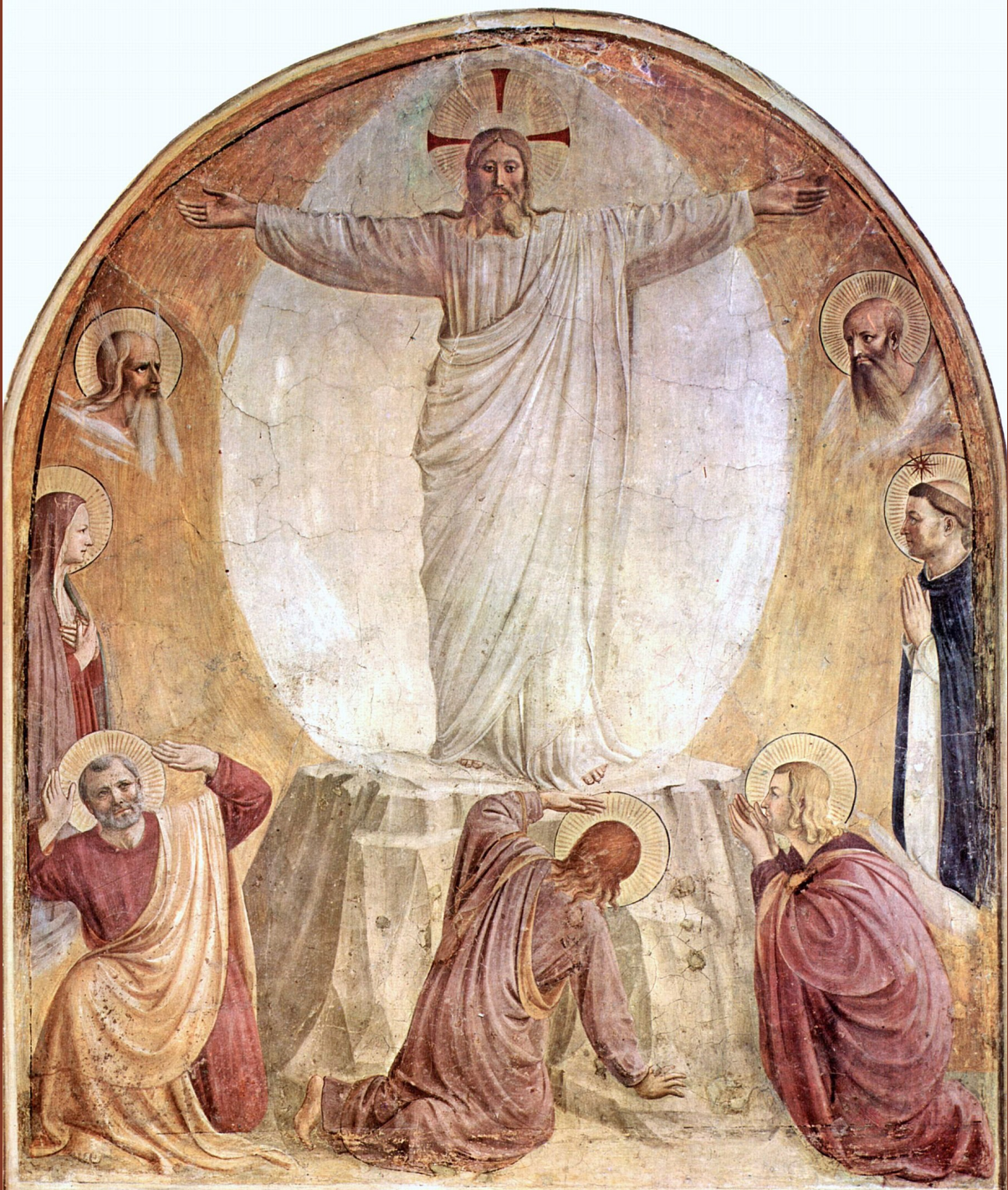


St Mary Mag

February 2024



Fra Angelico, *The Transfiguration*, in the friary of San Marco, Florence (Wikimedia Commons)

St Mary Magdalene with St James, Silver Road, Norwich NR3 4TF

Priest-in-Charge: Carol Pritchard carolpritchard03@yahoo.com, 07759 801622

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Parish Eucharist in church: Sundays 9.30am



Look! Angels visited St Mary Magdalene at Christmastide! (see p. 5)



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**March issue - available on
Sunday 3 March**

Please submit copy by **Sunday 11 February**
to stmary.magazine21@gmail.com

**Please note that all contributions to the
magazine, including sermons, will normally
be edited.**

Comment

It feels a bit like change central at St Mary Magdalene at the moment, doesn't it!

First and foremost, do enjoy Carol's introduction of herself on p.2. We feel very blessed that she has been willing to come to us at St Mary Magdalene, bringing with her the lovely Robin – a double blessing! We are very much looking forward to getting to know them and worshipping with them over the coming months.

In other news ... well, here it is. My first issue. I'm so grateful to Margaret for all the help she has given me in taking over *St Mary Mag*. Many thanks to those who helpfully responded to the survey that went out with the December/January issue. It told me that there was interest in some of the material available in the *Parish Pump* resources (e.g. theological reflections, current affairs from a Christian perspective, book reviews) and also in local stories, both local history and personal stories.

Margaret has passed on her rich collection of previous material. As a relative newcomer to NR3, it's all new to me – and fascinating! To some it will be familiar, but I'm hoping you will indulge me if I introduce occasional 'From the archives' items to republish some of these riches. Maybe you'll even enjoy revisiting them. This month, an article by Andrew goes well with his description of his current work on Wikipedia on p.12.

On p.22 you'll find the first two of a Bible series written by one of the *Parish Pump* writers, Canon Paul Hardiman. It will be added to monthly over the next two years. I hope you find it helpful.

I gain a clear impression from what I've so far read that God has been good to St Mary Magdalene over the years. David and I have certainly found a wonderful church family here. So, to use Carol's word, we adventure on in hope and sure trust that God will continue to bless our community. Well, he's given us Carol and Robin – what a fine start to 2024!

With love from Sarah.

**Note: All items marked with this logo
are from the *Parish Pump*.**





From Carol

I am very happy to write a few things about myself for this issue of St Mary Mag. What a great name for the magazine! How impressive the content of the two previous ones that I have read and how warm and friendly you all are.

As I write, tomorrow is my licensing and my start among you, so this is out of date already and we shall have said hello to each other, I shall have said my oaths and declarations and we shall have made promises to each other. It sounds rather like a marriage, doesn't it? Here are a few things about me that might help me to be less of a stranger in your midst.

I have felt two distinct callings from God in my professional life, one was to be an English teacher and the other was to be ordained, and I am glad to say that I was blessed and achieved them both. I continued in state education after my ordination, becoming head of English in a comprehensive school in Lowestoft and finally retired from there nine years ago. Meanwhile, I was also Associate Priest at St Michael's Oulton, where Robin, my husband, was the incumbent. Life was varied and busy and included bringing up our three children; we now have four grandchildren, two of whom are teenagers and are fulfilling their true roles of keeping us humble. I really miss teaching teenagers and the challenges they present, not least their humour.

