

THE ROOTED LIFE

Colossians 2:7

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

Date - February/March 2026

A WBC MAGAZINE

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



IN THIS EDITION... LOOKING FORWARD TO SPRING

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, 29th March 2026.

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

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



Those who wait upon the Lord.....

We kicked off the new year as a church, as we always do, with a recommitment to God and by looking to our verse for the year. This year's verse comes from the book of Psalms in the middle of the Bible. It is from Psalm 115 verse 1 which says "Not to us, O Lord, not to us, but to your name give glory, for the sake of your steadfast love and your faithfulness"

At its core meaning is the truth that All glory belongs to God, reflecting His character. His love, mercy, faithfulness and truth are the reasons to praise him. It's a prayer of humility. It helps to remind us to redirect our focus from ourselves and to God's divine attributes.

This verse serves as a foundational principle for worship, reminding believers that their lives and accomplishments are meant to bring honour to God's name.

As I am sure you are aware we have a major building project happening at the moment. One that we believe is really going to enhance, not just our premises here, but also enhance our community with a safe space and one that will enable us to carry out even more ministries in the future.

BUT.....

It's taking ages!!! I guess in real time it is not but for us here at WBC it cannot come quick enough. As I am writing these words it's the tail end of January, a month that seems to have no ending! The weather is drab, there seems little enthusiasm for anything at all in the world and our build is just not going as fast as we would like. As for Emma, my wife and our project director of Roots, it is really taking its toll as she longs to get us up and running, meeting the needs of the community we love. I often

joke and say to people “Rome wasn’t built in a day, but only because Emma wasn’t there! she would want to know what was planned for the afternoon!”

And yet.....the key thing in all that we are doing is not to rush, to hurry, to make mistakes but to get it right. We are being taught a real lesson in patience. The key to all of this is simpleit's our verse for the year...that what we are doing would bring glory and honour to God.

That is more important than anything else.

In the meantime...we will wait upon good weather...the builders....and above all ...the Lord.

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

Blessings

Paul



Trivia Questions for you to answer

1. True or False - The Bible is the most popular book ever written (by copies sold)
2. What is the first book of the Bible?
3. What is the last book of the Bible?
4. What four books tell about Jesus life on Earth?
5. Which book did Jesus directly write?
6. What is the longest book in the Bible?
7. True or False - David wrote the entire book of Psalms
8. What is the shortest book in the Bible?
9. How many books are in the Bible?
10. How many books in the Old Testament?
11. Which New Testament book has Jesus' Sermon on the Mount
12. True or False - The Bible was first written in the English language
13. Which human author wrote the most books in the Bible?
14. What day did God create man?
15. Who were the three sons of Adam and Eve?
16. How many people were saved in the ark?
17. Who was Abram's wife?
18. What were the names of Isaac's sons?
19. How many brothers did Joseph have?
20. What did Moses do after he killed an Egyptian?



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

For many, the new year can be an opportunity for a fresh start. We can put the old year, with all its ups and downs, behind us and look forward with anticipation to what the next twelve months might bring.

I'm far too long in the tooth to bother with new year's resolutions. I'm wise enough to know that the cold, wet month of January is the worst time to go on a radical diet. I just can't bring myself to eat a cold salad when my body is begging me for warming comfort food!

I take my lead from the natural world- several animals hibernate or migrate to warmer locations during the winter and many trees and plants remain dormant until the weather warms.

Far better to start a new healthy eating and exercise regime when the days are longer and sunnier. Better still, rather than setting unachievable goals that I am guaranteed to fail at, I try to aim for consistent, year- round gentle exercise and moderation in all things edible (with the occasional indulgence!)

I have noticed that some magazines are moving away from the traditional 'New Year, New You!' narrative, and about time! The truth is, the year may have changed but we are still who we are. Far better to accept and learn to love what we've been given, whilst continuing to nurture our well-being, growth and development.

For many who are bereaved, the year may have changed but the grief still remains. However, that doesn't mean we have to remain stuck in the past and can't still enjoy the life we have now. Practicing self-care and putting some things in the diary to look forward to, can be a way of developing hope and a forward -facing mindset. We should not feel guilty about this. It does not mean we are forgetting our loved ones or leaving them behind. Rather, we continue to hold them close but also move forwards with life. We can grieve and fully live at the same time.

Guilt is not a helpful emotion and is often present for those who are grieving. It keeps us locked in a cycle of self-recrimination. We may ask ourselves 'Why did I say that?' or 'Why didn't I do that?'

