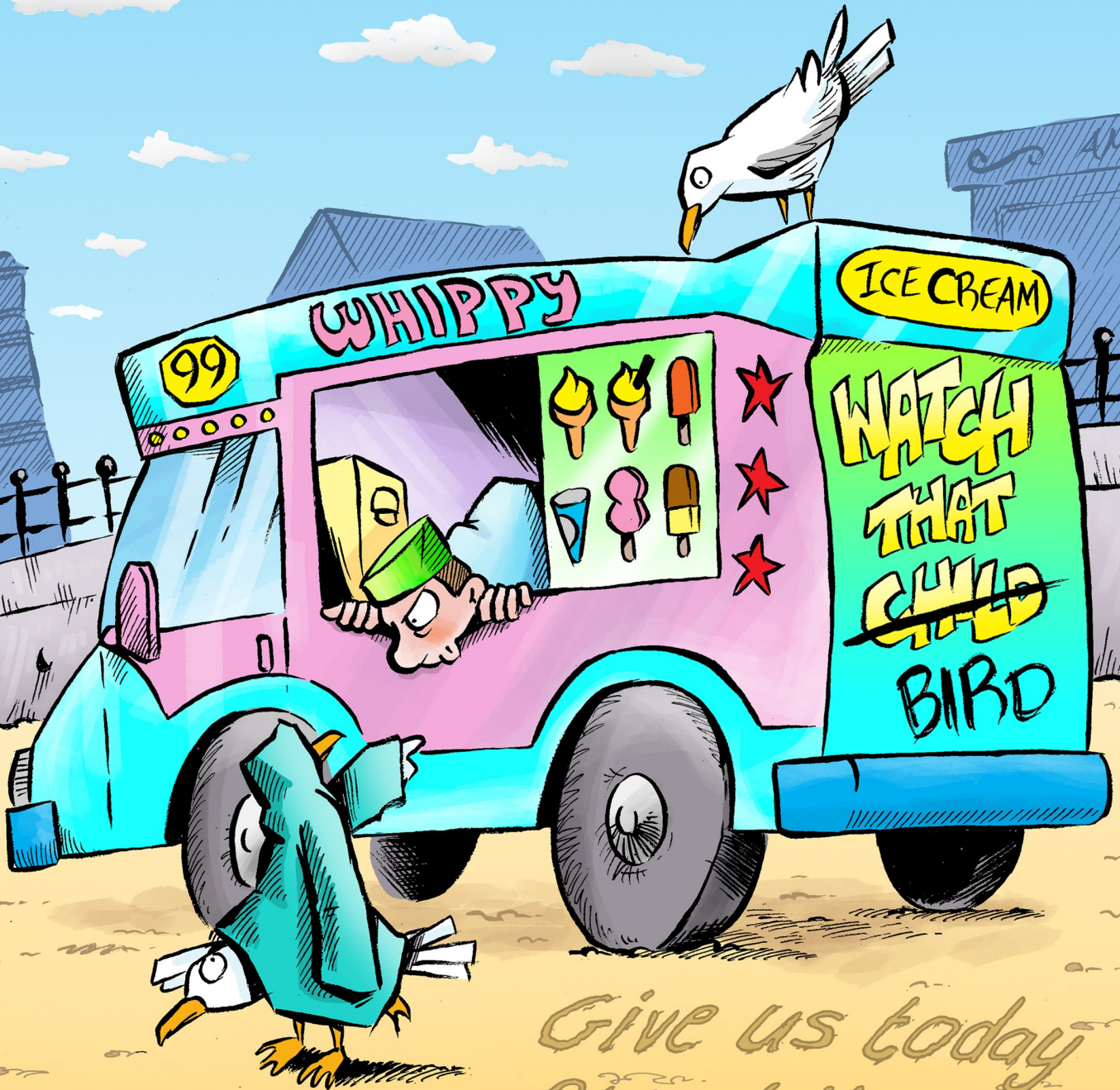


COMMUNITY scene

HARVEST



IN THIS ISSUE:

THE QUIET REVIVAL

WE REAP WHAT WE SOW

*Give us today
our daily
bread.*

MATT 6:11



Celebrate Harvest Festival

**At Stalham Baptist Church
Sunday September 28th**

10.45am to 12.00pm

**Please join us for tea, coffee and cake
in the Schoolroom**

**Donation of harvest food for the
Harvest Food Bank can be placed on the church stage**

**Harvest Supper Auction and Quiz
Monday 29th September 6.30pm
in the Schoolroom
Donations are Welcome**

**To Book please leave a message on 07796 875785
Or email elainesmith364@btinternet.com**

For more information about SBC go to www.stalhambaptist.org.uk

Welcome To Stalham Baptist Church

Harvest Community Scene

Front Cover

"All good gifts around us are sent from heaven above so thank the Lord, O thank the Lord for all His love"

Question? are you like the birds on the front cover, trying to provide for themselves or the back cover accepting the provision God has sent their way?

Cliff at Christmas

Cliff Richard look-alike Will Chandler is back on-stage following recovery

from a cancer scare in 2022 and is again delighting audiences with his performances and testimony and will be performing at Stalham Baptist Church with Julian Pugh from the ShadTones who will be playing a tribute to the Shadows.

Will Chandler says "Cliff As If" is an affectionate tribute to my music hero Sir Cliff Richard. I have been a fan since I was a boy, and my dear Mother would play me his records often. The film Summer Holiday was always a favourite in our home. I am living the

dream by singing and performing my tribute act and count it an honour to be able to do so."

Performed by Will Chandler, **Cliff As If** is considered by many to be the number 1 Sir Cliff Richard performing lookalike. Even Sir Cliff Richard himself commented to Will on his remarkable resemblance when they first met in 2008, Sir Cliff said, "It's good to meet me!"

'Cliff at Christmas

Saturday 29th November.

Matinee performance starts at 2.00pm

Door Open's at 1.15pm

Tickets £7.50 in advance, available at

Stalham Baptist Church or contact

Diana Gordon 07951 949128

secretary@stalhambaptist.org.uk

Tickets also available at the door but

prebooking will guarantee entry



This is Stalham Baptist Church's twenty-sixth Community Scene.

A Really Big Thank you to Steve English, who has produced all our great cartoons, Sonia Maynard and Tim Manley who helped with production and Roger, Niki and Katie Newman at Century Printing Stalham. Thank you to all our amazing volunteers who deliver the magazine for us. You can contact David Child at

editor@communityscene.org.uk

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THE Printers in Stalham for 30 Years 1995 – 2025



We reap what we sow

In the years we have been in Stalham it has always been somewhere we have enjoyed living and have found it in the main to be a good community to have brought our family up in.

