in the kitchen to provide the food to order and fresh tea and coffee.



At around 10:45, after the 2 sittings were completed, the JAM members and along with our exhausted helpers sat down and had their own breakfast – a well-earned rest and meal.



By the end of it we had served over 50 meals and raised an amazing £415 for YMCA's Sleep Easy Appeal which is in support of homeless young people in Norfolk, of which there are over 330!

Chris also spent a night rough-sleeping with the YMCA, gathering sponsors before and after the event, which raised over £1,070.



This is the shelter that Chris slept in, some bits of cardboard put together.

He was safe in a compound with 35 other fund-raisers, unlike young people who sleep rough in shop doorways.

We thank all who supported the Community Breakfast and/or sponsored Chris for his sleep-out.



Each year YMCA Norfolk joins YMCAs from across England and Wales to take part in a mammoth Sleep Easy fundraising event with the aim of raising vital funds to help tackle the root causes of youth homelessness.

And so, from 7pm on Friday 7th March to 7am on Saturday 8th March, YMCA Norfolk is calling on supporters and fundraisers to join #SleepEasy2025.

Jammy News 16th March

We started early this week so that JAM members could meet with Tina, before she preached with a view in The Hub.

The children were really lucky to have her visit and introduce herself to them as well as tell them about her experience of deciding she was being called to go into the ministry.

The children had an opportunity to ask her questions, and Tina was able to see some of the things we are doing at JAM.

Our session continued with looking The Sermon on the Mount, with a focus on what Jesus had to teach about worry.

We made coconut shell filled bird-feeders and worry boxes, please see pictures below.



JAM Sponsored Walk – 5 miles

Thursday 10th April 2025 10am from
St Mary's Church Wroxham

In aid of Breast Cancer



Please support the youngsters of JAM by sponsoring them – there is a team sponsor sheet in entrance to The Hub and you are welcome to join us in the walk as well as get your own sponsors (individual sponsor sheets are on the back of the clipboard with the team sponsor sheet). If you are walking, please wear something pink.

This Charity was chosen by the children of

JAM

Free Community CPR (Cardiopulmonary resuscitation) and AED (defibrillator deployment) Training at The Hub

Run by an East Air Ambulance approved trainer – Don Meechan. This is open to the church congregation, community café and foodbank volunteers and the wider Hub Community.

Session 2 To be run on Thursday May 22nd between 12:30-1:30pm approx. (after Community Café) (PLACES STILL AVAILABLE)

Please sign up if you would like to attend, and for more information please speak to Don Meechan or Barbara W.



Our Eco Church...

Our recycling this year is being funded by a grant from Veolia.

What does Veolia do? Veolia UK is part of a worldwide Group of companies, with over 163 000 employees worldwide, the Group designs and provides water, waste and energy management solutions that contribute to the sustainable development of communities and industries.



What happens to the medicine blister packs we recycle with TerraCycle?

- TerraCycle partners with various retailers and organizations collect empty medicine blister packs.
- TerraCycle has already collected and recycled 75 million blister packs from hundreds of locations across the country.
- Blister packs are heat-sealed together. The combination of materials used to make blister packs and the heat-sealing means separating and recycle them is difficult and expensive. For this reason, many councils don't recycle pill packets as it's too costly.

Separation:

The collected blister packs are cleaned, and the plastic and aluminium foil components are separated using a specialised machine and converts all the waste into something new.

Recycling:

- The aluminium foil is recycled using conventional methods (aluminium is infinitely recyclable!).
- **New products:**
 - The plastic is processed into a usable form, such as granules or flakes, which can be used to create new products such as window frames or piping.
 - Some recycled plastic is also used to create a material called MyBoard™. Nothing goes to landfill and nothing is incinerated.
 - MyBoard™ is used to make a variety of things. It can be used to replace plywood in items like indoor and outside furniture, garden planters, shop fittings, children's playgrounds, plastic waste bins and other items.

Please remember to contribute approximately £2 into the box on our recycling unit each time you use this service. This will help to pay for this expensive recycling service provided at The Hub.

Encounter with Pope Francis called an “honour” on pilgrimage to Rome

Published On - [10 February 2025](#)



In mid-January, the Revd Lythan Nevard, Moderator of the United Reformed Church Eastern Synod, formed part of an ecumenical pilgrimage to Rome with church leaders from Norfolk and Waveney.

