

## WHO'S WHO?

**Stephen and Pippa Mawditt:** Stephen is the leader of the Fountain of Life Network and the congregation at Ashill, supported by his wife Pippa, who is also on the leadership team.

**Madeline Light** is the ordained leader of the Fountain of Life congregation in Norwich based at St Stephen's Church in the City.

**Paul Wilkinson** is in the process of training for ordination.

**Wendy Sargeant** is a Reader in the Church of England and heads up our listening and prayer ministry team.

**John Watts** heads up the worship team for the network.

**Rebecca Watts** leads the administration team of the Fountain of Life Network and is PA to Stephen.

**Neil Richardson** is the Finance Manager for the Fountain of Life Network.

**David & Christine Buscall:** David, assisted by his wife Christine, is the treasurer of the Fountain of Life, Ashill.

**Tim Wilson** is founder of Mid-Norfolk Kidz Klub and leader of Kidz Klub in Ashill.

**Maryanne Richardson** is the co-ordinator of our youth and children's ministry as well as responsible for Kidz Klub in Scarning.

**Ana Paula Wedermann** is our Kidz Klub Primary Schools Worker.

**Adam Jackson** is our Youth Worker.

**Matt Beckett** is our Youth and Kidz Klub worker.

**Andrea Jolly** is our Family and Children's worker. Andrea runs a Christian pre-school - First Steps - and organises our children's ministry for 0-11's.

**Freddy and Ali Hedley** head up our clusters. Freddy is also director of the New Wine Training Partnership hub for East Anglia.

**Andrew and Julia Rees** head up evangelism, taking responsibility for organising guest services, events and activities such as 'God on the streets'.

**Heather Nunn** oversees our Mercy ministry to those in need and organises CAP money management courses. .

**Carol Edwards** watches over the prophetic ministry.

**Fred Edwards** is our site warden and ensures the maintenance of the buildings and grounds.

**Martin Down** is founder of the Fountain of Life church in Ashill. Martin is retired from full-time ministry and is our resident theologian

# folNEWS

News from the *Fountain of Life Network*

DECEMBER 2010

*Dear Friends,*

We have watched two films over the past month: *Invictus* and *Africa United*. *Invictus* is the story of the relationship between Nelson Mandela and Francois Pienaar (played by Matt Damon with a South African accent!), captain of the South African rugby team in 1995, the year in which South Africa hosted and won the Rugby World Cup. South Africa were serious underdogs but Mandela had a vision for the way in which the Springboks would unite the nation at the beginning of the post-apartheid era.



*Africa United* is the story of three children, Fabrice (played by Roger Nsengiyumva from Norwich), a young Rwandan footballer; his best friend and 'manager' Dudu and sister Beatrice. They miss the football trials for the opening ceremony of the World Cup, again in South Africa, and so decide to set off for Johannesburg. Joined by an escaped child soldier and teenage sex worker, their travels take them from Rwanda, through Congo, Burundi, Tanzania, Zambia and Zimbabwe. It is a film filled with incredible optimism and hope in the midst of the realities of children living with HIV/AIDS, having no adults to care for them, unable to afford proper schooling and the horrors of war and the sex trade.

On the surface both films have similar themes: the power of teams working together; the importance of both vision and endurance; holding on to hope for a different future. There's one crucial difference though. *Invictus* celebrates self-achievement - the inspiration comes from a poem of the same name which could be equally well entitled, 'I did it my way'. *Africa United*, on the other hand, points to God as the One in whose hands our destiny lies; particularly through the prayers prayed by Beatrice in the film. It is written by a Christian, Rhidian Brook, and also features a cameo appearance by Christian missionary Simon Guillebaud - although we failed to spot him!!

It's a film which celebrates hope. Advent is a season of expectation and hope; the sort of hope and expectation that Simeon had before welcoming Jesus in the temple and declaring, 'Now my eyes have seen your salvation.' Each day, while he was waiting, Simeon saw that day through the eyes of faith - it's what kept him turning up in the temple courts day after day after day. What do you see today? What are you waiting for? What is your hope this Advent? As we pray and seek God, may this Advent and Christmas be a season when we all see with fresh eyes of faith the reality of King Jesus.

