

WHO'S WHO?

Stephen and Pippa Mawditt: Stephen leads the Fountain of Life church and the Fountain Network. Pippa serves alongside him on the leadership team.

Paul Wilkinson is ordained and serves on the leadership team as assistant minister.

Wendy Sargeant serves on the leadership team as Reader and heads up Our Place and the prayer ministry team.

John Watts heads up the worship team.

David Blane leads the administration team.

Neil Richardson is the Finance Manager.

Maryanne Richardson leads Kidz Klub in Scarning, oversees the schools ministry and offers pastoral support to families.

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 Hedley heads up training and equipping, including the New Wine training 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.

Rosie Smith watches over the prophetic ministry.

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

folNEWS

News from the *Fountain of Life*

DECEMBER 2012

Dear Friends,

Advent is always a season of anticipation and expectation: as a child, it was all about waiting for Christmas Day itself to arrive - counting the days and eating the chocolates! The hope at the time was largely fulfilled in stockings, presents and turkey. Now that hope is altogether richer and deeper as we celebrate not just the moment when heaven invaded earth in a humble stable, but the promise of an even more glorious and complete return as the Son of Man comes to reclaim his own.



There is excitement in the air over the appointment of the Bishop of Durham, Justin Welby, as the next archbishop of Canterbury. During our time at Holy Trinity Brompton in the 1980s our paths crossed and he is definitely the first archbishop whose faith journey includes completing an Alpha course! He has already started well. It's wonderful that he opened his first press conference in prayer, somewhat taking aback those journalists present; during that conference he spent a lot of time talking about Jesus; and today he has been very probing, as a member of the Banking Commission, in his questions of the most senior banking executives about the need to exercise their moral and social responsibilities. He is a man not afraid to speak his mind and take decisions. He needs our prayers for the tasks ahead.

Two things to draw to your attention in our own patch here at the Fountain. On Sunday 23rd December, instead of a Sunday morning service we shall be having our carol service at 5.30pm, preceded by tea from 4.30pm and followed by mulled wine and mince pies. This frees up the rest of the day in the midst of a busy season. However, you might like to explore how to use the time as an opportunity to gather informally with others more strategically; for example, as a home group hosting a Sunday lunch for wider friends and family of members. Then, you can all come on to tea and the carol service!

On each Wednesday of Advent, December 5th, 12th and 19th, we shall be holding an Advent prayer and worship event at The Well from 7.30-9pm. Each evening will have a specific theme and it would be great if everyone could get to at least one of these - perhaps you could consider coming as a home group one week. We would also encourage you to make these Wednesdays opportunities to pray and fast as best you can, dependent on work and health issues.

Finally, have a wonderful Christmas!

With love and prayers

Stephen & Pippa

folMINISTRIES

MERCY MINISTRIES



EMERGENCY PRAYER

Do you have a heart for people? Do you like to pray? Do you see yourself as the next Emergency Prayer Co-ordinator? Yes, perhaps? How much time do you need? Not a lot. But it is good to be able to stop what you are doing and devote that time immediately when the need is clearly urgent - if you can! What do you need? A smartphone or the ability to receive text messages and send out a single text message, as soon as is reasonably possible, to multiple recipients; a heart for people and for prayer; prayerful consideration of each request with discernment; an understanding of confidentiality and appropriateness of message. For further information please contact the Emergency Prayer Co-ordinator or speak to Stephen or Pippa.

To receive prayer for an emergency or pressing need, email, phone or text:

mercy@folchurch.co.uk

or

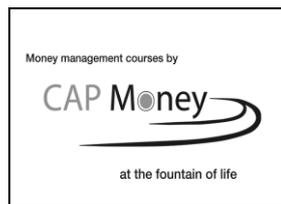
07979 264 047

Heather Nunn, Emergency Prayer Chain Co-ordinator

CAP MONEY

We now have nine trained CAP Money coaches ready to deliver a three week course of up to two hours per week for anyone who would like their money to go further. The CAP Money Course helps you to build a personal budget and gives you the tools to enable you to stick to it and manage within your means. The course is beneficial to anyone, whatever their income: it can help you to manage week to week, to save more or to give more. So, if you haven't done the CAP Money Course yet, please consider doing it.

