

# THE GRAPPE VINE

PARISH MAGAZINE

EASTER 2023



# THE GRAPE VINE

Parish Magazine

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*Opinions expressed in articles or letters  
are those of the writers and not necessarily of  
the Clergy or Editorial Staff.*

# The Catholic Parish

## Clergy

The Very Rev Canon Peter Rollings VF  
Parish Priest and Dean

Rev. John Belfield – Deacon

Rev. Martin Le Strange – Deacon

Rev. Fr. Gordon Adam - Assistant Priest,  
Ordinariate of Our Lady of Walsingham

Rev. Shaun Morrison (OOLW) – Deacon

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*Website:* <http://www.catholicparish-kingslynn.org.uk>

## The link to our YouTube channel is:

<https://www.youtube.com/channel/UC8V030I7usRZiKoTlrwBAKg>

**Mass readings** are daily uploaded on the Parish Website

The **Parish Newsletter** for the week can also be found on the website.

## Mass Times

Sunday	9.30am	at Holy Family Church
	11:30am	at Church of Our Lady of the Annunciation
	4:00pm	Vespers & Benediction at OL of the Annunciation
Saturday	10:00am	at Holy Family Church
	6.00pm	Vigil at Church of Our Lady of the Annunciation
Friday	12:00 noon	at Church of Our Lady of the Annunciation

## Confessions

Saturday	10:30am	at Holy Family Church
Saturday	5:00pm	at Church of Our lady of the Annunciation

**All other services can be found on the Parish Website**

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## EDITORIAL



Dear All,

'Could any good thing be found' in a remote 970-soul village?  
'Well, come and see' the 15th Century gothic chapel *St Vinzenz in Liel*.

Hidden – or protected? - behind the parish church it is a tiny building, modest from the outside, but inside it is a spiritual retreat for prayer and contemplation- so unexpectedly touching and powerful.

The 15thC fresco on the North wall of the chapel caught my interest most: It is a very rare depiction of the Three Women at the Tomb, Mary, Mother of Jesus, Mary Magdalen and Susanna, who carry the anointing vessels. The three are, surprisingly, accompanied by two other women whose identity is unknown. They too are painted with a halo around their heads, identifying them as saints from the outset. These five saints, so focussed in their love, devotion, faithfulness, dignity, earnestness, steadfastness and fidelity to Jesus, seem to overlook the tomb

intuitively. It is as if they had come not to anoint the dead body of Christ, but the 'living', the 'King of the Jews', 'whose kingdom is not of this world'. It is as if their devotion and service were ahead of the events of Pentecost – their love for Jesus making them the leaders of an endless procession of disciples as if they had come to the tomb sensing that they would find there life everlasting. The two unidentified women seem to stand for all those who, without questioning, follow the ointment-bearing women with empty hands, in prayer, leaving behind the old, entering as precursors, as new-born followers of Christ, the Kingdom that is not of this world.

Sharing with you this visit, I want to wish you all a wonderful Easter!

Much love,

Lotte

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## PLEASE PRAY FOR

### OUR BAPTISED

Sienna Charlotte Cook                      Scian Gabe B. Veloso  
Emilia Sarah Breeze      Leo Chukwubuikem Okeke

### OUR DECEASED

Stephanie McAllister                      Patrick Harnett  
John Flanagan                      Brenda Delderfield  
Vaidas Misiunas

### OUR SICK

Pat Athey	Betty Dockney
Caroline Glazebrook	Mark Griffiths
Eileen Griffiths	Mike Griffiths
Beryl Green	Dennis Green
Ann Hemming	Ann Lindley
Cathy McNeil	Owen McDonagh
Maria De Rosa	Debbie Roper
Helen Seaman	Renee Thomas
Lorraine Quigley	Sylvia Waddilove

Susan Young

# TRAVELS WITH A ROSARY”

## REJOICE! LAETARE!

October, as we all know, is the month of the Rosary, it's still only March but I simply cannot wait so long to share my Rosary bliss and joy with you.

My collection of Rosary beads has been from all over the world. When my well-travelled friends tell me proudly of their holiday plans I wonder if they immediately think to themselves “I shouldn't have said a word.” Why should they? My response is usually a courteous request followed by a happy holiday afterthought “Oh! I would really love a Rosary from such a distant country.”

My kind friends, not all Catholics, who have travelled vast distances have never disappointed me. Recently Stephen and Margaret on their “Antarctic Adventure” visited Santiago in Chile, and came home with a Rosary, a few days later it was blessed here by Father Peter. Thank you to friends and thank you to Jean K who made a similar journey some years earlier.

