

## EASY PUMPKIN PIE RECIPE



### Ingredients

Serves: 8

1 pack shortcrust pastry  
1 tin (425g) pumpkin puree  
1 (397g) tin condensed sweetened milk  
2 eggs  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/2 teaspoon ground nutmeg  
1/2 teaspoon salt  
Double cream for decoration

PREP TIME: 20 MIN

COOK TIME: 15 + 55MINS

TOTAL TIME: 1 HR 30MINS

### DIRECTIONS

#### Step 1

Preheat oven to 200 degrees c

Roll out pastry and line an 8 inch pie dish.

Blind bake for 10-15 minutes, or until lightly browned (do not overbake at this stage).

Whisk pumpkin, sweetened condensed milk, eggs, spices, and salt in a medium bowl until smooth.

Pour into crust.

Bake for 15 minutes.

#### Step 2

Reduce oven temperature to 175 degrees c and continue baking for 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean.

Cool.

Whip cream with a little icing sugar until soft peaks form, pipe decoration as required.

## NEXT ISSUE OF THE ROOTED LIFE -

Thankyou to all those who have contributed to the first issue of The Rooted Life. I hope that you will find it an interesting read. The next issue of The Rooted Life will hopefully be ready for circulation on 4<sup>th</sup> December - If you can contribute an article please send it to the office by November 27<sup>th</sup> -

[office@wymondhambaptist.org](mailto:office@wymondhambaptist.org). Maybe you have some ideas for Christmas craft activities for children and adults, or special Christmas treats - share your ideas here in The Rooted Life.

# THE ROOTED LIFE

Colossians 2:7

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

Date: October 2021

## A WBC MAGAZINE

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



In this edition...

Autumn 2021 what's happening in the life of the church and beyond.....



Welcome to the first edition of our new bi-monthly magazine.

We hope you find our new look magazine uplifting, informative, fun and also thought provoking. We look forward to bringing you news, events and stories from the life of the church, its members, Roots Community Café and also from the wider community around us. If you have articles or things of interest you would like to see included, we would love to hear from you. Our contact details are.

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

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Further information about Wymondham Baptist Church or to contribute to our magazine please contact the office - [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520 or check out website - [www.wymondhambaptist.org](http://www.wymondhambaptist.org)

#### In the next edition.....

What is A Rocha? What is Eco Church?

But if you can't wait to find out, go to .....

[www.arocha.org.uk](http://www.arocha.org.uk)

#### Did you know?

##### Soft plastic recycling at the Co-op

Great news! You can now recycle soft plastics like crisp packets and bread bags at the Co-op on Market Square in Wymondham. It doesn't matter where you bought them. Just pop your soft plastics into our recycling units and they will do the rest. It means we can all do our bit for the environment.



For more information, go to <https://www.coop.co.uk/environment/soft-plastics>

#### Did you know?

You can recycle your old stationery items with TerraCycle.com There is now a box in the church hall for the collection of the following items of used or broken stationery.

##### Accepted waste:

*Any brand of pen, felt tip, highlighter, marker, correction fluid pot, correction tape, mechanical pencil and eraser pen regardless of their composition.*

##### Please do not include:

*Wooden pencils, chalk, glue sticks, erasers, rulers or other cutting objects that would disturb the recycling process.*

When our box is full, we will be taking it to the collection point at Wreningham Primary School.



them know we were safe and learned that the South Africa party would be arriving in London the next morning.

28th September. We slept well and were able to spend some time looking around the city which was far more advanced than Kinshasa. We were able to book ongoing flights for the following evening.

29th September. It was a Sunday so we went to a local church. We were the only white people but were made very welcome. Chris was able to stand up and update the congregation on the situation in Zaire. Many people had family and friends there (national boundaries in Africa are European made and usually divide extended families), so they were glad to have news.

In the evening we went to the airport where we met up with the remaining missionaries from Kinshasa who had not left until they knew everyone else was out.

30th September. We landed at Heathrow and were reunited with our children.

We were unable to return to the DRC but Rachel hopes to return on a visit next year with some colleagues to take part in some training of local pastors. It is a place which is still a part of us.

Christine Spencer

### Three Bean Chilli

from *The Green Roasting Tin* by Rukmini Iyer

This recipe is brilliant.....so tasty and easy to cook and a great alternative to a meat chilli.

