

THE ROOTED LIFE

Colossians 2:7

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

Date - October/November 2025

A WBC MAGAZINE

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



IN THIS EDITION... WE ARE INTO AUTUMN AND WINTER IS COMING!

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, 30th November 2025.

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

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A message from Paul Smith, our Pastor at WBC.....

WALLS -

Welcome to our new edition of Rooted Life. So much has happened since our last copy! We are in a new season in more ways than one! For a start autumn has begun to make an appearance, which I love as this is my favourite time of year. Secondly, as a church we also enter a new season as our building works have begun.

In the main hall we have built a new feature wall at the front of the worship area in preparation to compliment the coming new build area. I have enjoyed working with my hands in building the wall and feedback has been very positive which is encouraging.

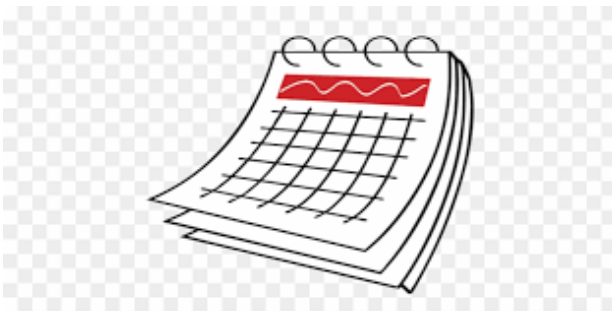


As for the building works elsewhere, whilst we have been building new walls the construction guys have been tearing down the old ones. It is exciting to see things being removed in order to make way for the new area. I am always encouraged as things progress and opportunities open up. Here at WBC we are on the edge of new things. We are embarking on seeking the way forward with a renewing of our vision to be an authentic church, with a place for everyone. We are asking God where we see our church in five years time. What does God want us to do....particularly with regards to the new facilities we are having built. And that starts with tearing down both the physical walls but also the perceived walls

There are so many people who are held prisoner by 'walls' of oppression, who are in our community. These walls can be physical such as poverty or isolation amongst other things or they can be emotional such as depression or fear. They can also be spiritual blockages that stop people from living life in all its fullness. These things can be a rejection of the love of God because of fear that he would reject them.

God has been in the business of tearing down walls throughout history. Again, from the physical like in the story of Jericho to the emotional and spiritual. Jesus himself came to remove all kinds of barriers and our vision as a church is to be a part of that demolition crew. Jesus' invitation is for all of humanity to step into the freedom by accepting his invitation to be part of his kingdom. We would love to help you find out what that means. Perhaps for you personally it's time to step into a new season? If so, please talk to us and let's work together on those walls.

Paul Smith



WBC Eco calendar 2026

Back by popular demand, the 2026 WBC ECO Calendar is on its way!!

Featuring original artwork, meat-free recipes, eco tips and beautiful photos taken by members of our fellowship, this is a perfect gift for yourselves, friends and family.

The price will be £6.00 and proceeds will go towards future Eco projects at WBC.

We are hoping that the calendar will be ready to purchase by mid-November so keep us in mind when thinking about Christmas presents. In the meantime, if you would like to order one (or lots!!), please let Cathy know or sign the order sheet which will be situated at the welcome station as you come in to church.

Thank you!

The Eco Church team

DON'T RUSH OFF AFTER OUR MORNING SERVICE -

Even though there won't be any refreshments, please stay after the service and share in fellowship together.



A word from Rosedale Bereavement Support.....

I don't know about you, but to me, the world we now live in feels unrecognisable to the one I grew up in. Life seems to be changing at such a pace, I can hardly keep up! The rapid rise of social media has led to everyone being able to share their own story, making sure their voice is heard and their point is made. Interrupting and shouting others down seems to have become acceptable behaviour on TV and radio interviews and life in general.

As someone working in the field of counselling for many years, I have noticed a subtle change of late. It now seems that in general, whilst everyone wants to be heard, there aren't many people who are prepared to listen.

A big part of my counselling training was learning how to really listen, making sure that the speaker feels truly heard and understood.