Often, when it comes to someone we love, we always wish we had done better. We have to accept that we did all we could possibly do with the information and capability we had at the time. It is not helpful to blame ourselves for things that are only known with the benefit of hindsight.

The truth is, no one is perfect. Being human means, we mess up and make mistakes. Punishing ourselves will not bring our loved one back.

Practising acceptance and forgiveness is a much healthier approach. It frees us to stop fighting our circumstances and the things we cannot change. When we let go of the questions we may never know the answers to, we can freely live, making the best of what we have left.

This sentiment is summed up in the well-known Serenity Prayer which is often used in recovery programmes. Whether God is our ‘cup of tea’ or not, we can all acknowledge our need for more serenity, courage and wisdom:

**God grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.**

If you've recently had a bereavement (or at any time in the past) and would like to talk to others in a similar position call 01379 640 810 to reserve your 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



C. S Lewis, Love and Cupid.

*“For love is a celestial harmony, Of likely hearts compos'd of stars' concent,
Which join together in sweet sympathy, To work each other's joy and true content,
Which they have harbour'd since their first descent, Out of their heavenly bowers,
where they did see, And know each other here belov'd to be.”*

• Edmund Spenser, *The Faerie Queene*.

As a C.S. Lewis enthusiast, I am on a mission to read them all, from his well-known apologetic works and fairytales to his lesser-known articles and literature written in and for his day job, as the Professor of Medieval and Renaissance Literature at Cambridge University.

In one of Lewis's sermons titled *Christian Apologetics* he writes 'I believe that any Christian who is qualified to write a good popular book on any science may do much more by that than by any directly apologetic work... We can make people (often) attend to the Christian point of view for half an hour or so; but the moment they have gone away from our lecture or laid down our article, they are plunged back into a world where the opposite position is taken for granted... What we want is not more little books about Christianity, but more little books by Christians on other subjects - with their Christianity latent.'

The joy and beauty of reading Lewis' published works on the studies of literature, is to unravel, to look for, to have revealed to you the latent, hidden, concealed divine truths hidden throughout. To see the hints, he left to those who came to the book for studies in Words and were given signposts to the One who is the Word. And in his literary criticism of the *Faerie Queene*, we find these niggling questions that cause us to look further, search deeper, and with Valentines Day in sight, I'm drawn to Lewis's studies in Cupid.

Cupid? The chubby youthful angel we find plastered over Valentines Day with bows and arrows, joyfully causing humans to simply fall in love! Yes, that Cupid, but not quite as you know it. The origins of Cupid, begin as the Roman God of Eros, the son of Aphrodite, not the lover of romance, but of irrational desire. During the Renaissance period the rebranding of Eros to Cupid, introduces the wings but also a bandage, a bandage that covers his eyes. If you'd ever heard the saying *Love is Blind*, we may have found its origin!



Lewis sets out that 'The bandage on Cupid's eyes would be banal if we stopped reading when we finished the stanza. But it is presently going to leap into meaning. We shall then see the living Cupid - hitherto we have been looking at his statue - equally blindfold at first and then unbinding the bandage to enjoy the sight or Amoret's torture... He is blind except to the pleasures of cruelty.' Here Lewis takes us that bit closer to the revelation of who Cupid is, to this blind 'love', as he shows us the rebrand of lust through the centuries and it begs the question how has it been rebranded today?

I think of the show *Love is Blind*, the series *Married at First Sight*, all over our media, irrational desire, rebranded as Love, as the editors watch on, removing the bandage just to see the car crash of it all. The world has replaced love with lust, Eros with Agape, Christ with Cupid... but all is not lost. The Church, has rebranded Cupid before, carved him on her walls, taken him from demon to cherub, chaos to innocence, because in the Redeemer all can be Redeemed; art, literature, meaning, and myth.

And it is here we have gone full circle, back to Lewis's sermon on *Christian Apologetics*, 'we must attack the enemy's line of communication... the first step to the reconversion of this country, is a series, produced by Christians'. To live our lives as a published work, to a world caught up in the car crash. To unravel the mystery of

his love as our written series for the world to read, and to know, and to show that love is not blind because...

... His Love sees all, and loves us anyway.

God shows his love for us in that while we were still sinners, Christ died for us. - Romans 5:8

Fiona Lyons



“Why English is Hard to Learn”

We'll be with *box*, the plural is *boxes*,
But the plural of *ox* is *oxen*, not *oxes*.
One fowl is a *goose*, and two are called *geese*
Yet the plural of *moose* is never called *meese*.

You may find a lone *mouse* or a house full of *mice*
But the plural of *house* is *houses*, not *hice*.
The plural of *man* is always *men*,
But the plural of *pan* is never *pen*.

