

GOOD NEWS

FOR NORWICH & NORFOLK

Christmas 2013

Inside

Friend to stars - 2
Football frontman - 5
Rock legend - 6
Wartime heroine - 7

supplement produced by
Celebrate Norwich & Norfolk



All-action hero Bears his soul

TV survival skills expert and Chief Scout, **Bear Grylls**, received a hero's welcome when he was mobbed by hundreds of Scouts on his flying visit to **Norfolk** during October. **Andrew Halloway** reports.

The youngest-ever Chief Scout, Bear is a former SAS soldier who risks life and limb to show TV viewers how to survive in the wild.

He has also climbed Everest, broken his back in a parachute accident, led the first team to circumnavigate the UK on jet skis, made the first unassisted crossing of the Arctic Ocean in an inflatable, and created a world record for the highest open-air dinner party - under a hot-air balloon at 25,000 ft!

The list of Bear's adventures is as long as your arm, including carrying the Olympic torch down a zip wire from the top of the Tyne Bridge in Newcastle without the flame going out!

However, what's made Bear endearing to his fans is not just his courage but his humility and willingness to admit the secret of his inner strength - his relationship with God. For such a 'man's man' to open up like that, without embarrassment, takes both guts and honesty.

In his recent autobiography, *Mud, Sweat And Tears*, Bear revealed how he first encountered God while at Eton. He says his faith "has provided me with a real anchor to my life and has been the secret strength to so many great adventures since."

"But it came to me very simply one day at school, aged only 16.

"As a young kid, I had always found that a faith in God was so natural. It was a simple comfort to me: unquestioning and personal. But once I went to school and was forced to sit through somewhere in the region of 900 dry, Latin-liturgical chapel services, listening to stereo-typical churchy people droning on, I just thought that I had got the whole faith deal wrong.

"Maybe God wasn't intimate and personal but was much more like chapel was... tedious, judgemental, boring and irrelevant.

"The precious, natural, instinctive faith I had known when I was younger was tossed out with this newly-found delusion that because I

"Faith in Christ has been the great empowering presence in my life, helping me to walk strong when so often I feel weak..."

was growing up, it was time to 'believe' like a grown-up.

"It took a low point at school, when my god-father, Stephen, died, to shake me into searching a bit harder to re-find this faith I had once known... Stephen was like a second father to me... He died very suddenly, of a heart attack... I was devastated.

"I remember sitting up a tree one night at

school on my own, and praying the simplest, most heartfelt prayer of my life: 'Please God, comfort me... and blow me down... he did,' said Bear.

"My journey ever since has been trying to make sure I don't over-complicate that simple faith I had found. And the more of the Christian faith I discover, the more I realise that, at heart, it is simple.

"To me, my Christian faith is all about being held, comforted, forgiven, strengthened and loved... The irony is that I never meet anyone who doesn't want to be loved or held or forgiven. Yet I meet a lot of folk who hate religion. And I so sympathise. But so did Jesus. In fact... he went much further. It seems more like Jesus came to destroy religion and to bring life.

"This really is the heart of what I found as a young teenager: Christ comes to make us free, to bring us life in all its fullness. He is there to forgive us where we have messed up (and who hasn't?), and to be the backbone in our being.

"Faith in Christ has been the great empowering presence in my life, helping me to walk strong when so often I feel weak... I had stumbled on something remarkable that night up that tree. I had found a calling for my life."

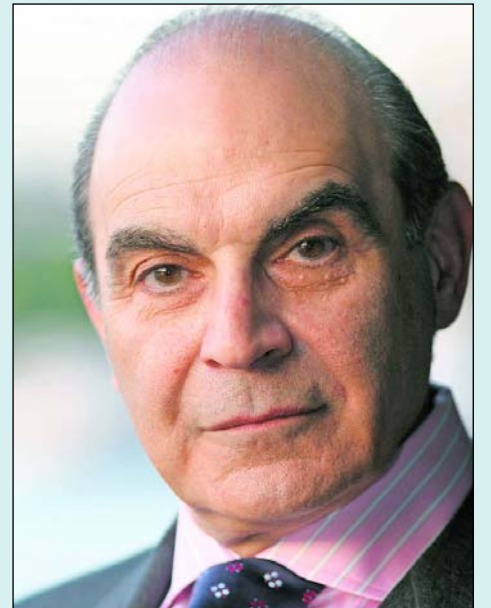
■ *Mud, Sweat and Tears* is published by Channel 4 Books at £7.99

© www.goodnews-paper.org.uk



Above, Bear Grylls during his visit to Norfolk, and left, as the youngest ever Chief Scout.

Pictures courtesy of Scout Association and EDP.



David Suchet. Picture by Phil Chambers.

Poirot's final case opens up life for David

■ Hercule Poirot may have solved his very last case, but it is certainly not the final act for actor David Suchet who has brought the world-famous fictional detective to life over the past 25 years.

The Emmy and BAFTA award-winning actor faced a final case as Agatha Christie's iconic sleuth in the TV drama in November but far from being his final curtain-call David has used the opportunity to now follow other interests close to his heart.

Brought up a non-orthodox Jew, David had dabbled in new age philosophies. One day, at the end of filming, he picked up a Bible in his hotel room and started to read St Paul's letter to the Romans.

"I read it as a letter that had just been sent to me," said David. "By the time I got to the end, I found a world view I had been looking for all my life; something I could hang onto.

Soon afterwards David followed his conversion to Christianity by being baptized: "I'm a Christian by faith. I like to think it sees me through a great deal of my life," he said.

In 2012 he made a documentary for the BBC on his personal hero, Saint Paul, to discover what he was like as a man by charting his evangelistic journey around the Mediterranean.