Serves: 4 generously

Prep: 10 mins

Cook 1 hour

Freezes well



#### Ingredients:

250g mushrooms

1 onion, roughly chopped

1 red pepper, roughly chopped

2 teaspoons ground coriander

2 teaspoons ground cumin

1 teaspoon chilli flakes (or a fresh chilli)

1 teaspoon smoked paprika

1 teaspoon salt

1 tablespoon olive oil

1 x 400g tin cannellini beans

1 x 400g tin black beans

1 x 400g tin red kidney beans

2 x 400g tins chopped tomatoes

200ml vegetable stock

Coriander leaves to garnish

#### Method

1. Preheat oven to 180°C fan/200°C/gas 6
2. Mix mushrooms, onion and red pepper with the spices, salt and olive oil in a large roasting tin. Transfer to oven and roast for 25 minutes.
3. Drain and rinse all the beans and add to the tin with the chopped tomatoes and stock. Give everything a good stir, then return to the oven and cook, uncovered, for another 35 minutes.

Serve with rice, tortillas or nacho chips

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



Hi, thank you for reading this edition of 'The Rooted life', we really pray you enjoy it! I hope you find something that interests you in it, whatever your connection with us as a church family.

As I pondered what I was going to write about for this first edition I thought the best thing to do was introduce myself. This will be hard as I am actually quite shy!

I have been the Pastor here at WBC for the past 9 years, which has gone amazingly quickly. Prior to that I was a plasterer for almost 20 years. Not much of a change. If you are not sure what a Pastor is or does then welcome to the club, I had no clue either when I started, and there are probably those who would say I still have no clue. A Pastor is simply someone who leads the church, but not in the way that you might think. I believe wholeheartedly in servant leadership. In other words, I am here to help guide people, support the church and develop vision setting out Gods direction for us physically, spiritually and emotionally. In other churches you sometimes find the terms vicar or other clergy terms. I just like to think that I am part of an amazing family of believers in Jesus.

I am married to Emma, who happens to be the project director for Roots, and we have 4 children. 2 boys and 2 girls aged 23,21,16 & 8. When it comes to family life, we have experience and the grey hairs to go with it. Having a family is one of my greatest privileges. I see church as an extension to that family, and furthermore I see Roots as an extension to the church family, so if you are reading this welcome. I can often be found in the church during the café hours helping out in the kitchen. My great passion is bringing God's word, the bible, to life in preaching and teaching, and showing how it is both relevant and applicable to our lives today.

I am always available to answer any questions, to pray for you or to try and help in any way I can, and I am always willing to sit and chat over a coffee.

Blessings

Paul



## A WORD FROM ROSEDALES -



Hello from Sarah and Beverley!

We are Norfolk's Bereavement Support Group facilitators from Rosedale Funeral Home. We run our groups from Wymondham Baptist Church and also in Diss. We meet on 8 consecutive Tuesdays, 3 times a year. We would love you to join us if you have been bereaved and need a little extra support. You do not need to have used Rosedale for your loved ones funeral and attending the course is free.

Participants are often recently bereaved but the course is open to anyone, no matter how long ago your bereavement.

During the 8 weeks we look at all aspects of bereavement including:

Loneliness, feelings we may experience such as numbness, disbelief and shock, guilt and anger and the physical symptoms of grief. We also cover the importance of self-care, coping with special days and remembering the lives of our loved ones. There is much focus on considering how we move forwards with our grief and find new hope and purpose for the future.

Past participants have said our groups are friendly, welcoming and very supportive. Many participants make lasting friendships with each other.

Following the initial structured 8 week course, there is a monthly, ongoing follow-on group at the Baptist church which continues to offer friendship, support and an opportunity for socialising.

Each September Rosedale Funeral Home runs a local '*Walk of Remembrance*' which is open to all.

In December we partner again with the church to run our Christmas Service of Remembrance- an opportunity to cherish our loved ones at this special time of year. This will be held at Wymondham Baptist Church on Wednesday 8<sup>th</sup> December, starting at 7pm and you are welcome to join us.

For details about the bereavement course or any of our upcoming events, please see the church notice board or contact the Wymondham branch of Rosedale Funeral Home on 01953 601103.