If I speak of a *foot*, and you show me two *feet*,
And I give you a *book* would a pair be a *beek*?
If one is a *tooth* and a whole set are *teeth*,
Why shouldn't two *booths*, be called *beeth*?

If the singular's *this* and the plural is *these*,
Should the plural of *kiss* be ever called *keese*?

We speak of a *brother* and also of *brethren*
But though we say *mother*, we never say *methren*
‘Then the masculine pronouns are *he*, *his*, and *him*;
But imagine the feminine *she*, *shis* and *shim*!

Anon



Dates for your diary

Feb. 1 st	Worship at 10.30a.m. including Communion
Feb. 3 rd	POWER HOUR - 10.00a.m.
Feb. 5 th	Home from Home - 1.30p.m. - 4.00p.m.
Feb. 8 th	Worship at 10.30a.m.
Feb. 10 th	POWER HOUR - 10.00a.m.
Feb. 10 th	All Leadership Team Meeting - 7.00p.m.
Feb. 12 th	Home from Home - 1.30p.m. - 4.00p.m.
Feb. 13 th	Friday Night Youth - 6.30p.m.
Feb. 15 th	Worship at 10.30a.m.
Feb. 16 th	ECO Team Meeting - 10.00a.m.
Feb. 17 th	POWER HOUR - 10.00a.m.
Feb. 19 th	Home from Home - 1.30p.m. - 4.00p.m.
Feb. 22 nd	Worship at 10.30a.m.
Feb. 24 th	POWER HOUR - 10.00a.m.
Feb. 25 th	Home from Home - 1.30p.m. - 4.00p.m.
Feb. 25 th	Home Group Leaders Meeting - 7.30p.m.
Feb. 27 th	Friday Night Youth - 6.30p.m.
Mar. 1 st	Worship at 10.30a.m. including communion and visit from CAP
Mar. 2 nd	EBA Minister's Conference to 4 th March
Mar. 2 nd	Singing for Fund at 65 Hew Road, Hethersett - 1.30p.m.
Mar. 3 rd	POWER HOUR - 10.00a.m.
Mar. 5 th	Home from Home - 1.30p.m. - 4.00p.m.
Mar. 6 th	World Day of Prayer - 2p.m. at The Abbey
Mar. 8 th	Worship at 10.30a.m.
Mar. 10 th	POWER HOUR - 10.00a.m.
Mar. 10 th	Leadership Team Meeting - 7.00p.m.
Mar. 12 th	Home from Home - 1.30p.m. - 4.00p.m.
Mar. 13 th	Friday Night Youth - 6.30p.m.
Mar. 14 th	Leadership Team Prayer Breakfast
Mar. 15 th	Mothers Day All Age Worship - 10.30a.m.
Mar. 16 th	External Fund Raising Team Meeting - 12.30p.m.
Mar. 17 th	POWER HOUR - 10.00a.m.
Mar. 19 th	Home from Home - 1.30p.m. - 4.00p.m.
Mar. 22 nd	Worship Service on Zoom
Mar. 24 th	POWER HOUR - 10.00a.m.
Mar. 26 th	Home from Home - 1.30p.m. - 4.00p.m.
Mar. 27 th	Friday Night Youth - 6.30p.m.
Mar. 29 th	Worship off site - Further information to follow
Mar. 31 st	POWER HOUR - 10.00a.m.



Building Extension - Phase 3 - Construction work well under way and 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 steelwork up, timber framing installed, breakthroughs for the new doorways into the church achieved and remedial brick and stonework nearly complete. The supporting timber frame for the roof light is now visible (see photo) and the roof decking is being completed. Windows, roof lights and cladding remain to be installed and interior work will proceed as it dries out inside.

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

Plans continue to update the remainder of the church buildings, to bring them up to standard, subject to having funds available. In the short term this includes repairs to church windows, and improved church heating and redecoration of the church. Longer term



we hope to install solar panels and improve the road surface in front of the church car park. A planning application covering a number of these items has been submitted.

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> or

David Frith



Windmill House Services

On Wednesday 18th February our regular team, Mary, Vic, Chris Frith, Doug and I will be making our first visit this year to lead a simple service at Windmill House. Looking back at my notebooks I can see that the first service I led there (having taken over from Christine Spencer) was in February 2020, just before the first Covid lock down, then there was a gap of over a year before we started Zoom services. We were finally able to go back into Windmill House in person in May 2022, albeit still with some restrictions.