With love for a Christmas filled with peace and joy,

*Stephen & Pippa*

# folMINISTRIES

## MERCY MINISTRY

### ANY ROUGH SLEEPERS IN OUR AREA?

If the local night temperature is predicted to drop to or below 0° for three consecutive nights (by the Met Office), Breckland Council will engage its 'Severe Weather Emergency Protocol' to ensure that no-one has to sleep rough during the coldest weather. Under the protocol, basic sleeping accommodation is offered, irrespective of rough sleepers' entitlement to accommodation under the homelessless legislation or recourse to public funds.

In order to ensure that the authorities know the location of rough sleepers, please report anyone you think may be sleeping rough in Breckland at night (particularly from November to April) to:

Mon-Thu 9am-5pm, Fri 9am-4.30pm - Duty Housing Advisor (01362 656870); or  
Out of hours - Homelessness (0845 601 3390), where a Flagship Assist and Assure Standby Officer will return calls.

As part of our Mercy mission work we have offered to provide transport for rough sleepers in Breckland to the designated accommodation facility. This will involve working as a team, usually during the evening. If you are interested in helping please see Heather Nunn.

### CAP MONEY

The next CAP money course will not take place until next year. If you would like to learn simple money management (three two-hour sessions over three weeks) and gain access to some helpful tools please give Heather Nunn your name and contact details.

### CHRISTMAS HAMPERS

Home groups are putting together Christmas hampers again this year. If you are not in a Home Group but would like to contribute, please ask Heather Nunn or Rebecca Watts for a list.

## EN:LIGHTEN



For the last three years Harriet and Beccie have been leading the *en:lighten* ministry, investing their time and gifting in our young ladies. With Beccie continuing her studies and Harriet's commitment to the *foYOUTH* discipleship groups, they will be hanging up their aprons, dance shoes and sewing machines. We thank them for all they have done for the girls and look forward to seeing the continual fruit in our young women.

Before Harriet and Beccie leave post, they wish to bow out in the style that has become associated with them and the girls. The *en:lighten tea party* (2-4pm on Thursday 23<sup>rd</sup> December) will be a nostalgic walk down memory lane to remember all that the girls have done and achieved, and the amazing things that God has done in all their lives. If you have had any involvement in *en:lighten* over the last three years then Harriet and Beccie would love for you to join them. If you have any photos, stories or memories you would love to share on that day then please send me an email in advance ([m.beckett@folchurch.co.uk](mailto:m.beckett@folchurch.co.uk)).

## INTERNSHIP

I'm sure that over the last three months most of us would have found that the interns have been doing an amazing job and our continual thanks go out to Dave, Roy and Emma. We are now starting to think about next year as we would love to see more people being blessed by our internship programme and blessing us at the same time. If you are between the ages of 18-24 and would love to give a year to the church or you know someone who you believe would benefit from the intern year, then please take a flyer from the foyer, check out the website ([www.folinternship.co.uk](http://www.folinternship.co.uk)) or send me an email ([m.beckett@folchurch.co.uk](mailto:m.beckett@folchurch.co.uk)).

## HOME GROUPS: PLACES OF BELONGING AND DISCIPLESHIP

These are midweek groups that meet in people's homes either during the day or in the evening. The groups meet regularly to study the bible, build friendship together, have fun, worship and pray. Please talk to Pippa Mawditt (01760 440363) if you would like to join one or find out more.



## GOOD NEWS

I am writing to tell you of some amazing and exciting things that the Lord is doing. Some of you will remember me telling you of a vision that the Lord laid on my heart a long time ago. In fact, it was twenty years ago that I dreamt I would be running a home where anyone who had nowhere to go could come, especially for young single mums who needed some space and time to sort out their lives and to have an opportunity to think through life's choices without being rushed or forced by circumstances. It would be a place that looked like the best home anyone could want, where there was someone around to listen to worries and fears, with a peaceful atmosphere to gather thoughts where nobody would be judging or making anyone do anything they didn't want, where there was always someone at home to care and to prepare and serve a good meal and a nice cup of tea.

After twenty years waiting and praying, I met a lady who I knew ran a home called Canaan Christian Centre. I had called her a few times for the girls I had come into contact with over the years, because I knew she would put people up who were escaping domestic violence and such like. I asked her how the house was going, to which she replied, 'It's not.' She explained that she had had a stroke eighteen months ago and the Lord had asked her to lay down a few things, the house being one of them. What she really wanted was someone with a vision to take it on. Without hesitation I said, 'I have a vision! Can I have it?' She said, 'Come and see.'

