

THE ROOTED LIFE

Colossians 2:7

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

Date – August/September 2026

A WBC MAGAZINE

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



IN THIS EDITION... EXCITING DAYS AHEAD

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, 27th September 2026

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

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

The Gift of Rest



What a year we have had here at WBC. We have been so busy and we look forward to the new season ahead. But right now.....I need a holiday.

Are you in need of a rest? In today's fast-paced world, being busy is often seen as a sign of success. Our calendars are full, our phones never stop buzzing, and many of us feel guilty if we are not constantly doing something productive. Yet, amid the noise and pressure of modern life, God offers us a different way—the gift of rest.

From the very beginning of creation, rest was woven into God's plan. The Bible tells us that after creating the heavens and the earth, "God rested on the seventh day from all His work" (Genesis 2:2). God's rest was not because He was tired, but because His work was complete. He set an example for humanity, establishing a rhythm of work and rest that brings balance and flourishing.

The Fourth Commandment reminds God's people to "Remember the Sabbath day by keeping it holy" (Exodus 20:8). The Sabbath was more than simply taking a day off. It was an opportunity to pause, worship, reflect, and trust that God would provide. By resting, God's people declared that their lives depended not merely on their own efforts but on God's faithfulness.

Jesus also understood the importance of rest. After periods of intense public life, He invited His disciples, saying, "Come with me by yourselves to a quiet place and get some rest" (Mark 6:31). Even the Son of God withdrew to lonely places to pray, to be renewed in His Father's presence, and to prepare for the work ahead. If Jesus valued rest, surely we should as well.

Rest is not simply about sleeping longer or escaping responsibilities. True rest restores our bodies, renews our minds, and refreshes our spirits. It is found when we spend time in prayer, meditate on God's Word, worship with fellow believers, and enjoy the blessings of family, friendship, and creation. Sometimes rest means sitting quietly before God, allowing His peace to replace our anxiety.

Jesus extends one of the most comforting invitations in Scripture: "Come to me, all you who are weary and burdened, and I will give you rest" (Matthew 11:28). This promise speaks to more than physical fatigue. Many people carry heavy burdens of worry, grief, guilt, or disappointment. Christ offers a deeper rest—the peace that comes from knowing we are loved, forgiven, and held securely in His hands.

As a church family, we can also help one another find rest. We can encourage those who are overwhelmed, share one another's burdens, and create spaces where people feel welcomed, supported, and refreshed. Sometimes the greatest gift we can offer someone is simply our presence, a listening ear, or a prayer.

Rest is not an interruption to our spiritual life; it is an essential part of it. May we learn to embrace God's gift of rest—not as an act of idleness, but as an expression of faith. As we pause to worship, pray, and trust in Him, may we discover the peace that refreshes our souls and equips us to serve Him with renewed joy and strength.

Be still, and know that I am God. — Psalm 46:10

I pray you find rest.

Blessings

Paul (Pastor at WBC)



Prayers are the stairs that lead to God

Prayers are the stairs we must climb every day
If we would reach God, there is no other way
For we learn to know God, when we meet him in prayer
And ask him to lighten our burden of care
So start in the morning and though the way's steep
Climb every upward 'til your eyes close in sleep
For prayers are the stairs that lead to the Lord
And to meet Him in prayer is the climber's reward.

Anon

Friends

A friend is more than passing cheer,
More than a smile when skies are clear;
A friend walks close through joy and pain,
Through sunshine bright and driving rain.
The wise choose carefully whom they keep,
For hearts are gardens, rich and deep.
We grow like those with whom we stand,
Their influence shaping heart and hand.
A friend loves faithfully through every day,
When strength is strong or fades away.
When burdens press and tears descend,
Love remains—that is a friend.
Some crowds may gather, then depart,
Yet one true friend stays close at heart.
Closer than family, steadfast and true,
A gift from God to journey with you.
A faithful friend will sometimes speak
The truths we may not wish to seek.
Not wounds of malice, harsh or grim,
But healing words that come from him.
Like fragrant oil, both sweet and rare,
Good friends bring comfort, hope, and care.
Their counsel lifts the weary soul
And helps the broken spirit whole.
As iron sharpens iron's edge,
Friends help us grow beyond the ledge
Of fear and doubt, of pride and sin,
Drawing God's best from deep within.
So thank you, Lord, for friends who stay,
Who guide, encourage, laugh, and pray.
May we be faithful, kind, and true,
The sort of friend that honours You



Karen Stead 2026.