It would take quite a lot of space for me to explore my calling to be a self-supporting minister and to carry on teaching for so many years (I was ordained priest in 2000), but, put simply, I was called to go out from the parish and work in the community, taking God's love and presence and priestly being. It was a real



privilege to journey along with so many lovely people; there were also many challenges.

On the very day that I left my school, I was offered a job at the UEA, which I have held since. I help to train secondary teachers by leading about ten seminars each academic year and marking assignments; I sometimes visit the trainees on school placements and get to enjoy being back in the hubbub of school life. Since my retirement, though, I have devoted more time to parish life and have spent the last five plus

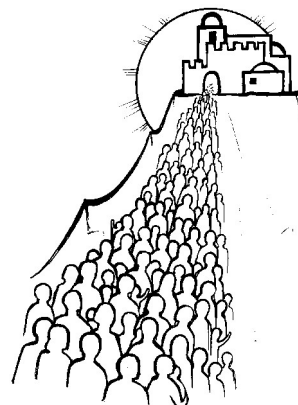
years in Earham where we settled in St. Anne's after Robin retired. I have been happily engaged in ministry there and have got to know many lovely people. I shall miss them! At the same time, I have been privileged to serve the Diocese as Bishop's Adviser for Self-Supporting Ministry and can tell you more about that another time.

I have been C of E all my life and am still learning about it. This new adventure, with you, will teach me more about the style of worship that you hold dear, which I have promised to uphold, and it will show me how together we can serve the community around the church and glorify God. You will also get to know Robin, who has permission to officiate, and is also looking greatly forward to getting to know you. Quite a few friends have said that they know people at St. Mary Magdalene (the C of E is a small world) and that you are all lovely.

May God bless us as we go forward together.

Much love in Christ,

Carol





Carol's licensing on 21 January

Archdeacon Keith led a lovely service for Carol's licensing. About 25–30 of Carol's friends and former parishioners joined us, swelling the congregation and the singing so that we made a truly joyful noise to the Lord!

Janie interviewed Carol, who told us some of the things that are in her introductory note on p.2, Her main hobby, she said, is her garden, where she meets with God. Joan prayed for her and David welcomed her on behalf of the congregation. There was applause! Following the service the hall too was almost full of those who joined us for coffee, tea, and a fine array of home baking contributed by members of the congregation. And now we go forward with joy for the new adventure!

Several people asked for the text of the blessing Carol used at the end of her first service.

*The Lord Jesus Christ, Son of the living God,
teach you to walk in his way more
trustfully, to accept his truth more
faithfully, and to share his life more
lovingly; that by the power of the
Holy Spirit you may come as one
family to the kingdom of the Father.
And the blessing...*



Photos by Robin Pritchard, Tim Yao,
Lesley Mitchell and Sarah Patey.



Christmas services: we were spoilt for choice

For the last few years Mike and I have had a bit of a dilemma over our Christmas worship. St Mary Magdalene is always our first choice, but we live in Wymondham now and have friends at the Abbey.

Mike's late mum, Phyllis, worshipped at St Paul's Tuckswood, and was an active member there, so he and some of his sisters continue to go to the carol concert there most years. This year his eldest sister Vicki put their Christmas leaflet in with our card. For once, there were no clashes so we could attend all three churches.

We went to SMM as usual on Christmas Eve morning, where the Revd Tim Yau was presiding. At St Paul's, the 4pm Christingle proved to be well attended and great fun. We knew Father Paul Rider had retired and we had not met the new incumbent, the Revd Matt Luscombe. He involved most of the children and some of the adults in dressing up to perform the Nativity story and parade around the church, following first the shepherds and then the star. He had a cheeky puppet called Bart, who helped him to explain the meaning of the Christingle. It was a lovely way to spend Christmas Eve afternoon.

Mike's family had moved to Tuckswood in 1947, and he and his six sisters were all married at St Paul's. After his father died in 1987, his mother Phyllis became more and more involved with the life of the church. She had a lovely singing voice and was in the Julian Singers as well as St. Paul's choir. She raised money at coffee mornings

and also did the church flowers every week.

St Paul's is a modern church.

Building work on the St Paul's site began in 1951. The church hall (sold off for housing in 2015) was built first and initially served as the church. The church itself was completed in 1969. It's somewhat unusual in shape, being much broader than it is long. Originally quite plain, in the 1980s and early 1990s it was given a porch, a new two-manual organ, and three stained glass windows. The window behind the altar is particularly significant as it represents the modern era with nautical flags spelling the words "St Pauls".



St Paul's Tuckswood, photo Evelyn Simak



On Christmas Day, we went to the 9am Said Mass of the Dawn (1662) service at Wymondham Abbey. We were surprised that there were so few there that we sat in the choir stalls, but we later learned that 400 folks had attended the Christmas Eve morning service and 250 had attended Midnight Mass. Listening to the beauty of the old fashioned language of the Book of Common Prayer took me back to my childhood.

Mike and I both felt blessed that this Christmas we were

able to attend three very different places of worship, and enjoy the same warmth and fellowship at each church.

Happy New Year everyone!

Liz and Mike



Angels galore

Were we at the gate of heaven? Worshippers at St Mary Magdalene were surrounded by angels during the Christmas season.

The angels were made by the children of Mousehold Primary School, who visited St Mary's on 19 December. Joan told us about it on Christmas Day. The children had loved roaming around the church, looking at their angels, and investigating – with Joan's help – the purpose of various parts of the church and the church furniture.

As you can see from the photos inside the front cover, they were everywhere, waving out of the west window, taking a break on the sill of another, from



which it dropped off – literally – from time to time! A whole flock floated on a mobile by one of the patio doors. Trumpets sang out from the columns, and there were angels on the Christmas tree and the prayer tree.

What a lovely way to get our local children into the church and enjoying the space, and maybe planting a few seeds of curiosity that might mature ... who knows when or how?

Sarah

Christmas headlines

Our Christmas Eve service was led by Revd Tim Yau, kindly visiting from Sprowston where he is Interim Assistant Priest. He brought with him the striking front page of *The Bethlehem Star*.

Tim invited us to think about Mary, and about the way in which she would have been viewed by her family and neighbours.

It gave me a lot to think about, in the light of the current very lively discussions about people 'not like us'. How willing are we walk two miles in their shoes, as the expression goes? It's all too easy to think, "Little me? I can't really do anything useful."

But we can, thanks to people like Mike P, whose sterling efforts are enabling us to support the people of Ukraine, and Margaret D, who faithfully plans our foodbank donations throughout the year.



Sarah



Feasts and saints' days in February

- 1 Brigid of Ireland – Abbess of Kildare, c 525
- 2 **The Presentation of Christ in the Temple/ Candlemas**
- 3 Anskar – Archbishop of Hamburg, missionary in Denmark/Sweden
- 3 Blaise – bishop of Sebastea
- 4 Phileas – Christian bishop/martyr of Egypt
- 6 The Martyrs of Japan – courage amidst persecution
- 10 Scholastica – or how to get your brother to listen to you

The Parish Pump provides lists of the saints' days in each month. Some are familiar, some less so. These two pages highlight a few of February's saints.

