

THE ROOTED LIFE

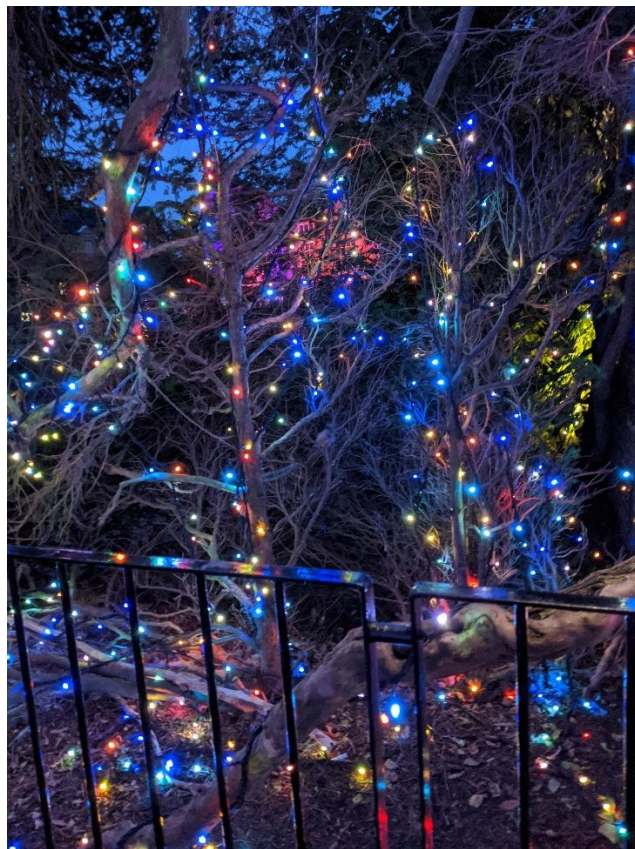
Colossians 2:7

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

Date - December 2025/January 2026

A WBC MAGAZINE

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



IN THIS EDITION... CHRISTMAS AND NEW YEAR

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, 25th January 2026.

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

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



Is there any such thing as normal.....?

This year Christmas comes upon us as a church family in a very different way. If you have been reading the articles in this magazine for some time you will be aware that as a church we have embarked on a long anticipated building project. This is very exciting and we long to see our plans all come to fruition and the Glory of God shine through the new facilities we are aiming to provide.

This is so much more than steel and concrete - it is going to be a place where we hope we can offer even more love and support to the local community.....but it is not without its pain....CHANGE

Similarly as a family this year has come and gone in a flash ... but not without its highs and lows. My own health issues have been a challenge for us all and finding a new pattern to life has been a steep learning curve. Equally we have had a year of wedding celebrations with one son and his partner, new birth with our other son and his partner and a driving test passed by one of our daughters. All change.....

But the biggest challenge in ALL these things is getting used to a new normal. As a church this time of year we are 'normally' so active. Taking part in community events - extra services - celebrations with youth cafe and being there in the thick of people's lives. Sadly because of the works we cannot do all the usual things but then it struck me - we are still able to host our service of remembrance alongside Rosedale funeral home. A service where we try and bring comfort to those who are bereaved and are trying to navigate their own way to a new normal.

You see, for us at WBC there is anticipation and excitement that when we come out the other side of the building project then the future will be hopeful and we will be active in more ways than we have been in the past. So, there is an air of looking forward and joy to establishing our own new normal.

But for others there is a fear that things will never be the same again, and the normal they long for is no longer possible. In the midst of all these things is God. Who

has compassion on all. He is used to dealing with the not so normal parts of life. He is used to helping us navigate life where everything has a season and He cares for us in the ups and downs, the good and the bad with equal measure. God is the only one who the Bible says is the same today as yesterday and he will be tomorrow. God is the only one who is consistent - the only one who is 'normal'. The rest of us are living in a constant flux - but to know a God who is unchanging is the only thing that can bring sense and normality to our very un-normal lives.

At Christmas time we celebrate the fact that God came down to earth, born as a child in very un-normal circumstances to show us an abnormal love. A love which surpasses anything else we can ever know. He came to dwell amongst us and establish a new way of being....to show us the way to the Father via the son ... Jesus and to tell us that rather than settling for normal there is a God who is beyond our wildest imaginations A God who can do more than we ever hope or dream of.