## REMEMBERING

We are currently remembering one of the most significant times in our life which happened exactly 30 years ago -

23rd September 1991. The army in Zaire, now the Democratic Republic of the Congo (DRC) mutinied, destroying the main airport before going on to loot shops and houses in the capital, Kinshasa. They were followed by many of the local population, there was some violence but not many deaths, as property, not people, was the target of the protesters. All expatriates stayed indoors and the rest of the country remained calm. Our children were at school in Kinshasa, living with a missionary family, while we were 150 miles away.

24th September. Looting continued. During the day we were told to move immediately to the large mission hospital 30 miles away where there was an MAF plane in case we needed to leave the country. We quickly picked up a few possessions and left.

25th September. During radio contact with Kinshasa we learned that the majority of the British population would be flown out the next day. The city was a bit quieter but there was no food available. The South Africans were sending in a plane and the Embassy was organising the trip to the airport. Some months earlier, knowing the volatility of the country we had agreed that in the event of trouble our girls would leave with the family they were with. It wasn't easy to accept but we had an amazing degree of peace knowing that God was in control. We knew that we then needed to find a way to leave the country too. As everywhere else was still quiet we were told we could return home the next day and work out a way to get ourselves to the capital.

26th September. We returned home and decided to pack a large suitcase of some of the things which were of the greatest value to us, hoping we could store them for future forwarding to the UK if we could not return. In our town there was a large military training camp for army officers from all of French speaking Africa, with a number of French personnel working there. Consulting them we were told that a military convoy was due to leave for the capital the next afternoon and we could join them in our landrover. We learned that the children had left so we knew they were safe.

Afterwards we learned that the British party had gone to the airport under armed escort, flown to Johannesburg, spent the night in a Holiday Inn and returned to Britain on a commercial flight the following night. Our children regarded it as a great adventure! There were pink rice krispies for breakfast, also spaghetti bolognaise which they thought really funny but were told they could not have!

27th September. We stored our suitcase with a friend, as we knew we were unlikely to be able to take more than the minimum of luggage with us. Three people arrived who had been visiting their missionary relatives elsewhere, so they could travel with us. After lunch we went to the military camp as instructed, to be told that, after all, the convoy would not be leaving that day. However, there were two helicopters coming which had evacuated French people from a local cement factory and there might be some vacant seats. We could wait and see. The five of us stood around and the helicopters arrived. Would there be seats and how many? There were seats - 5 of them! They were military helicopters operated by the French foreign legion. We climbed aboard and settled into the canvas seats slung around the plane. As we took off and saw the town below us it was very emotional to think of all we were leaving, most of all, the people. We could escape but they had to stay and face whatever was coming. We flew to Kinshasa with the doors open and soldiers with machine guns ready to deal with anyone who might want to shoot at us. Nobody did and we landed safely. Next question - how to get the 17 miles into the city? But then we were told that they were flying on to Brazaville, the capital of the Republic of Congo, which was just 10 miles away across the river and we could go with them if we wished. So we stayed on board and left the country. Once landed we asked for the British embassy, but were told it had closed three weeks earlier! The Americans were looking after the Brits. We were given a lift to the embassy where we were registered. They found us a place to stay; a French/British couple owned a block of flats of which a number were empty and they were taking people in. We were given a place to sleep and fed. We were able to contact a friend in the UK to let



## GETTING YOUR CAR READY FOR WINTER:

Check your fluid levels!

**Oil level-** As always you should check for engine oil level and make sure it's topped up to between the min and max mark on the dipstick. Keeping on top of your oil level and changes is important to protect and increase the longevity of your engine, especially during winter when your engine will be operating at colder temperatures and needs good quality oil and to be topped up with oil for the morning cold starts.



**Washer fluid level-** During the summer many drivers will top up their washers with regular tap water, in order to clear their screen or you may use a bottle of screen washer from the supermarket fine. During summer this is because it's warmer and you'll likely use your washers less. However, in the winter months when the roads are covered in salt, grit and grime you'll find yourself relying on your washers more to clear your screen whilst driving.

The tap water that you put in during summer won't be any good during the winter. The water will freeze in the washer jets, pipes and pump which will likely cause damage. It is recommended that you drain your washers before winter (just use the washers till they're empty) then fill your washer fluid using concentrated screen wash that has antifreeze agents to reduce the chance of freezing over in the winter.

