



.....and a very elegant black and yellow insect which I think might be a Black-and -yellow longhorn beetle.

This is something that we are hoping that everyone can be a part of so we really encourage you to pop out to the garden and see what you can tell us about. It will be so exciting what find out what is sharing our outside space.

Nicki, on behalf of the Eco team

THE WORD SEARCH BATTLE

Bible
Difficulty: Medium

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

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/bible>

ACTS
JAMES
JOHN

JUDE
KING
LORD

LUKE
MARK
RABBI

ROMANS
SAVIOR
TITUS

THE ROOTED LIFE

Colossians 2:7

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

Date - June/July 2024

A WBC MAGAZINE

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



IN THIS EDITION...

Summer is coming

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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Charity No: 1199302



Welcome to the seventeenth 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, 28th July 2024.

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

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New planting is aimed at inviting new wildlife and greater diversity into our garden and we are also keen to encourage our neighbours and local community to come in and feel welcome to enjoy some quiet time in our outside space. It is another way of showing that our church is a place for everyone.

A big 'thank you' to all the team for your hard work.

Our new garden log.....help please!!!

We would really like to start a garden log which would serve 2 purposes. The first would be to record what jobs are done each month and the second would be to record what we see in the garden over the year. So..... we are asking for your help!

Keith has put up a plastic wall holder in the church porch which now houses a folder and pen.....

If you are working in the garden, it would be great if you could note down any jobs you have done, with the date.

And if you are in the garden at any time, have a look round and see what is happening. Perhaps you could let us know in the folder what birds or insects you see or hear. Or are there particular flowers that smell lovely? Let us know! Perhaps you could take a photo and send it to the office so that we can include your findings too.



For example, in my 2 visits recently, I have spotted a Mint Moth

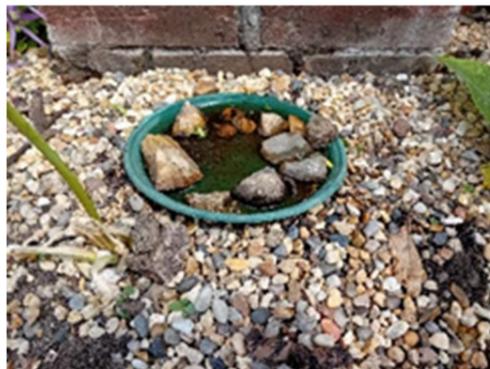
And with Shirley this week, we saw a beautiful bumblebee feeding in a foxglove flower.....

.....possibly a Common Carder Bee





Old plants have come out to make room for a wildlife area which has been planted with wildflowers and is now home to a birdfeeder and water for the insects.....



A new base for the large table has been laid and areas of the lawn have been reseeded, the hedge and holly tree have been pruned and the brambles cut down. Keith has constructed a new shed housing all the toys. This is kept open so that the toys are easily accessible for play but can be stored away to keep them in good condition and for the garden to look tidy.

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



Welcome to our new edition of Rooted life! We would love feedback and if you would like to place an article or contribution please do speak to us. It seems that it wasn't that long ago that I was writing my last article! Time flies when you're having fun. Talking of time flying.....I recently was very privileged to celebrate my 25th wedding anniversary with my wife Emma. We were blessed by lots of cards, best wishes and were presented with a beautiful climbing rose from the church, which now sits in pride of place in a container pot against the house in our garden. The past 25 years have gone past in the blink of an eye. As I say time flies by when you're having fun. I am humbled by the love Emma has shown me through all these years, her patience, kindness and sacrificial attitude. I can honestly say I am very happily married and love her more and more each day. I would lay down my life for her.

As part of our celebrations Emma and I went away with our family, our 4 children, their partners and our grandchildren! Yep we've reached that age too! We had a great time away and some beautiful weather...remember the sun? Its that yellow thing that should be high in the sky this time of year. When we were away we spent time enjoying family life, swimming, walking together, good food and even a lovely hot tub, sauna and steam rooms. We were up in north Norfolk which is always breath taking. It is a stunning area that we live in. We visited Sandringham estate, dropped in on a brewery for a tour and enjoyed the scenery. Unfortunately we didn't have time to make it up to the coast but suffice to say there are some stunning beaches along the Norfolk coastline, Wells and Holkham being among my favourites.