She very recently returned from her homeland, Kerala and to my collection added a rosary from Kreupasanam Marian Shrine.

Every Rosary means much to me. I am sincerely grateful to my thoughtful friends from Ghana, Gambia, Nigeria and pilgrims to Lourdes, Fatima, Knock and very close to home – Walsingham, who have all added to my treasury of prayerful beads. ‘Me da ase, obrigada, nanni,’ and in plain English ‘Thankyou’. You are all remembered in prayer.

As my Rosary journey draws to a close a very big thank you to Joseph, a stranger – but not for long - now a good friend, who has given me a beautiful handmade rosary made by himself: pearl Rosary all the way from Wisbech. What a splendid way to celebrate the fourth Sunday of Lent, Laetare Sunday. On the same day our Deacon Shaun blessed my Wisbech treasure. God bless you Joe and all your Family, and a prayer for all who have remembered me on their travels far and near.

More in my Rosary Journey in October.

Our Lady, Queen of the Holy Rosary Pray for us.

*Pauline Mc Sherry 25th March 2023*

# MEMORIES

**New Jersey, USA**, is a very mixed State. Many parts are very catholic, and frequently people have not just the Union Flag flying in their gardens but have also erected small Marian Shrines close to the pavement. So often I could see an elderly little woman standing in front of one of those Marian Stations, praying the rosary, oblivious of the traffic and unaware of people rushing past.







## A reflection by Ruth Burrows

The title of the painting is *Mystical Boat* by *Odilon Redon*.

On Palm Sunday we reach the quayside. A great ship is fretting at the moorings, sail unfurling in the bright sunshine; a beautiful ship with the line and grace of a bird. A cry goes out from it: 'All on board!' and eager hands reach out to help us onto the deck; those who have made the journey before us and whose home is in the land to which we are invited. This great ship of Holy Week will carry us surely, strongly, into the Passion of Christ. On the prow is blazoned the name 'Love's Victory.

All we have to do now is board the ship and allow it to take us all the way. We have nothing else to do but let it take us. We have not to do the navigating ourselves, we have not to labour with the oars, we have not to see where we are going or what distance we are covering: all that is being done for us.

We have only to say 'Let it be done. Give me all you want to give. Be my Saviour, be my God.' Let us then board the ship full of humble gratitude and trust. But I have not got to the quayside even. It seems to me I have wasted Lent wrapped up in myself.' Never mind. Here you are, brought by the community of the Church. Get on board. Don't waste further time in useless lamentations which give no joy to God.

Get on board. The moorings are cast, the sails billow in the breeze, and we are carried off deep into the mystery of Jesus”.

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## CHRISM MASS

Bishop Peter Collins celebrated his first Chrism Mass in the Diocese of East Anglia on Tuesday April 4 at 11.30am and all clergy and laity were invited to join him.

Source:

<https://www.rcdea.org.uk/all-are-invited-to-join-bishop-peter-at-chrism-mass/>

The Mass will also be live streamed.

The YouTube link is: [www.youtube.com/@rcdea](http://www.youtube.com/@rcdea)

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## PILGRIMAGE TO IRELAND

Escorted Pilgrimage to Dublin, The South East and Knock Shrine.  
04th June 2023.

£949.00 per person sharing.

Price includes flight, all transfers, 6 nights Hotel with Full Board.

All entertainment & excursions.

Visiting Dublin, Glendalough, Kilkenny, National Stud, Japanese Gardens, Carlow Cathedral, St Brigid's Town of Kildare, Clonmacnoise, Knock Shrine.

Single supplement extra. Contact Patricia on 01268 762 278 or 07740 175557 or email [knockpilgrimages@gmail.com](mailto:knockpilgrimages@gmail.com).

# GREGORY THE GREAT

(On the Road to Emmaus)

‘They did not, in fact, have faith in him, yet they were talking about him. The Lord, therefore, appeared to them but did not show them a face they could recognize. In this way, the Lord enacted outwardly, before their physical eyes, what was going on in them inwardly, before the eyes of their hearts.’

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## Peter Coates: N E W S

### Cancellation of Celebrate King's Lynn

I'm writing to inform you that due to unforeseen circumstances Celebrate Kings Lynn will not be going ahead this year 2023.

I'm sure you'll agree it has been a wonderful event for several years and I Thank you from the bottom of my heart for all your input, efforts, time, money and energy in helping make it happen.

There are many ways we can share the Love of God with our community and I pray we will continue to do that in our Churches, schools, centres and high streets. Our God Reigns.

With Every Blessing

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## Exciting News!