**Coolant/antifreeze -** Checking your coolant level is another important thing to do all year round, coolant is used to keep the engine at temperature and stops it from overheating. It also includes additives that reduce corrosion and will be resistant to freezing at cold temperatures. Much like screen wash your coolant is a mixture of antifreeze and water, this mix will determine its strength, usually if the coolant has a strong obvious colour such as pink, blue green etc, then it will probably have a good antifreeze protection, however if you are concerned, most garages will be able to carry out a quick check on the antifreeze protection.

**Other tips!**

**Use your A/C-** It seems strange to many to think of using your air conditioning during the winter since most assume your A/C is only used to cool you down. However, the aim of A/C is to "condition the air" including removing moisture which is great when trying to de-mist your windscreen. It's also good to use the A/C every now and then to stop the compressor from seizing and becoming useless once the heat returns.

**Tyre checks-** Have your tyres checked before winter. Unlike many countries, the need for winter or snow tyres isn't as great, since we have less extreme weathers. However, your tyres are the most important part on your car to reduce loss of control during the winter. You want to ensure the tyres are in good condition, have adequate tread left and that the tyre pressures are set to the recommended manufacturers specs.

If all this seems a bit much for you then don't worry, many garages offer a 'Winter Check' at this time of year where they will check the things listed above and many more including, general condition of the vehicle, battery condition, brakes and more.

Owen Smith

## ROOTS OPENS TEEN CAFÉ

On Tuesday, 14<sup>th</sup> September Roots Community Café opened Thrive@Roots, a term time, after School opportunity for years 7-13, with a focus on wellbeing, taking place from 2.30p.m. - 4.30p.m. on Tuesdays.

Wymondham Baptist Church opened Roots in September 2017 to create a friendly, open space where people could find welcome and friendship. The team have long wanted to extend this service to young people who have few choices for a safe place to go after school. In addition to a fresh youth menu of affordable hot and cold drinks and snacks Thrive@Roots offers games and activities such as cards, Uno, Mindful colouring, table tennis etc. For those who want to do homework WiFi is available. Safeguarding-trained members of the team are present at all times.

In a short while the team intend to offer further support for young people's wellbeing. Once the café is established they plan to offer support for young peoples' needs such as banking, mental health advice, sexual health etc. Emma Smith said 'There isn't much on offer in the local area specifically for the youth, so we wanted to develop Thrive@Roots as somewhere for youth to come after early school closure on Tuesdays - somewhere warm and welcoming to all.'



To ensure that everyone feels welcome, the café's pay it forward scheme is available to the youngsters to benefit from. 'We developed Roots to make sure everyone felt God's love. We have found that many of our customers want to pass on the goodwill and many of our regular Roots customers buy a drink or snack for a stranger who needs it. We want the young people to know that they can come here after school any Tuesday, with or without money and find a safe, warm and well-fed welcome.'

Roots café offers vegan options and is sensitive to allergies. For more information about Wymondham Baptist Church and its work in the community email [office@wymondhambaptist.org](mailto:office@wymondhambaptist.org) or ring 01953606520

## A question for the Children and Young People and the not so young!!

.....

What do or did you dislike at School????.....

I disliked going to secondary school. It was a large school near the tops of a steep hill and was well know as 'Prison on the Hill@

The lower part of the building was the girls' school and the top half was the boys' school, which meant I never say a girl except looking at the playground down below. With all boys in the class the teachers were horrible and used the stick.

Let us have your answers to this question which will be printed in our next magazine - send your replies to 'office@wymondhambaptist.org



Did you know?

Divestment

Baptist Union Council members overwhelmingly passed a resolution to fully divest from fossil fuels. The Baptist Union had previously already divested from Coal and Tar Sands following [a Council resolution in March 2019](#). This update to the [Baptist Union Ethical Investment Policy](#) reflects a commitment to respond to the continuing environmental and climate crisis by abstaining from investment of funds in all fossil fuel extraction, refining and distribution.

The proposal had been brought to Council by the Revd Dr Dave Gregory, Convenor of the Baptist Union’s Environmental Network, and was co-authored by John Levick, the Baptist Union’s Treasurer, as a practical commitment towards climate justice ahead of the COP26 United Nations climate conference in Glasgow in November.