This month (June) sees another anniversary. It is 80 years since the D-Day landings on different beaches of Northern France. It was a major turning point of world war two. It was a time of the push back against the German offences and the beginning of the liberation of France and eventually victory that would free the world from the oppression and grip of the Nazis. However though the beach landings would lead to success it came at costs of great sacrifice. It is very easy to say the words 'for our tomorrow they gave their today'. Young men risked their lives in order to win the battle for the greater good and the freedoms we enjoy now are because of that fighting spirit and willingness to lay down their lives for us. Sometimes when



I visit the beach I think of that cost. Jesus said these words “ greater love has no man than to lay down his life for the sake of his friends” John 15:13. He then demonstrated this by doing exactly that...he layed down his life in the greatest sacrifice ever known. But not only did he lay down his life, he took it up again and defeated the one enemy no-one else could defeat...death itself. By his sacrifice he brings eternal life to all who believe in him. He offers us all the chance to never taste death as a finality but we can be with him in eternal paradise. To join him in his kingdom forever. Placing our faith is not just a reward for after death it is also the greatest relationship we can have now! My relationship with Emma is a real blessing and I wish I could have all the time in the world to be with her, but so is my faith in Jesus a real blessing and I will have all the time in the world to be with him.

Is this the time you need to place your faith in Jesus, and not put it off until tomorrow? Because time really does fly! Don't let another 'anniversary' go by without knowing the one who made the sacrifice to offer you the greatest gift you can ever know.

Blessings
Paul

SPONSORED BIBLE READING

STOP PRESS! We're delighted to tell you about WBC's **Sponsored 12-hour Bible Reading Challenge** that will take place on **Saturday 19 October** - please put this date in your diaries. Anyone in the fellowship, friends and families can join in -in fact the more the merrier! You'll read out loud from the Psalms and Gospels, either in church or via video link. More details will be shared in the next Rooted Life magazine and in Church.



ARE YOU ABLE TO SUPPORT US FINANCIALLY?

If you would like to make a gift to the church, or regularly support the work at WBC you can do this in several different ways:-

- There is an offering box by the exit door
- There are offering envelopes
- There is a card reader available to you, by the exit door
- You can also ask at the Church Office for giving information through your bank.
- Check out the 'Giving' tab on the website



As before, the morning provided a great opportunity to catch up with each other and to hear about other eco projects in and around our town.

Thank you!

Garden update and New Garden Log

We are very blessed to have such a sunny garden next to our building and equally blessed to have such a dedicated and willing team of people who work quietly and use their skills to keep our garden looking lovely.

If you have visited the garden recently, you will see that there have been some changes.....there are new bulbs and plants going in,.....



Silver Celebration Eco Church Award Event



Another huge 'thank you' to everyone who helped out in any way at our recent community eco event, celebrating achieving our Silver Eco Church Award.



Despite some very chilly weather, the church was full! We had some really interesting stands from our local nature and green groups as well as an array of fun craft activities. We saw some familiar faces and some new ones who popped in to see what was going on.

A word from Rosedale bereavement support.....

Trouble sleeping?



The weather is finally getting warmer and the days are getting longer. The sun rises a little earlier each morning, which I have to admit, is a bit challenging for me. My bedroom faces East so no matter how many layers of blackout blinds I put up, every spring/ summer, the bright sunrise wakes me up earlier and earlier. The obvious solution would be to go to bed earlier!

Pre-tech generations (especially those who worked on the land in rural communities) were naturally tuned into their circadian rhythms and would go to bed when the sun went down and get up when it rose. This way they had plenty of time to tend their crops and bring in the harvests at a time when everything was ripening.

All living things (plants, animals and humans) have natural circadian rhythms (rhythmic shifts of day and night). These rhythms are tailored to life on earth and the rotation of our planet. They are essential for good functioning of the immune system, hormones, metabolism, cognition, reactions to stress, sleeping and waking. Our rhythms are controlled by our 24-hour body clock and are influenced by exercise, daily routines, meals and stress.