11 The Transfiguration

- 11 Caedmon – the poetic shepherd

13 Shrove Tuesday

14 Ash Wednesday

- 14 St Valentine's Day
- 14 Cyril and Methodius
- 15 Sigfrid – apostle of Sweden
- 17 Janani Luwum, Archbishop of Uganda, martyr, 1977
- 18 Fra Angelico, patron of Catholic artists



- 22 Margaret of Cortona – sad search for acceptance and love
- 23 Polycarp – the faithful servant who would not deny his Lord
- 24 Matthias the Apostle
- 27 George Herbert, priest and poet
- 29 Oswald of Worcester

**Archbishop
Janani Luwum**
(17 February)



Fra Angelico (18 February) was born at Vicchio near Florence. A Dominican friar, he was ordained priest at Fiesole in 1418. He spent the 1430s decorating the interior of the friary of San Marco, Florence. Fra Angelico's work radiates spiritual serenity, and a dedication to God that is matched by few others. *The Annunciation* (above) is among the best known. His *Transfiguration* is on the front cover. This portrait of him is by a contemporary, Luca Signorelli.



George Herbert, vicar and poet

(27th February)

His most famous hymn 'Let all the world / In every corner sing', and several others, are still popular. In the course of his short life he was a graduate of Cambridge University, a favoured politician of King James, a distinguished poet of the so-called 'metaphysical' school, and a much-loved parish priest at Bemerton, in Wiltshire.

He was born in Wales but grew up in England. As a student he felt called to ordination. As a *protégé* of King James (yes, the one of the 'King James Bible') he worked for a while in government, but then turned to the ministry of the Church of England. Many clergy then were absentees, paying someone to do the parish work while they lived elsewhere, but Herbert set himself to be a true parish priest, noted for his pastoral care.

The whole of his ministry was fulfilled in that one parish, until he died at 39 of tuberculosis. It is for his hymns for that he is chiefly remembered today, though his *Collected Poems* are also regarded as jewels of English poetry.



Love bade me welcome

Love bade me welcome; yet my soul drew back,

Guilty of dust and sin.

But quick-eyed Love, observing me grow slack

From my first entrance in,

Drew nearer to me, sweetly questioning

If I lack'd anything.

'A guest,' I answer'd, 'worthy to be here:'

Love said, 'You shall be he.'

'I, the unkind, ungrateful? Ah, my dear,

I cannot look on Thee.'

Love took my hand and smiling did reply,

'Who made the eyes but I?'

'Truth, Lord; but I have marr'd them: let my shame

Go where it doth deserve.'

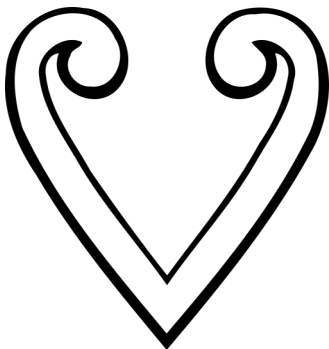
'And know you not,' says Love, 'Who bore the blame?'

'My dear, then I will serve.'

'You must sit down,' says Love, 'and taste my meat.'

So I did sit and eat.

St Valentine (14 February)



Why has Valentine become the patron saint of romantic love? By Chaucer's time the link was assumed to be because on this saint's day –

14th February – the

birds are supposed to pair. Or perhaps the custom of seeking a partner on St Valentine's Day is a surviving scrap of the old Roman Lupercalia festival, which took place in the

middle of February. One of the Roman gods honoured during this Festival was Pan, the god of nature. Another was Juno, the goddess of women and marriage. During the Lupercalia it was a popular custom for young men to draw the name of a young unmarried woman from a name-box. The two would then be partners or 'sweethearts' during the time of the celebrations. Even modern Valentine decorations bear an ancient symbol of love – Roman cupids with their bows and love-arrows.





Lenten reflections from the *Parish Pump*



‘Lenten Valentines’

This month both Ash Wednesday and Valentine’s Day fall on the same day. The link between the two can be summed up in terms of the nature of real love.

Lent, beginning on Ash Wednesday, focuses on learning to love God more, as we give Him space in our lives. This is what Jesus found when He was led into the desert by the Spirit to be tempted by Satan. (Luke 4:1-13).

Jesus was tempted to turn stones into bread. Yet loving God and His word comes before satisfying physical desires.

Satan tempted Jesus to worship him. However, worshipping God is an expression of loving God and serving Him.

Finally, He was tempted to put God to the test, by jumping off the Temple. Real love for God does not put Him to the test, but wants to obey Him.

Lent also teaches us how to live out the love of God in practical ways, as we follow Jesus in the in the way of the Cross. We see this clearly demonstrated in the life and death of Saint Valentine.

Valentine was a Christian who demonstrated the importance of sharing God’s love with others. We know little about him, except that he was a priest who lived in the 3rd Century AD and that he was martyred on 14th February. Emperor Claudius felt that soldiers in the Roman Army were distracted from their duty by their wives, and so had attempted to outlaw marriage. It is believed that Valentine married couples in secret, which is why today we celebrate our love for one another on his day.

In trying to understand the meaning of her revelations from God, Julian of Norwich found: ‘What, do you wish to know your Lord’s meaning in this thing? Know it well, love was His meaning.’

Canon Paul Hardingham

What is the point of temptation?

‘Happy is the man who doesn’t give in and do wrong when he is tempted, for afterwards he will get ... his reward....’ James 1:12

Temptation becomes a stepping stone rather than a stumbling block, when you realise that it’s just as much an opportunity to do the right thing, as the wrong thing. Temptation just gives you the choice!

It’s helpful to remember that God develops the fruit of the Spirit in us by allowing circumstances in which we’re tempted – to express the exact opposite quality! For instance, He teaches us to love by bringing unlovely people into our lives. It takes no character to love people who are lovely and loving you. God teaches us joy in the midst of sorrow by causing us to turn to Him for comfort and strength, when all our other supports are gone.

He develops peace within us, not by making things go the way we planned, but by allowing times of chaos and confusion. Peace comes when we choose to trust God in situations where we’re tempted to worry or be afraid.

Likewise, patience is developed through circumstances in which we’re forced to wait and are tempted to be angry or have a short fuse.

You can’t claim to be good, if you’ve never been tempted to be bad; or be faithful if you’ve never had the opportunity to be unfaithful. Integrity is built through defeating dishonesty; humility grows as you refuse to give place to pride; endurance develops as you reject the temptation to give up. The truth is that each time you defeat a temptation, you become more like Jesus.