That all seems a very long time ago now and we have established a regular pattern with services alternate months. We are still the only church in Wymondham to lead worship with a group of residents in one of the lounges. Each service lasts about half an hour and we always spend time afterwards talking to the residents. We sing familiar, traditional hymns, read a well known passage from the Bible, always include the Lord's Prayer and have a short, simple Bible based talk. Many of the residents are living with dementia and old familiar hymns and Bible readings together with visual aids makes it possible for some of them to actively participate while others just listen and some doze off.

The time leading up to Christmas can be very busy for Windmill House with other groups visiting including children from the primary school next door coming to sing and other local entertainers and singers adding to the festivities. For us, leading a Carol Service close to Christmas was a great time to sing well known and loved Carols and share

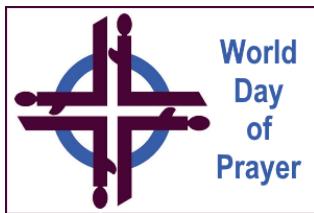


the message of Christmas with the residents, some of their family members and some of the staff. The picture is one Vic has done to illustrate the hymn sheets and the talk.

Earlier in the year our homegroup came to Windmill House and took part in the service which gave them the opportunity to meet some of the residents and support this ministry in a practical way.

Please continue to pray for us to be a blessing and encouragement as we go to bring church to those who can no longer attend worship in a church building. Thank you.

Jan Hodges



WORLD DAY OF PRAYER 2026



Friday 6th March 2.00pm

Wymondham Abbey

What is the World Day of Prayer?

The World Day of Prayer is an international, women-led, ecumenical movement that shares the hopes, concerns, and prayers of women from around the globe. Each year, women from a different country craft a service, sharing their unique spiritual journey and culture.

How is it organised?

The preparation for this day is extensive. The writing country and theme are chosen years in advance, and the service then travels to the international committee in New York for translation and dissemination to national committees in over 120 participating countries. From there it is adapted and shared locally, culminating in gatherings at hundreds of churches every March. This day is a powerful demonstration of global solidarity. It begins in Samoa and moves across the world in a continuous wave of prayer, finishing 38 hours later in American Samoa. It truly is a worldwide day of prayer!

What's happening this year?

Our sisters in Nigeria invite us to join them for the World Day of Prayer on Friday 6 March 2026. The service they have prepared reflects on the theme, "I will give you rest" and is based on Matthew 11, verses 28-30. For this year, the women of Nigeria have created a service that speaks to our need for peace and solace, drawing on their faith and experiences in a world filled with struggles and anxieties.

How can I take part?

Easy! Just come along to the **Abbey on the 6th March at 2pm!** This service is usually very well supported by members of all the town's congregations and this year, 6 of our local churches are involved in the planning, so please do try and come along. It is a powerful and exciting opportunity to pray together for our world and to give thanks and support for our brothers and sisters in Christ both in own community and across the globe. After the service, there will be a further time of fellowship as we share in tea and cake! We look forward to seeing you there!

Nicki and Ali



Thank you



Thank you to you all for your love, care and support, particularly over the last few weeks. Today (7th February) marked three years since Ray went to be with the Lord and now being on my own there are certain things I dread happening!! I have suffered with Menieres for some time and without Ray I am really scared of an attack, thankfully they don't happen too often, but the one I suffered two weeks ago really knocked me for six. I am grateful for your prayers and practical support over the last two weeks, particularly when my son and daughter were not able to keep an eye on me!! I am not used to doing nothing, but had to. It has been very humbling to know that so many people both here in Norfolk and in other places have been praying for me. Thank you.

Cathy



What can YOU contribute to our next magazine?



Please think about what you can contribute to the next issue of this magazine - The Rooted Life? We are looking for all kinds of articles - book reviews, special recipes, quizzes, puzzles. Please either email them to the office - office@wymondhambaptist.org, or give a printed copy to Cathy in the Office, by Sunday 29th March. Thank you.



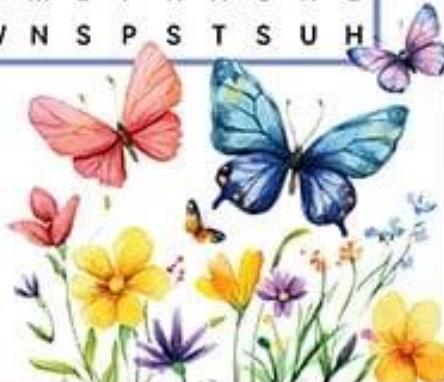
We will need YOUR help

We will need YOUR help if we are to serve refreshments after our morning worship once the building work is completed. Please let Cathy in the Office know if you would be able to help serve tea and coffee after our morning service. The more people who offer will mean the less often you will be needed in the kitchen.