Many bereaved people find that their sleep is disturbed. Emotional exhaustion and stress can lead to lack of energy and sleeping too much, often in the middle of the day. Others struggle to get to sleep at night. Waking in the middle of the night with a mind full of worries is also a common complaint. This can lead to an unhelpful cycle of napping during the day and sleeplessness at night.

As a result, natural circadian rhythms and our normal 24-hour routines become disrupted, leading to fatigue, health problems, reduced ability to think clearly, concentrate and regulate emotions.

Experts at the Sleep Foundation offer guidelines to maintain a healthy circadian rhythm.

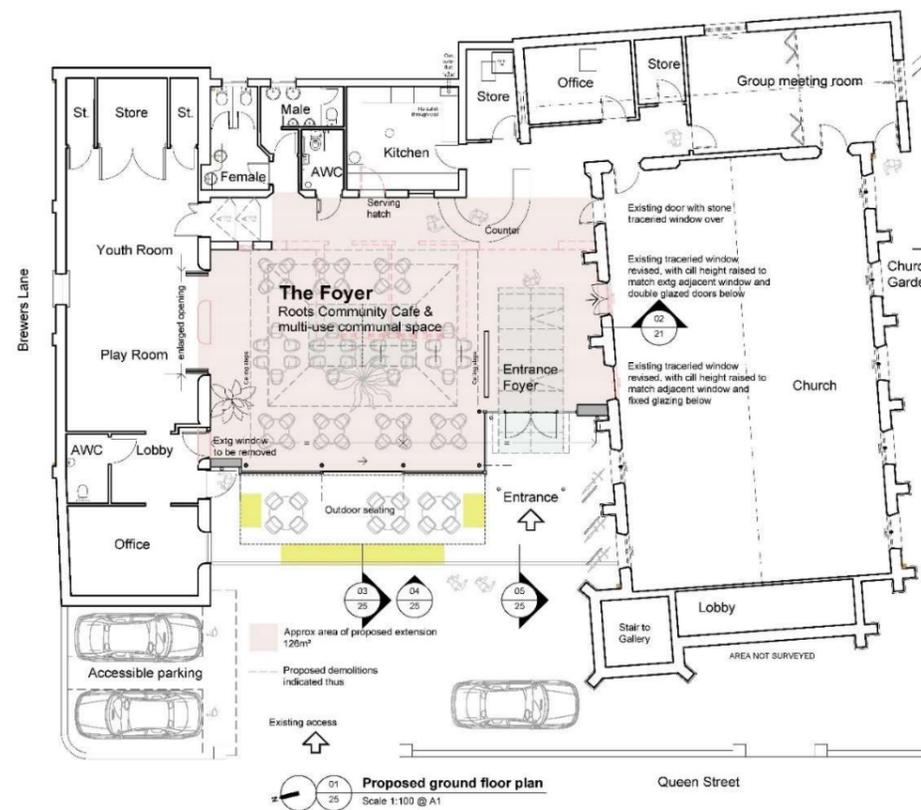
- Try to keep to a regular daily schedule of meals, going to bed and getting up.
- Spend time out doors for exposure to sunlight and daily exercise.
- Keep naps short and avoid napping late in the day.
- Create a calming bedtime routine- take a warm bath, gentle stretches, low lighting etc.
- Avoid screens and blue light emitting devices before bed.

Also, try to avoid eating and drinking late in the day (especially anything containing caffeine) and keep a notebook or journal next to the bed to 'download' worrying thoughts and feelings before sleep. For more information on this topic see: sleepfoundation.org

Call 01379 640810 if you would like to join our next bereavement support group.

A PICTURE TO COLOUR

Proposed Extension - Phase 2 has now started!



Summary

Phase 1 - Planning Permission

Received December 2022

Phase 2 - Detail Design Development

- Prepare detailed drawing
- Prepare specifications for the work
- Identify Building Control requirements
- Engage architect, structural engineer and independent energy consultant
- Obtain contractor pricing and refine cost estimate

Craft and Crumpets



A big **'Thank you'** to everyone who came and supported our Craft and Crumpets event on the 27th April. The array of talents on display was fantastic and it was really good to have the time to find out more about our individual hobbies and to encourage each other.