There is no requirement to divulge any information about personal finances during the course, but our coaches can provide confidential individual help to anyone who requires it. Anyone who has completed the CAP Money Course and finds that they are in unmanageable debt (cannot meet their debt payment obligations) can access CAP Money Plus for top quality debt counselling in a way that enables people to experience and respond to the love of Jesus. We also have one CAP Money coach who is licensed (trained and covered by CAP's insurance) to work alongside anyone going through CAP Money Plus to provide additional support.



FOODBANK UPDATE

During October we made our Harvest offerings to *Thetford Foodbank* to support those in our community going through hard times and to help ensure that *Foodbank* has enough food over the Christmas and colder weather period. We saw a large increase in our food collection during the month as well as some financial support; so a big THANK YOU to everyone who was able to contribute. *Thetford Foodbank* is now a year old and distribution points are opening in Brandon and Watton in response to local need. Meanwhile, our normal collections continue via the marked plastic box in the foyer.



WARM PACKS

The weather is getting colder now and we have some Warm Packs which we can give to anyone who is finding it hard to keep warm. The packs contain various items to help people stay warm, such as a snuggle blanket, gloves, hat, thermos flask etc. If you know of someone who would benefit from receiving a pack please phone me 01760 440 837 or 07979 264047, or email mercy@folchurch.co.uk

fol FAMILY

TRADCRAFT AT FOUNTAIN OF LIFE



As a church, we are pleased to continue to support Traidcraft, the UK's leading fair trade organisation, as it launches its Christmas 2012 catalogue, which offers the UK's widest choice of fair trade products. The new product range is available from the website or via me, Rachel Carroll. You can contact me on 01362 860 990 or email s.carroll293@btinternet.com. I have been buying and selling Traidcraft goods to friends and family since Living Water and would value your support.

I will be leaving catalogues in the foyer at Fountain of Life. Please take one if you are interested. I have lots of items, including Christmas cards, in stock at my home in Gressenhall. I am happy to order additional items for you at any time.

- All products are available to purchase, either online at www.traidcraftshop.co.uk, via the customer order line on 0845 330 8900 or order with me and save postage.
- Traidcraft sources its products from community-based businesses in the developing world, paying fair prices to the producers and distributing the products in the UK. The goods are sold via a network of more than 6,000 Fair Traders, as well as in supermarkets, independent retailers, online, and via mail order.
- Established in 1979, Traidcraft fights poverty through trade, helping people in developing countries to transform their lives. It runs development programmes in some of the poorest countries in the world, and campaigns in the UK and internationally to bring about trade justice.

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.



YOUTH FILM NIGHT

The youth gathered once again to watch a film. This time it was *The Truman Show* and although it is an oldie, it's definitely a goodie. It even went down well with the youth! To watch a man grow up in what was basically captivity, was this ethical? I think the youth decided no but hilarity ensued anyway. Jim Carrey, as always, is a very funny man. The next film hasn't been picked yet but Adam is always open to suggestions, so give yours to him. There are always lots of sweets, drinks and popcorn (can't watch a film without popcorn!) So maybe see you at the next one!

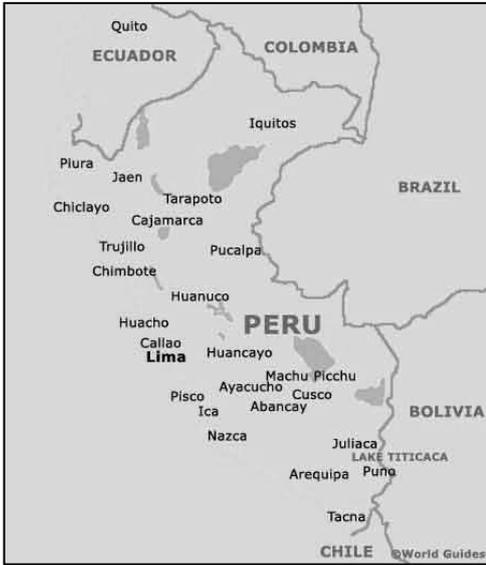
Emma Keys

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 is a daytime Alpha, starting Wednesday 23rd January at 9.30am in The Bungalow. If you are interested in coming, please talk to Andrea Jolly (01366 727 197) or Stephen or Pippa (01760 440 363).