Here, Lythan reflects on the trip:

I was privileged to join church leaders of Norfolk and Waveney. We were Baptist, URC, Quaker, Catholic and Anglican. It turned out to be an advantage to travel with Catholic and Anglican Bishops as we were able to experience all sorts of things that URC folk usually do not.

We stayed in the Venerable English College and had a glimpse of what training for Catholic priesthood is like. I'm not a morning person but found the discipline of 6:45am

prayer followed by mass an integral part of the experience, though it has not come home with me.

We shared communion at the Anglican Centre and met the ecumenical liaison officers of the Methodist, Anglican and Reformed Churches. We visited two of the dicasteries, administrative departments, of the Holy See for Christian Unity and for Promoting the Integrity of Human Development. The latter has a focus on listening to the needs of parishes across the world, reflecting on the issues and seeing what gifts and resources can be offered and what partnerships, including ecumenical and governmental can be created. I appreciated, as I have not before, the sense of being part of the global church that came from these conversations.

We visited the Basilica of St Paul's Outside the Wall and were guided round by the former abbot who included stories probably not on the usual tour! And we were the first group to visit the Scavi – the necropolis excavated under St Peter's Basilica following a long closure for redevelopment. We were able to glimpse what might just be the bones of St Peter and had a real sense of Church history all around us.



On the Wednesday we were part of the regular audience with Pope Francis but were able to skip the queue, Bishops are the best accessory and were surprised to be given front row seats. There was a palpable air of excitement and joy. Greetings, the Bible reading and a short summary of the Pope's reflection on it were read out in eight languages. We were entertained by a circus

troupe celebrating the Pope's current focus on children. Then without warning our group were ushered up the steps to greet Pope Francis. It was an amazing honour, albeit one that lasted about 20 seconds. We were each given a bronze papal medal – now a prized possession. if you want to see it I will probably be carrying it around for a while!. There was something very special about thousands of people worshipping God and celebrating their faith together.



Just as treasured as my medal though, is a conversation in the college chapel before breakfast between me, my Baptist colleague and a Catholic tutor about ministry where we shared appreciation of each other's ministerial formation and how we express our faith in Jesus. It gave me hope, in this Catholic Jubilee Year of Hope that Jesus' prayer "that they may all be one" may actually be fulfilled.

Image featuring The Pope ©Vatican Media.

Source: <https://urc.org.uk/encounter-with-pope-francis-called-an-honour-on-pilgrimage-to-rome/>



GREEN PASTURES POP-UP SHOP

FIRST WEDNESDAY OF THE MONTH
ST MARY'S BURY ST EDMUNDS

LAST THURSDAY OF THE MONTH
SALVATION ARMY CITADEL,
NORWICH

10am
to
2pm



shop@greenpasturesdereham.org.uk
01362 697953

**Making
Connections
Hoveton &
Wroxham – a**



Free friendly & social Dementia Café for those experiencing Memory issues at Hoveton Village Hall – Every meeting runs 10:45-12:45.

Please join us for a chat, fun and activities, tea and coffee, biscuits and cake.

Everyone welcome – just turn up and enjoy! For more information please call 07513 183769

Dates for 2025

April:	9 th	23 rd
May:	7 th	21 st
June:	4 th	18 th
July:	9 th	23 rd
August:	6 th	20 th
September:	3 rd	17 th
October:	8 th	22 nd
November:	5 th	19 th
December:	3 rd	17 th



Here is a new list of items requested by [Norwich Food Bank](#):

URGENTLY NEEDED ITEMS:

List updated 11.3.25

Tinned Vegetables
Pasta Sauce
Instant Mashed Potato
Milk
Custard
Teabags (Small 40'S 80'S Boxes)
Tinned Meat
Long Life Juice
Rice Pudding
Penguin Biscuits Or Own Brand

We have plenty of:

Baked Beans, Cereal, Pasta & Sanitary Items

Thank you!

We also are grateful for financial donations; details of how to give can be found on our website

- norwich.foodbank.org.uk or directly through our Bankuet account: www.bankuet.co.uk/norwich Thank you!

Please remember that.....



The Hub is a Collection Point as well as a Distribution Centre.

You can also donate via:



our [Amazon Wish List](#) which has single and bulk items available to buy and get delivered directly to our warehouse.