Now we are all set to move in and move on in the vision that I was given such a long time ago. At that time a church leader said to me, 'If the Lord wants you to do this now, then good, but if He wants you to do it in ten years time good!' I was shocked at the thought that the Lord would have us wait ten years, yet we have waited twenty years and the vision is still in need now more than ever - and we couldn't be any more equipped than we are now.

This vision has been our life's ambition and it will take our full commitment. Canaan Christian Centre has glorified God throughout thirty years with the ethos of bringing the Love of God to the weary. We know that this is God's heart and we will continue to follow in His footsteps. This is a faith venture and by faith Fred and I will do it. We have no doubts that this is His perfect timing. Praise God that this is the day that He has made.

As I have struggled with issues around my job and the hopelessness I have felt in the last few months, I have cried out to God saying, 'What more can I do? When, Lord, will my house come to pass?' God heard my cry it didn't happen in the first year, nor did the doors open in the tenth but now in the twentieth year of hanging in there this door has opened and we will embrace this. As God has always said, He has plans for us, plans to prosper us, and to give us a future and a hope.

If God has given you a dream, hang in there, don't doubt; it will come to pass.

*Fred & Carol Edwards*

**THE ALPHA COURSE** is a wonderful foundation and introduction to the Christian faith as well as being a great place to make new friends. Our next course starts on 2<sup>nd</sup> February so if you are interested in coming please talk to Stephen or Pippa (01760 440 363).



# Greetings from Andrew, Cle, Flossie and Jude Jarvis!

We are just having our coldest weather so far this season - Andrew has the most spectacular drive to work through the mountains and by the sea lochs - lots of snow up there today. Standing on a bit of a cross-roads at the moment - you may have seen in the window of WHBrown in Watton the big SOLD sign on our house! Praise God!

The time to decide whether to remain in Lochinver or buy a place in Lairg (where our church is and most of the roads in Sutherland meet) has come. Thanks for all your prayers for us so far. Please pray for God's peace as we make decisions. We know the Lord has enabled us to do lots in the community here in Lochinver but our desire to encourage the church has not really been fulfilled.

Since we last wrote our after school club in Lochinver has started up again - we had 33 children last Friday - there are 3 of us on the team and one other helper - we do games, teaching, craft and snack and it's WILD!!! But.... 'Cle, is there a real door in my heart that I can open for Jesus?' After that chat I printed out Holman Hunt's picture 'The Light of the World' for Rita. This week we are looking at the 4 Points - showing them the dvd from the website and making 4 Points advent calendars.

It continues to feel really good to be involved in Lairg - I've done some talks (last one on Joshua 14.6-15) and was privileged to pray for Anna after one talk and her shoulder was healed. On Sunday it's Willie's baptism - he is a grandfather who has found Jesus with his wife Nina over the last year through the visits and prayers of our leader at Lairg. Lairg boasts a large and active Masonic Lodge and we are very aware of its influence amongst the men of the village. Please continue to pray for Lairg Christian Fellowship, we are a very young church but all of us have a desire there to reach the lost and experience everything that God has for us. We spent an evening with Godfrey Birtill last month - up here retreating with some Scottish prophets. This weekend we have a workshop on the prophetic, and next weekend the fellowship deliver bags of tatties to the widows for Christmas (why? because that was what God told the fellowship to do as its Christmas outreach and we have people now at church like Anna who are there because they were given tatties last year!) and on 19th December we are leading the carols at the Highland Hospice Carol Service. All these things are going to be lots easier to be part of when we settle over there. Flossie and Jude continue to thrive here - Flossie is taking her flags and ribbons to the workshop on Saturday. Jude doesn't enjoy sitting in church and Sunday School but is very good at leading actions in the singing.

Follow us on Twitter - if you do that sort of thing - AND as you plan your summer hols, please remember you are so welcome to come and camp with us.

Huge amounts of love to you all and may you know God's blessing and joy as you celebrate Christmas!