SPRING



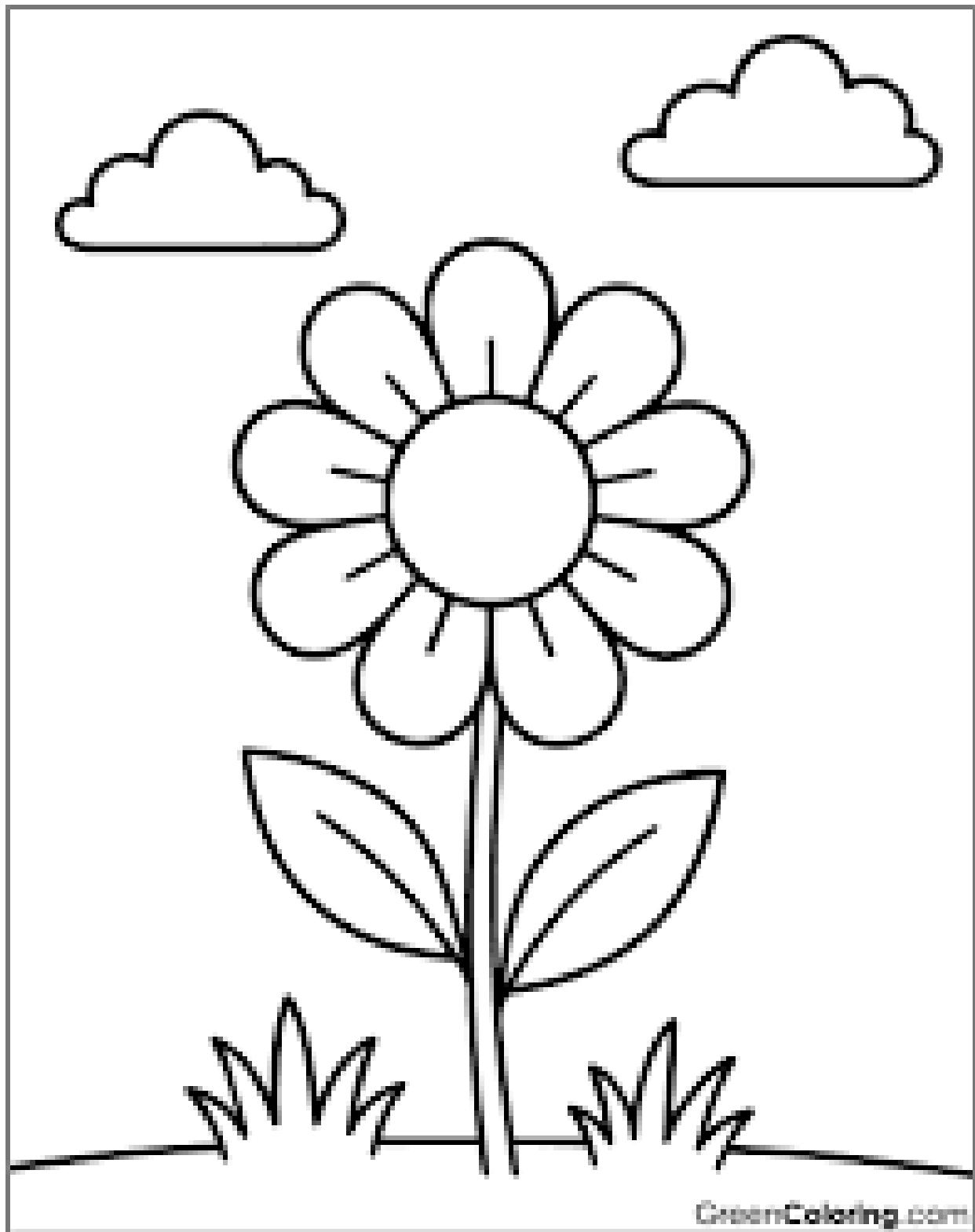
BIRDSONG	GARDEN	RAINDROP
BLOOM	GRASS	ROBIN
BLOSSOM	LADYBUG	SEEDLING
BREEZE	LEAFBUD	SPRINGTIME
BUNNY	MEADOW	SPROUT
BUTTERFLY	NEST	SUNSHINE
CHIRPING	PICNIC	THAW
DAFFODIL	PUDDLE	TULIP
DUCKLING	RAINBOW	UMBRELLA



SUPERSTARWORKSHEETS



A picture to colour



GreenColoring.com