MEMORIES OF THE SUMMER



THOUGHT FROM THE Eastern Baptist Ass. -

Listening:  
A friend of mine sent me this story:  
A man came home tired from work. He sat on the sofa and put his feet up. His wife brought him a glass of water. His son gave him a sheet of paper and he read through.  
English:17%  
Biology:35%  
Mathematics:40%



Physics:37%  
Chemistry:42%  
Economics:12%  
Agriculture:19%  
Geography:22%  
Suddenly he lost his temper and started shouting at his son, What is all this? All the time you are either on the phone or watching TV, how dare you bring me such marks? How dare you? His wife said, my dear husband,

please be patient and listen.

But he interjected, and asked his wife to shut up. It is your love and pampering that has spoiled him, he is no good and never serious at all. His wife said, Oh really? He continued to shout, saying that no one in our family has ever performed so badly ever! The son said “Dad I am sorry, I made you angry. I was cleaning the old cupboard and I found this. It is your old school report dated the 27th of July 1980. The man became humbled and dumbfounded.

Can you imagine the atmosphere afterwards? Calmness in the air, with a foolish grin on his face he replied, “Son you don’t know, those days food was scarce”.

The moral of the story is James 1:19 N.I.V. “My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,” How often have you found yourselves in the shoes of the dad? When you hear or see something and quickly jump into conclusions without fully understanding the whole story or the other person’s point of view. It is easy to become emotionally charged in certain situations but there is a reason James urges us to be slow to anger. Because when we are emotionally charged it is hard to have a clear perspective of things. There is a reason why God gave us “two ears and one mouth so that we can listen twice as much as we speak.” ( a quote by Epictetus).This week I would like to challenge you, to ask yourselves this question before you react to something emotionally. How are your listening skills?

God bless you  
Jeniya Gwendu: Moderator of the EBA

# Food Waste

## What's the problem in Norfolk?

In Norfolk, it is estimated that **one third** of the waste in household waste wheelie bins is food waste. That's about 3kg per household per week. This is in addition to the food waste that is collected at the kerbside in Broadland, Kings Lynn and Norwich. Kerbside collection does not currently happen in South Norfolk.

## What is being wasted in the UK?

### The 3 main culprits are:

Fresh vegetables and salad: **4.4 million potatoes** are thrown away every day

Bread: **23 million slices of bread** go to waste every day. If we lined this up, it would go up the world's highest mountain **Mount Everest** 23 times!

Milk: **1.1 million glasses of milk** are poured away every day.

### Why does it matter?

Producing, storing and transporting food uses up a lot of energy and resources. This food has taken loads of fresh, water, land and labour to produce. If it were a country, food waste would be the third highest emitter of greenhouse gases in the world. It also has a financial impact. UK householders are throwing away £15 billion worth of good food and drink every year. This is £540 per household per year. Savings of up to £70 a month could be made for a household with children.

Meanwhile, millions of people in the UK are struggling to afford to eat hence the increasing use of food banks.

### What can I do?

- Only buy what you need
- Check your expiry dates
- Store food carefully
- Perfect your portion size
- Love your leftovers
- Sign up to the Food Savvy Norfolk initiative: [www.foodsavvy.org.uk](http://www.foodsavvy.org.uk) This is a challenge to help you save your £70 a month. It is based on weekly emails with top tips and hints and takes 4 weeks to complete. Everyone who has taken the challenge has reduced their food waste.
- Encourage friends and family to sign up

By Nicola Maunders, Greening Wymondham  
[www.greeningwymondham.org](http://www.greeningwymondham.org)

## WINDMILL HOUSE SERVICES

Windmill House is a Care Home in Browick Road, Wymondham about half a mile from WBC. In April while still under many Covid restrictions the staff and residents celebrated their 10th birthday in some style, with a 1940s theme. Many of the residents are living with dementia and others have physical needs that could no longer be met in their own homes.



About 5 years ago a small team from WBC started to visit Windmill House every 3 months to lead a short service for the residents and some staff members accompanying them. Services the other months were led by people from Wymondham Methodist Church or Fairland URC.

We always received a very warm welcome and enjoyed sharing time with the residents singing old familiar hymns, bible readings, prayers and a short talk.