You can always find someone to talk to, will receive smiles in the High Street and will meet kind, friendly and helpful people. **Writes Ron Skivington.**

Sadly, across wider society there is much we are reading or hearing about that is neither kind, friendly or supportive towards those who in some way or other are classed as different. Yet again we have heard of high-profile sportspeople being abused for their colour or performance, while others are made aware that their political or religious views place them on watch lists and in some cases, it's led to arrests and court proceedings.

Protests highlighting this or that cause are happening in many of our city centres sometimes spilling over into violence as opposing mindsets clash.

We know those who troll, intimidate, threaten, spread misleading social media messaging with the intent of stirring a reaction that can lead to physical, or emotion harm are in a minority, but their influence can be substantial and wide reaching.

Our theme is isolation which can come as a result of many things that affect us like health, bereavement, financial circumstances, lack of knowledge of where to find help and support, some still remain in lock down mode either physically or in their minds and all such things can create inner loneliness making those affected feel like strangers and outsiders in their own land.

It makes God's words to His people stand out "neither

mistreat strangers nor the oppressed for you were strangers in the land of Egypt" [1] In their days of slavery the people of Israel were not well treated, life was very hard, conditions they were forced to live in were harsh. Treat others as you would want to be treated is part of the message for "Israel you know what it is like to have been subjected to abuse therefore rather than respond in kind treat others with respect and dignity"

The original context was harvest time "when you harvest don't reap right into the corners of your fields, nor go back and pick up what you missed on the first cut, leave them for the poor and the stranger"[2] Here are people, who for whatever reason, are living among you who have very

It is easy to have a me and mine first attitude, what we have is ours

limited access to the basic necessities of life, you have it in your power to do something that might make life a little easier for them for a while so do so.

It is easy to have a me and mine first attitude, what we have is ours, but one lesson life has taught me is when we try and cling on tightly to something it begins to slip through our fingers while to share seems to make what's left go further. The principle is "we reap what we sow" and not just at harvest time.

We have many generous, kind, good hearted people in our wider community, people who, even though they may not realise it are living and acting in line with God's instructions which were designed to create a healthy, well balanced, integrated society where every one counted, were treated fairly and justly.

As we thank God for the harvest He has given us this year, that's not just about crops, may we become a community where no-one feels isolated without others to turn to but a model of the best kinds of care and support.

1] Exodus 22:21 2] Leviticus 23:22

SBC is About Supporting the Community and Helping People in Isolation and Loneliness

Everyone is welcome to drop in to the range of SBC events weekly and monthly in the Stables, Schoolroom and every Monday to Friday when Ron Skivington or Jerry Otieno are in the Church for a chat at 10am to 12pm and for Foodbank donations and prayers.

Warm Space

The warm space is continuing through the autumn and winter. In the Stables Monday 2.00pm to 4pm, Wednesday 10.00am -12.00pm and Thursday 10.00am to 12.00pm from November soup is available Thursday to 2.00pm.

Warm space has turned out to be warm and friendly social meeting place with tea, coffee and biscuits always available as well as games.

Everyone is welcome and its free.

Coffee and Chat

Every Tuesday Coffee and Chat is open 9.30am to

1200pm. Great social gathering with cakes, biscuits and bacon butties available.

Everyone is welcome to sit and chat.

Positive Creations Craft

The Creation Craft is every Tuesday 12.30 to 3pm in the SBC Schoolroom. Every one is welcome.

We generally have a lovely afternoon filled up with a mix of arts and crafts along with cups of tea or coffee. There is mostly a lovely relaxed and creative atmosphere full of chatter and laughter.

Whether you're painting, crafting, or participating in mindfulness exercises, there's something for everyone.

We are welcoming and supportive, plus the group is a great way to meet like-minded individuals in a fun, non-judgmental space. It's the perfect balance of creativity, relaxation, and community!

For more information email

Elainessmith364@btinternet.com

Table Tennis

The table tennis Club meets every Wednesday morning 9.30-12.00pm in SBC Schoolroom. All ages welcome. Your first week is free thereafter it's a £2.00 donation which includes refreshments. We are happy group of all standards of players, look forward to you joining us.

The club has been going since 2008 It's a great way to get some exercise and have a chat For more info call Stewart on 07421129812

Toddlers

Noah's Ark Baby & Toddler Club is a relaxed group that takes place each Wednesday in term time for carers, babies and toddlers: with toys, an activity table, refreshments, a story and songs. The club restarts in the SBC Schoolroom on Wednesday 10th September.

Suggested donation £1. Contact Sue Leaf 07837248099

Community Fridge

The Community Fridge has become a social hub with people coming in for a chat and local people donating produce from their gardens and allotments. Tesco and Morrisons at Nicholson Stalham Green donate regularly with produce that would otherwise go to waste.

Community Fridge is brilliantly managed by Sara a volunteer and a great team of volunteers.

The Community Fridge is open Mondays 2.00pm - 4.00pm - Tuesday to Friday 10.00am to 12.00pm.

Get regular updates on what's available by going to the Stalham Community Fridge Facebook page.

Bible Art

Come and get creative! We read a Bible passage and think about it together. Then everyone has time to create their own work of art to reflect on whatever part of the passage became important to them. This can be done as writing, drawing, painting, card making,... everyone can get creative in their own way. A few materials are there, but you are also welcome to bring your own if you have them. Bible Art is every 1st and 3rd Friday morning of the month from 10-12. Any questions? Feel free to contact Simone at sim1otieno@gmail.com.

Ladies Breakfast

The next Ladies Breakfast will be on Saturday 20th September 8.30am in SBC's Schoolroom. Followed by a guest speaker from "**Feathers Futures bringing women together**"

Breakfast includes cereal, fruit juice, pastries, and a cooked breakfast. No fixed charge, but all donations are appreciated, all profits will go to a charity.

Book a place or more information by contacting Elaine on 07796 875785 or email Elainessmith364@btinternet.com

Memories Café at SBC

A Friendly and welcoming space in the last Monday of the month 10-12.00 for people with memory problems and their carers that will help and support people in the community. Come along for a cuppa, games and other activities. For more information, please talk to Diana - 07951 949 128.

Messy Church

Meets each month for a Bible story theme and is for youngsters of all ages, a responsible adult needs to accompany children. Timetable 3.15-4.15 various activities and refreshments, 4.15 story, song and prayer, 4.30 main food and dessert. Free to all. The date to restart in September is yet to be made (this magazine is going to print on August 15th.) look at the posters outside SBC, check www.stalhambaptist.org.uk or school newsletters. It is likely to be the third Thursday in the month.

