

THE ROOTED LIFE

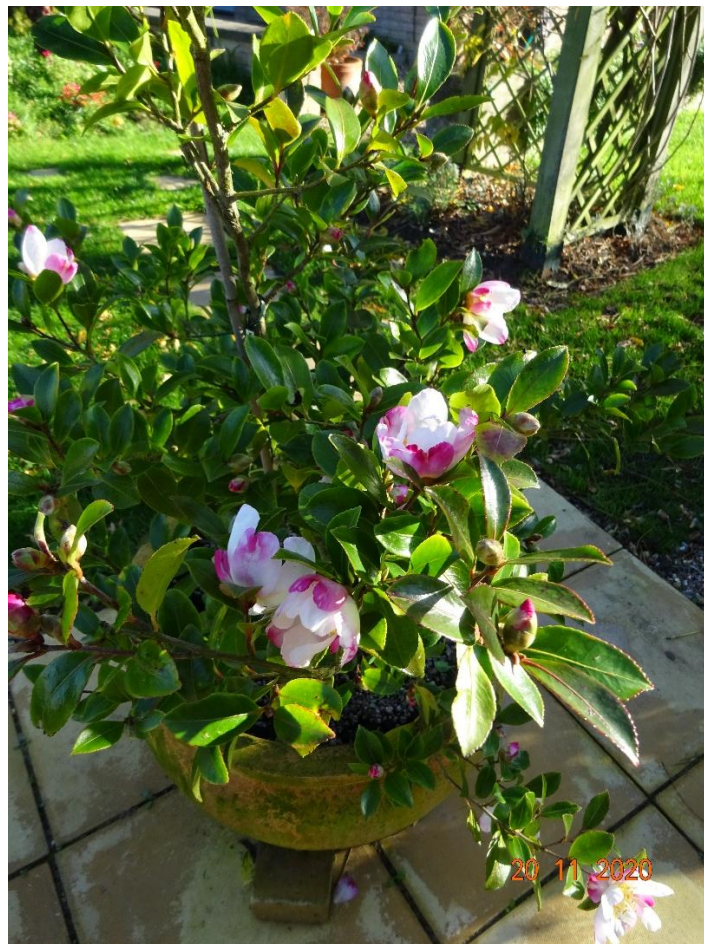
Colossians 2:7

'.....continue to live your lives in him, rooted and built up in him.....' from the Bible

Date - April/May 2025

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION... More information about activities at WBC and in the community

This magazine is brought to you by Wymondham Baptist Church. If you would like to know more about us, please call, e-mail us or visit our website.

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Welcome to this edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 1st June

In this edition we hope you enjoy the following...

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A Word from our Pastor - Paul Smith



Fridays good 'cos Sundays coming.....

I have always loved music, I may have said this before, but I have a very eclectic taste and enjoy all sorts of genres. I just enjoy good writing and songs that speak into our lives, regardless of what style it is. Lyrics can say so much so quickly. I share some here -

Well, life has a funny way of sneaking up on you
When you think everything's okay and everything's going right -

so wrote Alanis Morissette on her hit *Ironie* from the 90's (remember those!) it was a big hit for her and speaks about how sometimes in life you can just be bundling along when out of seemingly nowhere you get tripped up. As a church fellowship we have seen our fair share of trips through various different people facing big challenges. It can be hard at times to find the words of comfort that people need in those times but that is part of my role to bring hope into situations and that can mean using words! Sometimes its a word of encouragement, sometimes its words of prayer sometimes its writing a letter or text...and sometimes its sharing a song that speaks into peoples lives.

I have always loved sharing with other people words of scripture, passages from the Bible, to help them make sense of the world. I enjoy preaching, again sharing words, to communicate the hope that faith can bring. It is always a privilege to speak into peoples lives in the highs and the lows. I truly value the honour. I spend my life talking about faith with the language of We and Our - and I want to expand briefly on that here -

The Lords prayer starts with the words - Our Father...Who is in heaven. This has always spoken to me about US, not me or you or my but OUR. It is a beautiful reminder of togetherness. It reminds me that Jesus came for US, it points to the church, it speaks about unity and loving each other and all of that is true and important....BUT.

