

WHO'S WHO?

Stephen and Pippa Mawditt: Stephen leads the Fountain of Life Network Church (FoL). Pippa serves alongside him on the leadership team.

Paul Wilkinson is ordained and serves as assistant minister of FoL Network Church.

Wendy Sargeant serves as Reader and heads up Musical Keys and our listening and prayer ministry team.

John Watts heads up the worship team.

Rebecca Watts leads the administration team and is PA to Stephen.

Neil Richardson is the Finance Manager.

David & Christine Buscall: David, assisted by his wife Christine, serves as the treasurer of the Fountain of Life.

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 is 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.

Julia Seaman watches over the prophetic ministry.

Richard Dilks is our site warden and ensures the maintenance of the buildings and grounds.

Madeline Light leads St Stephen's Church, Norwich.

folNEWS

News from the *Fountain of Life Network*

FEBRUARY 2012

Dear Friends,

Christmas is a distant memory; Easter eggs are in the shops, and this month (Feb 22nd) sees the arrival of Lent. It's a season when we move rapidly through the big story of our faith towards Easter and Pentecost. It's an exciting time but first we have to move from feasting to fasting. Not my favourite activity! Traditionally Lent of course is a time for self-examination, penitence and self-denial. 'What are you giving up for Lent?' is the usual question asked at this time of year.



The heart of Lent is for it to be a time of preparation before joining in the Easter celebration and it's a chance to intentionally feed our faith. Lent is a good time for us to apply, in gardening terms, a rich mulch. What might that include? Let me emphasise what we might take up rather than give up. Lent is a great opportunity to, for a limited period, commit to doing our 'spiritual disciplines' a little differently. So for 40 days how about re-considering:

How you engage in personal Bible study: For 40 days do this in a way that you normally say: 'I can't do that - it's impossible!' If you don't already do so, how about committing to the FoL bible readings for 40 days? Apply a challenge from the Bible. How about: 'Be patient with each other (Eph 4:2). If you know this is an issue for you then for 40 days discipline your tongue!

Prayer: Change the pattern. Do something you've never done before. Force yourself to pray in a way that goes beyond your comfort zone. Find some extra time in the day to pray. Set yourself a new target. Start a prayer diary. Ask the Lord to give you the gift of praying in a different language if you haven't already received that gift. Have a friend pray with you about this. Express truth about God and your love for Him by writing a poem or song. If the latter, talk to John! Or, use your artistic gifts: compose a piece of music, paint a picture for your heavenly Dad!

Fasting: For most, fasting a meal a day or a 24-hour period a week would do us no harm (usual medical and dietary prohibitions notwithstanding). Try following the Jewish pattern of fasting from sunset to sunset for 24 hours. Or you could fast in other ways: favourite foods or drink; TV; have a technology fast for 24 hours; cut out an activity that you love doing. Remember, it's not the cutting out that matters it's using the time released to draw closer to God.

Giving: For 40 days try living more simply. Give away any money you save.

Habits have a habit of changing our character and way of living.

With our love and prayers

Stephen & Pippa

folMINISTRIES

MERCY

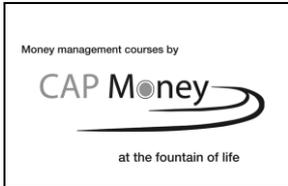
THETFORD FOODBANK

Thetford Foodbank launched just before Christmas, following a major collection from customers of a Thetford supermarket. The public were very supportive and two tonnes of food was donated to volunteers who had a great day doing this. Over the Christmas period, eight people were given food, so the *Foodbank* is off to a good start.



This church is a collection point for *Thetford Foodbank*. A box is available in the foyer together with a list of foodstuffs that are acceptable. If you feel you can give food for this project, to give three days emergency food aid to vulnerable people/families when they find themselves with no money to eat, please ensure that any food you bring is in good date and is a food item which is on the list - perishable foods are NOT offered by *Foodbank*.

Thetford Foodbank is a great project to be involved with and all churches in Thetford are participating through *Thetford Churches Together*.