So, if you are looking forward to Christmas with excitement or perhaps with sadness - a longing to do the family things that are your own traditions or a sorrow because the normal celebrations will be different this year you can all call on the same God. May He be with you all and perhaps this year be your new 'normal'

Blessings

Paul

Autumn Worship Walk 2025

Sunday 12th October was a lovely autumnal day and perfect for our afternoon worship walk in Ashwellthorpe Woods. We started at a huge oak tree and had a short time of worship together before setting off. Although only a short walk, we had plenty of opportunity for fellowship and wonder at our surroundings. We then reconvened at the oak tree for a time of prayer before heading home.



Thank you to all who took part

Nicki and Ali

Walking near the river



Some years ago, whilst living in Essex, I was a member of the local birdwatching club. On one occasion we had the honour of spending the day with Ted Ellis and his wife Phyllis at their home on the Norfolk Broads. Whilst there he took us for a walk through his local birdwatching patch (Wheatfen Broad in the Yare valley). His knowledge and love of nature was amazing. We saw numerous birds and wild animals as well as people chugging along the river Yare in their boats. The biggest animals we saw were Belted Galloways.

A few weeks ago I again visited Wheatfen Broad with friends and we walked to St Saviour's Church, where there is a memorial to both Ted and Phyllis Ellis. As well as again seeing birds and boats on the river, we saw Belted Galloways again - and also this rather handsome bull.

If you would like to visit the ruins of St Saviour's, and see the cattle - I can help with directions (wellington boots / sturdy walking boots needed as the walk goes close to the river).

Graham Warner

A word from Sarah at Rosedale Bereavement Support.....

As a family, this year has brought us many changes. Amongst other things, our eldest son has now flown the nest and the younger, having finished schooling, is now moving onto the next phase in his life.

Whilst it is a cause for celebration to watch your children grow in independence and begin to live their own lives, as a mum it can also be tinged with some sadness. Major life changes are seldom straightforward and are often accompanied by many conflicting emotions.

'Midlife' (I'm giving away my age now!) can feel like a crossroads as you realise that a significant part of your life is over and a different, uncertain chapter is beginning.

Life is full of change, sometimes exciting and self-instigated. Other changes such as bereavement can be shocking, unwelcome and out of our control.

Perhaps 2025 has brought you a major life change - house move, retirement, changing job, moving house or a bereavement?

As we know, bereavement is a unique experience and different for everyone. In addition, some responses to grief can be complicated. Perhaps the relationship we shared with the person who has died was difficult. We may not have been on speaking terms with them. We grieve for what the relationship might have been but now never will be. We may have regrets or unresolved issues that can lead to prolonged grief. One-to-one counselling can be helpful to deeply explore all the other issues involved.

Marriages and relationships within families are not always filled with love and harmony - this is reality.

For those whose loved one has died from dementia or a similar condition, they may have already started the grief process when they 'lost' the person they knew, the first time. This can feel like a double bereavement.

If the death involved long, painful suffering, some people can feel relief when it is finally over and their loved one is released. This can be accompanied by feelings of guilt.

A bereavement can also change relationships within families or friendship groups. There may be disagreements about funerals, wills and what to do with possessions. Deciding on the final resting place of a loved one's ashes may also cause fall-outs. At such a difficult time, emotions are raw and I have seen many families torn apart because of a bereavement.

We begin to feel less alone when we meet with others who are bereaved and talk through the issues that many people face.

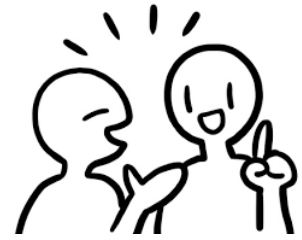
If you've had a bereavement this year (or at any time in the past) and would like to talk to others in a similar position call 01379 640 810 to reserve a free place on our next bereavement group. Rosedale's Bereavement Support Groups are safe, confidential and local to Norfolk and Suffolk.

More information about support following a bereavement can also be found at rosedalefuneralhome.co.uk



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.