Listening is such a valuable gift to give someone, all it costs us is our time.

When someone is bereaved, they often want to talk about their loved one. They miss them and are in their thoughts constantly. They don't want them to be forgotten and talking about them can be one way of keeping their memory alive.

Many bereaved people report that often people avoid mentioning their loved one in conversation. Perhaps they want to avoid causing further upset or don't know what to say to make things better? The truth is the bereaved person is already upset and almost nothing anyone says can make things better!

Grief can also make some people feel very uncomfortable- perhaps it reminds them of their own past bereavements? Or they prefer to avoid talking about messy emotions, preferring to keep the 'stiff upper lip'?

Of course, some people prefer to grieve privately. We all have our own way of dealing with grief, there is no right or wrong way.

However, making time to listen to someone talk about their loved one and their bereavement can provide an outlet for grief, making them feel less lonely and isolated. It also demonstrates respect and helps to build stronger and more supportive relationships.

Perhaps we all need to slow down a bit, respect each other more and create some space to listen.

Rosedale's bereavement support groups provide a safe, trusted place to talk about bereavement and be listened to. Call 01379 640 810 to reserve your free place on the next group.

Sarah Coward

North Norfolk Coast - A Feast For The Senses

'He has made everything beautiful in it's time ' Ecclesiastes chapter 3 verse 11

We have just spent a few gloriously sunny early autumn days on the North Norfolk coast enjoying that lovely area. Having time to take life slowly with no pressing responsibilities meant we could really appreciate our surroundings.

Walking part of the Norfolk coast path there is so much to see and hear. There's the wild beauty of the salt marshes and muddy channels leading to the sand dunes and the sea beyond them. Boats that looked stranded on the mud at low tide but afloat on the incoming tide and some that hadn't moved for years, skeins of geese in flight in the distance, curlews probing the mud with their long beaks and the call of oystercatchers. Change direction and there are reeds as far as the eye can see, blown by the wind and making a soft whispering sound so typical of many parts of Norfolk.



Then of course there are the wonderful beaches. Brancaster beach in the late afternoon of a fine September day is breathtakingly beautiful. Huge Norfolk skies, air so pure and clear to



fill our lungs, golden sands contrasting with deep blue sea, white waves breaking out at sea and on the beach and a cloudless blue sky. Holkham beach where the boardwalk passes through pinewoods which scent the air and the beach is out of sight until you have either crossed a large area of marshy ground or walked around it on sandy paths until you reach an opening between the dunes and the great expanse of beach comes into view with the sea still far away. Crab salad rolls from the Crab Hut at Brancaster Staithe were the perfect picnic food.

So we really did spend a few days feasting with so many good things to see, hear, smell and taste! We didn't take any photos but the images will stay in our heads for a long time. We feel very blessed to have so many beautiful places so close to home and the time to go away for a few days and enjoy them.

Jan Hodges



Autumnal Abundance

Have you noticed just how many nuts and berries there are this year? There is a word for such a year: a **Mast** year. So what is a mast year and why does it happen? The following explanation was written by Lorient Whittle, Citizen Science Officer at the Woodland Trust in 2020:

'Every species of tree and shrub has a distinctive way of reproducing. Autumn is the prime time to see this and can help us recognise different species too. Acorns, conkers, winged seeds and an

array of fruits, berries and cones make autumn's colourful leaf displays even more enjoyable.

Every few years, some species of trees and shrubs produce a bumper crop of their fruits or nuts. The collective term for these fruits and nuts is 'mast', so we call this a mast year.

Two of our most recognisable trees, oak and beech, fluctuate massively year on year in the amount of acorns and beech nuts they produce. Some years seem to have very little while in others, the nuts create a thick carpet beneath the trees.

Why do trees produce bumper crops?

One of the main theories for this behaviour is 'predator satiation'. Take oak and beech as an example again. Animals like squirrels, [jays](#), mice and [badgers](#) feed on the acorns and beech nuts. When the trees produce smaller crops for a few consecutive years, they are in effect keeping the populations of these animals in check. But during a mast year, the trees produce more food than the animals can possibly eat.