A word from Sarah at Rosedale Bereavement

As I write, the school summer holidays have just begun. Roads, airports and ferry terminals will no doubt be packed as usual!

Wildfires are raging in parts of Europe and the UK due to the soaring temperatures and lack of any substantial rain. This does not seem to deter those determined to enjoy their annual summer getaway.

For those who are bereaved, holidays may feel very different, especially when a partner has died.

When someone dies there are many losses. The **Primary loss** is the death of the person themselves but there are also many other **Secondary losses**. The types of losses felt will vary, depending on the relationship with that person. For example, when a close parent dies, the adult child may feel they have lost their best friend, advisor, mentor or shoulder to cry on in a crisis. Of course, not all relationships are easy or loving and loss can sometimes feel like guilt or regret about an estranged or fractured relationship.

When a partner dies, it is often the practical everyday losses that hit the hardest, due to constant everyday reminders. That person may have played many different roles in the relationship, such as cook, cleaner, gardener etc. They may have been the one to take the bins out, to fix a broken curtain rail or take the car for its annual MOT. Suddenly being responsible for all household tasks can feel extremely overwhelming.

Where there are children to care for, this now becomes the sole responsibility of the surviving parent which can be a heavy burden to bear.

Many bereaved people say the biggest loss is often companionship- someone to watch TV with, talk about the day over dinner or go on holiday with. It is often the simple things we miss, such as making plans together, deciding what to eat for the week ahead or even just being together in companionable silence.

Though we can never replace that special person and the roles they played in our life, it can be helpful to think about who else could help to fill some of the gaps left behind. Perhaps there is a single friend who would also like to go on holiday or for a day trip? When a family member offers help with odd jobs or gardening, take them up on their offer. If you belong to a supportive church, friendship circle or community group, accept those invitations for coffee or lunch or maybe initiate an invitation yourself? Maybe contact an old friend you haven't seen in a while and suggest a meet up. Helping and supporting others can also provide purpose and ease the loneliness and isolation of grief.



It may feel difficult at first but strengthening and developing our existing networks and building new ones can provide emotional support, practical help, companionship and connection.

When we have lost someone who brought so much to our life, connecting with others in a meaningful way can help to ease the burden of grief.

If you would like to join one of our bereavement groups in your area, visit rosedalefuneralhome.co.uk or call 01379 640 810 for more information. All groups are free and confidential.



Windmill House - help needed

Our next service at Windmill House will be on Wednesday 19th August at 3pm. As Mary and Vic are not available that afternoon there will just be Chris Frith, Doug and me. We would appreciate it if a couple more people were able come and help lead the singing. The service lasts about half an hour and we sing traditional hymns. We aim to arrive at about 2.45 pm to set up then stay after the service to spend time with the residents. As always we ask you to pray for this ministry.

Many thanks,

Jan Hodges



Dates for your diary

August 2nd – Worship at 10.30a.m.

August 3rd – Singing for Fun – 1.30p.m. in the church

August 4th – POWER HOUR – 10.00a.m.

August 5th – Rosedales Bereavement Support Group – 10.00a.m.

August 9th – Worship at 10.30a.m.

August 11th – POWER HOUR – 10.00a.m.

August 11th – Opening Celebrations Meeting – 7p.m. on Zoom

August 14th – Youth Event – 5.30p.m. in the Church Garden

August 16th – Worship at 10.30a.m.

August 23rd – Worship at 10.30a.m. including communion

August 30th – Worship at 10.30a.m.

September 1st – POWER HOUR – 10.00a.m.

September 2nd – Rosedale Bereavement Support Group – 10.00a.m.

September 3rd – Church Clean – 1.00p.m. – 5.00p.m.

September 5th – Opening Celebrations – 11.30a.m. and 4.00p.m.

September 6th – Celebration Worship at 10.30a.m. including communion

September 7th – Singing for Fun – 1.30p.m. in the church

September 8th – POWER HOUR – 10.00a.m.

September 8th – Leadership Team Meeting – 7.00p.m.

September 9th – ROOTS C.C. re-opens at 10.00a.m.

September 11th – Roots Community Café – 10.00a.m. – 2.00p.m.

September 13th – Worship at 10.30a.m..

September 14th – ECO Team meeting

September 15th – POWER HOUR – 10.00a.m.