CAP MONEY

We are currently exploring how we can make the *CAP Course* available to *Foodbank* clients. Presently no church in Thetford runs the *CAP Money Course*, so we are hoping to be able to help in this area. Please see the calendar for the next *CAP Money Course* at The Well. It is also hoped to run a course in Watton soon.

CHRISTMAS HAMPERS

Thank you to everyone who participated in the *Christmas Hamper* project. Ten lovely hampers were distributed and all were well received. Our particular thanks go to the home group leaders who organised this.

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

GOOD COMPANIONS

Good Companions had their Christmas party in the Worship Centre. Forty members and helpers enjoyed an excellent party tea. We celebrated Sybil Stevens' 90th birthday with a special cake. *First Christmas* was the entertainment for the afternoon, which was thoroughly enjoyed by everyone. Our members love to hear and see what the youth are doing in our church and are very supportive with their prayers and charity donations. We are assured that Hilda and Sylvia are recovering after their fall.

The New Year started well with Geoff Melia entertaining us with his George Formby-style songs -

everyone was talking about it on the way home and hoped that he would return in the near future! Sadly one of our founder members, Lisa Bawden, died over Christmas. She will be greatly missed.

We welcome anyone who would like to have fellowship, afternoon tea and entertainment. We meet on the second Sunday of the month at 2.30pm in The Well. The mini bus picks up anyone in Ashill or Watton area who needs transport. Please speak to Susan or Jean to arrange a lift.



KIDZ KLUB 2012

Yeehaw! Howdy there partners. You ready for a rootin' tootin' year as we travel to the Wild West or are ya, yellow belly?!

I've been very excited about our latest *Kidz Klub* adventure and I'm sure you can understand why. Doesn't every young boy dream of sticking on his spurs, saddling up their horse and moseying on down to the West! But the road to the West has been a very interesting one.

After a long vacation and rest over the summer I returned to work with the rest of the *Kidz Klub* team to find we had only a few days to prepare our September event. I sat down with Tim to start our plans and we started to chat. We didn't get much planning done! Tim told me he needed to go back to work full-time and could no longer run *Kidz Klub*. He asked me to consider my position and listen to what God was calling me towards. Looking back, I have a

feeling at that time Tim may have known what God was initiating in my life. Over the next month I felt God's call to step up my responsibilities with *Kidz Klub* and to lead our Ashill group. So I'm doing just that.

Now one *Kidz Klub* event in to the new year, I have to say I'm more excited about *Kidz Klub's* potential to give children the chance to choose Jesus than I ever have been; I'm amazed by the fruit Tim's ministry, and those in our church who work with young people, has already produced (as the young team at *Kidz Klub* were fantastic). I'm thankful for the team who have offered me so much support as I take over from where Tim has left and so glad that God has given me good works to do (this month's memory verse!) so that I get the chance to tell others of Him.

Matt Beckett

Kidz Klub is our Saturday morning church services for reception to year six. We have two Klubs that meet monthly in Ashill (1st Saturday) and Scarning (3rd Saturday). Each Klub is filled with fun games, creative craft, hilarious panto and exciting challenges. For more information about Kidz Klub get in touch at kidzklub@folchurch.co.uk

Our current **ALPHA COURSE** began on the 18th January and is going extremely well. We run Alpha regularly so if you are interested in going on our next course, or know anyone who might, or are interested in potentially hosting an Alpha course please talk to Stephen or Pippa (01760 440 363).



CHRISTMAS FAMILY FUN TIME!

WOW! God really blessed *Family Fun Time* this year. Not only did we have many Fountain of Life families turn out to support this popular event but it was wonderful to see new families come along to The Well for the first time. It was the perfect way for parents and children to get into the Christmas spirit as they enjoyed taking part in quizzes and doing crafts together including tile drawing, designing their own Christmas cards, making rice crispy cakes and peppermint creams. In fact, some of the parents became almost as involved as the children whilst creating their masterpieces!