And now David has spent 200 hours in the past 12 months recording the entire Bible in his distinctive voice. The recording will be released next Easter as an e-book.

Claim your free book

■ A free book, which explains the real meaning of Christmas, is being offered to every reader of *Good News for Norwich & Norfolk*.

What's the Point of Christmas? is written by popular author and speaker J John.

If you would like an answer to this and other questions about the Christian faith then, with no strings attached, send an 11cm x 16cm large letter rate SAE to: Good News for Norwich & Norfolk, 4 Linden Road, New Costessey, Norwich, NR5 OBE.

To find out more about Jesus and the Christian faith online, visit: www.rejesus.co.uk

GOOD NEWS

FOR NORWICH & NORFOLK

■ Good News for Norwich & Norfolk is published by Celebrate Norwich & Norfolk. Registered charity no 1141245.

■ Website: www.networknorfolk.co.uk
 ■ Editorial (01508) 488318. e-mail stories to keith.morris@networknorfolk.co.uk or send copy to Pear Tree Farmhouse, Wymondham Road, Wrenningham, Norwich NR16 1AT.

■ Advertising: Peter Barnes (01603) 743786
 ■ Distribution: Les Champion (01603) 402310

■ Editor and designer: Keith Morris
 ■ Regular writers: Peter Barnes, Kevin Gotts, Mike Wiltshire, Sandie Shirley, Helen Baldry, Les Champion.

■ Printed by Archant Print.

■ Churches, Christian organisations and individuals from within Norwich and Norfolk are invited to send news, events and pictures which relate to the demonstration of the Gospel in social action, community care and evangelism generally.

This will not only encourage those Christians involved in similar activities but also inform leaders in other churches who are contemplating similar forms of outreach.

■ The deadline for material for the Easter edition is Friday March 14. Distribution is from Friday April 4.

■ While every care has been taken in compiling this publication and the statements contained within are believed to be correct, the publishers cannot accept responsibility for any inaccuracies.

Reproduction of any part of this publication without permission is strictly forbidden. But please ask as we are usually happy to oblige for a credit line in non-commercial situations.



Drug and alcohol recovery in Norfolk and Suffolk

For the many ways to support our work or to book a talk go to...



www.matthewproject.org

Registered Charity No. 1122801
 Limited Company No. 6388343

Christmas - if it's true it changes everything

■ We can have very mixed feelings about Christmas. Some love it whilst others can't stand it; some approach it with excitement and others with despair.

Some years ago I was given Charles Dickens "A Christmas Carol" as an early Christmas present and it's now become a tradition for me to read it each Christmas Eve. The main character, Scrooge, has become synonymous with a mean attitude, and his phrase 'bah, humbug!' shows us how much he despised Christmas.

"Humbug" is defined as 'an attitude or spirit of pretence and deception, nonsense or drivel' and he first uses the term when he encounters Marley's ghost. He simply won't believe what is in front of his eyes.

Dickens' evocative and descriptive style, the character development and the tale of transformation add together to make a really good story. He writes great fiction and there are those who think that the Christmas story is no more than that. So is the Christmas story just 'humbug'?

I was a lawyer for 22 years, both as a solicitor



Rev Ian Dyble, Priest-in-Charge of St Thomas Church, Norwich

written about them, and I know of no one fact in the history of mankind which is proved by better and fuller evidence of every sort to the understanding of a fair inquirer than the great sign which God has given us that Christ died and rose again from the dead.'

It is the birth of this Christ that we celebrate at Christmas. This is no mere fiction but the story of God's love for the world; a broken world that no amount of hedonistic pleasure or material possession can heal. "God so loved the world that He sent his only Son - at Christmas - that whoever believes in him shall not perish but have eternal life." (John 3:16).

Marley's ghost asks Scrooge "Man of the worldly mind, do you believe in me or not?" "I do" replies Scrooge, confronted with the evidence, "I must."

And what of us this Christmas? In all the worldliness of the season shall we let the evidence of God's love for us in Christ confront us once again and ask us that same question? Do you believe in me or not? For if it's true, it changes everything.

and then a barrister, before becoming the vicar of St Thomas church. Evidence interests me. The evidence supporting the life, death and resurrection of Christ is strong. Prof Thomas Arnold, who was Head of Rugby School and Chair of Modern History at Oxford University stated:

'I have for many years been used to studying the histories of other times, and to examining and weighing the evidence of those who have

Friend to the stars

By SANDIE SHIRLEY

When the stars deliver a bumper package of festive fun at the Theatre Royal's Cinderella pantomime in Norwich this year, Canon Peter Nokes will take a particular interest.

The man who took on the role of chaplain at the Norwich theatre when he was appointed to the city-centre church of St Peter Mancroft, is on hand for staff and visiting production companies throughout the year.

He says: "Actors are often far from home, friends and family and they are always very welcoming when I call in to say hello. It is a great privilege and joy to be chaplain; the theatre is full of wonderfully gracious, perceptive, generous people from whom I have learned an enormous amount."

"As with a lot of chaplaincy work, it is a matter of finding a balance of being available without being obtrusive. One strives to be alongside people in their own contexts and situations rather than preaching at them."

As a young priest and sixth form college chaplain, he learnt the lesson well when he was asked to sit in the room labelled 'chaplain's office' and few people visited. "It was only when I began teaching sociology to 'A' level groups that I found myself used much more by the students because I was available to them where they were."



Canon Peter Nokes outside Norwich's Theatre Royal. Picture by David White.

The pantomime is the longest-running annual production and is produced by the theatre. The yearly Pantomime Service at St Peter's at 11am on Christmas Eve morning helps mark, with gratitude, the contribution the theatre makes to city and county life. "It is all too easy to take for granted the quality of our theatre which has had links with St Peter's since the mid-19th century," says Canon Nokes.