Citizens Advice Service & Foodbank

The Citizens Advice Service is open on Friday in the Stables, 1.15 to 3.00pm. To book an appointment either phone 07826 376343, or just drop in.

If you need help with food, or know someone in difficulty, either contact the Food Bank on 07826 376343, or contact Ron Skivington at minister@stalhambaptist.org.uk

Online Service

If you cannot make it to a Sunday service you can find the service online Go to: www.stalhambaptist.org.uk/ Then click on the box which says join our Sunday online service.

You can also listen to the weekly blog by clicking on the Weekly Bible Commentary. You can also find copies of the weekly newsletters by clicking on Weekly Church Bulletin. You can get more info about SBC at www.stalhambaptist.org.uk & www.facebook.com/stalhambaptist

Heritage Open Day at the Museum of the Broads

On Sunday 14th September 2025 as part of National Heritage Open Days Festival this event is your chance to really discover the stories of the Broads, see our Story of Peat exhibition, enjoy our special exhibition on artist, Philippa Miller, and take a boat trip to explore our unique Broadland landscape. Get on board for boat trips to get up close to the Broads. Each trip lasts around 50 minutes. Tickets are just £9 per adult and £6 for a child/young person, and we recommend that you pre-book. But - there's no need to book museum entry. That's free as part of the National Heritage Open Days Festival!

For more information go to www.museumofthebroads.org.uk or phone 01692 581681.



Described as a beer orgy and a drunken beano

The alarm was sounded around 1.00am on Tuesday November 6th 1906, The Stalham Brigade arriving within 30 minutes. By then, the fire had taken hold in the roof of the building (now the Original Factory Shop) and had rapidly spread to the adjoining what was then Barclays Bank. The fire fighters were hampered by the lack of water until the arrival of the water

carts and the North Walsham Brigade, who had covered the eight miles in eighteen minutes (using horse drawn vehicles) arriving around 3.00am. Up to that point the Stalham Brigade had fought the fire with buckets of water supplied by a local well and passed along a human chain. As dawn broke the Brigade had managed to get

the blaze under control but Barclays Bank and Mr Hensman's house and business were in ruins. However that was not the end of the story. W.H. Cooke tells us that the thrifty Arthur Hensman hired the Town Hall and continued his business, the even thriftier Fire Brigade presented the Town Council with a bill amounting to £174 (around £20,000 in today's money) including £18+ for refreshments; beer was around a penny a pint at the time. This led to court action between the Captain of the Brigade and the Town Council, during which the event was described as a beer orgy and a drunken beano with large quantities of beer being consumed by the men engaged in fighting the fire. In his excellent book "150 years of Service" which chronicles the history of the Stalham Brigade, Writer Derek Farman records part of the cross examination of the Brigade's Captain by the Town Council's representative.

Mr Reeve, referring to the Fire Assessor's, Mr Self's report.

"He (Mr Self) has told you the claim was exorbitant."

The Captain: "In London he told me that."

Mr Reeve: "Amongst other things, did he not complain

about the large bill for refreshments – the sum of £18. 16s. 9d."

The Captain: "Yes he did."

Mr Reeve: "It was a perfect orgy for two or three days."

The Captain: "A perfect what?" (Laughter in the court).

Mr Reeve: "A perfect orgy — a real beer orgy."

The Captain: "Mr Self didn't say that. He called it a drunken beano."

Mr Reeve: "People were drunk were they not?"

The Captain: "Evidence will be brought to show there was not a man drunk the whole time."

Mr Reeve: "Was there not one man walking around with a uniform and a top hat." (Loud laughter from the court)

The Captain: "Not a uniform, in his ordinary clothes and a top hat."

Mr Reeve: "Was he not drunk?"

The Captain: "No." (Laughter approaching gale force)

Mr Reeve: "Did not this man try to push a wheel barrow up a plank and did he not fall off?"

The Captain: "He did, but this is not an easy thing to do."

Mr Reeve: "True, but did he not attempt this a further five times with the same result."

The Town Council eventually won the day and costs were awarded against the Captain who had sued the Council in respect of his personal bill of £8 18s 6d of which the Council had paid £4 4s. Derek Farman concludes this episode by saying "at no point in the court case was their competence to fight fires challenged – only their capacity to consume beer."

At a penny a pint the Brigade had allegedly consumed in the region of 4521 pints of beer 565 gallons (2260 litres). At £5 — the pints would cost today £22,605.

Taken from Stalham Fire Brigade 150 Years of Service.



Message from Sara Lou

I am organising a "Wear it Pink" Coffee Morning again this year.

It will be in the Schoolroom at Stalham Baptist Church.

There will be bacon rolls, home-made cakes, hot drinks & cold drinks.

We are also having a "Guess the Weight of the Cake" competition and the fabulous tombola as usual.

This is a cause incredibly close to my heart as most of you will know.

In the UK it's estimated that 56000 women and 400 men will be diagnosed with breast cancer in 2025.

Every penny raised helps fund research into this hideous disease!

Please share my event and look out for more details. .



Saturday 18 October 2025
from 09:30-12:30

**Wear it Pink
coffee
morning**

Public - Event by Sara Lou



The Quiet Revival – Conducted by YouGov

Church attendance has risen by 50 per cent over the last six years, with 2 million more people attending church in England and Wales, according to a new survey commissioned by Bible Society

The findings come in *The Quiet Revival* report, which references two data sets commissioned by Bible Society and conducted by YouGov to track attitudes to the Bible and Christianity and related religious behaviours in the adult population of England and Wales. Both surveys were conducted large, nationally representative samples.

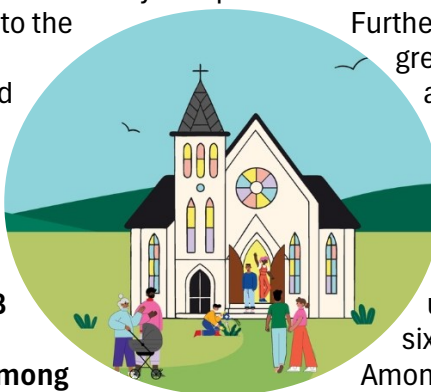
- **The 2018 survey found that 8 per cent of the adult population (3.7 million) attended church at least monthly.**
- **By 2024 this had risen to 12 per cent (5.8 million).**
- **The most dramatic increase was seen among young adults, particularly young men. In 2018, just 4 per cent of 18–24-year-olds said that they attended church at least monthly.**
- **Today, this has risen to 16 per cent, with young men increasing from 4 per cent to 21 per cent, and young women from 3 per cent to 12 per cent.**

The report's co-author Dr Rhiannon McAleer said, 'These are striking findings that completely reverse the widely held assumption that the Church in England and Wales is in terminal decline.'