Alpha

BRIDGET CARROLL IN PERU



Here's the start of Bridget's blog posted on the 3rd of November 2012:

I literally live in the middle of nowhere! I'd like to do one of those fast zoom outs that they have at the beginning of a film... there would be me and my house on the outskirts of Nauta and within seconds I would disappear out of shot and be lost in the vastness of this jungle that I am surrounded by! I'm so in the middle of nowhere that my only guaranteed way to get out is by boat. There is one road out of Nauta and that leads to Iquitos a large city an hour and a half away (well, more or less... it actually depends on mode of transport and weather!) Even though you may feel like you're in the middle of a busy, noisy metropolis when you're in Iquitos, you're still really in the middle of nowhere! Iquitos's claim to fame, apart from being where 3 large rivers join together to 'birth' the mighty Amazon, is that it's the biggest city in the world that is only accessible by boat and plane. Like I said... I live in the middle of nowhere! So you'd think that I would be cut off from the world and that God may have difficulties connecting the dots. Ha! Not my God!!

You can read the rest of her blog at <http://rejoicinginhope1212.blogspot.com/>

OUR GOD OF RESTORATION

When I started my business in Interior Design and Decoration in September 2011 it was motivated by my passion for restoration. For many years I have renovated houses and I can't escape the parallel this has with God's desire to see us, His people and His 'Temple', restored from damage and once more reflecting His glory. I'd like to share a testimony of what happened recently that demonstrates this really well.

Five years ago I had a serious falling-out with someone very close to me. Since then we have both made many attempts to make up but nothing seemed to be working. I had even given up praying about it because it was starting to seem pointless. In October I went down to my mum's to do some work on her house. A large patch of plaster had fallen out of a bedroom wall and I had to repair it and re-decorate. Imagine my surprise when this person arrived on my mum's doorstep - she'd heard I was staying and came to visit me. I thank God and am amazed that as she watched me plaster the wall so too God repaired our relationship. By the end of her visit, the hole in the wall had gone, and so had the hole in our relationship. God, our Master Builder is awesome!



SUPPORTING THE SELF-EMPLOYED

Are you self-employed or running your own business? Would you like the chance to meet up with others who are? I am proposing to start a group which will meet on a quarterly basis to offer fellowship and encouragement to each other. I hope to hold the first one in January. Our times together will provide an open environment which will be welcoming to both Christian and not-yet-Christian alike. Together we can spur each other on, look at the Word, keep each other focused on Jesus and His kingdom and pray for the specific needs of our work. If you would like to become part of this, please speak to Jane Clamp (01760 440 493).

*fol*HEADLINES

ADVENT PRAYER

On Wednesdays during Advent we are encouraging us all to pray and fast as we continue to seek more of the presence of God in our lives, church, community, nation and world. This will conclude each Wednesday evening at The Well with a time of prayer and worship from 7.30-9pm. Come individually or as a home group.

Advent is a season associated with attention to prayer and fasting. A word about fasting: it demonstrates our hunger for the coming of Jesus and passion to see His kingdom come. Clearly it's something Jesus endorsed (Matthew 5:16) and practised (Matthew 4:2). Fasting is primarily a discipline upon our lives revealing and helping keep a check on desires which can so easily control us. Richard Foster: 'We cover up what is inside of us with food and other things.' Fasting is associated in the Bible with the release of the people of God from their enemies (2 Chronicles 20:3-4); an increase of the power of God to heal (Mark 9:29); strategic decision-making (Acts 13:1-2) and is a feature of revival history across the world.

There are various ways in which to engage in fasting. You could fast for 24 hours; possibly following the traditional practice from sunset to sunset; or sunrise to sunrise; simply miss a meal; cut out certain foods; omit tea or coffee and stick to water. If Wednesdays don't work for you because of work commitments choose another day!