Staff and the pantomime cast

take part in the light-hearted service which will include an address by the Bishop of Norwich, this year. "For many the annual pantomime is a significant event at Christmas so it is good that the core message of Christmas is celebrated with the theatre at these fun services," says Canon Nokes.

"I consider one of the most important things we do as a city church is to pray daily for our theatre and all the other city

institutions."

A few years ago prayer was needed when the controversial production 'Jerry Springer the Opera' was shown at the theatre and the cast and chaplains were jeered during the ensuing demonstrations. "There was protest from several Christians who mistakenly, in my view, thought the production was blasphemous. The next morning I celebrated Holy Communion and was delighted to see in the congregation those who had played Jesus and Mary! The actors were there, quietly expressing their faith. People often forget that actors play parts which more often than not do not express their own lives or views!"

Canon Nokes first heard the gospel at boarding school during some stirring preaching and "was brought to faith by people whose lives were manifestly of God."

He adds: "I think all too often religious people can get too caught up in words and formulae. Words alone can never convey the love and grace of God which was made known to us in Jesus Christ."

To illustrate the point, he recalls a former Bishop confirming some young adults - including those with a mental age of three or four - at the service in a psychiatric hospital.

"Using very few words, he laid hands on their heads and prayed for the Holy Spirit to be with them and then he gave each of them a long hug and an episcopal smile."

SEASONS

Corporate buffets, fresh bread, cakes, filled rolls, sandwiches, Gluten & Wheat Free Products, 187 Reepham Road, Hellesdon

Cards 'n' Things

The Specialist Card Shop

Reepham Road, Hellesdon, Norwich. Tel: 01603 442165

Greeting Cards – Stationery
 Helium Balloons
 Cylinder Hire
 Party Products
THORNTONS CHOCOLATES



Norwich pastor Tom Chapman.

Pastor's peace over tumour op

Tom Chapman is the 42-year-old pastor of Surrey Chapel, located near to Norwich's Anglia Square. In 2007, Tom underwent radiotherapy for a brain tumour. He enjoyed five years of good health until it became clear, earlier this year, that the tumour had recurred in a more aggressive form and he would be fortunate to live another 18 months.

Tom said: "It was a bad time. We have three boys and a little girl who has just turned three and is too young to understand. The boys are 14, 12 and 10 so we had to explain what was happening and that there was a good chance that they wouldn't have a dad for very long."

Addenbrookes Hospital in Cambridge encouraged Tom and his wife, Suzanne, to consider the option of surgery alongside chemotherapy. While there was a real risk that Tom would lose up to 40% of his eyesight and that it wouldn't be possible to remove the entire tumour, surgery would make Tom more comfortable and the tumour more accessible to chemotherapy.

Tom said: "I originally thought no, but over time was persuaded that perhaps it was the best thing to try - it gave us the better chance for God to make a difference. And indeed He did!"

On the morning of the surgery in

Despite the recurrence of an aggressive brain tumour, **Norwich pastor Tom Chapman** says he has an incredible sense of peace and the joy of being able to look forward to Christmases beyond this one. **Jenny Seal** reports.

July, a large gathering of the church met at Surrey Chapel to pray for Tom and the operating surgeon.

Fully expecting to wake up with half his vision, Tom was amazed to open his eyes and see better than before. All the visible tumour and mass had been removed, including parts the surgeon had thought couldn't be. And the biopsies indicate that there is a good likelihood that the remaining cells will respond well to chemotherapy.

Tom said: "Any one of those three things would have seemed a remarkable blessing and answer to prayer, but for all three to have come off is staggering. The doctors now say that instead of keeping me comfortable for 18 months they are

looking to keep me alive for years."

But it is not the results of the surgery that Tom cites as the greatest miracle. It is the sense of peace he and his wife had in the month beforehand despite knowing the risks and prognosis.

Tom said: "It had been a pretty tormented time. But when we felt it was right to go ahead with the surgery we suddenly found ourselves in a time of great peace. That peace came from knowing Jesus had died for me and I had a relationship with God that would last forever."

He is conscious that many people don't find a tangible answer to prayer for physical healing, but Tom would counsel those facing cancer to seek it and crucially not to give up. He would also encourage others facing cancer to embrace the opportunity to look beyond this life and focus on what really matters.

Tom is back at work. He currently struggles to read aloud and so finds preaching a challenge, but one which he hopes to overcome in the future. For now, he is looking forward to enjoying Christmas and life beyond without a dark cloud over his head.

■ If you would like to contact Tom about issues within this article please call Surrey Chapel on 01603 619555 or email at church at office@surreychapel.org.uk

Cards 'n' Things

193 Reepham Road, Hellesdon,
Norwich (on the Bull Roundabout)
Tel: 01603 485832

We have teamed up with Thorntons and offer their range of chocolates together with our great selection of greeting cards, helium balloons and gifts.



DIPPLE & CONWAY
— OPTICIANS —

OPTOMETRISTS &
DISPENSING OPTICIANS
.....
QUALIFIED ADVICE IN
ALL ASPECTS OF EYE CARE
.....
CONTACT LENS CENTRE

ALL TYPES OF LENSES INCLUDING
DISPOSABLES FITTED & SUPPLIED

TEL: NORWICH (01603) 626750

19 CASTLE STREET, NORWICH NR2 1PB
www.dippleconway.co.uk

Today's Lifestyle Church
Presents

A Journey THROUGH Christmas

An evening of
Music & Drama
for all the family

free
admission
7.30pm
**Friday 13th &
Saturday 14th
December**

Today's Lifestyle Church, Hall Lane,
Drayton, Norwich, NR8 6DP
www.tlenorwich.com



Carpet and Upholstery Cleaners



Collins Carpet Care

Clean and protect your carpets professionally

Free quotations...