September 17th – First Aid Training – please see Emma to book in for this training

September 19th – Litter Pick collection point – a.m.

September 20th – Worship at 10.30a.m.

September 20th – Church Meeting – 12.30p.m.

September 22nd – POWER HOUR – 10.00a.m.

September 26th – HARVEST SUPPER – 6.30P.M.

September 27th – Café Church – Toy Story

September 29th – POWER HOUR – 10.00a.m.





Proposed Extension – Phase 3 – Extension complete!

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 construction phase of the Extension is now complete, with the Contractor having handed the site back to us in late June. There will still be some minor work to be completed (known as “snags”) to cure any minor defects which may become apparent during the first few months of use.



Thanks again for all your prayers for safety – we have not had any significant issues. It is too early to be able to give any final figures for cost – this will take a few months to finalise, but we currently expect to be close to the original budgeted figure. We now have a tremendous facility to expand our outreach in the town. Please pray for God's continued direction and the resources to implement the vision.

Longer Term

Separately from the Extension work, we have replaced the windows in the church, rewired the church, included heating/cooling system and redecorated throughout. The schoolrooms are now getting a makeover following the need to replace some rotten floor timbers, with no small thanks due to Paul and Emma. Longer term we hope to install solar panels and improve the road surface in front of the church car park. Our planning application covering a number of these items was finally received on 8th June 2026.

While we are naturally delighted that funding is in place to complete the Extension and to make a good start to bringing some parts of the rest of the premises up to standard, the Church recognises that funds will still be needed to complete these works. For ways to give please see the Church website at <https://www.wymondhambaptist.org/Groups/331659/Giving.aspx> or contact the office at office@wymondhambaptist.org.

David Frith



Happy Snapping this August!

The Eco Church team would love you to get out your cameras and get snapping this August.

Send us your holiday photos showing the breadth, depth and wonder of God's creation. This could be a vast sunset on a tropical beach, a stormy sea or a beautiful flower or insect from your garden or window box.

And if you haven't got a camera or phone to take a photo, perhaps you could paint or draw a picture that shows us something that you love from nature.

Send your photo to nickiwaterworth@gmail.com or hand in your finished artwork to Cathy Finch by the end of August and we will make a glorious display of them in praise and thanks to our Creator.

The Eco Church Team



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 27th September. Thank you.

The Major Oak: legend and legacy

Tom and I started our married life in Mansfield and we regularly spent Sunday afternoons in the section of Sherwood Forest containing The Major Oak, a gigantic oak tree thought to be about 1200 years old. We have lovely memories of walking along the forest paths.....in the footsteps of Robin Hood, Little John and Friar Tuck!



It was an awe inspiring sight but even then, needed the help of props to keep it upright. I was sad to read recently that this spring, after struggling for several years, The Major Oak did not produce any leaves and experts believe it has died.

The RSPB took on the management of Sherwood Forest in 2018, and since 2021 have worked with leading soil and tree experts to

understand the true condition of the Major Oak. Work to improve the condition of the soil around the tree's roots has been valuable to the variety of nature in the area, but sadly, for the Major Oak itself, these improvements came too late.

Although this marks the end of the Major Oak as a living tree, it does not mark the end of its story.

The Major Oak will remain standing for many years, providing valuable decaying wood habitat and when the tree eventually collapses, it will return nutrients to the soil and support new life, completing its natural cycle. Over the years, acorns from this majestic tree have been grown into saplings and planted in locations across the globe so the legacy of The Major Oak will continue for centuries to come.**

Nicki

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** All information from this article was taken from the RSPB website, in an article posted on the 18th June 2026



Leaf Cutter Bees!

Why do they do it? Those neatly cut oval holes !..... You may have seen them on the edge of



rose or other leaves . I have discovered they are made by a female bee. She holds on with her legs while her scissor-like jaws cut and roll each piece to a cylinder shape before flying back to the tunnel of her nest, (my bee hotel - just two spaces left). There she seals the far end with a piece of leaf, then places nectar & pollen and an egg is laid on the food and packed in with

another leaf. The same pattern is repeated the length of the tunnel with the entrance carefully secured. To cut a long story short our heroine flies away and dies, but, in the Spring, yes, there's new life !

Shirley



Eco Survey 2026

God's amazing creation and the natural world are important to Wymondham Baptist Church and we are called to be good stewards of the planet, its wild and plant life.