But what? Recently I had a personal health issue. I have been recently diagnosed with a brain tumour and I am currently receiving treatment for it. I am grateful for the love and support of my wife, my family and indeed the church. It has been so encouraging to me to know that

love and read the messages from people and to know that their are prayers being spoken on my behalf. But in the dark of the night and particularly when I was given the diagnosis I was alone and I needed to draw on my *personal* faith. I needed MY God in those moments and indeed still do. I need to draw on His love for me and to be, dare I say it, slightly selfish in asking God to take care of ME.

Life has a funny way of stealing up on you.....back to those words. It has snuck up on me and I need new words. The Bible tells us of God's promise that "I will never leave you nor forsake you" it is found in multiple books of the Bible, in both the Old and New Testaments. With this promise, we can be assured that He is always with us and encouraged to always be with God in faith and spirit. I need these words myself at the moment....and perhaps you do too.

We are heading towards Easter very quickly. A time of celebration across the world held by Christians and really important in the life of the church, but more importantly to individual peoples whom believe in Jesus. God sent his only son for the world, but God would have sent his Son JUST for you. Have you ever thought about that? I want to close with this.....there is another song by Phil Wickham called Fridays good because Sundays coming....its a song that reminds us that Good Friday was a dark day but when you look at it in the light of Sunday it is glorious. As I face some uncertainties I remind myself that God is here now and will be there no matter what I may face, but he is there for you too, no matter what you yourself may be facing. If you are in a challenging time perhaps now is the moment you need to find God for yourself so no matter how bad your Friday seems you can know Sunday is coming. I would encourage you to do so now rather than wait until later because as I said at the start...life has a funny way.....

Happy easter to all our readers

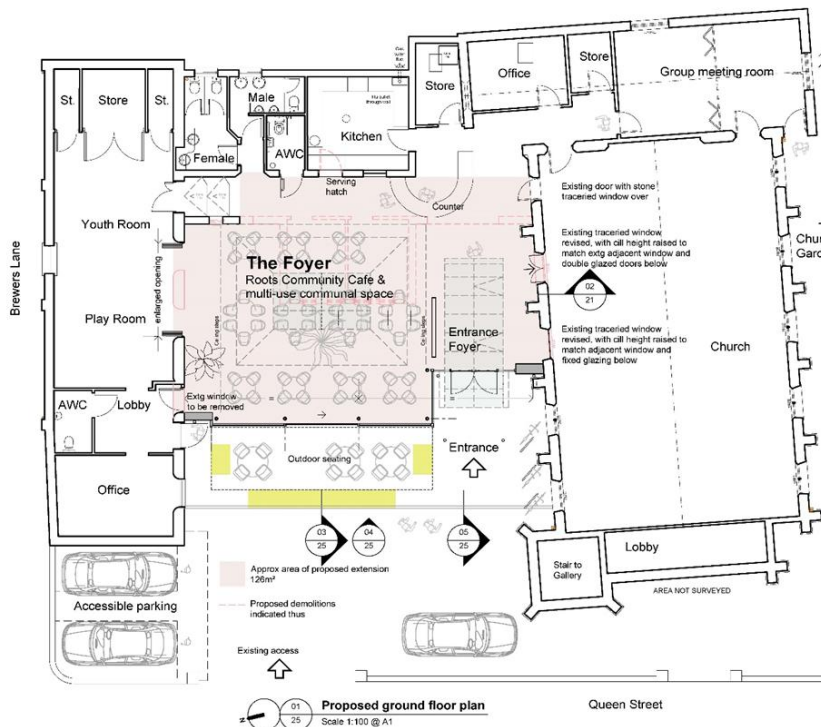
Blessings

Paul

<https://fts.lnk.to/SundayIsComing>



Proposed Extension - Phase 2 - bids are now in for the construction!