About 5 years ago a small team from WBC started to visit Windmill House every 3 months to lead a short service for the residents and some staff members accompanying them. Services the other months were led by people from Wymondham Methodist Church or Fairland URC. We always received a very warm welcome and enjoyed sharing time with the residents singing old familiar hymns, bible readings, prayers and a short talk. It was a real pleasure to sit and talk with the residents over a cup of tea after the service and we began to get to know a number of them.

2 years ago circumstances in all 3 churches changed and for nearly 6 months there were no services - when we became aware of this we managed to arrange 2 more services, one just before Christmas 2019 and another in February 2020. I had been exchanging emails with the new minister at the Methodist Church and we were hoping to get a regular pattern of services restarted when the first Covid lockdown prevented any further progress.

The following year was a very difficult time for care homes as they had to shut their doors to visitors and I only had occasional contact with Fran Annis the Wellbeing Lead, via email or unexpectedly meeting her when passing Windmill House.

The suggestion to hold services on zoom came from Fran and in May, Mary Vic, Doug and I held our first service. We 'broadcast' it from the church using recorded hymns for the residents to sing along to and Vic drew some wonderful pictures to illustrate the Bible message based on Zacchaeus' encounter with Jesus. Although it could never be the same as spending time at Windmill House in person it was greatly appreciated and we repeated the experience in July with a few changes to the way we did things - speaking to camera without seeing the people we were addressing took some getting used to and we recognised how challenging that must have been for Paul and others week after week for Sunday services.

By the time you read this we will have held our 3rd service on zoom, this time from our home, though thanks to technology it will look as if we are in the church building! Vic and Mary can't be with us this time but Christine is rejoining us having started our ministry to Windmill House.

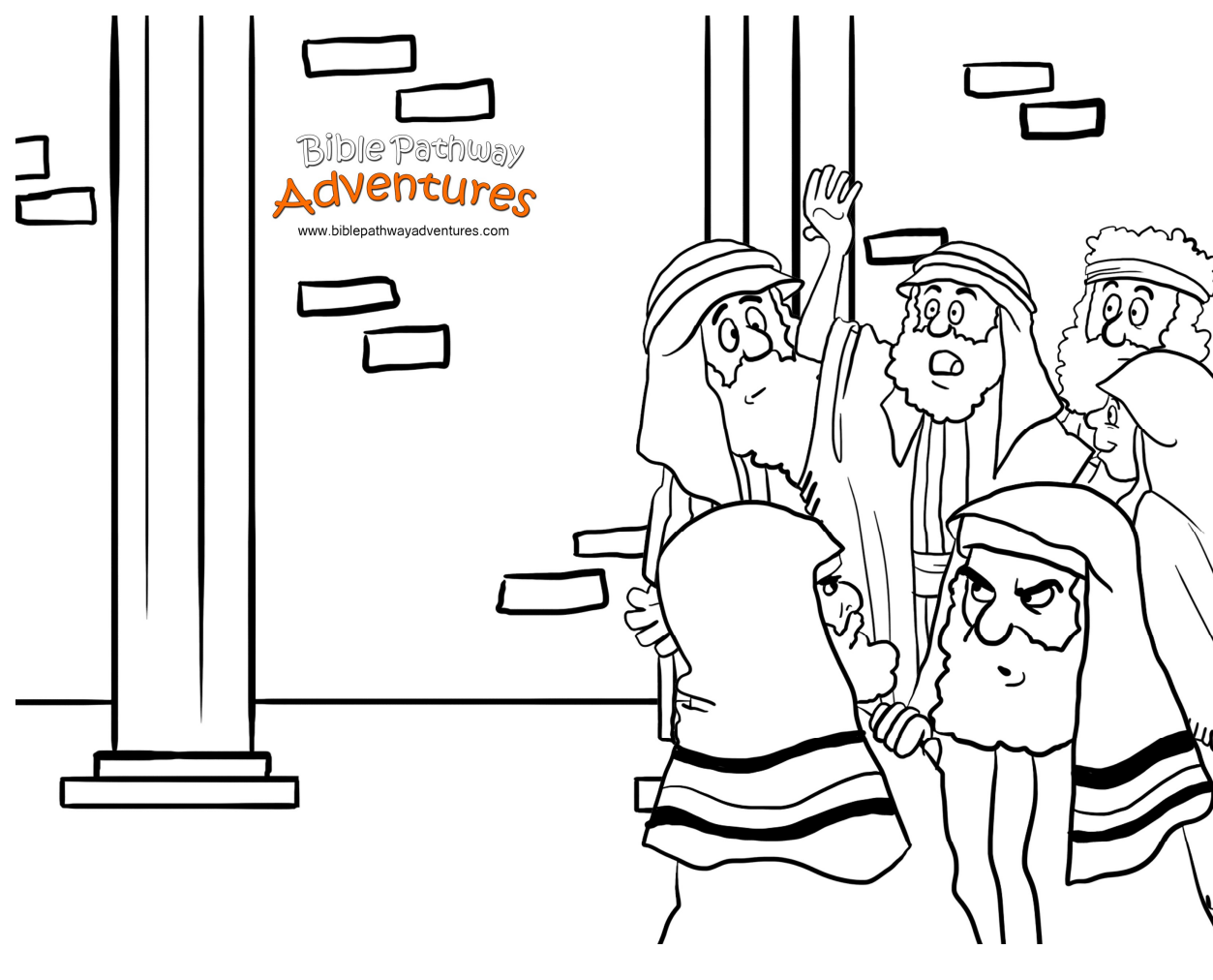
We do not know when we will be able to return to live services and personal contact but please continue to pray for us as we seek to reach out to bring blessing and encouragement in the name of our Lord Jesus. It is a privilege and a responsibility that we enjoy being part of and we ourselves have always come away feeling blessed and encouraged.