While some traditional denominations continue to face challenges, there are now over 2 million more people attending church than there were six years ago.'

The report's co-author, Dr Rob Barward-Symmons, added: *"With much of the population struggling with mental health, loneliness and a loss of meaning in life, in particular young people, church appears to be offering an answer. We found that churchgoers are more likely than non-churchgoers to report higher life satisfaction and a greater feeling of connection to their community than non-churchgoers. They are also less likely to report frequently feeling anxious or depressed – particularly young women."* Alongside this significant demographic change within

churches, the report highlights evidence of 'an active and vibrant Church', said Bible Society. Both Bible reading and confidence in the Bible have increased among churchgoers compared to 2018, 'indicating that new attenders are even more engaged in Christian belief and practice'.



Furthermore, the report identifies both a greater openness to faith and spirituality, and to churchgoing in general, even among non-churchgoers. Younger people are particularly warm to spirituality, with 40 per cent of 18–24-year-olds saying they pray at least monthly and 51 per cent saying they've undertaken a spiritual practice in the last six months – the highest of any age group.

Among non-churchgoing 18–24-year-olds curiosity about Christianity is also typically higher than average, with 34 per cent saying they would attend church if invited by a friend or family member and a quarter (25 per cent) saying they would be interested in discovering more about the Bible – again, the highest of any age group.

The report also shows how churchgoing affects both individual wellbeing and the local community.

Church growth has an impact on society, says *The Quiet Revival*, as churchgoers are more likely to actively participate in things that benefit the local community, such as donating to food banks, volunteering or giving to charity.

Christians also report a higher life satisfaction than non-churchgoers, with a greater connection to their community and less stress and anxiety.

Bible Society's chief executive Paul Williams said, 'This is a highly significant report which should transform the perception of Christianity and churchgoing in England and Wales. Far from being on a slippery slope to extinction, the Church is alive and growing and making a positive difference to individuals and society.'

The Alpha Course

Alpha

SBC will be running an Alpha Course on Thursday evenings from 25th September to 20th November.

What's Alpha you might ask? It's an informal chance to watch a presentation about Jesus, God and their relevance in today's world and discuss your questions with others over a cuppa. It will be held in the schoolroom at 7.00pm.

To book a place. Email either secretary@stalhambaptist.org.uk or minister@stalhambaptist.org.uk



Stalham Baptist Church Facebook

Want to know what's happening at Stalham Baptist Church

**go to Facebook and the website
www.stalhambaptist.org.uk**





Unlimited is a Scripture Union holiday for young adults with learning difficulties which takes place at The Horstead Centre.

Helen Vinter writes. Our aim is to give the young people a fantastic holiday and help them to learn more about the God who loves them as they are. We are keen to explore what it means to be a Christian and give them the opportunity to respond to Jesus.

We have around 18 young people and a similar number of team. Our young people range from 20-25 in age and have a whole range of disabilities, including Downs Syndrome, Autism and general learning difficulties.

We do some activities run by Horstead which are exciting and possibly challenging for our young people. These include a climbing tower, zip line, crate stacking, canoeing and giant paddle boarding! We also do a lot of games, crafts and other activities which are great fun and often tie in with the bible story of the day. This year we are looking at some of the stories that Jesus told and seeing what these have to say to us and our young people today. The week is always rounded off with

a talent show and our very own festival which is always a big favourite with everyone!

If you know of anyone who might be interested in coming, the dates for next year are:

4-8th August 2026 Horstead Centre, Norwich. NR12 7EP

Please see the Scripture Union website for further details and booking:

www.scriptureunion.org.uk



Able Community Care - Question and Answers

Able Community Care is often asked by our clients, carers and members of the public, questions across a wide range of care issues.

Question – I wish to appoint two people as my Power of Attorney. What happens if one of the individuals dies, can the one who is left, still carry out my wishes?

Answer - Under Section 13(6)(b) and (7) of the Mental Capacity Act 2005, if multiple attorneys are appointed '**jointly**', the death of one makes the LPA ineffective.

However, if appointed '**jointly and severally**', the remaining attorneys can continue their duties.

Question – I need some help to get an older relatives feet looked after. Where can I get such help, and does it have to be paid for?

Answer - If it is a foot condition that limits movement, then your relative may qualify for free chiropodist and podiatry services through the NHS. Many Age UK branches also have trained workers who will provide a basic level of foot care, such as toenail cutting, and can offer general guidance. If such footcare is not freely available in the area in which your relative lives then you will have to pay a podiatrist, also known as a chiropodist, to get the help needed. To find one locally, visit the regulating body, the [Royal College of Podiatry's website](http://www.rcpod.org.uk) for a list of their members.

Question – Being a person with a disability I can purchase some pieces of equipment and other things VAT-free. Can I do this with the online retailer Amazon?

Answer - Amazon can issue VAT refunds on eligible sales to customers who are registered disabled or chronically ill. To apply for your VAT refund, after your order has been completed, you'll need to fill out an eligibility declaration form which can be requested from their Customer Service department or obtained directly from HMRC (HMRC Notice 701/7 VAT reliefs for disabled people). Visit their websites for further details.

Question – Are continence products for personal use free of VAT in the UK?

Answer - Yes, continence products for personal use can be VAT-exempt in the UK for individuals who are disabled or have a long-term illness. This means that eligible individuals can purchase these products without paying the standard 20% VAT. However, it is not easy to see where this is mentioned on some online websites where many people now purchase them. It is also worth asking other retailers, such as chemists and supermarkets, if they are marked as VAT free and if not, can you have the reduction as they are for personal use.

For more help go to www.ablecommunitycare.com



**Come along and meet
Leanne from the
Family Hub who will
be on hand to offer**



**advice and support from other local
services and Lucy from Schools and
Communities to support emerging
Special Educational Needs and Disabilities
at the Stables, SBC.**

**16th September, 14th October,
11th November, 9th December
all at 9:30-10:30am**



Foodbank Appeal



Harvest appeal

Help support your food bank this Harvest

In the last 4 months of this year, the food bank will provide over 710 food parcels for local individuals and families facing hardship.

Donate food



Donate an item or two from our shopping list, ensuring we can provide food for people facing hardship in your community.

Donate money



Help to cover the costs of storing and distributing food, as well as developing sustainable projects.



Shopping list

Tinned meat
Tinned vegetables
Tinned potatoes
Tinned tomatoes
Instant hot snacks
Tinned fruit
Coffee & tea bags
Milk (UHT long-life)
Cereals
Squash

Rebecca Claxton messages Stalham.