This abundance causes a boom in populations of small mammals like mice. More importantly, it guarantees some will be left over to survive and grow into new trees. Mast years have a major evolutionary advantage for the tree. Producing nuts is costly work and slightly stunts the tree's growth, but as it tends to happen every 5-10 years, it's worth the payoff for some of the crop to germinate into new saplings.'

Amazing!! Not only are we able to enjoy the beauty and abundance of this autumnal harvest but God is providing for the whole of His creation and keeping everything in balance.

*'We thank thee then, O Father,
For all things bright and good.
The seedtime and the harvest,
Our life, our health, our food.
Accept the gifts we offer
For all thy love imparts
And, what Thou most desirest,
Our humble, thankful hearts'*



Foraged hazelnuts, collected by Shirley

Nicki

Bible investigations -

What was the height of the giant Goliath? (Find the answer in 1 Samuel 17)

How did Paul escape from Damascus when the Jews were trying to kill him? (Find the answer in Acts 9)

What did Paul do for a job? (Find the answer in Acts 18)

How many children of Israel went down to Egypt? (Find the answer in Genesis 46)

What were Solomon's other names (Find the answer in 2 Samuel 12)

Dates for your Diary:-

Oct. 3 rd	Friday Night Youth
Oct. 4 th	Leadership Team Away Day
Oct. 5 th	Worship at 10.30a.m. including communion
Oct. 6 th	ECO Team meeting - 10.00a.m. at 3 Jackdaw Close
Oct. 7 th	POWER HOUR - 10.00a.m.
Oct. 7 th	Singing for Fun - 1.30p.m. at 65 New Road, Heathersett
Oct. 7 th	Leadership Team Meeting - 7.00p.m.
Oct. 12 th	Worship at 10.30a.m.
Oct. 12 th	Worship Walk - Ashwellthorpe Woods
Oct. 14 th	POWER HOUR - 10.00a.m.
Oct. 18 th	Friday Night Youth
Oct. 19 th	Worship at 10.30a.m.
Oct. 20 th	External Fund Raising Meeting - 12.30p.m.
Oct. 21 st	POWER HOUR - 10.00a.m.
Oct. 26 th	Shoebbox Sunday - Worship at 10.30a.m.
Oct. 28 th	POWER HOUR - 10.00a.m.

Nov. 2 nd	Worship at 10.00a.m. including communion
Nov. 4 th	POWER HOUR - 10.00a.m.
Nov. 4 th	Singing for Fun - 1.30p.m. at 65 New Road, Hethersett
Nov. 7 th	Friday Night Youth
Nov. 9 th	Remembrance Sunday - Worship at 10.30a.m.
Nov. 11 th	POWER HOUR - 10.00a.m.
Nov. 11 th	Leadership Team Meeting - 7.00p.m.
Nov. 16 th	Worship at 10.30a.m.
Nov. 18 th	POWER HOUR - 10.00a.m.
Nov. 21 st	Friday Night Youth
Nov. 23 rd	All age worship at 10.30a.m.
Nov. 23 rd	Church meeting after morning worship
Nov. 25 th	POWER HOUR - 10.00a.m.
Nov. 30 th	Worship at 10.30a.m.



Shoebbox Sunday - 26th October

Pre-prepared shoeboxes are available from the church. Please join in this project to pack a shoebox with goodies as a Christmas gift for a child who may have nothing else at Christmas. The aim is to ensure every child knows that God loves them. Leaflets and more details available on the table at the front of the church

Green Lifestyle Audit 2025

It seems a long time ago but, back in March, Hannah Gray came to lead our worship and talked about the work of A Rocha and our responsibility as stewards of God's creation. She left us with a green lifestyle audit. This was a very quick, easy and encouraging survey to do. It was divided into 3 sections, light green, green and dark green actions (from simpler to more challenging actions), and gave us an opportunity to remind ourselves of what we already do, to pledge to make further changes and to recognise that we can't do everything!!

Although originally meant for personal use, we had 9 audits handed in, and the results are below.