As well as a celebration of talents, this was also a fundraising event for the building project and an amazing £722.60 was raised in total.



Thank you!!

Humour, Childlike thinking

Many years ago while walking through a churchyard with my young daughter she asked me a question. Those tombstones which are taller than all the others, do they belong to Pastors?

Kathleen



Phase 3 - Construction

No commitment to construction will occur without specific approval of the Church Members. We do not have a firm date for when construction will start. The earliest start date would be in the Autumn of 2024, but Spring 2025 is more realistic, providing we have the funds. The budget for the overall project (all three phases) is approximately £500,000.

Progress on Phase 2

A summary of the expected costs for Phase 2 was received by the Church Members Meeting on 19th November 2023 and approval was given to carry out this work, subject to the necessary finance being in place. The costs are summarised below.

LWA architects	£18,000
Other professional fees	£5,538
Site investigations	£900
Energy consultant	£2,700
WBC contingency, 10%	£2,714
GRAND TOTAL	£29,852

Phase 2 takes the planning permission already received in Phase 1 and develops the detail design drawings, specifications and drawings needed to obtain real pricing from contractors. It includes much work from the architect, and input from a structural engineer to design the required steelwork and foundations. We are also taking advice from an energy consultant on the proposed heat pump included in the design and finding out about the feasibility of using solar panels to reduce our electricity bills. The timescale to finish this work is not fixed, but it is likely to take three months or so to get to the point at which we could go out to contractors for pricing. We may pause at this point, to review where we are at with overall funding for the project, as we don't want to go out to tenders twice. Please pray for David Frith and Paul Smith as they liaise with the architect John Western and others during the Phase 2 work.

So far we have had two meetings with the architect and have begun to work through some of our issues and questions. We have also met with the energy consultant and confirmed that for the extension we expect to use an air-to-air heating (and cooling) system rather than the air-to-water heating system, coupled with underfloor heating, as originally suggested. (Both systems use heat pump technology.) The air-to-air heating approach is also expected to be the longer-term solution for our overall building heating. We already have a similar type of air-to-air heating (and cooling) unit in the upgraded kitchen.

How do we pay for this?

So far the church has managed to raise the funds necessary to achieve planning permission, and to upgrade the kitchen following a flood due to a broken pipe, and to balance the books for 2023. We give God thanks for this and particularly now that we have the funds necessary in the Building Fund to pay for the Phase 2 work. God has been good to us.

We also give thanks to God that the efforts of Grace Burke and a small team of dedicated helpers (the "External Fund-Raising Team") have been rewarded and that the application to South Norfolk Council for a community grant towards the cost of this Phase 2 work has been approved. This will cover a substantial part of the cost of the Phase 2 but we still have to pay the invoices first and reclaim the grant afterwards, with a lag between the two. We are due to make our first report to the Council in mid June.

Thank you for your prayers and contributions. The fund-raising efforts will of course continue as we carry out this Phase 2 work. Please pray for Grace Burke and Kate Kinsey (and the rest of the "External Fund raising team" as they seek grants for Phase 3 - Construction. Please don't feel embarrassed if you are unable to contribute directly - prayer for the project is even more important. If you have other imaginative ideas for raising funds do let us know. Details of how to give are below.

The existing buildings

In looking at interfaces with the existing buildings, we are also looking at smartening up the north elevation of the church which may look scruffy compared to the new extension. Cleaning of the north wall has been completed - the brick cleaned up nicely but the stonework did not respond to treatment, much to the disappointment and surprise of the cleaners and their on-call experts. The windows still need further consideration. We have monitored the peak usage of our existing electricity supply and the report is being reviewed. The aim is to ensure it will be adequate for the future.

How to give?

There are various ways you can give.

1) On the premises. There is an opportunity for you to give your offering as part of our Sunday worship or whenever the church is open. Envelopes marked "Building Fund" are available. A donation terminal is also available, which takes payment by credit or debit card. There is a button on the screen to indicate what are of WBC work you wish to support.