As part of the build for the new community area we have invested heavily to make the build as eco-friendly as possible, this has included installation of air source pump for highly efficient heating and cooling, replacing lighting with low energy light bulbs, and there are also plans for the installation of solar panels.

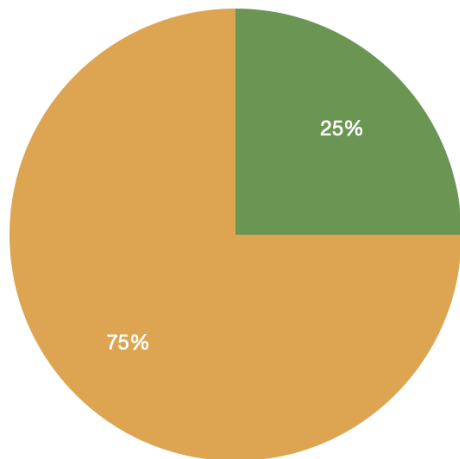
In order to understand how people are dealing with eco issues in their everyday lives an Eco survey was recently carried out within the church congregation. We received 25 anonymous responses which have been assessed and scored. The survey was scored and our church came out with a score of 5,962 out of a maximum of 11,500 points (a percentage score of 51%). This is a good score for 2026 as the journey towards net zero is being targeted for 2050. The intention is to redo the survey every few years.

There were 20 questions asked in the survey under the categories of Easy to do, Takes a little more effort and more effort and money (with larger rewards). We have summarised the results here highlighting some positives and areas to improve on under each category.

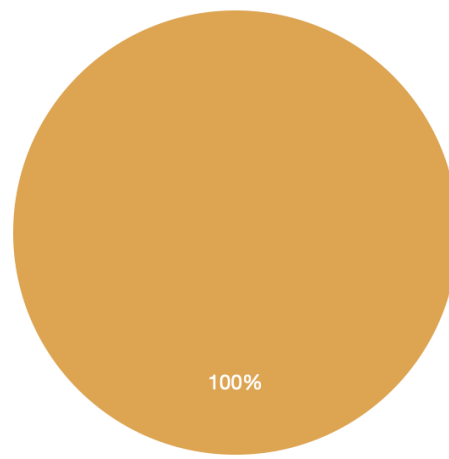
Section 1 - Easy to do

Excellent progress is being made on some of the simple things like using reusable shopping bags and water bottles instead of single use plastic bags and bottles.

● Not Supported ● Partially Supported ● Fully Supported ● Not Supported ● Partially Supported ● Fully Supported



Question 1 - Reduce Plastic with reusable Bottles, Coffee cups etc

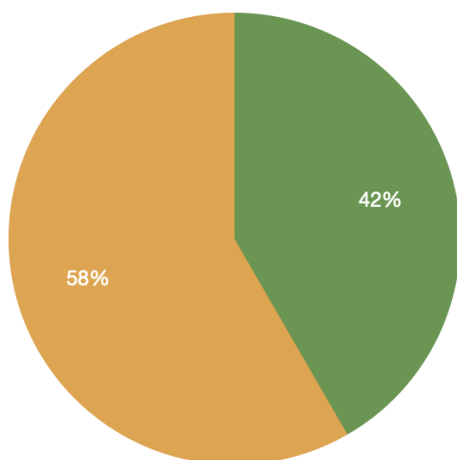


Question 2 - Use Reusable Bags

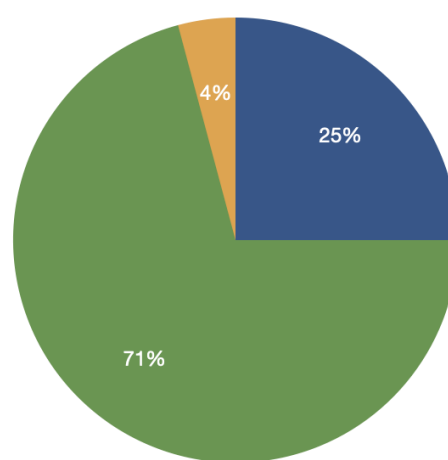
Section 2 - Takes a little more effort

The middle section is a little harder and as expected in some areas there is more work to do. Wearing warmer clothes in winter to keep the thermostat lower was a positive however in looking to buy local and fair trade food there is more to do (which is unsurprising with the cost of living crisis).