Have your carpets, upholstery and leather furniture spring cleaned after the summer holiday.

8 Peck Close, Bowthorpe, Norwich

01603 744044 or 07754 805252

www.collinscarpetcare.co.uk

WANT ADVERTISE YOUR BUSINESS

Ring Peter Barnes on 01603 743786
or e-mail 113041.1117@talktalk.net

East of
England
COOP

Helping you create
the perfect tribute
for your loved one

Funeral Services

Available 24 hrs a day

St Stephens Square, **Norwich**

☎ 01603 625495

Aylsham Road, **Norwich**

☎ 01603 483060

154 High Street, **Gorleston**

☎ 01493 440838

144 Northgate Street, **Great Yarmouth**

☎ 01493 842464

93 High Street, **Stalham**

☎ 01692 580213

Planning ahead?

We have a comprehensive range of pre-need funeral plans

☎ 0800 0744361* Monday to Friday 9am - 5pm

✉ preneed@eastofengland.coop

🌐 eastofengland.coop/funerals

*Free from a landline, mobile charges can vary

A lasting tribute
in stone for
your loved one

H.L. PERFITT Stonemasons

Serving local families since 1842

North Walsham Midland Rd. NR28 9JR • 01692 403344

Bungay Chaucer St. NR35 1DT • 01986 892359

Diss Vines Rd. IP22 4YS • 01379 652211

www.hlperfitt.co.uk



John Myhill
outside
Church Farm
in Hethel



Trials and inspirations of retiring Norfolk magistrate

After years of prison support work, in November 1992, John found himself incarcerated in Norwich Prison, for a crime he did not commit.

"I was totally helpless," he said. "If found guilty I could spend years in prison. I knew that all my assumptions about being master of my own destiny were a delusion. When that cell door closed upon me for the first time, I instantly became aware that I was not alone. A presence calmed me. What I had mistaken for a tragedy was part of His plan."

After growing up as the son of an Anglican minister and missionary school headmaster in Hong Kong, John had his own personal Road to Damascus experience.

"This was not punishment, but opportunity. Not the loss of freedom, but the discovery of its true meaning. Not death but birth: not rejection but Grace, a call to new life," said John.

"Most of my hours were spent locked in my cell, which gave me hours to read and write, but mainly I enjoyed the silence, with my new-found personal Jesus."

After spending six weeks in Norwich Prison, John was completely cleared of the charge on appeal.

Four years later, John became Quaker Prison Minister at Norwich Prison, this time with the keys to come and go and in 2003, he became a magistrate with the presiding judge at the ceremony the very same as at his trial – Judge David Mellor. "His approval was very important to me," said John.

"I can never forget that I once stood in the dock with a policeman on either side of me. I was always searching for a way forward for the poor unfortunates in front of me – what sentence might assist them towards a better life."

John tells his full life story in his autobiography, *Trials and*

Norfolk magistrate and Quaker **John Myhill** has just retired from the Bench after ten years service in the Norwich courts, but it was when he was in the dock himself in front of a Crown Court judge that proved a major turning point in his life. **Keith Morris** reports.

Inspirations, which has just been published online.

He was born during a tropical thunderstorm in Hong Kong and, at the age of six, the family returned to England where John met a number of well-known authors – he recalls sliding down the banisters at the house of poet Walter de la Mare, playing Pooh Sticks with Winnie the Pooh author AA Milne and being read poems by a mesmerising TS Eliot.

During trips to the Norfolk family home, Church Farm at Hethel, to visit his grandfather, John met sculptor Henry Moore and was read *Just So* stories by the daughter of Rudyard Kipling.

One evening he also met a friend of his grandfather's, made while serving in the Boer War – a certain young war correspondent, and then recently-resigned Prime Minister, Winston Churchill. "He arrived looking grim and sad," recalled John, "but whilst I was getting into bed upstairs, I could hear gales of raucous laughter."

After studying politics at Hull University, which convinced John not to go into politics as a career, he was taken with the pursuit of knowledge and research into how social networks underpin how society works.

A short period as a nurse at the

Norfolk & Norwich Hospital was followed by a return to his research in Hull and in 1972 he married Penny and in 1984 their daughter Stella was born. By this time John realised he needed to find a proper job and took stints as a stockman and tractor driver and then working at a home for the elderly.

A job running a psychiatric hostel followed but John's marriage was not a happy one and Penny had her own medical and mental problems. Affairs on both sides put a final end to it.

John took a job as a community development worker in Hull and his relationship with his future wife, Denise, developed.

In 1981, Church Farm was left to John after his Aunt Dolly died and in 1985 he moved to Norfolk, soon followed by Denise and her two children Helen and Stuart. In 1986, their daughter Emma was born.

John found a very warm welcome amongst Norwich Quakers and restorative justice and community mediation became interests, as did a job as a night-time project worker at a hostel for homeless men in Wymondham near Hethel.

In recent years, John has been chair of Norwich Central Churches Together and the Quaker representative on the Norfolk & Waveney Churches Together grouping of senior church leaders.

On October 31, John, at the age of 65, felt it was time to bring all his busyness to an end.

"Quite simply I feel called to lay these things down, 'in my prime', so that I can be more open to the moving of the Spirit. I will go where God sends me and allow for spontaneity and surprises," said John.

■ You can find the full autobiography online at johnmyhill.wordpress.com where you can download a free copy, or contact John via e-mail at john.myhill1948@btinternet.com

Simon's two great loves from Norfolk

Sky Sports football frontman and ex-Blue Peter presenter **Simon Thomas**, who grew up in a **Norfolk** vicarage, acquired two great loves before leaving the county – a life-long passion for **Norwich City** and a strong Christian faith.