*Adapted for the Parish Pump from UCB,
The Word for Today.*

The UCB Word for Today is a daily devotional written by Bob and Debby Gass and published by United Christian Broadcasters, a Christian media charity. Find it online at <https://www.ucb.co.uk/word-for-today>



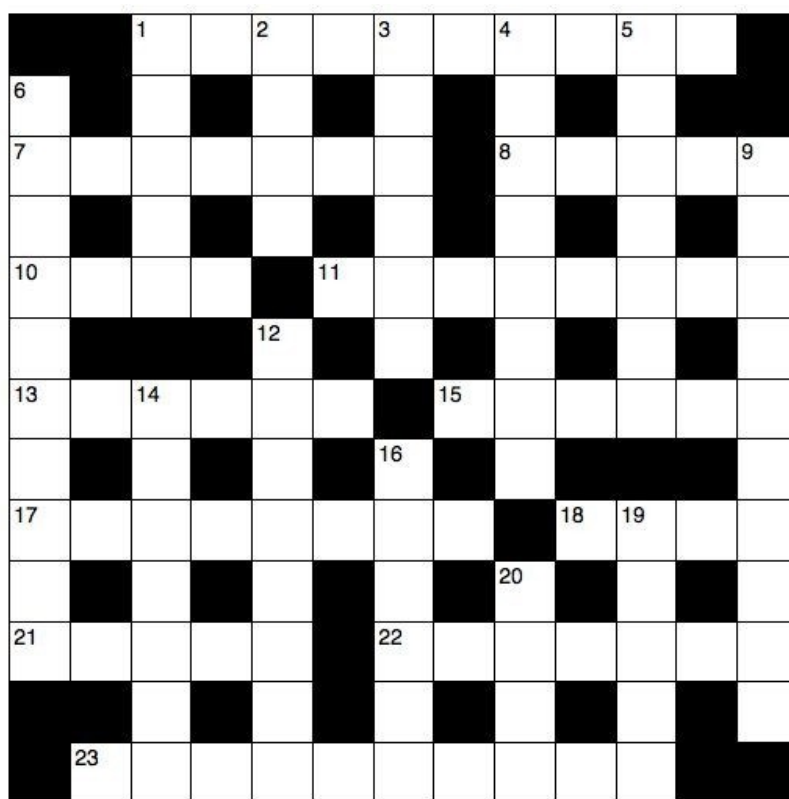
Crossword

Across

- 1 Success or wealth
(Deuteronomy 28:11)
(10)
- 7 Forbidden fruit for Nazirites
(Numbers 6:3) (7)
- 8 Concede (Job 27:5) (5)
- 10 Look at (Psalm 48:13) (4)
- 11 Much in evidence after
weddings (8)
- 13 Condense (Job 36:27) (6)
- 15 Breakwater (6)
- 17 Give a tan (anag.) (8)
- 18 More usually now called
Pentecost, — Sunday (4)
- 21 After living for 365 years, it
was said of him that 'he walked with
God' (Genesis 5:23–24) (5)
- 22 Trampled (Judges 9:27) (7)
- 23 For example, Miriam, Deborah (Exodus
15:20; Judges 4:4) (10)

Down

- 1 Arrogance (Proverbs 8:13) (5)
- 2 Roman poet from first century BC (4)
- 3 So rapt (anag.) (6)
- 4 Declare again (2 Corinthians 2:8) (8)
- 5 Paul's 'fellow worker', to whom he sent two
epistles (Romans 16:21) (7)
- 6 God's foreseeing care and protection (Job
10:12) (10)
- 9 Traditional form of Roman Catholic Mass
(10)
- 12 'The Lord... has given the — of Israel to
David and his descendants for ever' (2
Chronicles 13:5) (8)
- 14 'My soul glorifies the Lord and my spirit



rejoices in God my — ' (Luke 1:46–47) (7)

16 The central element in Nebuchadnezzar's
dream, identified and interpreted by Daniel
(Daniel 2:31) (6)

19 'On this rock I will build my church, and
the gates of — will not overcome it' (Matthew
16:18) (5)

20 City where Paul was under house arrest for
two years (Acts 28:16) (4)

Answers on p13.

Miscellaneous observations on daily life...



If you love someone, let them nap.

Take my advice. I'm not using it.

Cats know how we feel. They don't care, but
they know.

*Life is like a box of chocolates. Sometimes it
makes you sick.*

Some people like living in the past. For one
thing, the rent is a lot cheaper.



From the archives

This was written by Jim Marks and was first published in February 2004.

P.U.S.H.

A man was sleeping at night in his cabin when suddenly his room filled with light. The Lord told the man he had work for him to do, and showed him a large rock in front of his cabin.

The Lord explained that the man was to push against the rock with all his might. So, this the man did, day after day. For many years he toiled from sun up to sun down; his shoulders set squarely against the cold, massive surface of the unmoving rock, pushing with all of his might. Each night the man returned to his cabin sore and worn out, feeling that his whole day had been spent in vain.

Since the man was showing discouragement, the adversary (Satan) decided to enter the picture by placing thoughts into the weary mind: "You have been pushing against that rock for a long time, and it hasn't moved." Thus giving the man the impression that the task was impossible and that he was a failure. These thoughts discouraged and disheartened the man.

Satan said, "Why kill yourself over this? Just put in your time, giving just the minimum effort; and that will be good enough." That's what he planned to do, but decided to make it a matter of prayer and take his troubled thoughts to the Lord.

"Lord," he said, "I have laboured long and hard in your service, putting all my strength to do that which you have asked. Yet, after all this time, I have not even budged that rock by half a millimetre. What is wrong? Why am I failing?"

The Lord responded compassionately, "My friend, when I asked you to serve Me and you accepted, I told you that your task was to push against the rock with all of your strength, which you have done. Never once did I mention to you that I expected you to move it. Your task was to push. And now you come to Me with your

strength spent, thinking that you have failed. But, is that really so? Look at yourself. Your arms are strong and muscled, your back sinewy and brown, your hands are callused from constant pressure, your legs have become massive and hard.

Through opposition you have grown much, and your abilities now surpass that which you used to have.

Yet you haven't moved the rock. But your calling was to be obedient and to push and to exercise your faith and trust in My wisdom. This you have done. Now, my friend, I will move the rock."

At times, when we hear a word from God, we tend to use our own intellect to decipher what He wants, when actually what God wants is just a simple obedience and faith in Him. By all means, exercise the faith that moves mountains, but know that it is still God who moves mountains.

When everything seems to go wrong ... just P.U.S.H.!

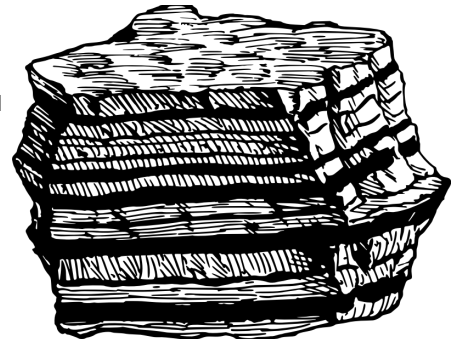
When the job gets you down ... just P.U.S.H.!
When people don't react the way you think they should.. just P.U.S.H.!

When your money is "gone" and the bills are due...just P.U.S.H.!

When people just don't understand youjust P.U.S.H.!