Fantastic Fungi

During our recent Worship walk in Ashwellthorpe Woods, Jan, Doug and I were struck by the number and variety of fungi that we could see, even from the narrow path. The colours, shapes and textures were all so different and so beautiful.





I did know that the part of the fungus that we see above ground is only a small part of the whole organism but I didn't know much else. So here are a few fascinating fungus facts I've subsequently discovered! These were shared by RHS Plant Pathologist Ruth Chitty on the RHS website this year.



What are fungi?

Fungi are neither plants nor animals but research has shown that they are closer relatives to animals than plants. Mushrooms (fruiting bodies) make up only a tiny part of the fungus, with the rest living underground as networks of threads (hyphae) that make up the mycelium.



How many types of fungi are there?

There are roughly 200,000 known species of fungi across the globe, with roughly 15,000 found within the UK. Currently, scientists estimate that there could be another 2 million species of fungus yet to be discovered



Fungi have a key role in cleaning the planet

Without the decomposing activities of some([saprotrophic](#)) [fungi](#), we would disappear under a mountain of unrotted dead leaves and logs! The process of decomposition is important for creating healthy soil and providing nutrients for plants.

What's more, over 100 species of fungi have been found to degrade plastics, with two species being able to breakdown samples of plastics within 140 days.



Fungi allow plants to communicate via the wood wide web

Fungi and other microbes in the soil connect plant and tree roots to create the wood wide web. An underground network of fungal threads (hyphae) links fungi to nearby trees. The hyphae feed in the soil, swapping extra nutrients they collect for sugars from the tree. This helps both the fungi and the tree to grow.

The network also allows communication about threats to the fungi and plants, such as warnings about insect attacks, droughts and diseases.



Superpowers!

Over 110 species of fungi can glow in the dark while others, like the puffball fungus, are so strong that they can damage tarmac and lift paving slabs as they emerge from underground.



The largest organism in the world (by area) is a fungus

A species of [honey fungus](#) (*Armillaria ostoyae*) discovered in 1998 was estimated to cover roughly 2,384 acres of Oregon Forest. The fungus has survived for over 2,400 years, surviving on living and dead wood.



People have been using fungi for over 5000 years

Nowadays, we use fungi in cooking (mushrooms and yeast) as well as in medicines, including penicillin, an antibiotic originally manufactured from a penicillium mould.

Amazing!! And it brought to my mind the start of the worship song by Chris Tomlin:

[Indescribable](#)

From the highest of heights to the depths of the sea (or in this case, the depths of the earth!)

Creations revealing Your majesty
From the colors of fall to the fragrance of spring
Every creature unique in the song that it sings
All exclaiming

Indescribable, uncontainable
You placed the stars in the sky
And You know them by name
You are amazing, God

All powerful, untameable
Awestruck, we fall to our knees
As we humbly proclaim
You are amazing, God

Nicki

Thank You

Our thanks go to Angus who has been cleaning the church over the past few months as part of his D of E volunteering. He has now finished and we ask that anyone using any of the rooms that are available to us, please make sure you leave the room tidy and clean. If there is anyone who would be interested in taking on the job of cleaner once the building work is complete please talk to Paul or to Cathy.



Dates for your Diary -

December:-

December 1st - External Fund Raising Team Meeting
December 2nd - POWER HOUR - 10.00a.m.
December 2nd - Singing for Fun - 1.30p.m. - 65 New Road, Hethersett
December 4th - Home from Home - 1.30p.m. - 4.00p.m.
December 5th - Friday Night Youth - 6.30p.m.
December 7th - Worship at 10.30a.m. including communion
December 9th - POWER HOUR - 10.00a.m.
December 9th - Rosedale Bereavement Service - 7.00p.m.
December 11th - Home from Home - 1.30p.m. - 4.00p.m.
December 14th - Worship at 10.30a.m.
December 16th - POWER HOUR - 10.00a.m.
December 18th - Home from Home - 1.30p.m. - 4.00p.m.
December 19th - Friday Night Youth
December 20th - Family Carol Service - 5.30p.m.
December 21st - Worship at 10.30a.m. led by children and young people
December 25th - Christmas Morning Worship - 10.00a.m.
December 28th - NO WORSHIP SERVICE
December 28th - Open House at 65 New Road, Hethersett - 10.00a.m. - 2.00p.m.