Born in Cromer, where his father Andrew was curate, Simon grew up in Grimston near King's Lynn when his dad became vicar, before the family moved to Surrey. Simon worked with TV vicar Steve Chalke at the Oasis Trust in London before famously landing his role as a Blue Peter presenter in 1999, where he took over from Richard Bacon who was sacked for taking drugs.

The tabloids made much of the "sinner to saint" comparison and Simon's faith became public knowledge.

"I was publicised as the vicar's son so people knew about my Christian faith right from the start," he said. "I was comfortable with that because I came to faith in Jesus at an early age. It's never been something I've forced on anyone nor has it been something I've tried to hide.

"There are always opportunities to talk about God at work or at leisure. I don't force my faith on



Norfolk roots: Sky Sports front-man Simon Thomas.

others. However, I'll gladly talk about it if asked."

When he was offered the job on Blue Peter, it was actually Simon's third attempt trying to land the high-profile role. On the popular show Simon became known as an action man after he skydived with the RAF, climbed Europe's highest mountain, Mont Blanc and

Africa's, Mount Kilimanjaro, and ran the London Marathon twice.

Moving onto Sky TV, Simon presented Sky Sports News for eight years and in 2010 became Sky Sports' lead Football League presenter, which gave the fanatical Norwich City supporter the opportunity to meet some of his sporting heroes.

Simon is a lifelong Canaries fan and is very much involved with the club as an Ambassador for the club's Community Sports Foundation and Vice President of the Norwich City Supporters Trust.

But despite his high profile role and mixing with football legends such as Sir Bobby Charlton, Simon doesn't forget his faith. He said: "I know some Christians don't want anything to do with the media because they think it is out to get them. There are times when I think newspapers and television believe Christianity is fair game but they wouldn't be so tough on other faiths and that annoys me.

"The only way we can change this is to be involved. If Jesus was walking on the earth today, he would be meeting with media people. He would praise and challenge them at the same time."

Despite his hectic schedule, which often involves week-end work, Simon makes sure he reads his Bible regularly and has time to attend Greyfriars Church in Reading on Sundays with wife Gemma and son Ethan.

"My faith helps me keep perspective in my work," said Simon. "I am very grateful to God for the opportunity and

career he's blessed me with. But it's an industry where, particularly if you're in front of camera, egos and an inflated sense of self-importance can be easy pitfalls; my faith helps me to see it for what it is. A great job, but just a job."

■ Article extracts: www.newlife.co.uk

Foodbank offers More Than Food

■ **NORWICH:** Food crisis charity Norwich Foodbank has launched a new website, More Than Food Norwich, to give the thousands of people whom it provides emergency food parcels to, a helping hand to find other support agencies.

Norwich Foodbank project manager, Grant Habershon, said "We have just launched www.morethanfoodnorwich.co.uk to give our clients the opportunity to search for agencies that can assist them with the underlying issues that may be contributing to their current crisis.

"These can include problems with debt, welfare benefits, domestic abuse, housing, addiction, mental health, employment, legal advice, or often a combination of several issues.

"The More Than Food Norwich website offers clients the opportunity to search for the help and advice they need in a location that is easy to find," said Grant.

"However, More Than Food Norwich is not just for people in crisis. We often find ourselves speaking to individuals and families who are adapting to less income; they may have lost their jobs, a relationship has broken down, a serious illness in the family etc.

"Where they previously could afford to spend money on entertainment, now they can't. So what can they do apart from watch TV? The new website can help by providing links to, local free or low-cost activities organised by churches, charities and community groups."

Grant is appealing to Norwich and Norfolk-based churches and community organisations to get in touch to tell him what resources and facilities they provide which can be included on the website.

To be included in the website directory, visit www.morethanfoodnorwich.co.uk download the form on the home page and then send it to admin@norwich.foodbank.org.uk



MATHS TUITION
Exam Preparation
for GCSE and
Numeracy Skills

"Everyone can grow their maths ability"

Gregg Bontly, MBA, B.Sc (Hons)
Stoke Holy Cross, Norwich
Tel. 07905 916 685

greggbontly@hotmail.com

www.mathsnorwich.co.uk

cct

**THE HAYES
HIGH LEIGH
BELSEY BRIDGE
CONFERENCE
CENTRES**

www.cct.org.uk



THE HAYES
Swanwick, Derbyshire
01773 526000



HIGH LEIGH
Hoddesdon, Hertfordshire
01992 463016



BELSEY BRIDGE
Ditchingham, East Anglia
01986 892133

HIGH QUALITY AFFORDABLE CONFERENCE CENTRES

Norwich Christian Resource Centre & Forget-me-not Café

For a vast selection of Christmas cards, gifts, books, CDs, DVDs and church supplies. St Michael-at-Plea Church, Redwell Street, Norwich



Shop (01603) 619731
Cafe (01603) 766978
norwichcrc@btconnect.com
www.norwichcrc.co.uk

Shop online at
www.norwichcrc.co.uk

New!

