

## Access to our Churches

**All Saints, Mattishall** - a key is available from Victoria Stores on Church Plain

**St Peter's, Mattishall Burgh** - a key is available from the Church Office during open hours - *please see below for open times.*

**All Saints, Welborne** - open every day from 1st April - 30th Sept, 10am - 4pm. Outside of these times please contact the churchwarden: Susan Cross 01362 858612

**All Saints, East Tuddenham** - open Thurs & Friday 10am - 4pm during Summer time. Outside of these times please contact the churchwarden: Janet Guy 01603 880523.

**St Mary's, North Tuddenham** - open weekends May - September, 10am - 4pm. Outside of these times please contact the churchwarden: Jools Smith 01362 850641

**St Peter's, Yaxham** - open every day 8am to 5pm. Outside of these times please contact Joan Thurgill 01362 692097

**St Michael's, Hockering** - open every Wednesday, Thursday and Friday from 1<sup>st</sup> April to 30<sup>th</sup> September, 10.00 am - 4.00 pm. To arrange an accompanied visit outside these times, contact the Church Office on 01362 858873 giving one week's notice please.

### Mattishall & Tudd Valley Benefice

**Rector:** Rev. Mark McCaghrey 01362 850971 - mark.mccaghrey@matvchurch.uk

**OLM:** Rev. Sally Thurgill 01362 692745 - sally.thurgill@matvchurch.uk

**Benefice Office:** Open Mon, Tues, Thurs, Fri 9.15am-12.15pm  
Closed Wednesday

**Benefice Co-ordinator:** Teresa Raven, Church Office, Church Rooms, Dereham Road, Mattishall, NR20 3QA  
Phone: 01362 858873 - Email: contact@matvchurch.uk



*Easter Blessings  
from the  
Mattishall & Tudd Valley  
Churches*

## Foreword

Spring is the season of re-growth. From the inert landscape of winter comes life in all its abundance. From the seemingly dead trees and ground, fresh buds, blossoms and shoots appear.

This life, coming forth from a barren land, is the annual miracle that we know from experience to expect. Every year it is the same: new life triumphs against the odds. A new beginning is heralded.

At times our lives can seem barren, almost dead. Many people suffer from SAD - Seasonal Affective Disorder - when the long nights and gloomy days get them down. The weather is dreary and the news is always depressing.

Yet, if we have a spring-like mentality, we can take a different perspective on life. The garden may appear dead in winter, but the bulbs are only just below the surface. Given the right conditions they will burst forth in joy and vibrant colours.

Some people go through life in perpetual winter mode: bad tempered, never satisfied, hypercritical and generally pessimistic. Others are spring people, with a much brighter outlook on life. It is not a matter of being realistic or not, we all know that life has its challenges. It is more a matter of how we approach them.

Just as we are influenced by other people, so do we influence others. A person with a miserable disposition can depress all those around them. Conversely, a cheerful person can brighten up a room and lift everyone's spirits. Negativity breeds negativity, positivity breeds positivity.

Maybe it comes down to our general outlook on life. If you believe that "life is a bitch and then you die," then you are going to give off an unhealthy aura.

I know what it is like to live surrounded by bullying, hatred and malice on every side. It was called boarding school. How did I cope? I became part of the system and my heart became blacker than black. I really was stuck in mid-winter with no apparent way out.

Spring, for me, came against all the odds. I was lent a Christian book and learned about God, someone I had no idea about before. Indeed I had been utterly cynical about religion and had no time for "that sort of thing" at all. Yet here was something so wonderful that I simply could not deny it.

## The Society of St. Francis

The Society of St Francis is a worldwide organisation of brothers and sisters seeking to follow Christ after the example of St. Francis.

Within the TSSF are three Orders:

First Order Brothers and Sisters live in Community under vows and serve Christ in outward service in the community;

Second Order Sisters live under vows and live a life of prayer in the enclosure of their Community;

Third Order Brothers and Sisters have vowed a lifelong commitment to Christ, whilst pursuing their normal life. Unlike the First and Second Orders, they do not live in the literal acceptance of poverty, chastity and obedience but they observe this spirit in their daily lives. Poverty is seen as freedom from self, chastity as the total gift of self and obedience as the joyful abandonment to God.

The Franciscan aims are threefold: to make our Lord known and loved everywhere, to spread the spirit of love and harmony and to live simply. The aims are expressed in three ways of service: prayer, study and work. We try to live out these aims and ways of service with the three notes of the Order: humility, love and joy. These notes are God-given graces, the gift of the Holy Spirit. I have been a professed member of the Franciscan Third Order since 1991, attracted by the charisma of St. Francis, a man known to be in love with God. He embraced Lady Poverty as his bride, so that no wealth or privilege could come between him and Christ. He saw God in all creation and addressed nature as "Brother and Sister", beautifully expressed in his Canticle of the Creatures. The combination of discipline, challenge, love and joy drew me to the Order. I needed a "Rule of Life" to help me shape my Christian life, a trellis to support me.

I value being part of a dispersed community of praying people, as we pray for and support each other in our Franciscan vocation.

I can only sum up by saying that, as expressed in our manual, I wish to live joyfully, a life of humble simplicity.

*Jackie Alexander*

If you would like to find out more, visit [www.franciscans.org.uk](http://www.franciscans.org.uk)

## A True Story....

### Cancer : Blessing or Curse

Last October I had a real shock when I was diagnosed as having a rare and aggressive cancer, which was hard to diagnose, so was already well established when the diagnosis was made.