Light green actions: Every survey was positive in this section

<u>Green actions:</u>	Do already	Pledge to do	Can't do
Support your local farm shop	3	4	1
Use environmentally cleaning and laundry products	5	3	1
Wear a jumper and turn down thermostat	7	1	1
Get a compost bin	3	3	0
Get a water meter installed	8	0	1
Renewable energy supplier	8	0	0
Swap to plastic free toiletries	5	1	1
Get a water butt	4	1	3

Dark green actions:

Have heavy curtains	6	1	2
Install solar panels	3	0	5
Think before you buy	7	2	0
One journey a week without the car	8	1	0
Washable instead of disposable	7	0	1
Alternative fuel to oil/gas	4	0	3
Insulating jacket on hot water tank	5	0	2
Consider buying electric car	3	1	3

If you would like a copy of this audit, please ask Cathy. Thank you to everyone who completed one.

The Eco Church team

Think and Pray

Where does God want WBC to be in five years time? Paul and the Leadership Team are prayerfully considering this as they prepare the Vision for the next five years. Let them have your thoughts - what has God said to you about this?

Extension - Phase 3 - Construction work has now started but the Church is still open on Sundays!

Summary

Phase 1 - Planning Permission

Received December 2022

Phase 2 - Detail Design Development

Finished January 2025, with costs coming in under budget.

Phase 3 - Construction

The work has begun with demolition of the former extension, boarding up to protect the rest of the premises and groundworks are under way to prepare for the foundations for the new extension. The photo below shows the progress as at 19th September 2025.



Please pray for safety for all working on the buildings and that the work will be completed on time and under budget. Pray too for the Church as it considers its priorities for what it should do with the expanded premises to better serve the community.

Longer Term

Consideration is being given to the remainder of the church buildings, to what else we need to do to bring them up to standard, subject to having funds available. This includes repairs to church windows, consideration of solar panels and improved heating to help reduce ongoing electricity costs and the feasibility of improving the road surface in front of the church car park. Some of these areas of work may require planning permission.

While we are naturally delighted that funding is in place to complete the extension, the Church recognises that funds will still be needed to complete the works to bring the remainder of the building up to standard. For ways to give please contact the office at office@wymondhambaptist.org or see the Church website at <https://www.wymondhambaptist.org/Groups/331659/Giving.aspx>

David Frith

Autumn Worship Walk in Ashwellthorpe Woods

We are planning a worship walk on **Sunday 12th October** and would love as many of you as can, to come and join us. As with our previous seasonal walks, we are hoping that this will provide us with a time for prayer, reflection, or simply being present with God. Invite your family or friends too and together we can thank God for the beauty around us in this changing season.

Practicalities:

We will meet in Market Street Car Park (free on Sundays) from 2.45 ready for a 3.00pm departure. We will try and car share so please let us know if you need a lift.

If you would prefer to meet us there, we will be parking in the large car park next to the village hall in the village.

Only assistance dogs are allowed.

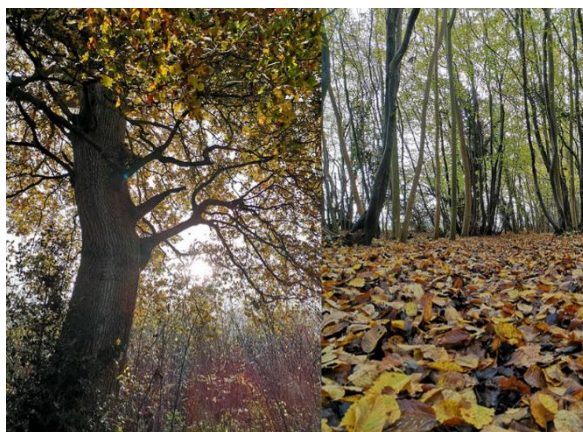
The circular walk is about 1.5 miles, on marked footpaths. Some of these can be muddy, so please wear appropriate footwear and clothing. There will be no designated first aider, but Nicki or Ali will carry a basic first aid kit.

We will begin our walk together with prayers and a reading and then meet at the end for closing prayers and reflections.