The Walks is booked for **Saturday 22nd July 2023** to stage another **SUPER CELEBRATE KINGS LYNN** - We pray you will be joining us to demonstrate and deliver a day of **LOVE** to the local community showcasing what God is all about. **LOVE, JOY and SECURITY.**

There is much work to be done and lots of people yet to confirm their involvement. Thank you to all those already confirmed.

Please can you respond to this email to confirm you want to be a part of this exciting event.

Please REPLY to [oliviakingslynn@gmail.com](mailto:oliviakingslynn@gmail.com) and tell me how / what you would like to do. I will then send you an update of where we are at to date.

With Every Blessing

**Olivia O'Neill, Organiser**

# CHARITY

Hello lovely church people!

Lent is fast approaching, and we at the Foodbank were wondering if you'd consider donating to the Foodbank as we launch our 'AdLent' Appeal.

We have had our busiest winter on record and given out food parcels to 90% more people than last winter. This means that the generous donations that came in through Harvest festivals and pre-Christmas collections, have all been given out and we need to replenish our stores.

I've attached an 'AdLent' calendar which you can use to donate 40 items during the 40 days of Lent. You don't have to follow it to the letter - every donation helps - but it may give you an idea of the sorts of things we need.

If you'd like any more information, please get in touch.

Kind regards,  
Helen

*If you would like to know the best way to support us, please check our website for an up to date list of items that we need, or information about how to donate financially:*

<https://kingslynn.foodbank.org.uk/give-help/>

## **Micah 6:8**

***What he requires of us is this: to do what is just, to show constant love, and to live in humble fellowship with our God.***

**The ADLENT Calendar highlights that these items are needed and received with joy**

**ALL YEAR ROUND.**

# ADLENT CALENDAR



PLEASE USE HASHTAG **#ADLENTCALENDAR** TO SPREAD THE WORD

22 February	Tinned fruit 01	UHT Milk 02	Tinned vegetables 03	Long life sponge pudding 04
Jam 05	Biscuits 06	Soup 07	Tinned fish 08	
Rice 09	Coffee (instant) 10	Tinned meat 11	Cereal 12	
Tinned tomatoes 13	Pasta 14	Toilet roll 15	Tinned vegetables 16	
Tea 17	Long life fruit juice 18	Deodorant 19	Cooking sauce 20	
Chocolate bars 21	Crackers 22	Lentils 23	Shower gel 24	
Instant mashed potato 25	Angel delight 26	Custard 27	Squash 28	
Crisps 29	Laundry detergent 30	Washing up liquid 31	Tinned meat pie 32	
Toothpaste 33	Peanut butter 34	Porridge 35	Shampoo 36	
Sanitary towels 37	Squash 38	Cereal bars 39	6 April Tinned fruit 40	

Please deliver all the food to our address:  
Sea Cadets Building, St Margaret's Lane,  
King's Lynn  
PE30 5DS

[kingslynn.foodbank.org.uk](http://kingslynn.foodbank.org.uk)  
[info@kingslynn.foodbank.org.uk](mailto:info@kingslynn.foodbank.org.uk)  
07582 558143



## PERSECUTED CHRISTIANS – EXTRACT

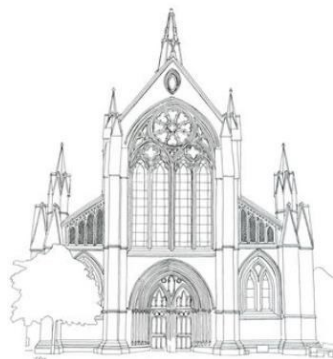
At the recent London conference (29-03-2023) Sharing the Church's Story, leading Catholics spoke about the need to help persecuted Christians. One of the East Anglian delegates, Rebecca Bretherton reports.

Monsignor Michael Nazir-Ali described four types of persecution faced by Christians: simple tyranny as in Eritrea; ideological persecution as in China; extremism as in the Holy Land and the ideology of supremacy as in India.

John Pontifex, from Aid to the Church in Need (ACN) in the UK highlighted the countless numbers of Christians throughout the world who are kidnapped, attacked or killed – and all because of their faithfulness to Christ. A current ACN appeal seeks to support Christians in Ondo, Nigeria to obtain justice after at least 41 people – many of them children – were killed by gunmen during last year's Pentecost Sunday Mass at St Francis Xavier Catholic Church.

While the terror that many Christians face is hard to comprehend in the UK, Monsignor Michael warned that persecution of faith in the West is not a 'polite persecution'. **The loss of freedoms of speech, worship and conscience are issues affecting Catholics in this country.** The charity ADF UK (Alliance Defending Freedom UK) defends fundamental freedoms nationally and internationally in three ways: advocacy in court; targeting the root causes by engaging with legislators and policy makers; and by supporting the lawyers and leaders of the future to influence change. Ryan Christopher, director of ADF UK, explained that the space to exercise freedom of conscience in the work place is narrowing. Teachers, medical professionals and others are increasingly experiencing difficulties while university students are 'being cancelled' for sharing their views.