P= Pray
U= Until
S= Something
H= Happens

Pass this on to all the loved ones and friends who may need it, they may get it just in time !





Martha's Kitchen

Recipes from St Mary Magdalene

Tuna and sweetcorn pasta - serves 4

This is comfort food, most ingredients are in the store-cupboard. It's quick to prepare, easy on washing up and – the best thing about it – it's good for the budget!

Ingredients

- 300g pasta shells (or other shapes of your choice)
- 200g tinned or frozen sweetcorn
- 200g tub of full-fat cream cheese
- 145g tin of tuna chunks (in oil or brine)
- 200g cherry tomatoes halved (or salad tomatoes quartered)
- Salt and black pepper

Boil pasta in salted water according to the instructions on the packet until nearly cooked but still with a bit of a 'bite'. Then add sweetcorn and cook for a further 2 mins. Take out about 2 ladles (150ml) of the cooking water and set aside. Drain the pasta and sweetcorn and return to the pan. Add the tuna, leaving it in small chunks, and the tomatoes, toss well and cook on a medium heat for 1–2 minutes till the tomatoes begin to warm. Then pour over the reserved water together with the cream cheese and stir over a low heat till the cheese melts and coats the pasta. Season with plenty of black pepper and serve immediately.

Janie



"I haven't the heart to tell Noah I think he's got the plans upside down!"

ACROSS: 1, Prosperity. 7, Raisins. 8, Admit. 10, View. 11, Confetti. 13, Dis-til. 15, Groyne. 17, Navigate. 18, Whit-21, Enoch. 22, Trodden. 23, Prophet-ess. DOWN: 1, Pride. 2, Ovid. 3, Pastor. 4, Reaffirm. 5, Timothy. 6, Providence. 9, Tridentine. 12, Kingship. 14, Saviour. 16, Statue. 19, Hades. 20, Rome.

Crossword answers



Tim's Allotment Adventures

Winter on an allotment can be cold, but there are many things to do, so packing a flask of tea and some biscuits helps the allotmenteer from getting too miserable. The main task, digging, is done at this time, preferably before Christmas because of the tendency for wet weather after. It has become less traditional in favour of raised beds and the no-dig system of growing, as per Charles Dowding. When the weather is dry and not too cold, I really enjoy the rhythm of digging. It has a meditative feeling: you mull over the last year and look forward to the next.

“What will I sow here, or where will I plant the potatoes?”

Another job at this time is pruning fruit. Soft fruit such as raspberry, blackcurrant and gooseberry, but also apples.

There are three stages to pruning the soft fruit: first, prune (according to variety); second, fertilise; and last, mulch, usually with farmyard manure or garden compost.

Raspberry canes are the easiest. These are cut back to the ground. Blackcurrants fruit on this season's growth, so one third of last year's wood is removed altogether, and the younger, paler wood is reduced by one third.

Gooseberry plants are a bit tricky because of the thorns. They are pruned in a goblet shape, allowing light and air into the centre of the plant and thus

making picking the fruit in the summer easier. These three varieties, raspberry, blackcurrant and gooseberry are given a top dressing of sulphate of potash: a handful sprinkled around each plant and forked into the surface. Of the three main nutrients for plants generally – nitrates, phosphates and potash – potash is required for flowers and fruit.



Then the bushes are given a generous mulch of organic matter. This suppresses weeds, prevents the potash from blowing away, and feeds the bushes at the same time.

Another job for the winter is to sort through your stock of seeds and order in any varieties that have run out or passed their sell-by date, and any new varieties that have been recommended either by allotment neighbours or maybe on YouTube.

This also includes ordering seed potatoes and onion sets. Potatoes are divided into three groups, first earlies, second earlies and main crop, and there are around 150 varieties to choose from. Like everyone, I have my own favourites. The Irish Potato Famine arose from reliance on a single crop and potato blight ruined the crop, which had huge consequences for the Irish population. My father used to say of it that “a million died and a million left” (i.e. emigrated to Britain or the US).

The other plant to order in at this time of year is onion sets. Onions are a biennial plant, that is, they have a two-year lifespan. In their first year, they produce a bulb, flowering and

setting seed in their second year.

When onions are raised from seed, growers are harvesting bulbs. As an alternative, onions can be raised from sets. These onions have been raised from seed and lifted

in the first year as a small bulb, about the size of a nutmeg. To prevent the plant from flowering and producing seed, the bulbs or sets are held at temperatures of 25–26°C and 85–95% humidity. This process kills off the dormant embryonic flower within the onion. Thus the plant will put all its energy into
(continued on p. 13)



(continued from p. 12)

producing a bulb in one year.
At my age and with a full-size allotment, 30m x 10m, I decided to invest in a rotavator. At the moment it is being serviced. Hopefully by February I will be able to prioritise the breaking up of the soil. If I was to dig, it would take about six weeks to two months; with the rotavator it will be about two weeks. Despite what I say about digging, machines have their place.

Tim Coombs

Winter Now

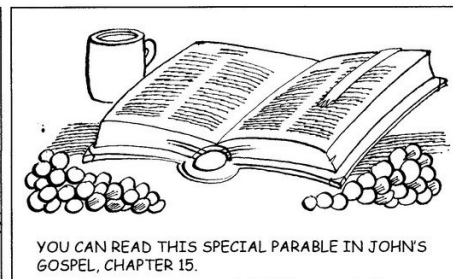
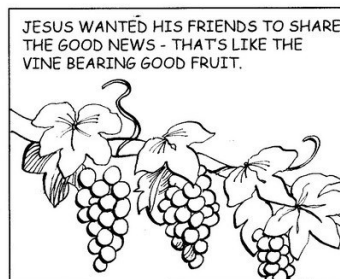
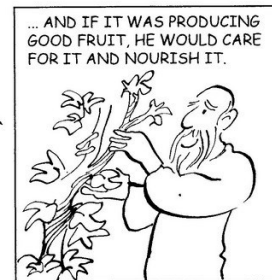
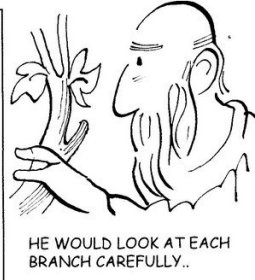
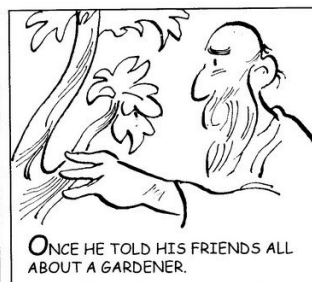
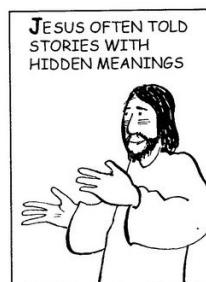
'Tis winter now; the fallen snow
Has left the heavens all coldly
clear;

Through leafless boughs the sharp
winds blow,
And all the earth lies dead and
drear.

And yet God's love is not
withdrawn;
His life within the keen air
breathes;
His beauty paints the crimson
dawn,
And clothes the boughs with
glittering wreaths...