*Cle, Andrew, Jude and Floss*

## LADIES GATHERING

Our second ladies gathering was a service project in support of Samaritan's Purse and Operation Christmas Child. Donations to fill Christmas shoeboxes were made throughout October and on the 30th many ladies attended to wrap, sort, pack and get the shoeboxes ready to send to the children in Khazikstan. Dianne kindly donated her wonderful homemade jams and chutneys for donation, some of the FOL youth girls blessed us with their help and service and many cakes were donated. The ladies enjoyed food and fellowship and the joy of joining together to help others. Over 50 boxes were collected and over £50 pounds was raised. Thank you so much to everyone who contributed. The next ladies gathering will be on January 22nd at 10am. Hope to see you there.

*Mitzi Scott*

# fol TESTIMONIES

## BOUNCING BACK!

I am naturally quite a jumpy person. In fact, I have been known to have times where I have simply given up on walking altogether! However, recently I had noticed that I was not bouncing or singing as much as normal and I was finding it difficult to focus or become motivated in life. At the grand old age of 25 and one quarter, I had assumed that this was down to age - as my youth group keep telling me, 'It's all downhill from here!' As it happens, I needed a blood test for something else and was told that my thyroid was under active, which would probably explain the lack of bouncing etc.

After sharing this at a staff meeting, everyone gathered round me to pray. I felt a strange feeling in my upper throat which felt very bizarre - like when you eat a juicy apple after not eating anything in ages. Then, when I returned home, Shona said, 'You've started bouncing and singing again,' at which point I wondered if I had been healed. I noticed a definite difference in my behaviour and the way I felt.

A few weeks later I had another blood test to see if I would need to take Thyroxin for the rest of my life - after having it done, I was told by the doctor's surgery that my levels were all now at normal levels. I am pleased to have my bounce back!

*Adam Jackson*

## SAY HELLO, ISOBEL!



9:55pm on Friday 19<sup>th</sup> November saw the arrival (at last!) of Isobel Ruth Hedley. She was born, healthy and happy, at the end of forty-two long weeks waiting and less than three very short and dramatic hours in labour - it was so quick even the midwives were caught off-guard!

It was all very intense, but Ali was amazing and came through really well. Half an hour before it all kicked off, we were told not to expect anything to happen that day. However, behind the scenes were several people praying for a swift and safe delivery - and particularly that it would happen on Friday, no matter how unlikely a scenario that seemed. Every prayer was answered!

Needless to say (for those who know her), Maisie is besotted with her new sister and we all share a strong sense that our family has been completed by the arrival of Isobel (pictured here at about an hour old). We are so thankful to God for our wonderful gift, and for all your answered prayers that gave us such an amazing day and continue to help us as we settle into our new family life.

*Freddy, Ali, Maisie & Isobel Hedley*

## MY STORY

My name is Rhys, I am fourteen years old and I didn't have the best early childhood. I have been in foster care and moved around a lot until I came to live with Gillian and Ian about three and a half years ago. For the first couple of years I didn't like going to church and didn't believe in God. Then I went on a Youth Alpha weekend and that was my first encounter with God and after that I told my foster mum that, "I don't not believe in God as much as I used to!"

Since then, I have been coming to the Fountain of Life regularly and have come to youth club. I have learnt more about God and what He has done for me. On the 7<sup>th</sup> of November I went to our village church and brought a booklet home called *A Journey Into Life*. I read it through then again with my foster mum. I knew I was ready to become a Christian so I prayed the prayer of commitment. Then she prayed for me and I said, "It feels like a massive weight of my shoulders!" I knew it was God and it felt awesome! Since then, I have decided to be baptised. When I told my Christian friends, they were very excited but I am still finding it tricky telling other people.

*Rhys Day*

# folOVERSEAS

A page to bring you all the latest news from the Fountain of Life family around the world. Many of the people featured in this section send newsletters and prayer requests which are too extensive to feature here. If you feel called to read about and pray for any of the individuals featured, please contact Becky Russell at danandbeckyrussell@btinternet.com

## JANINE LEGRAND IN MASINDI, UGANDA

Janine has recently written a thank you card to everyone at the *Fountain of Life*:

'There have been many challenges such as interruptions in basic services but the work continues and people here are very grateful for your help and prayers. I am excited about the new group of church leaders who are in training and will soon be leading village churches. May God bless all of you and thank you so much.'

Please pray for her good health as she has recently suffered a bout of intestinal flu/malaria.