## GLASGOW



It has been difficult at times to convince people I've met that I come from Glasgow. There is a belief that a Glaswegian speaks an incomprehensible language. This has been strengthened by comedians. But the true Glaswegian is proud of the city. So, it is without hesitation that I give you a short account of my birthplace.

Glasgow's name, Glaschu, means "Green Glen." There is some evidence of a fortified prehistoric village on the site, but Glasgow Only began to develop about the year 550 with the arrival of Saint Kentigern (Mungo), who established a religious community there.

The Glasgow coat-of-arms illustrates the miracles attributed to St Kentigern. When I was young, we learnt about the fish that never swam, the bird that never flew, the ring that was never worn and the tree that never grew – references to the miracles said to have been worked by St Mungo. The city motto has been abbreviated unfortunately. It is printed as 'Let Glasgow flourish'. Whereas the full motto is: 'Let Glasgow flourish by the preaching of the Word'.

The present cathedral is dedicated to St. Mungo. It dates from the 12th century and has a substantial crypt. About 1180 William I designated Glasgow as a burgh of barony, and around 1189 it was granted the right to hold an annual fair. The Glasgow 'fair' takes place in July. The first stone bridge over the Clyde was built in 1350.

Glasgow was created a royal burgh in 1450, and its university was founded in 1451. Glasgow prospered as a market centre because it

was well situated between Highland and Lowland Scotland and also between Edinburgh (the capital) and the west. But it was Only after the union of the Scottish and English crowns (1603) that Glasgow grew significantly.

When trade with the Americas developed in the 18th century, Glasgow was already exporting coal, cloth, and herring to Europe. Trade in American produce (tobacco, sugar and rum) made fortunes for the Glasgow merchants. During this time, the Clyde was dredged and deepened and eventually made navigable to the heart of the city. But in 1745, Glasgow was almost ruined by the levies imposed by the army of Charles Edward Stuart, the 'Young Pretender', which occupied the city. A greater blow followed with the revolt of the American colonies and the end of the tobacco trade. Cotton manufacture, which was well suited to Glasgow's damp climate, succeeded the trade in tobacco. Textiles were exported, sugar from the West Indies was processed, and Glasgow's fortunes revived until supplies of raw cotton were disrupted during the American Civil War (1861–65).

So, my short history comes to an end. If you are interested, you can read more about Glasgow's modern history. Find out how the city became a great shipbuilding centre and the second city of the British Empire. You can admire the Burrell collection and the Art Galleries. You can discover the work of Charles Rennie Mackintosh. Postponing thoughts of foreign travel, you can explore Glasgow's unique past and present. Then deserting the Lowlands, you may journey through the Highlands and the Hebridean islands to the West. And may I wish you a revealing and enjoyable time.

**John Cairns**







You may have seen a notice in a recent parish newsletter in which the King's Lynn Town Guides were thanked for a donation of £500.

My friend Pauline McSherry suggested that I might like explain what the Town Guides are, what we do and how we came to make a donation to the parish.

During the course of a summer season the Town Guides take over 1,000 visitors and locals around the town on walking tours, showing them the best of our wonderful historic buildings and telling them all about the history of our town. It is

true to say that visitors are always astonished at all the treasures we have within our town. We have been known to impress and surprise the locals too!

Throughout the summer the Town Guides offer regular walks for visitors, plus a programme of special walks during the King's Lynn Festival and on Monday evenings in June and July. These special walks are particularly popular with local people and include such topics as 'Royal Lynn', 'Gaywood Through Time' and 'Four Churches and a Chapel'. This is where our Catholic parish comes into the picture, for the 'Four Churches' walk includes a visit to our own Our Lady's Church – and Father Peter is always very generous in welcoming the visitors and in sharing the fascinating story of our church.

All the guides are volunteers. At the end of each season, we have the pleasure of giving all our profits away to heritage causes in King's Lynn, which we do at a special ceremony hosted by the Mayor on 21 February, International Tourist Guides Day. This year we gave £6,400 to good causes.

Some of our donations are given as a 'thank you' to those organisations which support us and allow us to take our visitors into their buildings. Others are donations towards projects to save or restore heritage buildings or other assets. In the case of the donation to the Catholic parish, it was both a thank you and recognition that the parish is engaged in restoring St Joseph's House as well as custodian of a newly listed Grade II church.