Phase 1 - Planning Permission

Received December 2022

Phase 2 - Detail Design Development

- Prepare detailed drawing
- Prepare specifications for the work
- Identify Building Control requirements
- Engage architect, structural engineer and independent energy consultant
- Obtain contractor pricing and refine cost estimate

Phase 3 - Construction

No commitment to construction will occur without specific approval of the Church Members. We are hopeful of a construction in the summer of 2025.

Progress on Phase 2

The Phase 2 work is now essentially complete and costs are just under the budget. The only outstanding element is the tender process.

The tender documents were issued in January 2025 to five potential contractors, who all expressed a keenness to bid. Each has visited the site bids were received from all of them on 7th March 2025 as requested. The tenders are being evaluated at the time of writing this update and a recommendation from the architect is expected in early April. Pray that the right contractor will be selected. Subject to having all the finance in place we would hope to be able to break ground in July and start Phase 3, the actual construction!

The detail design for the extension incorporates an air-to-air heating (and cooling) system rather than the air-to-water heating system, coupled with underfloor heating, as originally suggested. (Both systems use heat pump technology.) The air-to-air heating approach is also expected to be the longer-term solution for our overall building heating. We already have a similar type of air-to-air heating (and cooling) unit in the upgraded kitchen.

Information has been received during Phase 2 from the energy consultant on the feasibility of installing solar panels. It is predicted that these could pay for themselves in about four years, and serve to reduce our electricity bills. Likewise incorporating further air-to-air heating in the rest of the buildings (as is now in the kitchen and as is being included in the extension) could potentially reduce our heating bills by half. A draft strategy paper has been accepted in principle as being the direction of travel for the future. If we do proceed it will be carried out

separately from the extension project itself. It is likely that we would need to apply for planning permission for this work.

How do we pay for this?

We thank God for the work achieved to date and the funds to do it. The upgraded kitchen has been paid for as has the Phase 2 work. We are thankful too for the Pride in Place community grant from South Norfolk Council which has paid for over £18,000 of this Phase 2 work.

The fund-raising efforts for Phase 3 continue. Thank you for your prayers and contributions. God has been good to us. We continue to give thanks that the efforts of Grace Burke, Kate Kinsey and a small team of dedicated helpers (the “External Fund-Raising Team”) have been rewarded. I thank all personally who sponsored my 10,000m swim in early march, which has raised over £3,000 (£3,500 with Gift Aid). Any that still want to contribute can do so at <https://www.justgiving.com/page/davidswim>.

Praise God, we have now raised a total of nearly £430,000 towards the project. Included in this is confirmed funding in the 5 year Infrastructure Investment Plan of the Greater Norwich Growth Board. Amazing answers to prayer! This means we now need to raise another £90,000 towards our budget for the entire project of £520,000. We need to close this “funding gap” before we can commit to starting the work. As some of these grants will not be available if we wait, we really believe that we need to grasp the opportunity this year and find ways to close this funding gap.

Please don’t feel embarrassed if you are unable to contribute directly - prayer for the project is even more important. If you have other imaginative ideas for raising funds do let us know. Details of how to give are below.

The existing buildings

In looking at interfaces with the existing buildings, we are also looking at smartening up the north elevation of the church which may look scruffy compared to the new extension. Cleaning of the north wall has been completed - the brick cleaned up nicely but the stonework did not respond to treatment, much to the disappointment and surprise of the cleaners and their on-call experts. A quote has now been received for the windows. The costs of such work on the existing building are not included in the above project, and would in any case be carried out separately. Consideration is being given to grant funding, particularly those that specialise in environmental improvements.

How to give?

There are various ways you can give.

- 1) **On the premises.** There is an opportunity for you to give your offering as part of our Sunday worship or whenever the church is open. A donation terminal is also available, which takes payment by credit card or debit card for a small fee. You can indicate on the terminal that you wish your gift to go to the Building Fund. There is also the orange bucket where you can drop any loose change.
- 2) **Giving through your bank** - if you would like to make a donation by BACS, please ensure that it is marked 'BUILDING FUND'. Payments should be made to the credit of Wymondham Baptist Church account: **Sort code: 30-90-89 Account No. 47748863**
- 3) **By leaving a cheque or cash** at the Church Office or in the Offering Box in the church.