Bank the Food is an app which shows you our most needed items and your local collection

points. Download the app at

<https://www.bankthefood.org/downloadapp/>

“Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy.”
Proverbs 31:8-9

Norwich foodbank supports local individuals and families who find themselves on the edge of disaster through the provision of emergency food supplies. These supplies take the form of nutritionally balanced emergency food-boxes to cover an individual or family's basic needs for 72 hours: the critical time gap before other support services kick in.

Daily Devotions

from The United Reformed Church



<https://devotions.urc.org.uk/>

At the top of the web page there is a link to have an Daily Devotion email sent daily. This has a short bible reading, reflection and prayer.

If you don't want to get the Daily Devotions sent daily, the devotion is printed each day on this web page, along with a daily podcast.

To listen to the Daily Devotion:-

1. Search *urc daily devotions* in your web search engine.
2. Open [Today's Daily Devotion](#).
3. Roll down to the 3rd title - *Today's Daily Devotion*.
4. Open it by tapping on the small white triangle.

The unspoken question Jesus leaves hanging in the air is: Do you believe yourself to be self-reliant or do you know you need God?

The Revd Angela Rigby, minister of Christ Church URC Tonbridge

I settled one Friday in March to weed the pots and containers, tidy the garden, a job I've not done alone for thirty years since Carl retired through ill health As I did so I pondered on the gifts God graced him with to create so many things after his near death to his actual death. I realised too He totally let God take him on the journey of creating all he did to ensure others could smile at his work and hopefully feel a little better for seeing those things God gifted him to create. If only I thought we all thought and acted that way. Ukraine war or any other wouldn't have happened nor children bullied at school if we put others well - being first. Maybe this Lenten season we can all use our gifts and talents to show the LOVE of God in gentle quiet ways. Just as JESUS and Carl did and many others whilst they were here on earth among us The photo Carl's work in our back garden makes everyone smile who see it.



The photo Carl's work in
Written by Liz G

Rotas (Please swap if necessary)

If you are welcoming, please make sure you arrive by 10:00, Thank you 😊

Date	Vestry	Welcoming Elder	Welcome team	Readers	Flowers	Coffee
30 th Mar JAM <small>Mothering Sunday</small>	Don M	Margaret C	Lyn M	Lynne H & Paul T	Liz H	Paul T & Verna C
6 th April HC	Chris B	Don M	Ann Marie W	Colin C & Ann O	Joyce B	Barbara W & Lyn M
13 th April JAM	Barbara W	Lynne H	Frances M	Paul T & Liz H	Barbara W	Paul T & Verna C
20 th April JAM HC <small>Easter Sunday</small>	Liz H	Colin C	Kevin B	Caroline L & Lynne H	Joint Effort	Frances M & Frances B
27 th April	Lynne H	Chris B	Joyce B	Don M & Lyn M	Ann O	Colin C & Don M
4 th May JAM	Margaret C	Colin C	Frances B	Kevin B & Colin C	Lynne H	Paul T & Verna C
11 th May HC	Colin C	Chris B	Lyn M	Paul T & Don M	Lyn M	Joyce B & Joyce P
18 th May JAM	Barbara W	Don M	Ann Marie W	Joyce P & Ann Marie W	Barbara W	Frances M & Frances B
25 th May	Chris B	Margaret C	Joyce B	Lyn M & Caroline L	Margaret C	Barbara W & Lyn M

Gracious God, you have woven us together, forming one body from diverse parts. Though we differ, we remain united in Christ. Help us celebrate the beauty of diversity by recognising Your image in every person. Fill us with patience, kindness, and understanding as we journey in peace and purpose. As your word reminds us, there is neither Jew nor Greek, slave nor free, for all are one in Christ Jesus.* May our unity reflect your love. In Jesus' name, Amen.

* from Galatians 3:28.

A prayer from the Churches Together Forum written by the Revd Claude Halm, ecumenical lead for Churches Together in Essex and East London.

Source: prayerpartners@brf.org.uk

Please visit our website- wroxham.urc.org.uk and the Norwich Area URC website (which includes the preaching plan):norwichareaurc.co.uk

**The deadline for submitting information
for the May issue of the Link
is 20th April 2025.**

Any news or an item for the Link? This could possibly be a favourite prayer, bible reading, article, poem, Christian book review or to share your testimonial. Please send to Barbara W at barbaraawestwood@yahoo.co.uk or Tel No: 01603 783379.