When I arrived home, I received text messages from two mothers I had invited thanking me for the invitation and telling me what a lovely afternoon they'd had.

To see the children having so much fun and being able to share our faith with new families in such a relaxed environment was really very special. At a time when we are celebrating the arrival of Jesus in the world, it was a great feeling to perhaps see his arrival into the lives of others.

Victoria and Ian Rutherford

FROM 24/7 PRAYER TO WORSHIP

THANKS, BLESSINGS AND OPPORTUNITIES

I just wanted to take this opportunity while helping out with *fo*NEWS to thank everyone over the last year for their continued support and guidance. As I get more and more responsibility I want to thank the church for having trust in me. Us interns have started leading *ID* and *Youth Film Nights*, which while it is a scary prospect, is a really exciting one too. At the end of last year, we were given *24/7* to grapple with, which took a lot of planning. But I'm happy to say you all supported us, by either providing the materials for people to pray about, praying as it went on or turning up when you were supposed to!

The week went past very quickly and lots of things were prayed for, lots of people drew pictures that they felt came from God and lots of prayers were asked. The week ended with a worship and prayer evening but I'll let Shona tell you about that in a moment. The most encouraging thing for me was the *Good News Book*. This was where people could write down anything that God had done for them over the last year. I think other people found this great to look at too, so I would like to encourage anyone who has had God do something for them in the last year, to write it down and send it to admin@folchurch.co.uk - we would love to hear it and I'm sure the rest of the church would too. Also, while on the subject, if you would like to write anything for *fo*NEWS that you feel the church should know, anyone is welcome to. Anyway back on subject(!) - this is about me thanking all of you guys for your support and prayers. Thank you.



Emma Keys

RELEASING CREATIVE WORSHIP

At the start of December I was privileged to be able to be involved in the worship band for the prayer and praise event that concluded *24/7* prayer. The evening saw people from different churches coming together to pray for many things. The first hour was lead by Stephen and Rev Chris Densham, the pastor of *Dereham Baptist Church*, and the second hour was an opportunity to worship, rest, and listen to God with the worship band playing.

We wanted the second half of the evening to be a flavour of something that Dave, Emma and I are excited about doing soon ... it is about releasing your creativity to worship God in different ways. It will be an unstructured evening; there will be a band worshiping throughout; there will be art materials available; there will be space to dance; it will be a space to have the freedom to encounter God, with the creative tools I just mentioned available to use if you want. We are excited about the potential freedom and healing that creative worship can bring.

Shona Jackson

WORSHIP IN THE FIRE

We feel there is a call on the church to a new freedom, intimacy and risk-taking in our worship. God has really put Daniel 3 in my heart recently. Shadrach, Meshach and Abednego make the choice to worship God instead of the idol of the day and the result is that they get thrown into a blazing fire (v.19-20). These guys certainly understood how to take a risk in their worship of God!

In the heart of this fire, intended to be a place of danger and suffering, these three men actually encounter God in a more real way than they have ever done before (v.25). More than that, the King sees this and a whole nation makes a turn back towards God because of the courage of just three men who chose to worship Him (v.28-29). Our prayer is that we can dare to worship God in a fire that is turned up 'seven times hotter than usual' (v.19). God's Holy Spirit is a fire that to the world looks dangerous but actually it's the safest place to be. We hope that you are as excited as we are to encounter God in a new way this season!

Dave Blane

THE FATHER'S HEART



Save the date! The next Father's Heart weekend is set for 18-20th May and promises to be a fantastic event, with both Heidi Baker and Mark Stibbe confirmed as speakers. Precise programme details will be available soon, but there will be a Leaders Lunch on Friday 18th May and there will be sessions on the Friday evening, all day Saturday and Sunday evening. Venues will be The Well Christian Centre, Ashill, Norwich Cathedral and All Saints Belton.