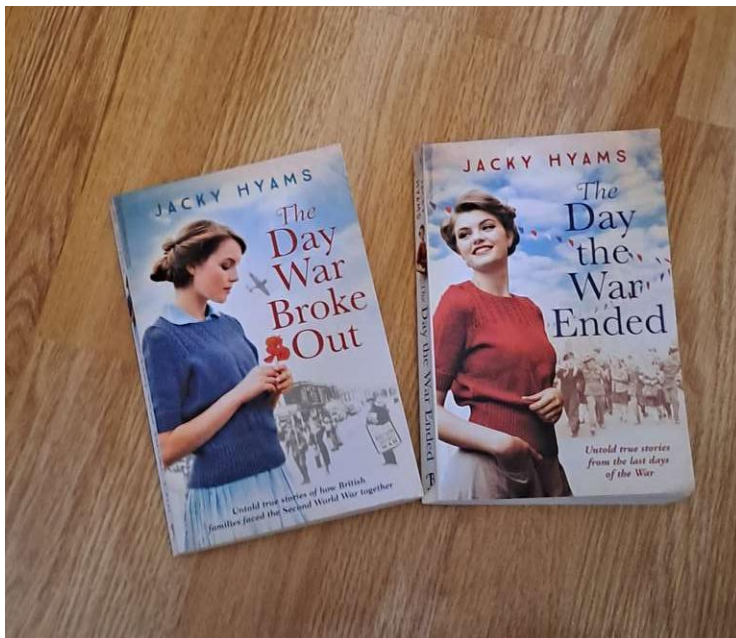
- 4) **By visiting the website ...** Click on the red 'Giving' tab at the top of the welcome page and following the instructions using a credit card or debit card. **You will be asked which fund you wish to support, click on the Building Fund**
- 5) **By scanning the QR code below** and following the instructions.

If you pay UK tax please consider Gift Aid - a form can be obtained from the office. This enables the church to increase the value of your donation by 25%.

If you need help or more details, please contact Cathy in the office on 01953606520 or by e-mail at office@wymondhambaptist.org.

David Frith

Books that I've enjoyed



These books are very easy reading. I was born the year the Second World War ended, so cannot really appreciate what it was like to live in those times. Therefore, it's very interesting to read how families coped, with their young men and women leaving home to go to war and little children having to go and live with unknown families in safer parts of the country away from loved ones and familiar surroundings.

The second book is equally interesting but tinged with sadness as news of the loss of life of many service men and women who did not survive the war. However, there was

also celebration at the end of years of unrest and these books certainly opened my eyes to how people can work together, care for each other and rebuild their lives in times of great need"

Helen Illsley

A puzzle to do ---

How many new words can you make out of 'EASTER CELEBRATIONS'

Life and Death course

A course to discuss dying? Isn't that a bit morbid? Well, actually, no. Many people now realise that it is good to talk about it and there are death cafes in many places, (including Norwich) where people go to drink coffee, eat cake and discuss matters related to dying. It is normal to prepare for most major events in life - marriage, the birth of children, retirement, so why not death, which, after birth, is the one certain fact in life. As Christians, with our sure hope of the resurrection, why should we fear talking about it?

So, in January, a group of us started to meet to work through a series of sessions related to death and dying. We explored the making of wills and powers of attorney, planning a funeral, memories we leave behind, advance directives (living wills), how to end life well and what may think we happen afterwards. We had help from people from Fosters Solicitors, Rosedale Funeral Directors and a hospital consultant who regularly helps people prepare advance directives. We all learned things, even if we felt well prepared already, and were able to talk openly, respecting, in confidence, what each person offered. Morbid? I don't think so. There were some solemn times, a few tears but plenty of laughter - and yes, tea and cake too!