Looking towards the season of Harvest, I am writing on behalf of North Norfolk Foodbank to thank you for your fellowship at SBC and the community of Stalham for the support of our work.

Unfortunately, the number of people in our local community who require emergency food are still incredibly high. During the last financial year, North Norfolk Foodbank provided 2,011 emergency food parcels to people struggling to afford the essentials, which fed 4,520 people, including 1,677 children, so your support is vital to ensure that we can continue to provide our services.

Any food donations also collected during Harvest services will be very welcomed. I have attached our Harvest appeal poster which lists the foods we need the most.

SBC is open Monday - Friday 10am to 12pm for donations and various times in the Stable the Schoolroom and the Sunday morning service.

If you would like more information on the work of our foodbank and how you and your congregation might be able to partner with us more closely, please contact us via email.

northnorfolk.foodbank.org.uk/

If you would like more resources to explore justice and poverty, to support our work as a food bank, then please visit

trussell.org.uk/support-us/churches

Thank you again for all that you do to support us.

North Norfolk Foodbank
northnorfolk.foodbank.org.uk

Registered Charity in England & Wales (1149156)
Registered Limited Company in England & Wales (08029715).

Help for Loneliness and Isolation Young and Old

The number of lonely or socially isolated people stands at 40,000 in Norfolk. That's about 4.5 per-cent. The loneliness and social isolation among young people is increasing, with 16–24-year-olds now reporting the highest levels of loneliness of any age group in the UK.

North Norfolk District Council



AGE
FRIENDLY
NORTH
NORFOLK

If you are lonely or isolated NNDC have a range of activities. To get to them go to www.north-norfolk.gov.uk/ and add "Age Friendly North Norfolk" In the "search

for" at the top of the page.

NNDC states "Our ambition for Age Friendly North Norfolk is to nurture friendly, supportive communities in which people can grow old and places where people age well. It is where:

- older people are valued
- feel respected and appreciated are seen as the assets they are

Clip on the video , **Coralie Martin, one of North Norfolk District Council's Community Connectors, explains the fantastic opportunities and resources available to help older people in our district stay connected and active.**

Norfolk County Council

Green spaces, such as parks, woodland, fields and allotments, are increasingly recognised as an important asset for supporting health and wellbeing.

This 'natural capital' can help to:

- Improve health and wellbeing
- Reduce health inequalities
- Improve social cohesion

People who have greater exposure to green spaces have a range of more favourable physiological outcomes. Greener environments are also associated with better mental health and wellbeing outcomes. This includes reduced levels of depression, anxiety and fatigue, and enhanced quality of life for both children and adults.



Tips if you're feeling lonely

Most of us will feel lonely at some point in our lives. You don't have to be alone to feel lonely.

You can feel lonely in a crowd, with colleagues at work or with your friends and family. You can feel lonely

in your relationship.

Loneliness can be a part of life at any age. Feeling lonely can sometimes be triggered by things like going to university or moving to a new place, retiring or changing jobs, going through a bereavement or a relationship break-up.

Here are some practical suggestions that you might find useful to help you cope if you're feeling lonely. Some tips may be more useful than others, or you might feel like you need some extra support.

If you need someone to talk to, you can get in touch about anything that's troubling you, no matter how large or small the issue feels. We won't judge or tell you what to do.

www.samaritans.org/how-we-can-help/contact-

samaritan/ or phone **0330 094 5717**

Loneliness is a normal human feeling but if feelings of loneliness are persistent, it can make you feel disconnected from those around you and affect your mental wellbeing.

Whatever the reason, there are things we can do to help ease feelings of loneliness and feel connected to ourselves and others.

Talk about how you feel

If you're feeling lonely, it's good to talk about it – opening up shows great strength. Try sharing how you feel with someone you trust. It could be a friend, a family member, a colleague or your GP. Being open and honest can help connect you to others. If you don't feel like there is anyone you can talk to, our volunteers are here to listen.

Be kind to yourself

It's important to be kind to yourself – it can be daunting opening up sometimes, and it's OK to take it at your own pace. Take care of yourself and spend time doing things that you love, whether that's dancing to your favourite song, watching a comforting film or getting outdoors – give yourself a break.

Connect with your community

Find out what's happening in your local area. There may be a park run or walk, clubs, classes to join or a local organisation you can volunteer with – make sure it's something you enjoy and really care about. Simply being around others who share your interests may be enough to help.

Connect online

There are lots of ways we can still feel connected with others, even if we can't see them. Calling friends or family, joining an online class or taking part in a virtual meet-up about something you're interested in are just some of the ways you can connect with others online.

Connect with nature

From visiting our local parks to tending to plants indoors, spending quality time with nature has been proven to have a positive effect on our mood. It can help to reduce feelings of stress and improve our mental and physical health.

Try not to compare yourself to others

We all do it sometimes, and it's not always easy to stop – especially with social media. Remember, most people are only sharing and posting their best bits. It could heighten feelings of loneliness if you're comparing yourself to someone else's highlight reel.

While spending time online with others online is a valuable way to connect, it's important to take a break from the news and social media if it is causing you to feel stress and anxiety. If you're finding it hard to step back, you might want to try:

- Turning off alerts and notifications on your devices
- Curating your social media feeds – this could include unfollowing or muting accounts that aren't helpful
- Setting a limit for your screen time or for reading the news

• Leaving your phone in another room for a few hours and focusing on an activity you enjoy. If you're going through a tough time, contact us free. We won't judge you or tell you what to do. We are here to listen so you don't have to face it alone. Call us free any time, from any phone, on 116 123.



Connecting People, Connecting Communities

Can Connect can help to connect you with people and activities in your community as well as provide a range of support to help you achieve your goals.

We also provide support for the community itself. Helping organisations and people make the places we live, stronger, friendlier and more resilient.

Connecting People

Sometimes we could all do with just a little bit of support to help make life click. We can provide you with one-to-one support to help you achieve your goals as well as help you find and support you to get involved with activities in your community.

For more information go to www.canconnect.org.uk/
To access the helpline call **0300 303 3920**

Dealing with Intrusive Thoughts

Our minds are factories of thoughts—some intentional and others not. We strategise, reflect, and ruminate using our minds. When used constructively, our thoughts can generate productive and helpful ideas. However, when left unchecked, they can also produce destructive thoughts that harm us and those around us. It's often said that an idle mind is the devil's workshop. *Writes Jerry Otieno* Psychologists categorise thoughts into four types: **Positive thoughts, Negative thoughts, Waste thoughts, and Necessary thoughts.** Positive thoughts focus on the good aspects of a situation and expect positive outcomes. In contrast, Negative thoughts are unpleasant and pessimistic, often characterised by negative perceptions and expectations about ourselves, others, and our circumstances. Necessary thoughts are essential for problem-solving and decision-making, while Waste thoughts are unproductive and irrelevant—uninvited intrusions that lead to anxiety and mental clutter. These unhelpful thoughts are known as intrusive thoughts and can be pretty distracting.