Festive Menu

Starters

Winter Root Vegetable Soup with a roll (v)
Classic Prawn Cocktail on a bed of lettuce, with
marie rose sauce & wholemeal bread
Duck & Orange Paté on a bed of mixed
leaves served with wholemeal toast & Lynton's
Christmas chutney

Mains

Roast Norfolk Turkey served with all the trimmings
Salmon Fillet with Hollandaise sauce, roast
potatoes & seasonal vegetables Mushroom, Brie
& Cranberry Wellington (v) served with roast
potatoes & seasonal vegetables

Desserts

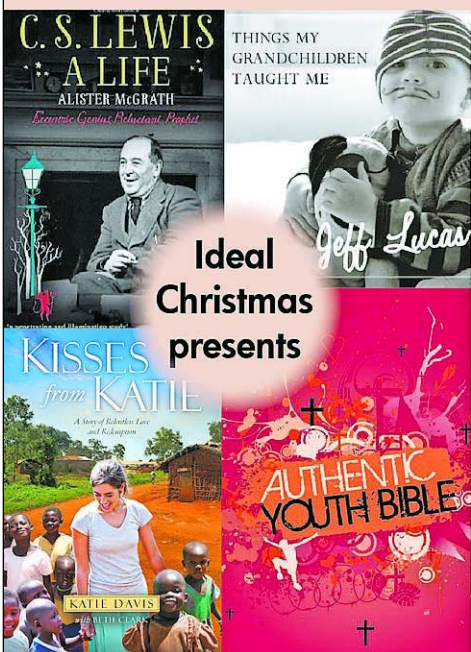
Desserts Christmas Pudding with brandy custard
Winter Spice Apple Pie with custard Lynton's
Tipsy Trifle

To get your party into the festive spirit, we have
a selection of wines & beers on sale

Three Courses for £16.95

Available 10th-13th & 17th-20th December

To book call 01603 766978



Ideal
Christmas
presents

Christmas
SPECTACULAR
Sunday 22 December
Norwich Family Life Church
4 Mason Road, Norwich, NR6 6RF
Performance times: 2.30pm & 6.00pm

A show for the entire family! Featuring Traditional Carols, Sensational Seasonal Features, Live Surprises, Yuletide Refreshments & Live Lounge. **Admission is free, so make sure you don't miss out!**

Jesus the Saviour of the World

All Welcome

nflc



Rick Wakeman.

Rock legend's epic journey

A 40th anniversary tour begins in April, which is also the 150th anniversary of the Jules Verne novel of the same name.

Former Yes song-writer and keyboard player Rick, along with the New World Symphony Orchestra, the English Chamber Choir, narrator Peter Egan and the English Rock Ensemble, will celebrate with a state-of-the-art, dramatic, live shows around the country including at the Royal Albert Hall.

Rick's own life journey has also been a bit of an epic, trying to follow his dreams: "David Bowie always told me to be my own man and try wherever possible to make the decision I felt was best for me and that is what I have tried to do," he says.

The world-renowned musician and song-writer has worked with more than 200 different artistes performing on their recordings and these include such stars as Cat Stevens (Morning Has Broken), Cilla Black, Elton John, David Bowie (Space Oddity and Life on Mars), Lou Reed and Ralph McTell.

He joined Strawbs in 1970 and a year later moved to progressive rock band Yes, recording albums Fragile and Close to the Edge which established them as world-wide leaders in contemporary rock music. Both as a solo artist and with Yes Rick has sold an incredible 50 million albums.

Life, however, has not always gone smoothly for Rick who suffered three heart attacks at the tender age of 25,

Norfolk-based rock legend Rick Wakeman is embarking on a new Journey To The Centre Of The Earth, some 40 years after the epic solo rock album was first released. Kevin Gotts reports.

has suffered three divorces, but is now very happy with wife Rachel and they have been together for more than 10 years. But over the years he has certainly felt the stresses of stardom.

He has written three books and in his first, "Say Yes", Rick reveals his sense of humour, passion for golf and his personal belief in God.

"I have a real passion for everything I do. My father instilled in me the need to enjoy the life you are given and God, very kindly and for reasons known only to Him, gave me a musical talent which has shaped much of my life."

Rick is now also well known for cross-over albums and videos inspired by his Christian faith. "The New Gospels is my all-time favourite," he said, "which we have performed with choirs and musicians about 50 times now in cathedrals and large churches."

"I have also made a couple of albums with prayers and Bible readings set to music. I enjoyed doing this and I think churches should employ this

idea more often during services. A nice complimentary organ or piano behind the words really add something.

"I feel very strongly that the church is a very important part of the community and with so many village shops closing down I'd love to see more churches used for multi purposes and I know a lot do," he says.

"Most churches have plenty of space and outbuildings which could easily become village shops and manned by the community. Quite a few already have coffee shops and cafes too. I believe a church should be welcoming for all people, all of the time. Not easy I know, but perhaps if a task force were put together it might bring some good results."

Rick has met the rich and famous during his time, dining with Margaret Thatcher and meeting Fidel Castro. But the three people who have most touched his life are: "Mildred Wakeman, who brought me to life, Cyril Wakeman, who shaped my life and Jesus, who gave me life."

So what is next for Rick? "Wherever the good Lord decides really," he says. "I believe we all have a path but we often stray off of it and it's our job to realise this and try and get back on the right one. I believe that when you give your life to God, he gives it straight back to you. He doesn't make your choices for you, but if you believe He is with you, then there's a fair chance you'll make more right ones than wrong ones."

Wartime heroine gave her life to save others

Norfolk world war one heroine, nurse **Edith Cavell**, gave her own life to save those of others, and bravely went to her death at the hands of a German firing squad, sure of her Christian faith and forgiving those who were about to kill her.