In 2023 we shall be offering more walks than ever. Our season starts on 4th April, with walks on offer every Tuesday to Saturday at 2pm, starting on the Saturday Market Place. We are also more than happy to take private groups. For more information, see our website [www.kingslynn townguides.co.uk](http://www.kingslynn townguides.co.uk) or email us on [guides@kingslynn townguides.co.uk](mailto:guides@kingslynn townguides.co.uk)

**Doreen Leventhall**

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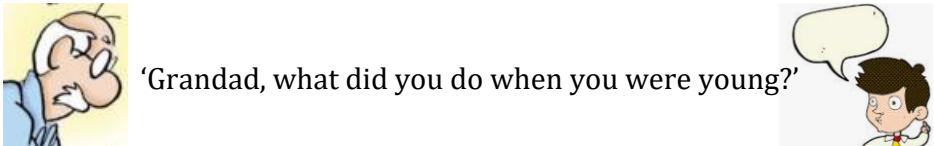
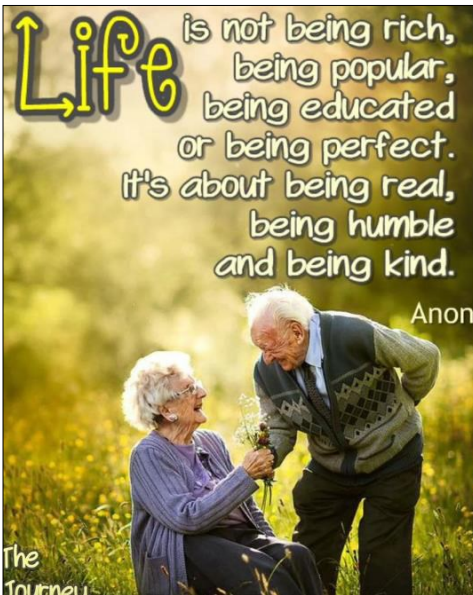
Calligraphy by Pauline Mc Sherry



# PAGE for the ELDERS



The Elders Group usually meets on a Tuesday every other week in the premises of Holy Family Church. The meetings start at about 10am. There is a Noon-Time Service in the chapel at 12:00 o'clock, followed by lunch and the meetings finish at around 2pm to 3pm.



*“Now, LORD my God, you have made your servant king in place of my father David. But I am only a little child and do not know how to carry out my duties. So give your servant a discerning heart to govern your people and to distinguish between right and wrong. For who is able to govern this great people of yours?”*



***Wisdom: 'Kindness and faithfulness keep a king safe; through kindness his throne is made secure' - King Solomon, Chronicles.***

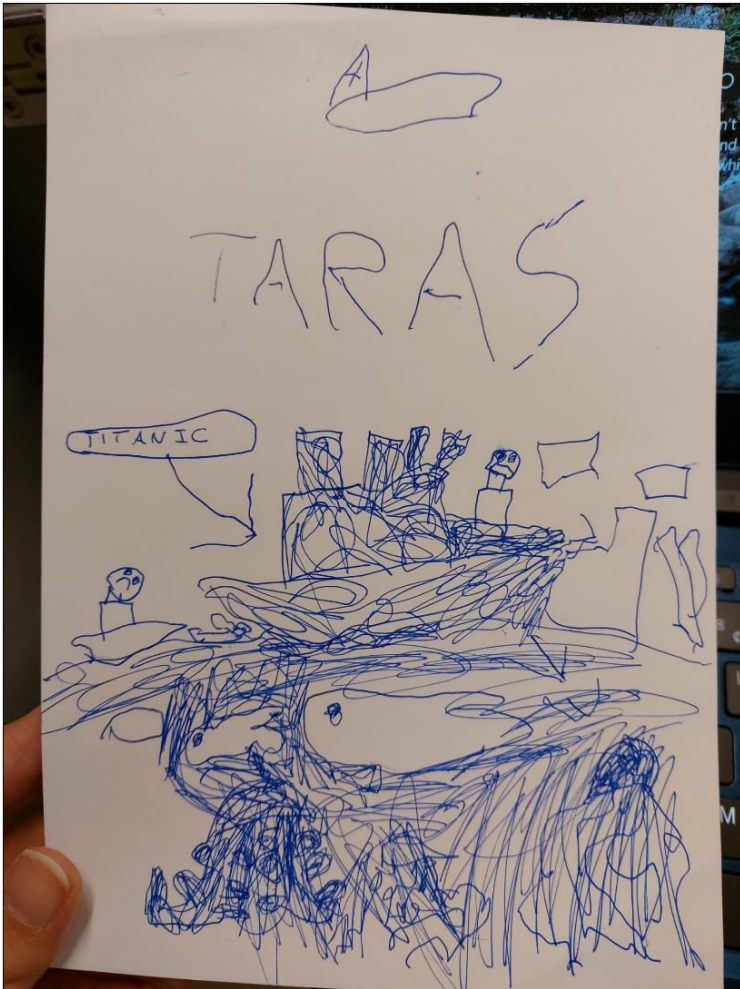
Life has chiselled these faces. Joy, sadness, love, compassion, watchfulness, patience, trust, understanding, experience, memories, concerns, hardship, loss.....have drawn lines into each face. These lines matter. We can read in them as we read in a book.