The course material we used was excellent. It was prepared by a group of people who ran the course regularly for 12 years before writing it for others' use, so it is well tested. It is adaptable for different circumstances and there are some bits which we need to adapt for our circumstances. Would we run it again? That depends on whether enough people want to take part in it. We would like to think that it will eventually be available for people from all our churches, from other faiths or none, so that anyone in Wymondham can take part. If you think it is something you would like to consider doing please speak to Ramona or Christine for more information or contact the church office.

Christine Spencer

A thought from Dietrich Bonhoeffer

' Then where the ministry of listening , active helpfulness , and bearing with others is faithfully performed , the ultimate and highest service can also be rendered , namely , the ministry of the Word of God '

Dates for your diary:- April

1st April	POWER HOUR - 10.00a.m.
1 st April	Singing for Fun - 1.15p.m.
1 st April	Thrive@Roots - 3.15p.m.
1 st April	Leadership Team Meeting - 7.00p.m.
2 nd April	Rosedale Monthly meeting - 10.00a.m.
2 nd April	Roots Community Café - 10.00a.m. - 1.00p.m.
3 rd April	Home from Home - 1.30p.m. - 4.30p.m.
3 rd April	Menscraft - 3.00p.m. - 5.00p.m.
4 th April	Roots Community Café - 10.00a.m. - 1.00p.m.
4 th April	Friday Night Youth - 6.30p.m.
6 th April	Worship at 10.30a.m.
6 th April	Church AGM - 12.30p.m.
8 th April	POWER HOUR - 10.00a.m.
9 th April	Roots Community Café - 10.00a.m. - 1.00p.m.
10 th April	Home from Home - 1.30p.m. - 4.30p.m.
10 th April	Menscraft - 3.00p.m. - 5.00p.m.
11 th April	Roots Community Café - 10.00a.m. - 1.00p.m.
12 th April	Seed Swap and Plant Sale - 10.00a.m. - 12 noon
13 th April	Worship at 10.30a.m.
14 th April	Electrical Work in Church
15 th April	POWER HOUR - 10.00a.m.
17 th April	Home from Home - 1.30p.m. - 4.30p.m.
17 th April	Maundy Thursday Reflections - 6.00p.m. - 8.00p.m.
18 th April	Good Friday Walk of Witness
20 th April	Easter Sunday All age Worship - 10.30a.m.
22 nd April	POWER HOUR - 10.00a.m.
24 th April	Home from Home - 1.30p.m. - 4.30p.m.
24 th April	Menscraft - 3.00p.m. - 5.00p.m.
25 th April	Friday Night Youth - 6.30p.m.
27 th April	Worship at 10.30a.m.
27 th April	Prayer Meeting - 7.00p.m.
29 th April	POWER HOUR - 10.00a.m.
29 th April	Thrive@Roots - 3.15p.m.
30 th April	Roots Community Café - 10.00a.m. - 1.00p.m.