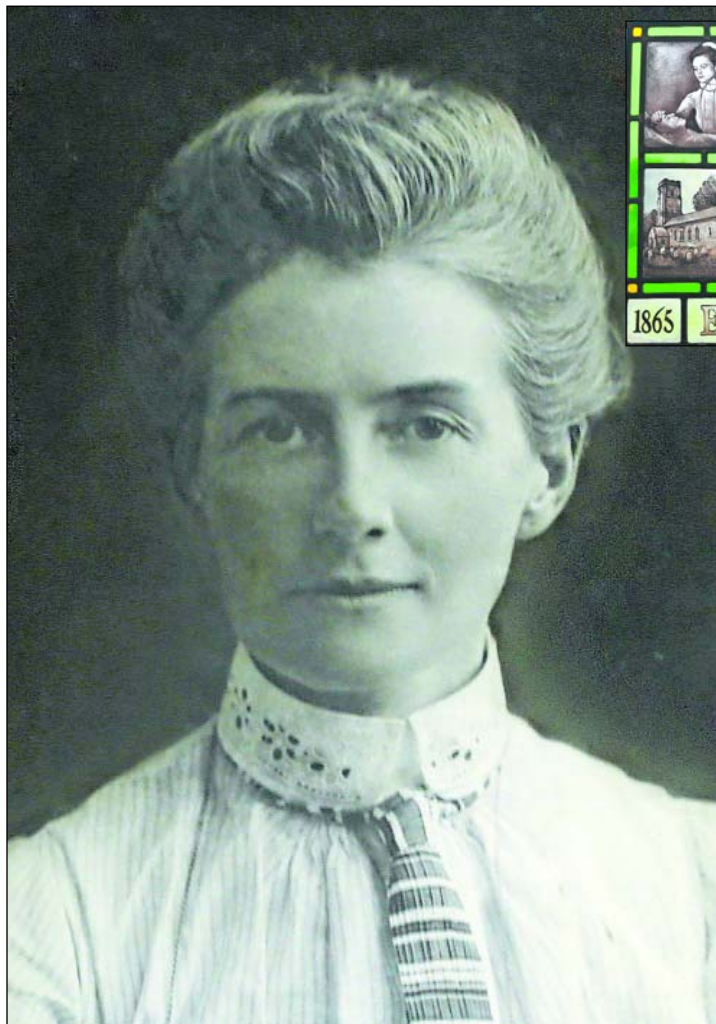
Born in 1865, Edith Louise Cavell grew up in the vicarage at St Mary's Swardston, just south of Norwich. Leaving home at the age of 17, she worked as a governess for 13 years, including in Brussels. In 1895, Edith returned to Swardston to nurse her father through an illness. It was this experience which led her to pursue a vocation in nursing, feeling that she wanted to make a difference.

In 1905, she returned to Brussels and was placed in charge of a pioneering training school for lay nurses on the outskirts of the city. Edith came back to England for a while, but as it became clear that the Germans would invade the country in the summer of 1914, and despite the danger, she headed back to Belgium.

A few months later, two stranded British soldiers found their way to the school and Edith took them in under the Germans' noses, knowing that they and she could be shot on the spot. They were spirited away to neutral Holland.

Others followed and all together some 200 Allied soldiers escaped through Edith's clinic which was central to the "underground" lifeline which, with the help of French and Belgian civilians, rescued around 1,000 soldiers in all.

But disaster struck in July 1915



Pictured left is Norfolk nurse **Edith Cavell** and, above, a stained-glass tribute to Edith in St Mary's Church Swardston. Pictures and article extracts courtesy of St Mary's Church.

streets of the capital and the railway line to Norwich. From Norwich Thorpe Railway Station, thousands more witnessed a great procession which accompanied her to the east end of the Cathedral. It was here that Edith was laid to rest, a true British heroine who gave her own life to save the lives of others.

Nick Miller, who has lived for 20 years in Swardston and is responsible for matters relating to Edith Cavell for St Mary's church, coordinated a village festival to commemorate the heroine's brave life in October. He said: "Edith was brought up in the Christian way, encouraged to be selfless and to put others before herself. This upbringing defined her - she was determined to 'do something useful', 'something for people', and went on to become a pioneering nurse. Executed for harbouring Allied soldiers, her life's work represents the true nature of altruism. Her life was one of Christian integrity and service which is a really positive example for us today."

"As a follower of Christ she knew her calling was to love her neighbour (included nursing German soldiers) and, if needs be, by laying down her own life for others."

www.edithcavell.org.uk

when two members of the escape team were arrested and Edith herself was taken into custody five days later and kept for 10 weeks in solitary confinement.

The German authorities held a trial of Edith and 33 others in the network, sentencing the Norfolk nurse and four others to death, with two of the executions, including Edith's, to be carried out immediately.

Due to be shot at dawn on October 12, 1915, Edith was visited the evening before her death by English chaplain, Stirling Gahan.

They repeated the words of 'Abide With Me' together and Edith received the Sacrament. She told Stirling: "I am thankful

to have had these ten weeks of quiet to get ready. I have been kindly treated here. I expected my sentence and I believe it was just. Standing as I do in view of God and eternity, I realise that patriotism is not enough, I must have no hatred or bitterness towards anyone."

At 7am the following morning, two firing squads of eight men each lined up six paces away and shot their victims.

The Allies acclaimed Edith as a martyr and for the eight weeks following her death, recruitment into the British Army doubled.

Edith's remains were returned to England after the war for a state funeral at Westminster Abbey. Thousands lined the

Norwich trainee vicar wins media award

■ **NORWICH:** A 22-year-old ordinand from Norwich has received a Christian New Media award for his teaching website for young people, The Bridge.

Charlie Lamont, currently training at St John's College Nottingham recently won the Multi-Author Blog of the Year category in the Christian New Media Award.

Charlie, who previously attended Holy Trinity Church in Norwich, set up the website with his friend Sam Follett, as an online resource for young people on hot topics of the day such as sex, evil, friendship, science, grace and Jesus.

Charlie said: "The Bridge aims to provide one place for young people to receive an extensive range of good quality teaching, in a variety of forms. This teaching is relevant and applicable to the reality of life as a young person today. The website also aims to facilitate engagement between Church leadership and young people."

The website faced some stiff competition at the Christian New Media Awards, but managed to take home the award.

You can find out more about The Bridge by visiting the website: www.thebridge-uk.com

hebron trust
Respect Choice Safety

'The path to recovery...'

Can you help women with serious drug and alcohol addiction to find their way to a new life?