January:-

January 4th - Worship at 10.30a.m. including Communion
January 6th - POWER HOUR - 10.00a.m.
January 6th - Singing for Fun - 1.30p.m. - 65 New Road, Hethersett
January 8th - Home from Home - 1.30p.m. - 4.00p.m.
January 11th - Worship at 10.30a.m.
January 13th - POWER HOUR - 10.00a.m.
January 13th - Leadership Team Meeting - 7.00p.m.
January 15th - Home from Home - 1.30p.m. - 4.00p.m.
January 16th - Friday Night Youth - 6.30p.m.
January 18th - Worship at 10.30a.m.
January 20th - POWER HOUR - 10.00a.m.
January 22nd - Home from Home - 1.30p.m. - 4.00p.m.
January 22nd - Men's Event at the Green Dragon
January 25th - Worship at 10.30a.m.
January 25th - Church Meeting - 12.30p.m.
January 27th - POWER HOUR - 10.00a.m.
January 29th - Home from Home - 1.30p.m. - 4.00p.m.

Fellowship Christmas Card Board

For the last few years, we have provided a special board for Christmas cards. We would love you to consider 'sending' just one card to the whole fellowship and pinning it on the board. We appreciate that many of us still enjoy sending individual cards but this is a way to reduce our Christmas outlay and resources.

Over the last few years, we think that our Christmas card display has really enhanced the church's festive appearance and we have all enjoyed the wonderful messages and sentiments contained on and in the cards.

This year, the board is located at the back of the church and is easy to spot as we have decorated it with bunting made from previous cards!



The Eco team



You may remember the Morecambe & Wise Christmas shows on TV when often there would be a sketch written by Ernie Wise. He introduced these sketches by saying, "This is a sketch wot I have wrote". So in that tradition I have a Christmas poem, "wot I have wrote", called, What's the Heart of Christmas?

There's a snowman in the front yard
Made of the snow which is now quite hard,
With hat and scarf and carrot nose
He stands there proud with such a pose!

The house looks great with all the lights,
Better than last year, we've reached new heights,
Some are twinkling, some just flash,
But it looks good 'cos we've 'splashed the cash'.

Inside the house we've gone quite mad,
With decorations aplenty, we're not sad.
There's gold and silver, red and green,
Maybe this year it's the best they've been.

The Christmas tree is wide and tall,
The star at the top to cap it all.
The baubles, bows and tinsel go round,
And underneath the presents abound.

The dinner table has been prepared.
The turkey, the biggest, as nothing is spared.
There's roasties, pigs in blankets, gravy and veg.
Our plates are full to the very edge.

The day continues with paper hats and a new found game.
Then get ready for tea, some things stay the same.
Although full up we persevere,
With nibbles, pork pies, wine and beer.

What a great day of indulging, not a care about health,
But then I looked up and saw on a shelf
A card that reminded me of what it all meant -
A gift from above, that God had sent.

You see, the festive goings on had got in the way
And I had forgotten that it was a special birthday.
God had sent Jesus to guide us and more,
He Came to save us and open the door.

That door is for us to open wide,
And invite Jesus in to come and abide.
So at Christmas don't ever forget just what the day is;
It's when a loving God touched the earth with a kiss.

Christmas Blessings from Vic

News from A Rocha

As we are affiliated to A Rocha through the Eco Church project, we receive a monthly email newsletter which is full of great updates, articles and ideas. Here are a couple of items from November's newsletter. If you would like to read all the articles from this edition, please ask Cathy or myself, Nicki, and we will gladly forward you the email.



Make Christmas greener, one day at a time - new book!

Fun, practical, biblical, and thoughtful, Olivia, who heads up her local church's eco-group, offers 111 easy eco-tips to reduce, reuse and recycle, and generally go greener at Christmas. Olivia and her team have generously given A Rocha UK a **10% discount code**! It is valid until midnight on 31 December 2025. [Purchase here with code:](#) DGC10

Cop 30 2025

From 10th - 21st November, the United Nations held the 30th annual conference for discussions and negotiations on climate change. This year it took place in Belem do Para, Brazil, a port city in the Amazon region.