Dates for your diary - May

1 st May	Home from Home - 1.30p.m. - 4.30p.m.
1 st May	Menscraft - 3.00p.m. - 5.00p.m.
2 nd May	Roots Community Café - 10.00a.m. - 1.00p.m.
3 rd May	Church Working Party - 9.00a.m.
4 th May	Worship at 10.30a.m. including Communion
6 th May	POWER HOUR - 10.00a.m.
6 th May	Singing for Fun - 1.15p.m.
6 th May	Thrive@Roots - 3.15p.m.
7 th May	Rosedale Monthly meeting - 10.00a.m.
7 th May	Roots Community Café - 10.00a.m. - 1.00p.m.
8 th May	Home from Home - 1.30p.m. - 4.30p.m.
8 th May	Menscraft - 3.00p.m. - 5.00p.m.
9 th May	Roots Community Café - 10.00a.m. - 1.00p.m.
9 th May	Friday Night Youth - 6.30p.m.
11 th May	Worship at 10.30a.m.
13 th May	POWER HOUR - 10.00a.m.
13 th May	Thrive@Roots - 3.15p.m.
14 th May	Roots Community Café - 10.00a.m. - 1.00p.m.
15 th May	Home from Home - 1.30p.m. - 4.30p.m.
15 th May	Menscraft - 3.00p.m. - 5.00p.m.
16 th May	Roots Community Café - 10.00a.m. - 1.00p.m.
18 th May	Worship at 10.30a.m.
20 th May	POWER HOUR - 10.00a.m.
20 th May	Thrive@Roots - 3.15p.m.
21 st May	Roots Community Café - 10.00a.m. - 1.00p.m.
22 nd May	Home from Home - 1.30p.m. - 4.30p.m.
22 nd May	Menscraft - 3.00p.m. - 5.00p.m.
23 rd May	Roots Community Café - 10.00a.m. - 1.00p.m.
23 rd May	Friday Night Youth - 6.30p.m.
24 th May	Old and New Sale - 10.00a.m. - 1.00p.m.
25 th May	Worship at 10.30a.m.
25 th May	Prayer Meeting - 7.00p.m.
27 th May	POWER HOUR - 10.00a.m.
28 th May	Roots Community Café - 10.00a.m. - 1.00p.m.
29 th May	Home from Home - 1.30p.m. - 4.30p.m.
29 th May	Menscraft - 3.00p.m. - 5.00p.m.
30 th May	Roots Community Café - 10.00a.m. - 1.00p.m.

A Word from Rosedale

Here at Rosedale, when we run our bereavement support groups, week three can be quite a difficult week for participants. We ask them to bring in a photograph of their loved one and talk for about five to ten minutes about them. Most people feel trepidation about doing this as they worry they will get upset or freeze. For some, even bringing in a photograph is a major milestone as they may not have been able to look at photos since their bereavement.



Just for this week, we ask that participants focus on the life of their loved one, rather than their illness or the circumstances of their death. In this way, we are trying to see the big picture and understand that their death is a small part of who they are and the full life they have lived. Everyone is different but being with someone as they died can be a mixed blessing. We may feel grateful we were with them as they passed away but also be traumatised by the experience. Some find that their mind keeps replaying unpleasant memories they would rather forget. Sharing photographs is about reframing what has happened and putting their death into the much bigger context of their life.

In reality, as is true with so many things, the build up and anticipation is usually worse than doing the thing itself. As they recall how they met, special moments, holidays or their funny quirks, there are often tears and usually lots of laughter. Almost without exception, most participants find that talking about their loved one's life offers a therapeutic release and an opportunity to recall and appreciate the happy times they shared. As facilitators, it is always lovely to see the group members bonding together as they reach a deeper level of empathy.



Memories can be bittersweet and we may get upset, but crying is a normal response to grief. Our loved ones will always be part of us. We are the person we are today, partly because of them. They live on in us.

Talking to others who are also grieving can be very supportive. Rosedale's groups are free and open to everyone. Call 01379 640 810 to reserve your place.

Can you unscramble these words?

OLFERW

SEBLAABL

LLAMUBER

BTFURTYLE



Coming up SOON

The Eco Church team invites you a

Seed Swap and Plant Sale

on Saturday 12th April from 10am to midday.

There will also be tea, coffee and cake for sale.

Come along to share in good 'plant based' conversation over a cuppa.

And please do bring along any spare seeds and/or plants that we can use.

Thank you!

Enjoy our countryside

We have recently been enjoying some beautiful spring days with warm sunshine and blue skies which is such a pleasure after grey winter days. Gardens are full of spring bulbs, blossom and fresh green leaves are appearing on the trees. As part of the WBC EcoChurch team can I encourage you, if you are physically able to and live within walking distance of the church to leave your car at home, set out a few minutes earlier and enjoy the walk to church.