O God! Who giv'st the winter's
cold,
As well as summer's joyous rays,
Us warmly in thy love enfold,
And keep us through life's wintry
days.

*From a poem by
Samuel Longfellow, 1819–92*



This was the moment

For the New Year and Epiphany

This was the moment when Before
Turned into After...

When ... three Members of an obscure Persian sect
Walked haphazard by starlight –
Straight into the kingdom of heaven.

*Lines taken from a poem by
Ursula A Fanthorpe, 1929–2009*



History of St James the Less, Pockthorpe

Andrew Mitchell writes: I have been creating and improving Wikipedia articles for a number of years, and it's a hobby I really enjoy. A few weeks ago I created the article St James the Less, Pockthorpe, and I am still working on it. There is lots of information out there about the church – in the Millennium Library, the Archive Centre at County Hall, and online.

The church has a fascinating history, and of course at St Mary Magdalene, we are lucky that some of its treasures have come to us – the beautiful font, the pews, the roundels in the windows, and of course, the ten panels from the rood screen at St James (which are of national importance).

The Free Encyclopedia
WIKIPEDIA

Saint James the Less, Pockthorpe


Coordinates: 52.636°N 1.3001°E

Saint James the Less, Pockthorpe (also once known as **Saint James, Cowgate** or **St. James at Barr-gates**) is a **redundant church** located in the centre of **Norwich, Norfolk**. It is the home of the **Norwich Puppet Theatre**.


History

Saint James the Less, also known as Saint James, Cowgate,^[1] is probably the structure mentioned in the **Domesday Book** as "the church of Letha".^[1] Archaeological evidence suggests that it was founded at a time when the **River Wensum** was wider (or more marshy) than at present. According to the English antiquary **Francis Blomefield**, the church was once known as **St. James at Barr-gates**,^[2] and the ancient parish of St James was called **Pockthorpe** ("little Thorpe"), as it was created from part of the earlier parish of Thorpe. In 1106, the manor at Thorpe was granted to **Herbert de Losinga**, Bishop of Norwich, who probably also founded (and had authority over) the church. The church was once near to an **Anglo-Saxon** (or **Anglo-Scandinavian**) **defensive boundary ditch** that became part of the bishop's **liberty**.^[3]

The current church possibly replaced the earlier building. During the 15th century the west tower-bay and the staircase for the **rood loft** were added. A wall painting on the north nave wall possibly dates from the 16th century. A new aisle was

Saint James the Less, Pockthorpe, Norwich


Saint James the Less in 2011



Country United Kingdom

Do look up Andrew's page, which has a wealth of interesting information about St James's, its history, the area, and some of the people connected with it. Also about its furnishings, some of which we have inherited at St Mary Magdalene. Andrew is adding his ongoing research, so you'll find that it already has more information than is shown in this screenshot. Andrew's Wikipedia page can be found at this address:

https://en.wikipedia.org/wiki/St_James_the_Less,_Pockthorpe/



From the Archives



Our font, inherited from St James the Less, Pockthorpe

by Andrew Mitchell (first published in 2018)

Here are three images of the font from St James – a treasured part of our church. Throughout history people have attempted to preserve the memory of something they value by creating an image or a copy of it. So much that was once taken for granted could suffer change or even disappear. Sometimes we would know nothing about them, had not a record been thoughtfully made by somebody. Our church font must have been photographed many times, but just once it was included as part of a collection of wonderful watercolours by a talented artist. The undated drawing shown is by Henry Ninham, who was a member of the Norwich School of painters. Ninham was born in 1796 and lived and died in the same house on Chapelfield Lane. The house can still be seen with its blue plaque bearing his name.



Henry Ninham produced some beautiful paintings but was actually best known during his lifetime for his engravings. His painting shows part of the interior of St. James Church and our 14th century font – it is the earliest image of the font there is. St. James was one of many churches that he illustrated in this way. Along with fellow artists John Thirtle and David Hodgson, he was the foremost producer of drawings of Norfolk's old buildings in the 19th century, all made before the invention of photography.

Now in the British Museum (but not on public display), his painting can be viewed online at https://www.britishmuseum.org/collection/object/P_1902-0514-448/.

The second image is by George Plunkett, who was born in Norwich in 1913. My thanks to his son David for allowing it to be published here. This beautiful and evocative photograph was taken in 1937, when St James was still in use as a church. [Note the water jug, which we also now have at St Mary Magdalene - Ed.]

George Plunkett, like Henry Ninham, had a great



Photo E. Simak CC BY-SA 2.0

interest in church architecture and was concerned that the city he loved was changing forever. He photographed a great number of places around the county, including the interior

of St. James Church in Norwich, which of course looks very different now compared with the days when it was used as a place of worship. His photograph forms part of a treasured collection that reminds us of how places we know well once looked.

The photograph of the font can be viewed online at <http://tinyurl.com/3vjs8avx>.

The third image is by Evelyn Simak and is part of her collection of 80, 633 photographs, posted as part of an online project called Geograph. From glancing through some of her other images, it seems that she is a local girl! Her picture, taken in 2010, can be found at :

<http://www.geograph.org.uk/photo/1999168/>.

The font is shown in its familiar place, standing on the same base that can be seen in Henry Ninham's watercolour.

The Geograph project is aiming to "collect geographically representative photographs and information of every square kilometre in Great Britain and Ireland". So, like both Ninham and Plunkett, though on a much bigger scale, it is preserving a record of places and objects of importance to us, before they are changed, destroyed or lost forever.

Andrew Mitchell

"Do everything lightly"

"It's dark because you are trying too hard. Lightly child, lightly. Learn to do everything lightly. Yes, feel lightly even though you're feeling deeply. Just lightly let things happen and lightly cope with them. I was so preposterously serious in those days ... Lightly, lightly – it's the best advice ever given me ... So throw away your baggage and go forward. There are quicksands all about you, sucking at your feet, trying to suck you down into fear and self-pity and despair. That's why you must walk so lightly. Lightly my darling ... Completely unencumbered."

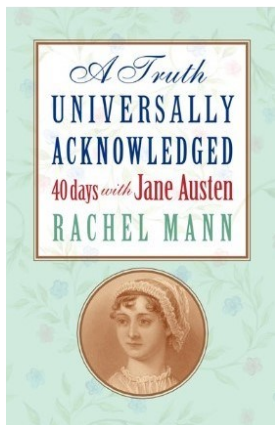
From *Island*, by Aldous Huxley , 1962.

Photo by Sarah Horrigan, cc by-nc 2.0 deed





Lent reading suggestions



A Truth Universally Acknowledged: 40 Days with Jane

Austen, by Rachel Mann, Canterbury Press, £12.99

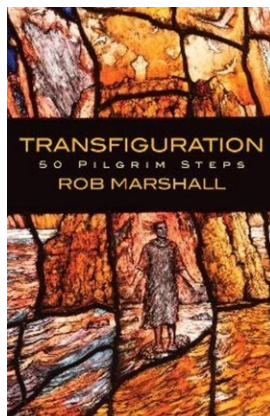
Jane Austen – novelist, forthright letter writer, daughter, and sister of Anglican clergy – had a rarely-matched insight into human character.