We aim to be back in Wymondham at 4.30pm

If the weather is not good enough for a walk, we will notify everyone during the morning service and by email.

Please speak to either Ali or Nicki if you would like any more details.



Please join us, all are welcome!

The Eco Church team

ARE YOU ABLE TO SUPPORT US FINANCIALLY?

If you would like to make a gift to the church, or regularly support the work at WBC you can do this in several different ways:-

- There is an offering box on the left as you enter the church
- There are offering envelopes
- There is a card reader available to you, by the offering box
- You can also ask at the Church Office for giving information through your bank.
- Check out the 'Giving' tab on the website

Looking back and learning again

I recently read again this 'Thought for the week' sent out by the Church last year. It said so much to me that I printed the prayer out and have a copy by the side of my bed so I can read it each morning. With a slight adaptation of the beginning of the 'Thought' this is what it said:

' In Colossians 3:12 Paul talks about "*clothing ourselves in loving garments*" and a friend suggested this prayer would be appropriate for a 'Thought for the Week'.

This quote is from Sister Mary David Totah, a Benedictine nun from her book 'The Joy of God' and I felt what a challenging prayer it is for us at the beginning of each new day.'

"In the silence of this day that is being born I come to ask You for peace, wisdom and strength.

I want today to see the world with eyes completely filled with love;

to be patient, understanding and gentle;

to see beyond appearance Your children as You Yourself see them, and then only to see the good in each one.

Close my ears to every calumny (unwholesome gossip).

Protect my tongue from all bad speaking.

Let only those thoughts that bless, live in my spirit.

Let me be so welcoming and so joyous that all who approach me feel Your presence.

Dress me again each day in Your beauty O Lord,

and that during this day I may reveal You.

Amen

What can YOU contribute?

The next issue of The Rooted Life will be issued early in December - what can you contribute??

Have you got a Christmas tradition you would like to share, a special Christmas recipe, Christmas gift ideas, favourite Christmas songs or carols. Please give it some thought and let me have your articles by Sunday, 30th November





- | | | |
|---------|--------|----------------|
| Yes - 2 | No - 3 | Sometimes - 12 |
|---------|--------|----------------|
- I think about where I put my money by using ethical banking, savings accounts and/or investments

Yes - 6	No - 5	Sometimes - 7
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 - I participate in other community activities with an eco-agenda

Yes - 1	No - 6	Sometimes - 11
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 - I encourage wildlife in my garden/outdoor space

Yes - 13	No - 0	Sometimes - 5
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 - I avoid use of harmful chemicals in my garden/outdoor space

Yes - 13	No - 0	Sometimes - 5
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PART 2 - CHURCH ACTIVITIES AND PREMISES

Thinking about the times when you have used WBC premises, how well do we support you in the following areas - please rate us 1 to 10 where 1 is Poor and 10 is excellent

1 - 0	6 - 2
2 - 0	7 - 1
3 - 0	8 - 4
4 - 0	9 - 3
5 - 1	10 - 7

Energy use, help us to make savings

1 - 0	6 - 3
2 - 0	7 - 4
3 - 0	8 - 1
4 - 2	9 - 0
5 - 3	10 - 1

In general, how aware are you of what we do with our building and grounds to be more environmentally responsible?

1 - 0	6 - 0
2 - 0	7 - 2
3 - 1	8 - 3
4 - 0	9 - 2
5 - 2	10 - 7

Which of the following activities have helped and supported you in living a more environmentally friendly lifestyle - and where would you like to see more environmentally based material or activities.

Sermon:	Yes, has helped - 10	More please - 4
Environmental Speakers:	Yes, has helped - 14	More please - 2
The Rooted Life magazine:	Yes, has helped - 14	More please - 4
Church website:	Yes, has helped - 7	More please - 4
Special events:	Yes, has helped - 13	More please - 2
Leaflets and Magazines:	Yes, has helped - 11	More please - 3

We had lots of encouraging tips and ideas that you wished to share with us. We will try to make a paper copy of the full survey available if you would like to see one. We will also be using some of your tips on our 2026 WBC Eco Calendar so look out for more details!