ABOUT THE SPEAKERS

Heidi Baker, with her husband Rolland, founded *Iris Ministries* in 1980, as a non-profit Christian ministry dedicated to Jesus and service, especially among the poor. After twelve years ministering in Asia, they left in 1992 to do their PhDs at King's College London, UK. In 1995 they started a new ministry to the poor and homeless children in Mozambique. Beginning with nothing, within a matter of months they were given a dilapidated orphanage in Maputo with 80 children. From there, the ministry has expanded to include well-drilling, free health clinics that service the poor and sick, feeding programs, primary and secondary schools, cottage industries and 5000 churches in Mozambique and a total of over 8,000 churches in over twenty nations. There are multiple bases with Bible schools, as well as community outreaches and top-ranked public schools. In September 2008 *Iris Ministries* started a well digging project in Northern Mozambique. Originally from Southern California, the Bakers are now based full-time in Pemba, Mozambique. They also travel to various places around the world to share their story, and to teach about God's love and what love in action looks like. The core value and message of the Bakers' ministry is God's love.



Dr Mark Stibbe was ordained in 1986, and was most recently the senior leader of St Andrew's, Chorleywood for twelve years, until leaving to start the *Father's House Trust* in 2008. His passion for the cause of fatherhood and the issues around fatherlessness arise from his own experience of being orphaned when he was a baby and subsequently adopted. This has given him a unique perspective on the deep wounds caused by fatherlessness. Becoming a Christian in 1977 also gave him a unique appreciation of the Christian understanding of God as a loving Father who wants to adopt people into his family. He is a prolific author, having published over thirty books, on faith, film and the fatherhood of God. Much of Mark's recent writing concentrates on fatherlessness, especially *From Orphan to Heirs*, *The Father You've Been Waiting For* and most recently *I Am Your Father: What Every Heart Needs to Know*. Since setting up the *Father's House Trust*, Mark has travelled all over the UK and throughout the world speaking about issues relating to the Father's love for the fatherless. He is also a popular conference speaker and leadership consultant in the UK and overseas.



For more information, including details about booking, contact FoL Admin on admin@folchurch.co.uk or 01760 441 902.

foL FAMILY

ON YOUR BIKE!

The *British Heart Foundation's* London to Brighton bike ride is the biggest charity cycle ride in the country. Each year around 27,000 cyclists take part, cycling 54 miles from Clapham Common to Brighton sea front. I took part myself last year and it is a great event which, with a bit of training, is achievable by most people.

This year it will take place on Sunday 17th June. I have booked a priority place for a team of up to 20 people, under the name 'FoL Church'. It would be great to get a team together to take part. It is an amazing experience riding in such a large group, and being the biggest event of its kind it is very well organised. If you would like to join me in this challenging, but hugely enjoyable event, please register and pay online by 4pm on Tuesday 14th February.

The cost for the event is £35 per person, which you pay online. To get down to London you can either travel down the day before or drive down in the morning. There is ample parking within a mile of the start. To get back from Brighton to London they arrange coaches and bike transport vans. A ticket for these can be booked in advance, or on the day. Depending on how many of us there are, we may be able to sort out our own group transport as well. If you have any questions, please check the following website (www.bhf.org.uk/L2B) or contact me at danandbeckyrussell@btinternet.com or on 07789 754 425.

Dan Russell

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.



LET BATTLE COMMENCE!



On January 15th after church a big group of us from Fountain of Life, and a few from Wellspring Church in Dereham, went to *Combat Paintball* near Thetford. For those who haven't been, it's a place where you go to run around in mud, shout lots and (oh yeah) try and hit each other with paintballs!

There is no getting out of how ridiculous we all look in our combat gear but we look past this, thinking of how we are going to get the people on the other team! The guys on the site are all about safety so we have to sit through one of their safety briefings beforehand, which only gets you more and more excited about what is coming up. Then finally you are handed your paintball gun and paintballs, you take a few quick shots at the target range and think, yeah I'm a pretty great shot. You walk on to the battle arena, have a quick team talk (which

no one can hear because you have a thick helmet on!) then the countdown to start. That's when the adrenaline really starts to pump. You run as far as you can and get undercover, and start shooting at anyone who reveals themselves from the other team. That's when you realise you are not actually the great shot you thought you were.