2) Giving through your bank - if you would like to make a donation by BACS, please ensure that it is marked 'BUILDING FUND'. Payments should be made to the credit of Wymondham Baptist Church account: Sort code: 30-90-89 Account No. 47748863

3) By leaving a cheque or cash at the Church Office or in the Offering Box in the church.

4) By visiting our Just Giving page for the Building Fund

5) By visiting the WBC website and following the links on the 'Giving' tab.

If you pay UK tax please consider Gift Aid - a form can be obtained from the office. This enables the church to increase the value of your donation by 25%.

If you need help or more details, please contact Cathy in the office on Tuesday, Wednesday, Friday morning or by e-mail at office@wymondhambaptist.org.

David Frith



Recycling Project Update



Recycling can be confusing, time consuming and a bit annoying, but it is important that we try to recycle as much as possible to avoid items going to landfill or incineration. But why should we make the effort? I recently came across this quote from Pope Francis:

'Never have we so hurt and mistreated our common home as we have in the last two hundred years. Yet we are called to be instruments of God our father, so that our planet might be what he desired when he created it and correspond with his plan for peace, beauty and fullness.' (Pope Francis, *Laudato Si*)

For Christians, recycling is a chance to cooperate with God to make change. We are God's instruments, his hands and feet and every small thing we do, even recycling, we can do for the glory of God. That should give us plenty of motivation!



Recycling project at WBC

We work with Val Keel from Wreningham on our recycling project. She collects hard to recycle plastics which are then recycled through various Terracycle schemes, simultaneously raising money for charity. These schemes do change so Val has kindly given us an update. We are now going to extend our recycling project here at WBC to include all of the following items:

- ♻ Biscuits, cakes, and biscuit bar packaging
- ♻ Cheese wrappers, pouches, nets from mini cheese, film from cheese slices
- ♻ Bags from instant coffee refills, coffee beans, ground coffee and individual coffee servings
- ♻ Packaging from dishwasher pods, surface and floor cleaning wipes, dishwasher salt
- ♻ Lavazza Eco caps
- ♻ Packaging from laundry pods
- ♻ Bags from sliced bread, bagels
- ♻ Pringles tubes (not lids)

We would really encourage you to bring as many of these items as you can to our recycling station in the corridor and place them in one of the blue bags. If you can bring the items to church, Rose and I will then sort them and take them to Val in Wreningham. We have pinned up all the relevant posters from Terracycle to help.

SMILING

Smiling is infectious
You catch it like the flu
When someone smiled at me today,
I started smiling too.

I passed around the corner and
Someone saw me grin
When he smiled I realised
I'd passed it on to him.

I thought about that smile
Then I realised its worth
A single smile
Just like mine,
Could travel round the Earth.

So, if you feel a smile begin,
Don't leave it undetected
Let's start an epidemic quick,
And get the world infected!



There is no one inadequate in God's eyes

Recently during a Sunday morning service at WBC, the Lord gave me a picture of a mosaic. The colours were all different; beautiful and bright. They were pink, red, blue, yellow, not one dull one among them.

I felt the Lord say that however small a contribution someone may feel they are able to make; some feeling they are not particularly talented or gifted, He was putting them all together to make this beautiful mosaic.

Katheen



Hurrah for dandelions!



This year, I have been going for an (almost) daily walk around a couple of lanes near our house and have been enjoying the changes in the grass verges and hedgerows over the months. Here is a pretty picture I took one morning of a verge full of dandelions!! Yes! Those pesky, pesky dandelions that we all dig up from our lawns and paths!

I have also been trying to listen more carefully and learn some of the birdsong that I can hear. Thanks to John Becket from the Wymondham Nature Group, I now have a super App on my phone which helps to identify birds from their calls and songs.



Opposite our house is a green open space which has small flocks of little birds which are really flighty and difficult to see. But thanks to the app, I found out that they are Linnets. A couple of days later, I was amazed to see one of these beautiful little birds busy feeding right in front of me. And what was it feeding on.....you've guessed it.....a dandelion seedhead!



It brought to mind the famous hymn
'How Great Thou art'

And at that moment, my soul did sing.....at dandelions, linnets and how great is our God!