The goal in life is to cultivate more Positive and Necessary thoughts while reducing Intrusive and Negative thoughts. So, how can we deal with intrusive thoughts?

People employ various strategies to cope with intrusive thoughts. For Christians, Jesus's teachings in Matthew 6:25-34 provide valuable guidance. In Matthew 6:34, Jesus says, **"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."** This does not mean that Jesus forbids careful planning or saving for the future. Instead, he emphasises that worrying about tomorrow does not benefit either today or tomorrow. In fact, it robs us of our effectiveness today, making us even less effective tomorrow. The American writer Fulton Oursler once said that the average person is **"crucifying himself between two thieves: the regrets of yesterday and the worries about tomorrow."** Our intrusive thoughts often dwell on the past and fret about the future, stealing the blessings of today.

The word **"worry"** originates from the Anglo-Saxon term

meaning *"to harm,"* and in another context, it means *"wolf."* Worry is something harmful; it bites and tears at us as a wolf does when it attacks its prey. In Matthew 6, Jesus prohibits the kind of worrying about clothes, food, and the future that, like wolves, attacks our joy and leaves us feeling joyless. Instead of succumbing to worry, Jesus instructs us to direct our thoughts to God and wholeheartedly trust His power, protection, and provision. He says, **"But seek first his kingdom and his righteousness, and all these things will be given to you as well"** (Matthew 6:33). Intrusive and Negative thoughts tend to focus on our fears, our "What ifs?", and uncertainties about the future. When intrusive thoughts prompt us to worry about hypothetical situations, we should try to ground ourselves in the "What is?" and live in the present, learning to trust God one day at a time.



Philippians 4:4-9 advises that the best way to combat intrusive and negative thoughts is through prayer, presenting everything to God with thanksgiving. By praying, we allow God to share our burdens and worries. The result is that God's peace will relieve our hearts and minds from anxiety. Furthermore, Philippians 4:8-9 encourages us to focus our thoughts on things that please God and reflect His character. When we feel

overwhelmed by negative and wasteful intrusive thoughts, we should redirect our minds to what God is doing and what He can do. Think about "whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy." By focusing on these things, we can transform our outlook on life and renew our minds with positive thoughts. We should concentrate on the "what is" rather than getting caught up in the "what ifs."

Whatever challenges you face, may you learn to trust God and appreciate the "what is" that He is doing in your life. With God by your side, you are never alone. May you learn to surrender all your "what ifs" to Him.

"Give all your worries and cares to God, for he deeply cares about you." (1 Peter 5:7)

Lowland Rescue in Norfolk

Lowland Rescue opened a Charity Shop in Stalham on July 14th opposite the Grebe pub.

Norfolk Search and Rescue is a Lowland Rescue team, that fills the gap between Mountain Rescue Teams and HM Coast Guard. Formed in 1999, our Search Technicians offer the Police and Emergency Services a specially trained team, to assist with the search for vulnerable missing persons throughout Norfolk.

Foot Team

Our Foot Team form the core of Norfolk Lowland Rescue. They comprise of qualified *Search Technicians, Team Leaders, Search Planners, Search Operators, Medics* and an *Incident Commander* from all backgrounds and ages (ranging from 18-75) across the region.

All Search Technicians undertake an intensive 3–6-month training course followed by 6-month probation period. The Team trains twice a month in all seasons and weather.

Dog Team

Some of our Search Technicians choose to train their dogs to work in the Search and Rescue environment.

All dogs are thoroughly assessed for suitability and require 2 years (850 hour) of training to reach qualified status

Our dogs are trained in Air or Ground Scent and require consistent training even post-qualification.

Water Team

Based on the Norfolk Broads, our water team can be deployed all over the county and occasionally beyond to assist neighbouring teams.

The water team require additional training in water-based skills to assist the emergency services with searches of The Broads network, rivers and other wetland areas, as well as working as a flood first responder to assist

emergency services during flooding events.

NorLSAR is entirely funded by donations, our sponsors and charitable grants.

All money raised helps to ensure our equipment, kit and assets can be provided and maintained. Find out how you can help us to continue to search for missing people in all weathers, at any time, day or night. For more information go to <https://norlsar.org.uk/>

Lowland Rescue are a registered charity. If you think you can devote some of your spare time and energy into helping your community and the local emergency services, then they need volunteers as:

Licensed Search Technicians / Flood First Responder / Lowland Rescue First Responder / Team Leader / Sonar & ROV Operators / Search Planners / Search Operations / Fundraisers / ...

The Recruitment Process

If you are interested in finding out more about being a part of the team please use the link below where a link to an application form will be available. Applications will be reviewed, and you will then be invited to come to an induction day, where the training programme and commitment required will be explained.

Just by asking for us to make contact you are not committing yourself and we are fully aware that searching for missing people is not suitable for everyone. Please contact us via <https://norlsar.org.uk/get-involved/> if you have any questions.

The Lowland Rescue charity shop would appreciate volunteers with hours convenient to them joining a great establishment team.



DEMINTIA RESCUE
CRISIS RESCUE
SUICIDE RESCUE
RESPONDENT RESCUE
LOWLAND RESCUE
WATER RESCUE
WOODLAND RESCUE
HILLSIDE RESCUE
FARMLAND RESCUE

Russian Tycoon Seeks Human Immortality



Steve English's cartoon shows the professor holding up a light bulb with an illuminated cross inside it. Has the professor discovered the light of the world? Has he been searching for the elixir of life and found it? (Steve produced the front & back cover) Throughout the centuries mankind has searched for the secret of eternal life without success. Russian internet mogul Dmitry Itskov claimed that by 2045 mankind would live forever by transferring the human conscience into an avatar.

Gilgamesh (who lived during the 26th century BC) tells of how after his friend Enkidu's death he pursued immortality. He failed two test he was set and didn't become immortal. Gilgamesh's story is among the oldest stories recorded.