For the fifth year in a row, the A Rocha Worldwide Family had a small on-site contingent as registered observers.



The task is huge and we are all called to action.or ‘to roll up our sleeves to continue the job of praying.’ From the article, we are urged to pray for the following:

- ❖ That the decisions made in Belem will reflect the wise stewardship, justice and hope for creation
- ❖ That policy makers and world leaders will be moved and act to protect God’s beautiful creation.

Nicki

Looking ahead to 2026!

January’s Eco tip on the WBC 2026 calendar suggests that we complete a carbon footprint audit. This article from A Rocha might help us:

Eco tip: Measure your carbon footprint.

Take an audit of your individual or household carbon footprint, then repeat this each year to see if you can reduce it! There are some great tools to help you, including the carbon calculators provided by Climate Stewards at climatestewards.org/carbon-calculators. There are lots of ways to reduce your footprint, from switching energy suppliers to changing your diet.

Creation Care, at creationcare.org.uk, has resources specifically for households that give you ideas and help you track your progress. As you look at different areas of your life, consider lifting up each area or action to God as an offering.



Silent Night

It was Christmas Eve in Oberdorf, Austria. The year was 1818. The assistant priest, Joseph Mohr, composed a new hymn for this special night and asked his friend Franz Gruber, the organist, to write the melody.

Sadly the organ had broken down - mice had chewed away the mechanism - so the priest sang tenor and played the guitar; the organist sang bass and some local girls sang treble and alto. It was the first performance of 'Silent Night'.

The carol has been translated into more than 200 languages and was sung across the trenches in the legendary Christmas truces during the First World War.

Christine Frith

Building 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 Church agreed, at a special meeting in May 2025, to appoint a contractor to start the construction work in the summer of 2025, with a planned finish in the Spring of 2026. The church was able to do this thanks to the generous donations of many individual givers, to sponsored activities such as runs and swims, to fundraising events such as concerts, and not least to the grants that the church has been awarded. We give thanks to God for his provision and the prayers of his people for the project.

Work continues with the main demolition work and groundworks completed, as have repairs to the roof over the kitchen and toilets. The concrete ground slab was poured on 18th November and the steel work has been erected this week. (see photo).



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 require planning permission and work is now underway to prepare an application.

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

Christmas Thoughts

My idea of Christmas, whether old fashioned or modern, is very simple: loving others.

Remember, if Christmas isn't found in your heart, you won't find it under a tree.

All the Christmas presents in the world are worth nothing without the presence of Christ.

A Prayer for our leaders

'I still go to a very small Home Group in Long Stratton, which I joined several years before we left our house in Fornsett St Peter. The other ladies worship locally at the Anglican churches. At one time the then Church of England Bishop of York sent a prayer to parishes asking them to join him in this daily prayer, which I recently discovered in some papers I was sorting through. Since it is as relevant today as it was when the prayer request was first sent out I have been saying the prayer daily, remembering that St Paul urged us to pray for those in authority:-

*God of eternal love and power,
Save our parliamentary democracy,
Protect the High Court of Parliament and all its members
From partiality and prejudice;
That they may walk humbly the path of kindness, justice and mercy.
Give them wisdom, insight and a concern for the common good.
The weight of their calling is too much to bear in their own strength,
Therefore we pray earnestly, Father,
Send them help from your Holy Place, and be their tower of strength.
Lord, graciously hear us.'*

Penny Seall

CHRISTMAS HIGH TEA

Christmas High Tea is being served at Wymondham Abbey Hall - Enjoy a full festive tea and jolly company including carol singing, book your place on 01953 605671 - leave your name and a contact number - suggested donation £3.





CHRISTMAS

WORD SEARCH

Find and color these words in the grid below:

S	W	I	N	T	E	R	J	E
A	A	G	T	O	D	E	O	L
N	R	F	A	M	I	L	Y	V
T	P	R	E	S	E	N	T	E
A	I	L	T	E	M	R	E	S
S	N	G	A	R	L	A	N	D
C	H	R	I	S	T	M	A	S



Christmas

Elves

Family

Garland

Joy

Present

Santa

Winter



MondayMandala.com



www.CuteColoringPagesForKids.com