Nicki Waterworth

O Lord my God, when I in awesome wonder
Consider all the *worlds thy hands have made,
I see the stars, I hear the *rolling thunder,
Thy power throughout the universe displayed:

Refrain

*Then sings my soul, my Savior God, to thee:
How great thou art! How great thou art!
Then sings my soul, my Savior God, to thee:
How great thou art! How great thou art!*

When through the woods and forest glades I wander
And hear the birds sing sweetly in the trees,
When I look down from lofty mountain grandeur,
And hear the brook and feel the gentle breeze:

Refrain

And when I think that God, his Son not sparing,
Sent him to die, I scarce can take it in,
That on the cross, my burden gladly bearing,
He bled and died to take away my sin.

Refrain

When Christ shall come with shout of acclamation
And take me home, what joy shall fill my heart!
Then *I shall bow in humble adoration,
And there proclaim, "My God, how great thou art!"

DATES FOR JUNE

June 2nd GEM Sunday - Worship including Communion - 10.30a.m.
 June 3rd Leadership Team Meeting - 7.00p.m.
 June 4th POWER HOUR - 10.00a.m.
 June 4th Thrive@Roots - 2.15p.m.
 June 5th Rosedale Mthly Meeting - 10.00a.m.
 June 5th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 June 6th Menscraft - 3.00p.m. - 5.00p.m.
 June 7th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 June 7th Friday Night Youth - 6.30p.m.
 June 8th/9th Prayer/Fasting and Giving Weekend
 June 11th POWER HOUR - 10.00a.m.
 June 11th Elders Meeting - 10.00a.m.
 June 11th Thrive@Roots - 2.15p.m.
 June 12th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 June 12th Uniform Bank open at Roots
 June 13th Menscraft - 3.00p.m. - 5.00p.m.
 June 13th Baptismal Classes
 June 14th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 June 14th Uniform Bank open at Roots
 June 15th HAPPY DAY GOSPEL CHOIR concert - 7.00p.m.
 June 16th Worship at 10.30a.m.
 June 17th Fund Raising Team meeting - 12.30p.m.
 June 18th POWER HOUR - 10.00a.m.
 June 18th Thrive@Roots - 2.15p.m.
 June 19th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 June 20th Menscraft - 3.00p.m. - 5.00p.m.
 June 20th Baptismal Classes
 June 21st Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 June 21st Friday Night Youth - 6.30p.m.
 June 23rd Worship at 10.30a.m.
 June 23rd Praise and Worship - 7.00p.m.
 June 25th POWER HOUR - 10.00a.m.
 June 25th Thrive@Roots - 2.15p.m.
 June 26th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 June 27th Menscraft - 3.00p.m. - 5.00p.m.
 June 27th Baptismal Classes
 June 28th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 June 30th Worship at 10.30a.m. including baptisms

DATES FOR JULY

July 2nd POWER HOUR - 10.00a.m.
 July 2nd Thrive@Roots - 2.15p.m.
 July 3rd Rosedales Monthly meeting - 10.00a.m.
 July 3rd Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 July 4th Church Meeting - 7.30p.m.
 July 5th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 July 5th Friday Night Youth - 6.30p.m.
 July 7th Worship including Communion - 10.30a.m.
 July 8th Leadership Team Meeting - 7.00p.m.
 July 9th POWER HOUR - 10.00a.m.
 July 9th Thrive@Roots - 2.15p.m.
 July 10th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 July 10th Uniform Bank at Roots
 July 12th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 July 12th Uniform Bank at Roots
 July 14th Worship At 10.30a.m.
 July 16th POWER HOOOR - 10.00a.m.
 July 16th Elders Meeting - 10.00a.m.
 July 16th Thrive@Roots - 2.15p.m.
 July 17th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 July 19th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 July 19th Friday Night Youth - 6.30p.m.
 July 20th Leadership Team Breakfast
 July 20th Afternoon Tea
 July 21st Worship at 10.30a.m.
 July 23rd POWER HOUR - 10.00a.m.
 July 24th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 July 25th Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.
 July 28th Worship at 10.30a.m.
 July 28th Praise and Worship - 7.00p.m.
 July 30th POWER HOUR - 10.00a.m.
 July 31st Roots Community Café @ WBC - 10.00a.m. - 1.00p.m.