## BRIDGET CARROLL IN MOZAMBIQUE WITH IRIS MINISTRIES

I recently read a phrase that has stuck in my head: 'God has a unique vantage point.' This year, I have had an increased awareness of God's hand in 'the bigger picture' of our lives and here I would like to share a story of how I've been seeing God at work...



At our Mize clinic, we ask every patient if they would like prayer for healing and the vast majority accept. We have joyfully witnessed the instantaneous healings but other times we watch the patient leave and believe that Jesus will bring the healing at a later time. One such patient was an elderly man who came with multiple problems. His history sounded like a prostate gland problem; he was unable to control his urine flow and had been dribbling constantly for two months. He also had bowel problems and had blood in his faeces which could've been caused by haemorrhoids. We prayed for him and I asked him to return to the next clinic for follow-up but I explained that Jesus was the only one who could bring the total healing that he needed for all his problems. The following clinic, he came back, sat down and I started to show him a haemorrhoid cream. He smiled and said he didn't need that anymore; the bleeding had stopped and his bowels were back to normal ... so I smiled and asked him about his urine problem and he said that this too had been healed and he was passing urine normally again. Hallelujah!! We might not see the healing immediately but God is always at work!

## TIM MCMAHON IN TATARSTAN WITH EURASIAN MINISTRIES



I have arrived at the college in Tatarstan and have a preparation day before last year's graduates arrive from the field for a week of teaching from me on the book of Ecclesiastes. Please pray that this material really helps them deal with the reality of ministry on the ground, especially when their best laid plans don't come to fruition or tragedy strikes and good ministry seems to be thwarted by God himself. The book of Ecclesiastes deals with life as it really is 'under the sun,' and teaches the believer to trust in God even when what we see doesn't make sense. This is an important lesson essential for perseverance in ministry. Thank you for upholding the Lord's servants in and from this land as they hold out the word of life to Muslims in the region.

# DATES FOR YOUR DIARY

## ADVENT PRAYER: THURSDAY 16<sup>TH</sup> DECEMBER

On Thursday December 16<sup>th</sup> from 7-10pm join us for an Advent Prayer Celebration with Jill Gower, who heads up *Call to Prayer* in the county. This is a strategic opportunity to pray for an outpouring of the Holy Spirit in revival power. Do make a note of this date in your diary!

During Advent we are praying for the presence and power of Jesus to be released in our church, community and nation. The worship centre will be open for thirty minutes of prayer each day, Monday to Saturday, at 8am and 5pm, starting on Monday 29<sup>th</sup> November. We would love you to join us as you can or alternatively to pray at these times at home. A leaflet giving guidelines and topics for prayer each day will be available.

## CHRISTMAS DATES



**Carol Service**, Sunday 19<sup>th</sup> December, 5.30pm, starting with a tea at 4.30pm followed by mulled wine at 6.45pm.

**Family Time**, Wednesday 22<sup>nd</sup> December, 3pm, Christmas crafts and activities for all the family.

**Christmas Day Service**, Saturday 25<sup>th</sup> December, 10am.

**Boxing Day Together**, Sunday 26<sup>th</sup> December, 3.30-6pm, Fun and games, refreshments and cake!

**New Year's Eve Celebration**, Friday 31<sup>st</sup> December, 8pm, Party buffet and worship.

If you would like to contribute to the games at either the *Boxing Day Together* or the *New Years Eve Party* please let Rebecca Watts know (01760 441 902 [admin@folchurch.co.uk](mailto:admin@folchurch.co.uk)).

## NEW YEAR'S DAY WALK

Once again, we start the New Year with some healthy exercise on New Year's Day. Always a popular event, it's a great way to make new friends. This year, by special request, it's the Great Eastern Pingo Trail - about eight miles of easy walking. Rendezvous will be at 10.30am on Saturday January 1<sup>st</sup> at the Stow Bedon car park (off the A1075 about three miles south of Watton). There will be a shared lunch afterwards (please bring a contribution of food), which will be available from 2.30pm at Stephen and Pippa's house (43 Cressingham Road, Ashill IP25 7DG). Those who would like to come to lunch anyway are also welcome!! There will be a sign-up sheet nearer the time. We hope you can come!