The age of a tree is recorded in rings and each ring tells the story of a year. Each wrinkle in a person's face is telling a story. The Artist Giuseppe Tominz painted his father (in the top row) on the sitter's 80th birthday.

Tominz painted his father holding lovingly the portrait of his late wife as young bride in his left hand. His love for her is the love of 'until death do part us' and although she is not with him anymore, he kept her alive in his heart.



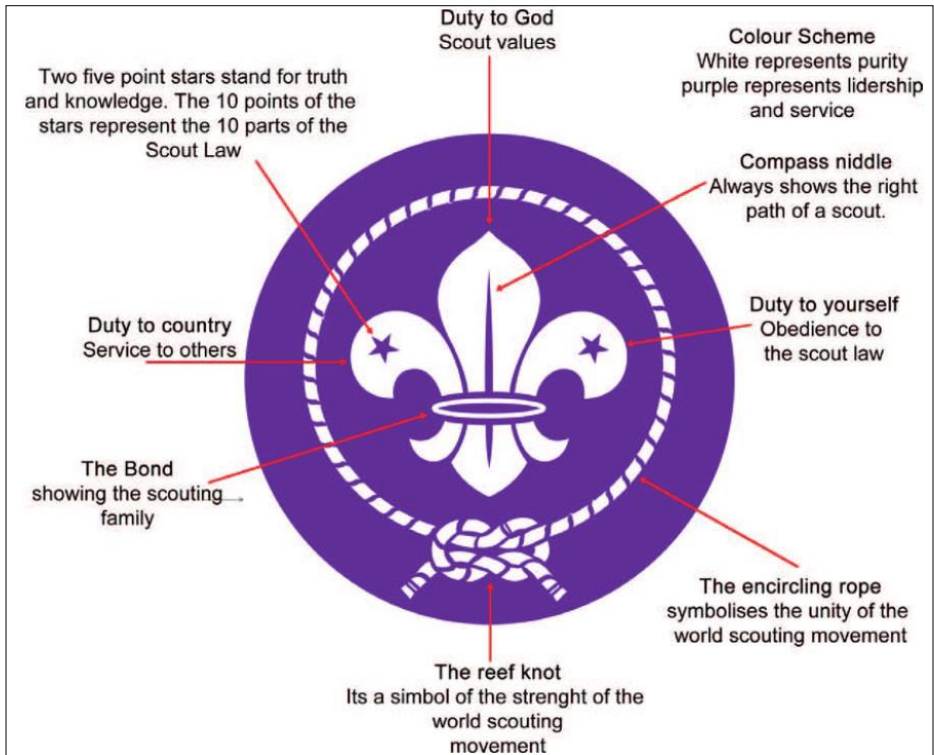
## PAGE OF AND FOR THE YOUNG



Our young contributor to this page, Taras, gave me his very realistic picture of the Sinking of the Titanic. Taras pondered that those exposed to the sea water before being picked up and saved in a boat, may be attacked by jelly fish. Taras therefore felt compelled to assure the reader that “ the jelly fish are special ones that don’t sting when they touch your feet.”

# From Simon Allerton

Group Scout Leader for the 9th Kings Lynn RC Scout Group



My name is Simon Allerton and I am the Group Scout Leader for the 9th Kings Lynn RC Scout Group. We are the parish sponsored Scout Group and 1 of only 2 Catholic Scout Group's in Norfolk.

We have been meeting at the Holy Family Church for 31 years after launching as the first Kings Lynn Scout Group to include girls amongst our members. The Group has grown over the years beginning with just a Cub Scout pack, we now have Beavers Scouts (6-8yrs), Cub Scouts (8-10 1/2yrs) and Scouts (10 1/2- 14yrs).

The group currently has approximately 60 young people aged from 6 - 14yrs support by a team of 8 volunteer Leaders and 4 trustees.