She exposed frailty,

caprice, and pomposity, yet without losing a profound and compassionate understanding of human nature. Her life was profoundly shaped by the church and Christian spirituality, making her writings an ideal accompaniment for the 40 days of Lent.

Rachel Mann introduces Jane Austen, her world, and her ideas, and, for each day of Lent she offers a commentary on a short excerpt from Austen's writing, to explore how her faith can illuminate ours.

Themes include: The Triumph of Love, Learning Wisdom, Seeing Beyond the Surface to the Truth, Knowing Where Your Treasure Lies, The Temptation to be Proudful and Prejudiced, The Pomposity of Religion, Privilege and its Limitations, Duty and Good Manners.



Transfiguration: 50 Pilgrim Steps, by Rob Marshall, Canterbury Press £12.99

In 50 pithy and engaging daily reflections, from Ash Wednesday to Easter and beyond, Rob Marshall leads us on a pilgrim journey to the Mountain of the Transfiguration.

The story of Jesus displaying the overwhelming glory of

God to three chosen disciples is one of the most potent yet mysterious stories in the gospels, and a prelude to all that will occur in Jerusalem.

Rob Marshall explores the many layers of the Transfiguration, and relates them to ordinary human experiences – journeying, prayer, revelation, tiredness, sleep, fear, doubt, waiting, questioning, listening, suffering, vision and much more.

Mountaintop encounters with the divine are transformative, but like the disciples we are not meant to stay there. Instead, we are meant to return to the realities of daily life, changed forever by glimpsing the glory of the God. Transfiguration will help you take the power of divine revelation into your ordinary daily Christian life.

Bishop's Lent Appeal 2024

In our link diocese of Papua New Guinea, the student houses at Newton Theological College are in great need of refurbishment.

In particular, new rainwater tanks to supply the houses. It will cost around £400 to install a rainwater tank for every two houses. This Lent, the Bishop aims to provide 25 water tanks, to supply 50 student houses.

The college has recently linked up with St Margaret's School of Nursing, linking the study of theology with the practical needs of community development.

You can read more about the appeal at

<https://www.dioceseofnorwich.org/bishops-lent-appeal-2024/>





Noticeboard

Recycle 4 Charity

Used inkjet cartridges can be recycled and will raise between 10p and £2 per cartridge for our funds depending on the make and origin.

Collection is now via a box in church, near the door to the hall, and contents of which Janie will send off from time to time.

Which cartridges can be recycled?

Still inkjet only (sadly not laser). Originals and remanufactured cartridges are acceptable.

More information here: <https://www.recycle4charity.co.uk/inkjetCartridges>

Thank you!

Prayer tree

Do you know of anyone who needs our prayers?



A group of us have a list of people we pray for week by week. This is a confidential service. People in crisis can be added at any time and you can give as much or as little information as you wish.

To add a name to our list, or if you would like to join in the Prayer Tree, please contact Joan (01603 920125 or 07957 580629).



**Wednesdays 1-4pm
Meeting Room
St Mary Magdalene Church
Silver Road,
Norwich NR3 4TF**

For people with Dementia and their carers, but open to others.
Come and see what's going on.
Tea, coffee, snacks, puzzles, games, music, all in a comfortable setting with interesting people.
Information about Dementia always available

All Welcome

For details contact
Mike P 07990-505866

Don't forget: Pam Gardener still collects **used postage stamps** for charity.

Please leave them at the back of church for her. Many thanks.



Foodbank

Many thanks to those who contributed to the foodbank donations on 28 January.



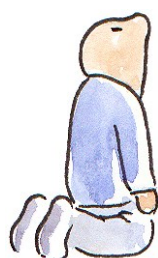
Our next Foodbank collection will be on
Sunday 17 March

In the meantime – if you're someone who uses apps on a smartphone – you may like to download an app called 'BankTheFood'. It's free to download, and gives information on the current needs at Norwich Foodbank. If you want, you can allow it to know when you're at your local supermarket, and it'll send you a little alert to say what you can most usefully drop into the Foodbank basket.



Monthly Prayer Calendar - February 2024

Mon	05 Feb	Silver Road, Bellingham Court
Tues	06 Feb	The people and leaders of the Gulf States
Wed	07 Feb	Interior decorators
Thur	08 Feb	Treeview Court, residents & staff
Fri	09 Feb	Red Cross & St Johns, the volunteers & paid staff
Sat	10 Feb	Beavers, Cubs & Scouts, their leaders and parents
Sun	11 Feb	Our fellow Christians at Rosebury Road Methodist Church
Mon	12 Feb	Cannell Green, Pockthorpe Gate & Heathgate
Tues	13 Feb	The people and leaders of America
Wed	14 Feb	All lovers, young and old
Thur	15 Feb	The Brownies, Guides, leaders and parents
Fri	16 Feb	Norwich City Council, councillors and staff
Sat	17 Feb	All who take Baptisms, those who are baptised
Sun	18 Feb	Our fellow Christians at St Catherine's
Mon	19 Feb	Gertrude Rd, Southalls Way
Tues	20 Feb	The House of Commons, our MPs and all who work there
Wed	21 Feb	That we may all have a good Lent
Thur	22 Feb	Local members of political parties
Fri	23 Feb	All who work in the gas industry
Sat	24 Feb	Our work in evangelism
Sun	25 Feb	Our fellow Christians at Mile Cross Methodist
Mon	26 Feb	Silver Street, Steward Street
Tues	27 Feb	The people and leaders of Russia
Wed	28 Feb	All doctors and consultants
Thur	29 Feb	The leaders and members of Trade Unions
Fri	1 Mar	Mousehold First School, staff and pupils
Sat	2 Mar	Norfolk County Council, councillors and staff



Please also pray for:

The Middle East, especially the Holy Land
Ukraine
Afghanistan

Yemen
The homeless
St Martin's Housing Trust
All foodbank clients and volunteers
The emergency services



Church News

Sunday Duty Rotas

It has been agreed to return to the Before Covid (or BC!) custom of having two readers and two chalice assistants on duty each Sunday.

This enables those who like to take a more active part in the Sunday worship to be on duty more frequently, particularly the readers: there is a long list of them, and sometimes people ask me if I have forgotten them as their names appear very infrequently! Also with two on chalice, the distribution of Holy Communion is speeded up somewhat. If however you find the altered system does not suit you, please feel free to tell me or to change your slot with someone else who is available. (Note that the rotas are only included in the printed version of the magazine, available in church.)

Janie

Parish Giving Scheme

If you give regularly to St Mary Magdalene's, the diocesan Parish Giving Scheme makes it very easy to manage your giving, both for you and for the Treasurer.

If you're unsure about how it works, it's explained on the diocesan website at https://www.dioceseofnorwich.org/parish-support/parish_support-generous_giving/.

Have you signed up yet? It's very straightforward. Joan has the necessary forms, or you can sign up online at <https://www.parishgiving.org.uk/donors/find-your-parish/norwich-st-mary-magdalene-norwich/>

It's spring cleaning time!