## CELEBRATE NORWICH AND NORFOLK – 10<sup>TH</sup>-12<sup>TH</sup> JUNE 2011

*Transforming Norwich* have booked inside the Forum, the Cube and outside Millennium Plain to be the stage to reach thousands of people. We are inviting churches and Christian groups to give us your ideas and invite you to book an exhibition or performance space to show our city what you do. Please register your interest via the website ([www.celebratenorfolk.co.uk](http://www.celebratenorfolk.co.uk)), email them at [celebrate@networknorwich.co.uk](mailto:celebrate@networknorwich.co.uk) or contact Peter Carroll on 01603 664 864.

### BOOKINGS

All bookings for the Worship Centre can be made through Rebecca Watts [admin@folchurch.co.uk](mailto:admin@folchurch.co.uk) 07990 543131 or 01760 441 902.

# fo/CALENDAR

## DECEMBER SUNDAY WORSHIP

5 <sup>th</sup>	10.00	Service of the Word <i>Isaiah 11. 1-10; Psalm 72. 1-7, 18-19; Romans 15. 4-13; Matthew 3. 1-12</i>
	16.00	Norwich: '4 o'clock Gathering'
	18.00	Feed the Soul <i>Vision and Faith Acts 9:32 – 11:18</i>
12 <sup>th</sup>	10.00	Service of the Word <i>Isaiah 35. 1-10; Psalm 146. 4-10; James 5. 7-10; Matthew 11. 2-11</i>
	16.00	Norwich: '4 o'clock Gathering'
	18.00	Feed the Soul: <i>The Gospel Spreads Acts 11:19-12:24</i>
19 <sup>th</sup>	10.00	Holy Communion <i>Isaiah 7. 10-16; Psalm 80. 1-8, 18-20; Romans 1. 1-7; Matthew 1. 18-end</i>
	16.00	Norwich: '4 o'clock Gathering'
	17.30	Carol Service
26 <sup>th</sup>		No Morning Service <i>2 Chronicles 24. 20-22; Psalm 119. 161-168; Acts 7. 51-end; Matthew 10. 17-22</i>

## DECEMBER EVENTS (all activities at The Well unless stated)

3 <sup>rd</sup>	19.00	Youth Discipleship (location: see Adam)
4 <sup>th</sup>	10.10	Kidz Klub Ashill
7 <sup>th</sup>	18.30	NWTP
10 <sup>th</sup>	09.00	Bezalel Craft Group
	18.30	ID (Years 6-8)
11 <sup>th</sup>	11.00	Musical Keys
12 <sup>th</sup>	14.30	Good Companions
16 <sup>th</sup>	19.00	Prayer Event
17 <sup>th</sup>	19.00	Youth Discipleship (location: see Adam)
18 <sup>th</sup>	10.10	Kidz Klub Scarning
22 <sup>nd</sup>	15.00	Family time
23 <sup>rd</sup>	14.00	En:Lighten tea party
25 <sup>th</sup>	10.00	Christmas Day all-age service
26 <sup>th</sup>	15.30	Boxing Day Together
31 <sup>st</sup>	20.00	New Year's Eve celebration

Thursday Prayers - 10am every Thursday in the worship centre (term time only).

Noah's Ark parent and pre-school gathering - 10am every Thursday in the bungalow (term time only).

Jam 1 youth band - 18.30; Jam 2 youth band - 19.30; both every Thursday during (term time only).

## LOOKING AHEAD

7 <sup>th</sup> and 21 <sup>st</sup> January	09.00	Bezalel
22 <sup>nd</sup> January	10.00	Ladies Gathering
29 <sup>th</sup> January	10.00-13.00	Digging Deeper: <i>Creation</i>
29 <sup>th</sup> January	14.00-16.30	Musical Keys
4 <sup>th</sup> and 18 <sup>th</sup> February	09.00	Bezalel
12 <sup>th</sup> February	10.00	En:Lighten
20 <sup>th</sup> February	18.00	FOL Youth Cinema Night
26 <sup>th</sup> February	10.00-13.00	Digging Deeper: <i>Sin, Evil and The Fall</i>

## DEADLINE FOR fo/NEWS JANUARY 2011

The deadline for submitting news articles and testimonies for the January 2011 edition of fo/NEWS is Thursday 16<sup>th</sup> December. Please submit articles to [admin@folchurch.co.uk](mailto:admin@folchurch.co.uk). If dates for forthcoming events could be sent as soon as information is available then we will do our best to publicise even if fo/NEWS has been printed. Where possible, please try to keep articles to 250 words or less.