The young people meet weekly on a Thursday evening and take part in a large mixture of activities from arts and crafts, outdoor skills, cooking, digital skills and adventurous activities such as hiking, cycling, archery, axe throwing and backwards cooking.

We also take part in camps and other day trips, most recently we took the Scouts on a week-long camp held at the Lincolnshire Showground; this was an International camp with 5500 young people from 12 countries taking part.

We are always looking for new members and more importantly new adult volunteers to support our young people.

If you would like any further details for please ask.

Kind regards and God Bless,

**Simon Allerton**

Group Scout Leader - 9th Kings Lynn (RC) Scout Group

( +44 (0)1553 849891 ( +44 (0)7912 845451

[s.allerton@btopenworld.com](mailto:s.allerton@btopenworld.com)





Thank you, Maria McGovern





# GENERATION CARE

**It is a pleasure to announce a volume of poetry whose author is Peter Coates.**

We know **Peter Coates** from the information and the updates in the Charity Pages of this Grape Vine Magazine, the valuable information about Churches Together and countless urgent reminders and calls for attention.

Few of our readers know that Peter is a retired doctor who had trained in Haematology and was part of the team that built up the Haematology services at The Queen Elizabeth Hospital, King's Lynn.

His credits are endless. They all come under the heading CARE.

In his own words: *The idea of the book is to imagine a world in which every person's primary motivation is to care. It would be a new generation of caring people.*

I'd like to quote the first verse from:

## ***I Can't Touch Your Magnificence***

*White ghost of woodland edge,  
What is your beauty?  
Suddenly you appear,  
A lone silent spirit in the air;  
Beauty in a harsh world,  
Raising my spirits.*

The volume can be obtained from W H Smith bookstores or ordered from [www.austinmacaulaey.com](http://www.austinmacaulaey.com).

GENERATION CARE - PETER COATES - ISBN 978-1-3984546-6-8

# CHARITY PAGE



King's Lynn newsletter March 2023.

In the opening prayers for the executive of Churches Together in King's Lynn Revd Karlene Kerr, the moderator, prayed that Jesus would show himself to us and lead us in our work for Churches in King's Lynn.

Karlene described to the group the vision of the transfiguration which she had experienced in the past. The experience was of a loving and beautiful being. The memory of this never fades, she said. Another executive member said that her husband had also seen a similar vision and Brendan Mooney, the Chaplain from Tapping House, had met patients near the end of life who had experienced similar visions.

**Revd Brendan Mooney** has worked as the hospice chaplain at the Norfolk Hospice Tapping House for the past 2 months. Brendan previously worked as a social worker and with the NSPCC in the Southwark area of London. He then trained as a psychotherapist before undertaking a Master's degree in Theology. He is a member of the Episcopal Church which is governed by an Archbishop and has members with diverse involvement.

Brendan's hospice work involves the care of everyone, not exclusively Christians. Brendan supports patients and their families who are facing the end of life and helps them to find meaning and spirituality in their lives. He also supports staff who find the work challenging, particularly when there is the death of a younger person.

The hospice runs 8 in-patient beds, a 24-hour help line, hospice at

community dimension to death. All churches have members who are experiencing life threatening illnesses and who need support. Brendan would be pleased to talk in your church about the need for community support at the end of life and the services offered by Tapping House.

Brendan kindly agreed that the executive could host a public meeting at the London Rd Methodist Church in June 2023 at which Brendan would speak about 'Psychospiritual Care at the End of Life'. Peter emailed Jan McQuade of the Methodist Church and it was agreed that the meeting would be held on Wednesday 21st June 2023 starting at 7.30pm.

**The Food Hub:** Andrew Frere-Smith is co-ordinating this project to start a food shop with low prices for the people of the North Lynn Estate. The shop will be based at 4 Walpole Rd, King's Lynn PE30 2DZ. The first meeting of about eight volunteers was hosted by Andrew at The Discovery Centre on Columbia Way on Monday 6th March. Andrew is waiting for the Freebridge team to convert the flat on the ground floor at 4 Walpole Road into a shop premises. Locally sourced food will then be sold there at reduced prices. If you would like to volunteer, you can email Andrew at

[andrew.frere-smith@dioceseofnorwich.org](mailto:andrew.frere-smith@dioceseofnorwich.org)

or look at The Nourishing Website

<https://www.norfolkfoundation.com>

**Celebrate:** Olivia O'Neill is co-ordinating this free family fun day which will take place on **Saturday 22nd July 2023 on the Walks between 12noon and 5pm provided that the £5000 can be raised to fund it.** To date, Olivia has £1,200. If your church would like to take part, please email Olivia on [oliviakingslynn@gmail.com](mailto:oliviakingslynn@gmail.com) **Olivia has been offered £5000 by the Passion Play Trust to organise a Passion Play in King's Lynn in 2024.**

**Foodbank:** The Foodbank, unfortunately, continues to be busy and the coming months will be an interesting time for us: energy prices are a key driver for people needing help from the Foodbank, and there remains uncertainty as to what the government will do in

the coming weeks. Council Tax is also due to increase by an average of 5% in April which will also have a big impact on the people who need our help.