● Not Supported ● Partially Supported ● Fully Supported ● Not Supported ● Partially Supported ● Fully Supported



S2 - Q3 Wear Warmer clothing and turn down heating

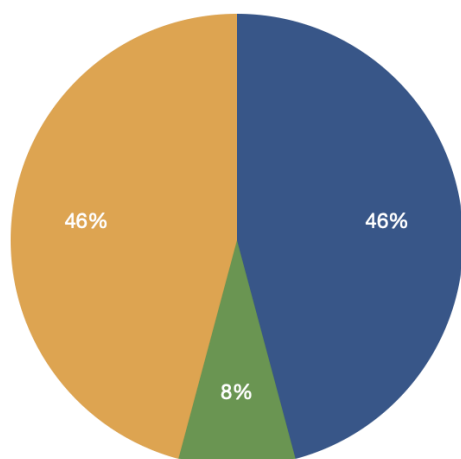


S2 - Q1 Buy Local Organic Food & Fair Trade

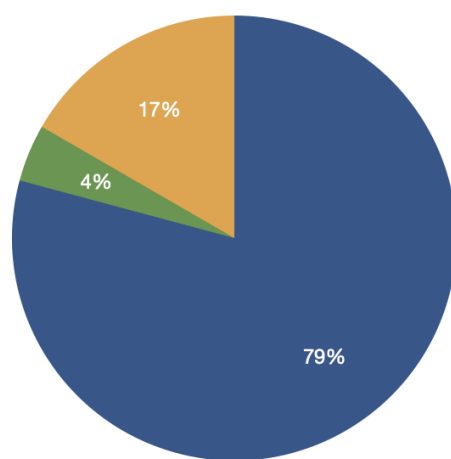
Section 3 - More effort and money (larger rewards)

This final section is more strategic and the hardest area. Good progress has been made on people having solar panels installed in their homes (perhaps helped by the current expensive energy prices and the fast return on investment). Moving away from gas or oil heating to electric source heat pumps is a greater challenge and one which tends to be triggered when old boilers reach their end of life.

● Not Supported ● Partially Supported ● Fully Supported ● Not Supported ● Partially Supported ● Fully Supported



S3 Q2 Solar Panels



S3 Q4 Electric Heat or Heat Pump

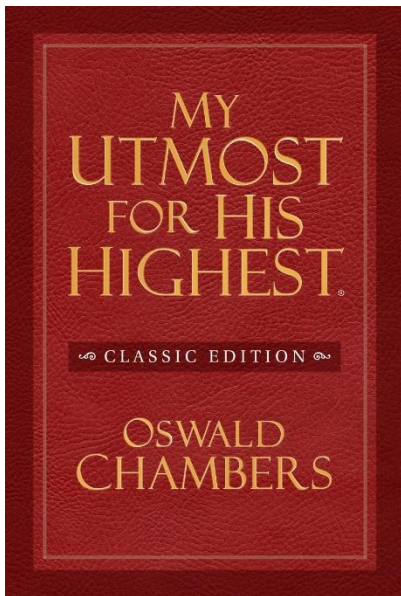
Daren Codd on behalf of the ECO Team



We will need YOUR help

YOUR help is needed to clean the premises before our Celebration weekend. A cleaning afternoon is planned for Thursday, 3rd September from 1p.m. – 5p.m. Please sign up on the sheet provided at the entrance to the church, or contact the office – office@wypmndhambaptist.org.





Daily Devotional

The daily devotional, classic edition of the book 'My utmost for His Highest' by Oswald Chambers is one of the very best of this kind I have read. Personally, I have found this daily reading more thought provoking and challenging than some of the others.

Just one of the things he says, 'are we prepared for what sanctification will cost? It will cost an intense narrowing of all our interests on earth and an immense broadening of all our interest in God.' 1Thessalonians 5 verse 23.

In the introduction, Richard C. Halverson – former chaplain, United States Senate says 'no book except the Bible has influenced my walk with Christ at such deep and maturing levels. Nor has any influenced my preaching and teaching so much.

He was given a copy of this book in 1936! Today this book is still being sold in many outlets. I feel a real testimony to its contents.

Kathleen Garlish



Depths

I am an entire ocean
And this you fail to understand
When you think you can see all of me
Just by standing on the sand
You cannot tell me who to be
Or how to treat my tide
When you've never even dipped a toe
Into who I am inside.

Anon

