## Aleagest Prayer Focus: Wlymondhason poodbainks

Given the current economic climate and the news of how many more people are struggling to make ends meet, let's join together this month to pray for our foodbanks...plural!
Roots café have a 'Pay it Forward' board and we have noticed a marked increase in visitors making use of this.
At WBC, we also work with the Norwich foodbank which is part of the Trussell Trust. There is now a table in the lounge during Roots on Fridays that is reserved for the foodbank and clients are directed there if they have need. The volunteers are from across the town and give out pre-packed boxes and bags of food and essentials. There has been a noticeable increase in people needing access to the foodbank and according to the latest Norwich newsletter, 48\% are from people who are in work but still have trouble managing.
Since 2018, the Catholic Church in Wymondham has also organised a foodbank and Community Fridge which serves the local parish (from Attleborough to Hingham, Bunwell and Little Melton). It too is gospel inspired and is run by volunteers of different faiths and of none. Packs are made up individually for each recipient according to their need. If you can, please pray for......

- Those in need, especially those who are afraid to ask for help.
- Local businesses, organisations, and individuals, who through their gifts, enable these projects to serve those in need.
- Our volunteers who seek to ease hardship and bring hope.
- Ourselves, that we might be prompted to show compassion and, modelling ourselves on Christ, to share His love and kindness to all in need.
To find out more about the organisations mentioned above, please go to:
www.norwichfoodbank.co.uk (www.trusselltrust.org)
www.community@wymondhamrcchurch.org.uk
www.wymondhambaptist.org.uk
John Westey's Rule:
Do all the good you cans.
By all the oneans you cann.
In arle the ways you cann.
In afle the places you can.
At all the times you can,
To all the people you cann.
As long as ever you cans.