On the positive side, the new community supermarkets that are due to open up in both North and South Lynn will hopefully decrease the burden on us at the Foodbank. This would be very welcome as food stocks of particular items are running perilously low (especially tinned fruit and small bottles of squash, but also tinned meat, tinned fish and pasta sauce).

We have good funds to purchase items, but bulk buying is not as easy as it would first appear as supermarkets don't like bulk purchases which disrupt the supply chains and "Cash and Carry" purchases are more expensive than supermarkets.

At the end of January, we appointed an Operations Coordinator who is learning the ropes in the Distribution Centre, and this is enabling me to begin to get out and about more. In the last month I've had interesting meetings with the council and also continued the hunt for new Distribution Centre premises continues.

Life is busy!

**We would very much welcome your prayer support in the following areas:**

**Prayers** for clear and quick food purchasing pathways.

**Prayers** for more opportunities to raise awareness of the work of the Foodbank and the causes of poverty.

**Prayers** for more suitable premises.

**Prayers** for the continued wellbeing of staff and volunteers.

Thank you all for your support.

Kind regards,

**Helen Gilbert**

Project Manager.

**[helen@kingslynn.foodbank.org.uk](mailto:helen@kingslynn.foodbank.org.uk)**

**Debt Centre:** I am pleased to announce the appointment of a new Debt Centre Manager.

The successful candidate is Steve Lofts from the King's Lynn Christian fellowship. He will start the centre manager and debt coach training this month and should be seeing clients by the end of April. The addition of a debt coach that can drive, means that we can resume a CAP service to a broader catchment area.

The cost-of-living crisis continues to severely impact our clients Mental and Physical health.

I have many single parents on my caseload, and the stress of surviving on such a small budget is intolerable for most of them.

*"Universal credit has been underpaid for so long that it is impossible for people to survive on the amount they receive when prices are going up all the time."* Helen Gilbert King's Lynn

## **Foodbank**

Another challenge for some of our clients in social housing is inadequate flooring. Some rooms have no floor covering, adding to the cost of heating their homes. All charities have experienced a financial shortfall during the cost-of-living crisis, please pray that God will provide for all CAP services across the nation.

Kind regards,

## **Laura Joslin**

Debt Coach-King's Lynn Christians Against Poverty  
[laurajoslin@capuk.org](mailto:laurajoslin@capuk.org) Mob: 07984962625.

**Night Shelter:** The shelter has housed 21 guests so far this season. There have been 4 positive 'move on' cases, 21% of the total. There have been 161 visitors at the door so far this season and this compares to 197 in the whole of last year's work. Of the 161 coming to the door, 39 have completed referral forms.

The Night Shelter has recently secured a £30,000 donation from the Mercers and we continue to talk to the Borough Council about

funding issues. The Trustees of the Anne French Memorial Trust have awarded a grant of £5000 to the shelter.

Any person wishing to volunteer, donate or support the shelter can email Lucy at [nightshelter.steering@gmail.com](mailto:nightshelter.steering@gmail.com).

The United for Warm Homes Campaign is being run by Friends of the Earth <https://unitedforwarmhomes.uk/> and supported by KClimate Concern, led by Daphne Sampson. Following a meeting at the Gaywood Library on 20th February 2023 the group are working to raise awareness and funds to progress the work of reducing carbon emissions from home heating locally. Figures produced in 2019 showed 16.6% of households were in fuel poverty in West Norfolk and this rose to 30.4% in the Gaywood Clock area.

The group organised a High Street collection in King's Lynn on Saturday 11th March and a petition signing on the High Street on 18th March. The group are also organising a round table discussion on Monday 3rd April from 1-2pm at the Friend's Meeting House, Bridge St.

**If you would like to contribute you can email Daphne on [daphne.sampson@btinternet.com](mailto:daphne.sampson@btinternet.com)**

## NEXT PUBLISHING DATES

1ST SEPTEMBER 2023

1ST DECEMBER 2023

**Please send in your contributions about three weeks prior to the Publishing Date.**



*Acts 2 : When the day of Pentecost came, they were all together in one place. 2 Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. 3 They saw what seemed to be tongues of fire that separated and came to rest on each of them. 4 All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.*



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