Could you:
Become a volunteer?
Support us in prayer?
Consider giving a donation
or regular contribution?
Consider legacy giving?

To find out more about our work, or to offer help in any of the above ways, please contact us at: 10-12 Stanley Avenue, Norwich, NR7 0BE, on 01603 439905 or info@hebrontrust.org.uk



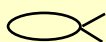
www.hebrontrust.org.uk

hebron trust
Respect Choice Safety

BRIGHT QUALITY PLUMBING

NO JOB TOO SMALL
ONE YEAR WARRANTY ON ALL WORK
AVAILABLE WEEKENDS AND EVENINGS
FREE ESTIMATES. NO EXTRA CALLOUT CHARGE
HANDYMAN SERVICES ALSO UNDERTAKEN

PLEASE PHONE GREG BRIGHT
HOME: 01603 479216 MOBILE: 07814182940



K.P. ELECTRICS

FOR ALL YOUR DOMESTIC ELECTRICAL REQUIREMENTS.
NEW ADDITIONS, REPAIRS AND EMERGENCIES.
FAST, FRIENDLY, RELIABLE SERVICE

PLEASE PHONE 01603 744208
MOBILE: 07770 921399



Oliver with a seasonal twist

■ **NORWICH:** The Searchlight Theatre Company return to Norwich with a seasonal dash through this Dickens classic in true pantomime style. Aimed at all ages, the production takes to the stage at Norwich Central Baptist Church on Friday January 10 January, 6.30pm. Proceeds will go in support of World Vision's "Every child free from fear" project. Tickets £5 (cons £4). Details and tickets on 01603 743786.

Teenager **Barry Moore** has two dreams – one is to get a fantasy novel published and the second is to join the Royal Marines. And with a little help from **YMCA Norfolk**, he is well on the way to achieving both.

Norwich Workshop

Dates: Six weeks from Tues March 4 until Tues April 8
Time: 7 - 9.30 pm
Venue: Witard Road Baptist Church Hall, Witard Road, Norwich, NR7 9XD



Weekend Residential

Dates: July 25th - 27th, 2014
Venue: Belsey Bridge Conference Centre, South Norfolk
Contact: Michele at norwich@drw.org.uk or on 07833 073105. **Web:** www.drw.org.uk



Barry Moore in his flat at YMCA Norfolk's MyPlace.

Barry's dreams are coming true

Barry did not have a happy start in life and at the age of seven was put into foster care with his three sisters after his mother was sent to prison and his father, who was looking after the children, became too ill to look after them. He died when Barry was nine.

Barry first came into contact with YMCA Norfolk at the age of 17 when he left his foster home and went into Supported Lodgings. He did not settle and after five months jumped at the chance to have his own flat in the My Place development.

An independent and self-motivated individual, Barry found that the support and encouragement offered by the My Place team was just the thing he needed to really start achieving his dreams.

"They helped me get onto a Prince's Trust course in which I gained a First Aid certificate and got two weeks' of work experience with a outdoor pursuits company. They also helped me to write a CV and with job searches and have helped me big time with my application to join the Royal Marines," he said.

Barry has dreamt of becoming a Royal Marine since he was ten years old, about the same time that he started going to Oak Grove Chapel

in Norwich.

"Faith-wise things started to click for me at the age of 14 when I went to the Newday Christian festival which gave me more insight," said Barry. "At the age of 16 I went forward at another Newday event and took a decision to become a Christian. Now I am thinking of getting baptised."

"One morning at Oak Grove, a couple of African war refugees came in to talk to us about their experiences and they told us how the British Army had been able to help them in their home country when they had problems after being open about their Christian faith. I liked the thought that in the Forces I could go overseas and be in a position to help people like them, maybe with aid or building projects."

Barry has passed several stages of the intensive Marine application procedure and hopes to start a 32-week basic training course at Lymington in Devon in the near future.

"In the Marines I could be sent almost anywhere in the world and learn how to climb, ski, boulder, parachute, canoe, cave diving, bungee jump, box and sail. The Marines is like all my hobbies combined into one job," he said.

"I do loads of fitness training and a mixed martial arts

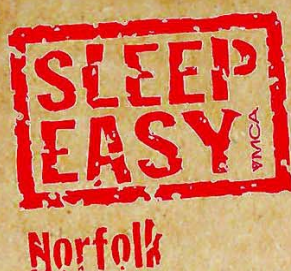
group, arranged through the YMCA, is also helping me," said Barry. "We even do a bit of boxing training in the courtyard at My Place."

If there is one thing that Barry is even more enthusiastic about than joining the Marines, it is the series of four fantasy novels that he is currently writing. When he starts to talk about them his eyes just light up and he gets carried away into a different universe.

"The My Place team are helping me with my writing, Sue has helped proof read it and correct the grammar," said Barry. "I have talked about it to a couple of publishers who are interested. The books are based in a fantasy world with characters which I have created. I have even written a special new language which is used in them. They cover a lot of themes - good versus evil, the end of the world, mental illness and alcoholism - there is a bit about my own life in there somewhere," said Barry.

"My Place is friendly and there are a lot of people I can chat to. I have made quite a few friends and there is a good atmosphere."

"Reading the Bible is important to me and there are a couple of Christian staff who I can talk to about God if I want to, which is pretty cool."



Can you Sleep rough so others don't have to?

YMCA Norfolk

Sleep Easy

Saturday 1st February 2014

7pm— 7am

At the Community Sports Foundation's Carrow Park facilities
Norwich, NR1 1JE

Enter as an individual, with a group of friends or as a corporate team!

To take part in this charity event or for more information please call 07894 935776 or visit www.ymca-norfolk.org.uk/sleepeasy

YMCA Norfolk Reg Charity No. 801606