Jan Hodges



## ACTIVITIES FOR THE CHILDREN

### Colouring page - The Apostle Paul



### OCTOBER DATES FOR YOUR DIARY:-

10<sup>th</sup>/17<sup>th</sup>/24 - Worship at 10.30a.m.

4<sup>th</sup>/8<sup>th</sup>/11<sup>th</sup>/15<sup>th</sup>/18<sup>th</sup>/22<sup>nd</sup>/25<sup>th</sup>/29<sup>th</sup> - Roots Community Cafe -  
10.00a.m. - 1.00p.m.

5<sup>th</sup>/12<sup>th</sup>/19<sup>th</sup> - Thrive@Roots - 2.30p.m. - 4.30p.m.

7<sup>th</sup>/21<sup>st</sup> - Prayer Course - 7.00p.m.

7<sup>th</sup>/19<sup>th</sup> - Youth Home Group - 7-8.30p.m. - Foodbank Room

8<sup>th</sup>/22<sup>nd</sup> - Friday Night Youth Group - 6.30p.m.

11<sup>th</sup> - Deacons Meeting - 7.30p.m.

24<sup>th</sup> - Shoe Box Sunday - All age worship

## PUZZLE PAGE

Bible Pathway  
**Adventures**

WORD SEARCH

### FRUIT OF THE SPIRIT

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

PATIENCE  
FAITHFULNESS  
SELF-CONTROL  
KINDNESS  
GENTLENESS

PEACE  
JOY  
GOODNESS  
LOVE

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### NOVEMBER DATES FOR YOUR DIARY:-

7<sup>th</sup>/14<sup>th</sup>/21<sup>st</sup>/28<sup>th</sup> - Worship at 10.30a.m.

1<sup>st</sup>/5<sup>th</sup>/8<sup>th</sup>/12<sup>th</sup>/15<sup>th</sup>/19<sup>th</sup>/22<sup>nd</sup>/26<sup>th</sup>/29<sup>th</sup> - Roots Community Café  
10.00a.m. - 1.00p.m.

2<sup>nd</sup>/9<sup>th</sup>/16<sup>th</sup>/23<sup>rd</sup>/30<sup>th</sup> - Thrive@Roots - 2.30p.m.

2<sup>nd</sup>/16<sup>th</sup> - Youth Home Group - 7 - Foodbank Room

4<sup>th</sup>/18<sup>th</sup> - Prayer Course - 7.00p.m.

5<sup>th</sup>/19<sup>th</sup> - Friday Night Youth Group - 6.30p.m.

15<sup>th</sup> - Deacons Meeting - 7.30p.m.

15<sup>th</sup> - 19<sup>th</sup> - Shoebox Collection Week

21<sup>st</sup> - Church Members meeting