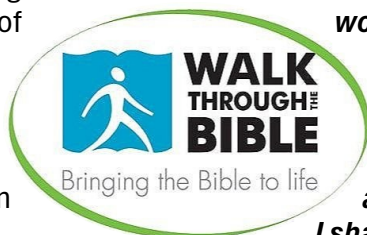
China's first emperor Qin Shi Huang, whose tomb is surrounded by the Terracotta Army, was also determined to live for ever to enjoy what he had created. He also died by consuming mercury pills which he believed would achieve his goal in 210BC.

At Easter SBC celebrated the Resurrection of Jesus 3 days after His crucifixion. In that act He gave eternal life to all those that come to Him in faith. John 3:16 "Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him would not be lost but have eternal life."

Giving yourself to Jesus is simple just ask Him into your heart.

Walking Through the Bible

On 1st November 2025 Stalham Baptist Church will be having a second day of 'Walking Through The Bible'. The day is presented by one of the team from 'Walk Through The Bible' and is a fun, interactive day; getting a solid overview of the who, the why and the where of biblical characters, places and events. In April we looked at the Old Testament and in November we will be looking at the New Testament. If you have never read the Bible but would like to know what its all about then this day is for you!



If you have read a little and want to know and understand more then this day is for you!

If you have read the Bible cover to cover and, maybe more than once, then this day is for you!

If you think you know what the Bible is all about then this day is for you!

A quote from one of our attendees in April.

"I just wanted to say what an amazing day we had on Saturday 26th April looking at the Old Testament with

the Walk Thru the Bible presenter, Tom, and his lovely wife, Hannah, and to just thank you so very much for organising for it to take place at Stalham Baptist Church.

I live between Thetford and Watton but the day was so worth the journey; one of the most special days of my life and one I most certainly will never forget.

I am so hopeful that you might be inspired to host the New Testament presentation and, if so, please do invite me to attend and I shall be there in a jiffy! "

The cost is £14 per person and youngsters under 16 go free. Refreshments available throughout the day and you can bring a packed lunch or pop out into town and get something

Click the link to find out more and book tickets.

<https://www.bible.org.uk/index.php>

Alternatively, you can speak to Diana Gordon, secretary at Stalham Baptist Church. Telephone 07951 949 128 or email secretary@stalhambaptist.org.uk

I get "wing-envy"

Barbara Neale wrote an article for the Easter Community Scene 2024. Over the years Barbara had been in a bunker in Israel, in a kibbutz waiting for the shelling to stop, awaiting a ferry from Sweden to go to Poland the same time as the Chernobyl explosion; working in a refugee camp with an overnight bag packed ready to head off to HQ in Bangkok if the shelling from the Khmer Rouge got really bad; jumping over flames in a forest fire in Vietnam, living through a coup in Cambodia with tanks in the street and dodging bullets to find somewhere to go and give blood; being threatened by police with guns in Phnom Penh, long before Cambodia was on the tourist route and landmines all over the place; not turning a hair when soldiers with AK45s arrived in her small village in Uganda.

Barbara now has written for this Community Scene.

Sometimes I watch the birds swooping and soaring and I get "wing-envy" (is there such a thing!?)

because at the moment my "wing" (right arm) is out of action...

One morning, end of May, I was getting ready to go out, when all of a sudden out of the blue, I heard "crack crack" and suddenly excruciating pain in my upper arm; and lower arm just flopped.

To say my life suddenly turned around 180 degrees would be an understatement.

X-ray (where I fainted with the pain) showed that a tumour on the bone had caused the break. Further tests over the next couple of weeks, MRI, CT, and then a bone biopsy in Stanmore hospital says its a secondary and then more tests to find the primary. I was taking morphine for pain



but took an allergic reaction to it and ended up in hospital for two days while they did loads of blood tests looking at liver irregularities.

It was a case of adjusting by taking one day at a time and one thing at a time, but in the midst of it all learning to see the positives in it.

The one thing that really helped was one day listening to the song "His (Gods) eye is on the sparrow and I know He watches me" and

have the confidence that my Heavenly Father takes care of me and is with me in the bad times as well as the good times.

One morning I was feeling incredibly low, and I looked out of the window into my garden, and there on the feeder were two sparrows... This may not seem like a bit deal, except that birds don't come on my feeder!! there had been none before (for ages) and I have seen none since. But THAT moment, when I was needing reassurance, there they were. A reminder from my Heavenly Father, that He takes care of me.

Hence I have been called the sparrow with the broken wing, and a friend has even knitted me a sparrow with a wonky wing!

There have been times when things panned out so well and could have seemed like coincidences, but we call them God-incidences. Friends calling round unexpectedly and then two minutes later a phone call from the surgery wanting me to go for blood tests... meant I had transport laid on immediately.

Many more times of things supernaturally happening to reassure me.

I have learnt such a lot from this upheaval. I have learnt how incredibly kind people can be. And what an effect

kindness has!

I was having a very low moment in the hospital at one point (In all of this have had very few lows, but they turned out to be blessings!) Had been moved to a different ward and there was nowhere to put me; they hadn't expected me, (last thing they needed was a bed left in the way with someone on it!) blood tests came back worse instead of better, was in a lot of pain, and I wasn't feeling too cheery...

An incredibly busy desk clerk came and asked me if I would like a cup of tea. Would I!! He didn't even huff impatiently when I told him how I like my tea made! Then after bringing me the best cup of tea, I had had in ages, he asked if I would like something to eat. Said I would like some fruit but couldn't peel an orange with one hand so would have to be a banana or something easy. He came back with two tangerines, and although very very busy, he sat and patiently peeled and segmented them both! He would have forgotten about this I am sure before he got home, but I will never forget it.

A friend's husband suggested they cancelled their holiday so she could be around for me! (they didn't) But what a kind thought...

Awesome friends have been over from NI and as I write this, I am looking forward to a visit from a friend coming from Hertfordshire, who booked herself into an Airbnb

before she told me she was coming to do anything I needed her to do.

All this has made me realise that 80% of things that mattered before, don't matter anymore. Things have taken on a new perspective, kindness matters hugely I have learnt, as I have been shown such kindness. I am totally overwhelmed at times.

My neighbours have been wonderful. making me scrambled eggs on toast the morning after I came out of hospital, shopping, gardening, cleaning, lifts, hanging out my washing... Friends and family been awesome, taking me to hospital appointments and also here there and everywhere. Treats galore, loads of flowers, cooking me meals, cards, gifts, visits...

It's tricky with one arm, I spill things, drop things, I'm in pain, takes ten times longer to do things. I look at what I can't do now, drive, take the dog for lovely walks, look after mum, but I have found other things in its place. Faith in the goodness of God is growing. Faith in the goodness in people. Cutting them some slack when they are annoying, because I am too. Forgiving and loving. Kindness has ripple effects; an act of random kindness can mean the world to someone.