Each week will be themed:

- December 5th: Prayer and fasting for the world
- December 12th: Prayer and fasting for the UK
- December 19th: Prayer and fasting for the church, with a focus on Fountain of Life ministries

2 Chronicles 7:14: 'If my people who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.'

FoL CHRISTMAS CARD

As usual this year we are suggesting that we send our Christmas greetings to one another through signing one church Christmas card rather than sending one another individual cards. The money you save can be donated to a good cause: and this year once again, we are supporting World Vision. So, once the card is in place please add your greeting and place a donation in the marked box.

NEW YEAR'S DAY WALK

Once again start the New Year with some healthy exercise on New Year's Day. Always a popular event - it's a great way to catch up with existing friends and meet new ones. Rendezvous will be at 10.30am on Tuesday January 1st and anticipate around two and a half hours brisk walking! Full details of meeting point and maps will be provided nearer the time. Shared lunch afterwards - please bring a contribution of food - will be available from 2pm at Stephen & Pippa's at 43 Cressingham Road, Ashill IP25 7DG. Those who would like to come to lunch without the walk are also welcome! There will be a sign-up sheet nearer the time. We hope you can come!

BOOKINGS

All bookings for the Worship Centre can be made through David Blane admin@folchurch.co.uk 07990 543 131 or 01760 441 902.





**A 'Christmas Special' at
Our Place
Free Family Day
(for families with special needs and/or disabilities –
something for everyone/every age)**

Musical Keys, Magic/Balloon Man and lots more!

**at
The Well, Swaffham Road, Ashill IP25 6BT**

**8 December 2012
11 am – 3.30 pm**

We look forward to seeing you!

**Please bring your own picnic lunch.
Plenty of tea and coffee as usual.**

**For further information:
Jim and Wendy Sargeant 01760 440 152 or w.sargeant@folchurch.co.uk**

folCALENDAR

DECEMBER

Sunday Worship

2 nd	10.00	Service of the Word: <i>Jeremiah 33:14-16; Psalm 25:1-9; 1 Thessalonians 3:9-end; Luke 21:25-36.</i>
	18.00	Feed the Soul: Song of Songs 3:6-5:1
9 th	10.00	Service of the Word: <i>Malachi 3:1-4; Luke 1:67-79 Philippians 1:3-11; Luke 3:1-6.</i>
	18.00	Feed the Soul: Song of Songs 5:2-8:4
16 th	10.00	Holy Communion: <i>Zephaniah 3:14-end; Isaiah 12:2-end; Philippians 4:4-7; Luke 3:7-18.</i>
	16.00	Furnace
	18.00	Feed the Soul: Song of Songs 8:5-14
23 rd	10.00	No Morning Service
	17.30	Carol Service
25 th	10.00	Christmas Celebration

Events (all activities at The Well unless stated)

1 st	10.00	Kidz Klub, Ashill
4 th	18.00	NWTP
5 th	19.30	Advent prayer
7 th	19.00	Youth Discipleship (location: see folyouth.co.uk)
8 th	11.00	Our Place (Musical Keys)
9 th	14.00	Good Companions
11 th	18.00	NWTP
12 th	19.30	Advent prayer
14 th	18.30	ID
15 th	10.00	Kidz Klub, Scarning
16 th	16.00	Furnace
19 th	19.30	Advent prayer
21 st	19.00	Youth Discipleship (location: see folyouth.co.uk)
31 st	20.00	New Year's Eve party

Christmas 2012

19th Dec (3.30pm)	Family Fun Day
23rd Dec (5.30pm)	Carol service preceded by afternoon tea from 4.30pm and followed by mulled wine and mince pies
25th Dec (10am)	Christmas celebration
30th Dec (10am)	Holy Communion

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

1st January	New years Day Walk
26th January	Digging Deeper with Martin Down
9th February	Women Together Conference

DEADLINE FOR folNEWS JANUARY 2013

The deadline for submitting news articles and testimonies for the January 2013 edition of folNEWS is Tuesday 18th December. Please submit articles to 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 folNEWS has been printed. Where possible, **please try to keep articles to 250 words** or less.