Here are two opportunities, both at St Mary Mag's over the next few weeks:

Book sale, Saturday 24 February, 10am to 3pm

Do look out all those books you no longer need, and bring them to church to help raise funds. Books can be left on the bench

opposite the serving hatch in the hall, and Bronwen will sort them in preparation for the sale. Do ask her if you need books to be collected from your home. Proceeds will be split between the church and a book-related charity.

Repair Café Norwich, Saturday 23 March, 9.30am to 2pm

For the first time the Repair Café Norwich will be at St Mary Mag's from 9.30am to 2pm. They aim to be at St Mary's every 6 months.

Their website (which you can find at <https://repaircafenorwich.co.uk/>) says that they fix things, they upcycle, they are a café, they want to help Norwich reduce the amount of stuff going to landfill however we can. So now is the time to look out those things that are waiting for you to 'get a round tuit'. The Repair Café recruit volunteers who offer to fix the following items:

- laptops
- mobile phones
- small consumer electronics
- clothing and fabrics
- shoes
- bikes

Women's World Day of Prayer, 1 March 2024

There will be a service at St Margaret's Church, Old Catton, at 2pm.

The theme and focus this year – which was decided on before the start of the current war – is Palestine. An ecumenical group of Palestinian Christian women have prayed and reflected together over the past several years to respond to the invitation to write the 2024 program. Their theme is "I Beg You... Bear With One Another in Love," based on Ephesians 4:1-7. This program calls us to bear with each other in love, despite all difficulties and oppression.

There is more information at <https://worlddayofprayer.net/palestine-2024.html>

See also the Prayer for Gaza on p.21



Focus on the Middle East

Prayer for Gaza

Written by Students and Faculty at Bethlehem Bible College, November 2023, and shared at the World Day of Prayer Global Conversation, 2 December 2023.

My God and my Lord, we know that you are here now, and yesterday you were, and tomorrow you will be, and forever. Your presence is our security and our peace. Our trust in you is without limits. You are the Lord of every oppressed and needy person.

Lord, fill with your mercy every child who has lost a hand or a leg. For all the little children in Gaza who lost their parents, please send your angels to look after them.

We pray for the Palestinian mothers and fathers in Gaza who stand in the midst of chaos, powerlessness, looking for a safe shelter for their children. We pray for strength to uphold the mother's and fathers' spirits.

May your love be a beacon of hope, a refuge for their weary souls. Grant them resilience, oh Lord. Wrap them in your protective embrace, and lead them to a place of peace...

Look with the eyes of your divine providence upon your people in Gaza and Palestine, and all who call on your name in these difficult times. Plant in us your peace that surpasses all understanding.

Gracious God, for all suffering today in Gaza, heal their hearts and transform their minds. Allow them to experience your presence in their lives. Make them understand the wisdom from their suffering.

Dear Lord, there are no words to say. Our hearts are broken, but we trust in you. dear Lord of love and justice. Please be with us – give us real peace.

Holy Spirit, comfort us, and ... plant in us hearts of love, so peace can prevail.

Amen

From the Women's World Day of Prayer website: <https://www.wwdp.org.uk/2024-spotlight-on-2/>

The war in Gaza-Israel – Bishops urge people to pray – and act

“The first thing Christians can do in response to war is to pray for peace and for those affected.” That is the message of the Archbishops of Canterbury and York.

The Archbishops are praying for “those mourning, those injured, and all those fearing for their safety,” and for “restraint on all sides, and renewed efforts towards a just peace for all.”

The Archbishops and Bishops are also encouraging Christians throughout the UK to join them in prayer, and to consider practical action, by supporting organisations “working to promote peace and human flourishing in the Middle East.”

Christian Aid is the official ecumenical arm of Churches in Britain and Ireland and has been working with the poorest and most vulnerable people in the Middle East since the early 1950s, when it provided humanitarian relief to Palestinian refugees.



The Council of Christians and Jews is a leading interfaith charity which works to help Jews and Christians to meet, to understand each other better and to create meaningful engagement between the communities.

Friends of the Holy Land is a non-political Christian Charity whose mission it is to secure a resilient and enduring Christian community in the West Bank, Gaza, Israel and Jordan.



What's the Big Idea? An Introduction to the Books of the Bible

These are the first two parts of a new *Parish Pump* series, written by Canon Paul Hardingham, which aim to provide an overview of the Bible.



Image: Freepik.com

Genesis

[In January] we consider[ed] the first book, Genesis.

As the title suggests, Genesis is primarily about beginnings. In chapters 1-11, it records the creation of the heavens and the earth and human beings; marriage and family; sin's effect on society and the world. The following chapters record God's dealings with Abraham, Isaac, Jacob and Joseph, and their families. In this story of the Patriarchs we see God establishing a people called to bless the world, as He blesses them.

The book of Genesis is key to understanding the whole Bible. It is supremely about relationships; the relationships between God and the created order, God and human beings, and between human beings themselves.

Fundamentally man has been created in the image of God, so that he can relate to God in a personal way: 'God created man in His own image, in the image of God He created him; male and female He created them' (1:27). However, Genesis plots how this relationship was broken by sin, when Adam and Eve disobeyed God, resulting in the fall of human beings and the created order. By creating people with free will, God risked the possibility that they might reject Him. This is inherent in His love for human beings.

In Genesis, God enters into covenants with the world (the rainbow following the flood) and with Abraham and his descendents (circumcision), pledging His love and faithfulness to them and calling them to respond to Him in faith. It reminds us that God is fundamental to living. Without a sense of the centrality of God's place in our lives, we can never get our lives right.

Exodus

This month we are looking at Exodus, the second book of the Old Testament. Its name means departure, reminding us that Israel's flight out of slavery in Egypt is the major focus of the book.

Exodus is a book of two halves! The first part (chapters 1-19 & 32-34) is the story of an oppressed people who are delivered from slavery into a life of freedom. The second half (chapters 20-31 & 35-40) consists of detailed instructions about the life and worship of God's people. The book introduces us to their salvation or deliverance, as story. God's promises to Abraham are fulfilled as the people journey to the Promised Land. He also renews His covenant with them at Sinai, expressed in the Ten Commandments (20: 1-17).

At the heart of Exodus is the person of God Himself. In chapter 3 God reveals His name as YHWH or 'I am who I am' (3:14) to Moses. This is the name by which God is known throughout the Old Testament, expressed in the title 'the LORD'. To know God's name is to know Him, as well as His character ie His justice, truthfulness, mercy, faithfulness and holiness. He is the God who controls history, delivering the people out of Egypt, while the death of the Passover lamb points us to Jesus' death on the cross (1 Corinthians 5:7).

God's promises of help remain true for us today: 'Do not be afraid. Stand firm and you will see the deliverance the LORD will bring you today' Exodus 14:13.

'This Exodus story continues to be a major means that God uses to draw men and women in trouble out of the mess of history into the kingdom of salvation.' (Eugene Peterson).