God knows my tomorrows. All I know is heaven is my home one day. I don't know how I would do this if I didn't have that assurance.

Di Cornell talks about Stalham High Street

Stalham High Street, a walk along our lovely High Street. The Stalham Business Forum has been keeping an eye on all the wonderful new shops that have appeared in our Victorian High Street in the last year... how much our street has changed.

Here are a selection of our new shops, starting at the top we have Stalham Stoves and Fireplaces at number 37. Jacqui and her husband Chris have years of experience selling and installing stoves. They have relocated from Norwich. Not new but refurbishment is taking place at the RSPCA charity shop. At 81 High Street you will find Maria who makes blinds, curtains, upholstery and more. Open for just over a year Curtains and Curiosities is a real find! Maria is a local Stalham girl who has returned to her roots after many years of working for Larners and Bakers. Opposite Maria you will find The Potting Table with a range of unique gifts, coffees and plants. Mandy sources her goods world-wide. Mind the steps!

Lin Barbers at 91 High Street, has only been open a few weeks, but is already popular and are open 7 days a week, so no excuse for being scruffy gents!

At 60 High Street is the Little Shop of Dogs, where you can get your dog groomed and also buy leads, toys, collars and more.

AND at 60A High Street you will find Bake a Wish, a new bakery run by two local young ladies.

Further along at 76 High Street, Lowland Rescue have opened their first charity shop in the former Stalham community shop. This is a great charity, helping trace missing people who may be suffering mental health issues.

Stalham Creamery (Ice Cream shop) and The Smokey Grill are now open. What a delightful new frontage. The owners have refurbished the rather tired and neglected premises and now the new shop shines brightly. The Old Westminster bank once at 84 High Street, is rebranded and renamed opening as a beauty and Tanning shop.. The Bank of Bronze opened late July. Evie and her Mum

Julie are in charge!

Home Stagers has been open a few months now. Shop at 94 High Street, Collete and Graham have been in the interior design business for over 20 years and with the lovely Julie they will point you in the right direction for that 'In Look'. What a FAB shop.

And the last but not least of our new shops in the past year you will find Teddys Bears. Named after Lin's grandson Edward, Teddys Bears is a special shop. You can build your own bear, or have a bear party, or just buy a new bear outfit. Find Lin and her bears at 120 High Street. And that's just the new shops in the last year... and more to come. Watch out at the old Betting shop. SABF wonder if any other small town in Norfolk have had this many new shops. Good luck to you all.

And there is still a chance to open your own shop. Two refurbished shops are available at the old Stone Villas premises. 18, High Street. Ring Stephen on 07510822833 for more details.

Stalham Baptist Church still Growing

What happens on a Sunday

In recent times SBC has seen a steady flow of new faces, of all ages, and often holiday makers attending our services some saying SBC is their holiday church. We are especially encouraged by the numbers of young people joining us. Usually before the youngsters leave, for age-appropriate groups, there is an illustrated talk geared to them.

In the last few months, the young people have taken the Sunday services .(pictured). We also have young people drumming and playing the keyboard at times.

Our lively services last around an hour led by different people with different styles, including by our youngsters.

Our songs and hymns are a mix of classic to modern standards led by a band again

often involving all ages. Ron and Jerry, with the occasional guest, bring a relevant message in keeping with today's world and life.

Since Covid we have provided an Online service which gives a flavour of what we do and can be accessed by clicking onto services on our

website www.stalhambaptist.org.uk/

Refreshments are always available in the Schoolroom after the service.

Come and join us on a Sunday at 10.45am. You are sure to find a warm welcome.

As many of you will know we deliver prayer request cards around Stalham. If you have something or someone you would like us to pray for, drop a line to minister@stalhambaptist.org.uk. We promise complete confidentiality.

We are pleased too that more and more from the Stalham community are coming to events and activities held in the Schoolroom and Stables details of which are on page 4 & 5 and can also being found on our website.

Picture below is Geoff Reynolds controlling the songs and videos on the monitors. Next to him is the sound hub worked by John Applegate and Stuart Cato. To the left Rev Ron Skivington pictured who plays his guitar regularly. To the right Pastor Jerry Otieno. Also pictured are the young people doing a service.



BIRDS OF THE AIR

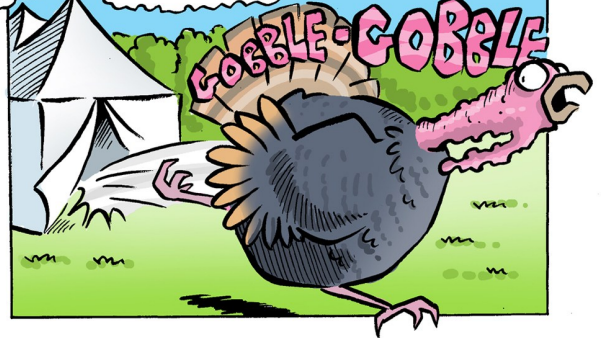
HAPPY NEW YEAR AND WELCOME TO THE FINAL EPISODE OF THE GREAT BRITISH BEAK OFF.



WE'RE DOWN TO THE LAST CONTESTANTS, SINCE THE BLACKBIRD FELL INTO HIS OWN PIE! SHAME THAT, IT WAS A PIE FIT FOR A KING!



AND THE TURKEY TOOK ONE LOOK AT THE OVEN AND FLEW OUT OF THE TENT... METAPHORICALLY SREAKING!



LET'S SEE HOW THE DUCK IS GETTING ON WITH HER INGREDIENTS.



SO IT SEEMS WE HAVE A WINNER OF THE GREAT BRITISH BEAK OFF!



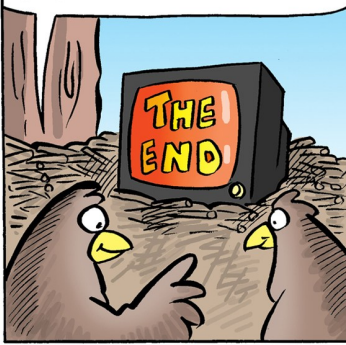
AND THE WINNER IS...



THE LITTLE RED HEN! WHO BAKED A WONDERFUL LOAF OF BREAD! BUT NO-ONE HELPED HER MAKE IT, SO NO-ONE'S GETTING TO TASTE IT. INCLUDING THE JUDGES!



YOU CAN'T BEAT A GOOD BIT OF SCIENCE FICTION ON TV.



FANCY EATING OUT TONIGHT, SON?



JESUS SAID...



NEXT WEEK, THE GREAT BRITISH SEWING BEE!