After the initial shock, I turned to God, who as He always is, was faithful and has held me close through my treatment. I decided that I would share my story on Facebook, as I wanted to warn other women about the symptoms, and the response was amazing. People, even many I do not know, sending blessings and prayers and words of encouragement, from all round the world.

This illness has not been a curse, but a blessing. I said from the outset that good would come out of it. Cancer is not from our great God. If you trust Him, He holds you up and blesses you through the many prayers and support of others, in my case all round the world, both Christian and Muslim. I have had no real side effects from the chemo, so far, (thank you Lord) as I am held in so many prayers.

I trust Him, and stay positive and upheld, and it has given me an opportunity to share my faith in a special way. Turn to Him in prayer in times of trouble, and He will comfort you.

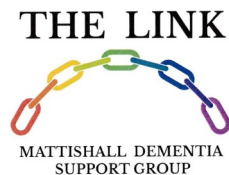
*Janet Clark*

#### Join us at The Link

If you have dementia or are a carer for someone living with dementia, you are welcome to join us.

We meet on the first & third Tuesday of each month.

The Link is free of charge and is run by volunteers.



For Further information please contact:

**Melanie Stevenson, Co-ordinator** Tel: 01362 858799

**Lynda Brandish, Assistant Co-ordinator** Tel: 01362 857810

"All will hate you for your allegiance to me," said Jesus. Those words were certainly true at boarding school. The other boys had a field day at my expense when they heard about my conversion, yet strangely what they said no longer mattered. The Good Shepherd had gone out of His way to find this lost sheep and I was going to follow Him!

I was never discouraged by the mockery and spiteful comments; it was water off a duck's back. When you experience the eager shoots springing out of the ground, fresh and green, there is no thought of going back to winter. Spring was here, and here to stay. Forty-five years later I still give thanks every day for life; life in all its abundance.

So this Spring, I would encourage everyone to cast away the darkness that can come into our lives. Reach out for new growth, with an optimistic outlook. Try to bring a smile to the faces of the people we meet, day by day. Spring is an opportunity for re- assessment and re-growth in our lives.

In the Parable of the Mustard Seed, Jesus said that the Kingdom of Heaven was like a tiny seed. It looks so small and insignificant, yet it has the potential to grow into a bush so huge that animals can rest under its shade and birds nest within it's branches. Each one of us is like that seed, insofar as we have the potential to grow and be someone worth while. No one has to be insignificant, we can all play our part in making the world a better place. Let that be something to take to heart this Spring.

*Tom Cross*

#### Drop-In

A social gathering for people of Mattishall & surrounding villages

**9.30am - 12 noon  
every Thursday**

**in Mattishall Church Rooms**

Refreshments of tea, coffee and cake are provided (for a small donation) and mid morning we serve toasted teacakes.

For more information please contact the church office 01362 858873

#### Little Angels Toddler Group

Wednesday 9.00 am – 11.30 am  
(During Term Time)

**All Saints Church  
Mattishall**

WE CURRENTLY HAVE A WAITING LIST FOR ALL AGES  
DO CALL IN TO SEE US AND PICK UP A REGISTRATION FORM

For further details please contact Mandy on 01362 858873 / contact@matvchurch.uk

Please join us at one of our special services taking place over Easter or at one of our regular meetings.

### Mattishall Methodist Church

Sun 1st April 2.30pm Easter Sunday service with Holy Communion led by Rev. Barbara Winner

Further details from the Minister: Rev. Betty Trinder 01362 695582

### Mattishall Evangelical Church

Sun 1st April 2.45pm and 6.30pm Easter Sunday services

Further details (inc youth mid week activities) 01362 850440

### All Saints Mattishall

Sun 25th March	9am & 10.30am	Palm Sunday
Sun 1st April	10.30am	Easter Sunday Family Holy Communion

\*Sunday - 9.00am Morning Worship/ Holy Communion  
10.30am All Age Worship Service/Morning Worship/Holy Communion

### Churches Together

Fri 30th March 11am

Walk of Witness meet at Mattishall Evangelical Church

### Yaxham Chapel

Sun 1st April 6.30pm Easter Sunday service led by Glenn Fox

### St. Peter's Yaxham

Fri 30th March 2pm Good Friday, Hour Before the Cross  
Sun 1st April 10.45am Easter Sunday Holy Communion

\*Weekly services every Sunday at 10.45am

### St Mary's North Tuddenham

Sun 1st April 9.20am Easter Sunday Holy Communion

\*Sunday Services are at 9.20am on the 1st, 2nd and 3rd Sundays of each month and a Family Service at 10.30am on the 4th Sunday.

### St. Michael's Hockering

Thurs 29th March	7.30pm	Maundy Thursday Holy Communion with foot washing
Sun 1st April	9am	Easter Sunday Holy Communion

\*Sunday services at 9am on the 1st, 2nd and 4th Sunday of each month. They also hold monthly coffee mornings in the village hall.

### All Saints East Tuddenham

Sun 1st April 10.30am Easter Sunday Holy Communion

\*Weekly services every Sunday at 10.30am

### All Saints Welborne

Sun 1st April 9am Easter Sunday Holy Communion

\*Sunday services at 9am on the first 3 Sundays of the month and at 10.30am on the 4th Sunday.

\*Further details of churches in the Mattishall and Tudd Valley Benefice can be obtained from the church office: 01362 858873