One suggestion was to share more of our ideas and we would love to do this! So, if you have an eco-tip, food-saving recipe or any suggestion for a greener lifestyle, please either send it to any of the ECO church team (Cathy, Nicki, Jan Hodges, Ali or Keith) or directly to Cathy and we can include it in the next Rooted Life magazine.

We hope you found doing the lifestyle survey useful. We are hoping to repeat the survey annually, with relevant updates, and improvements.

Thank you again for your ongoing support for Eco church.

The Eco Church team

A picture to colour

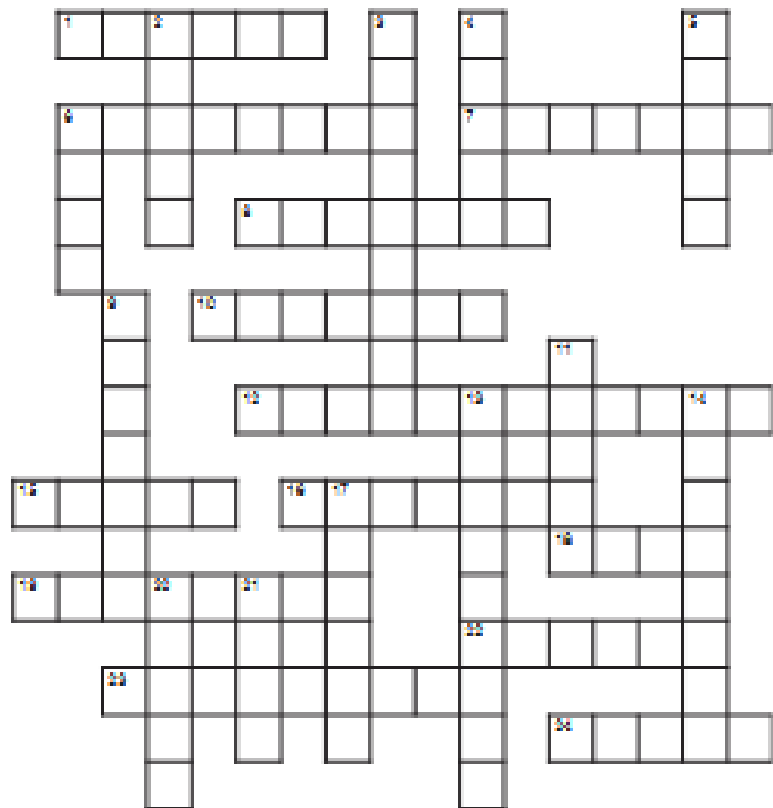


www.CuteColoringPagesForKids.com

A Puzzle to do

AUTUMN WORDS

- Acorn
- Apple
- Autumn
- Chestnut
- Cider
- Cobweb
- Fall
- Football
- Gourd
- Halloween
- Harvest
- Hay Bale
- Hayride
- Leaves
- Malts
- November
- Nuts
- October
- Pumpkin
- Quilt
- Rake
- Scarecrow
- September
- Sleet
- Thanksgiving



ACROSS

- 1. They fall from trees.
- 6. Popular autumn sport.
- 7. Jack-o-lantern gourd.
- 8. The 10th month of the year.
- 10. The gathering of crops.
- 12. The fourth Thursday in November.
- 15. Might be patchwork.
- 16. Seat at a square dance (two words).
- 18. Leaf gathering yard tool.
- 19. They are roasted on an open fire.
- 22. Halloween decoration made by a spider.
- 23. The 9th month of the year.
- 24. Decorative squash.

DOWN

- 2. Oak tree's fruit.
- 3. October 31st.
- 4. Honeycrisp.
- 5. Also known as corn.
- 6. The season that follows summer.
- 9. Fun activity on a farm.
- 11. Drink made from apples.
- 13. Used to keep birds off of crops.
- 14. The 11th month of the year.
- 17. Another word for the fall season.
- 20. Semi-frozen rain.
- 21. What squirrels often gather.