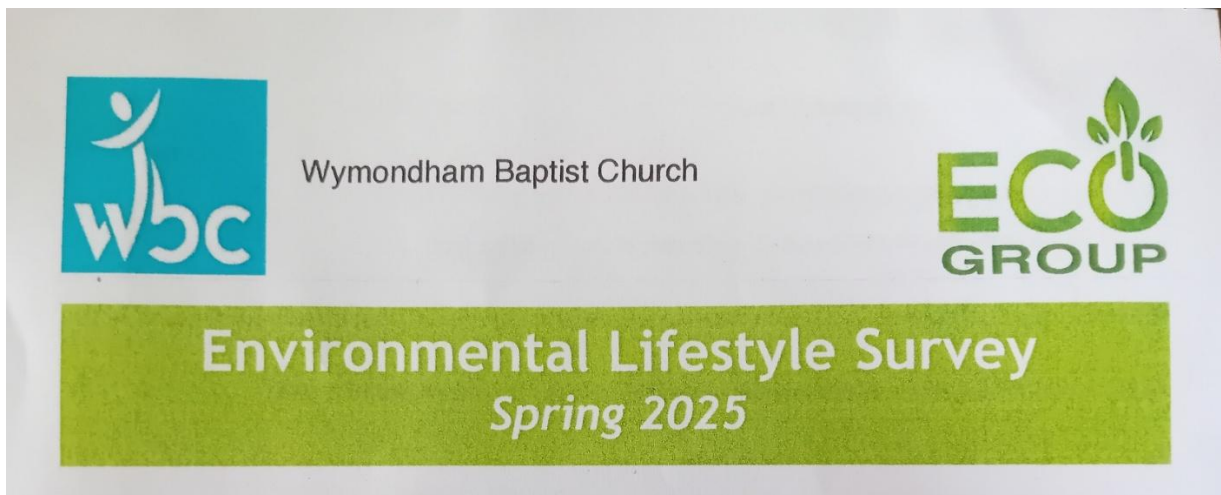


Wyndham has many lovely open spaces to explore. A few days ago we were in Kett's Park where we were surrounded by birdsong as we walked through the woods. There's a short walk beside the River Tiffey between Damgate Street and Becketswell then you can either go back into town through the Abbey grounds or cross the road and continue along by the river where kingfishers have been seen. Or at the other end of town you'll find the Lizard where you can take the main path across the field, turn right onto a wooded path then cross over the A11 to Silfield Nature Reserve. A short drive away beautiful Lower Woods in Ashwellthorpe will soon be carpeted with bluebells and wild garlic, always a wonderful place to visit with family or friends.

So let's get outdoors and enjoy this lovely springtime!

Jan Hodges

NEW!



On Sunday 23rd March, everyone was given a Lifestyle Survey that we are asking for your help in completing.

Part of our eco church journey encourages us as individuals and families to consider our lifestyles. Are we living with integrity and do our actions and habits reflect our words in our worship of the Creator God? And as we heard from Hannah in her message, this is so much easier if we work together.

We have adapted the survey from one used by Shoeburyness Baptist Church and it is aimed not just at our fellowship but also external groups who use our premises. We are hoping that it will help us to see where we are now on our eco journey and how we could improve going forward.

We would love as many of you as possible to complete the survey and to hand it back to any of the team: Jan Hodges, Keith Hilton, Cathy Finch or Nicki Waterworth on or before Easter Sunday, 20th April.

If you need a copy, please ask Cathy, who has spares!

As always... many thanks for your support

The Eco Church team

More words to unscramble ...

RTSEAE

NSPRGI

TPAEILRLACR

UORPTS



Wymondham Baptist Church
Queen Street, Wymondham NR18 0YA

"Old & New" **Sale**

**Variety of Craft Stalls,
Cakes and Home Produce
plus**

**Nearly New & Bric a Brac Items
Refreshments Available**

**Saturday 24th May
10.00am - 1.00pm**

For further information

Telephone 01953 606520

E-mail : office@wymondhambaptist.org

Easter

Word Search

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



Word list:

BUNNY
 CANDY
 CARROTS
 CHICKS

CHOCOLATE
 COTTONTAIL
 DYE
 EGGS

FAMILY
 FIND
 FLOWERS
 HIDE

HOP
 PEEP
 RABBIT
 SPRING