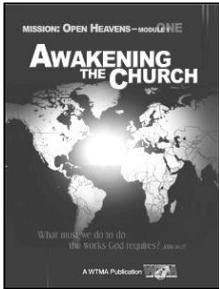
Jamie Jolly of course just stands in plain view of everyone, in his Hawaiian shirt, with his arms crossed feeling very sure of himself! (So in a few games time when you get to shoot him in the head it's a very satisfactory feeling, I'll tell you!) You hear paintballs whizzing past your ears and as you take people out you hardly notice when you get hit and it doesn't actually hurt that much.

A good day was had by all and I really recommend it to anyone no matter what age you are. Ask anyone who went! We are going again on the 15th of April. Talk to Adam if you would like to go.

Emma Keys

fol HEADLINES

AWAKENING THE CHURCH



This is the title of a workbook produced by *World Trumpet Mission*, co-authored by John Mulinde from Uganda, who many of us will remember from his past visits. A number of Fountain of Life members are working through this book, finding it extremely good and challenging, whilst others are contemplating embarking on it.

The *WTM* representatives in Cambridge, Paul and Kath Brown, have offered to come and meet us to see how it's going, and to offer help and encouragement and answer questions. They will have recently returned from *Africamp* in Uganda so will undoubtedly have inspiring news of what God is doing in different parts of the world.

All who may be interested are warmly encouraged to come along to the meeting on Friday 17th February, 10am at The Well. Do bring some lunch if you are able to stay on afterwards for fellowship, and please give me a ring if you need further information.

Annabel Valentine

CHURCH GROWTH FROM HEBREW ROOTS



Exponential church growth can only come through re-embracing our Hebrew roots. So says Nigel Sykes. In a one-day seminar organized by St Stephen's Church Norwich, Nigel Sykes will show how the early church moved from its original Hebrew roots by embracing Greek thinking. Applying his understanding of how churches can grow exponentially by returning to Hebraic thinking, Nigel will demonstrate how teams can be built into effective church communities by using every person's God-given gifts.

Nigel Sykes is Principal Teaching Fellow and Head of the Enterprise Teaching Group at *Warwick Business School*. He moved to Warwick from the private sector in 1988. He had a dramatic encounter with the Lord whilst in Russia. Having travelled extensively, and witnessed the transforming power of the Lord in the lives of individuals and communities all over the world, community transformation has become his passion. Christian persecution within these communities has resulted in the local church metamorphosing into flatter structures of simple, relational, releasing networks. He has recently developed a better understanding of how the Lord can build His church on the foundations of the apostles and prophets and as a result, the real possibility of exponential Kingdom growth.

The event is on Saturday 4th February, from 10am to 4pm at The House of Prayer, Fishergate, Norwich, NR3 1SE. To book, or for further details please contact Bidy Collyer (phone: 01603 662 538; email: biddycollyer@hotmail.com)

DIGGING DEEPER

This month's *Digging Deeper* is on Saturday February 25th, 10am-1pm. The topic is 'Prophetic Ministry' with Jenny Campbell. Jenny will also be joining us for our Sunday morning worship.

BOOKINGS

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

folCALENDAR

FEBRUARY SUNDAY WORSHIP

| | | |
|------------------|-------|---|
| 5 th | 10.00 | Holy Communion: <i>Isaiah 40:21-end; Psalm 147:1-12, 21c; 1 Corinthians 9:16-23; Mark 1:29-39.</i> |
| | 18.00 | Feed the Soul: <i>Exodus 11:1-13:16.</i> |
| 12 th | 10.00 | Service of the Word: <i>Proverbs 8:1, 22-31; Psalm 104:26-end; Colossians 1:15-20; John 1:1-14.</i> |
| 19 th | 10.00 | Holy Communion: <i>2 Kings 2:1-12; Psalm 50:1-6; 2 Corinthians 4:3-6; Mark 9:2-9.</i> |
| 26 th | 10.00 | Service of the Word: <i>Genesis 9:8-17; Psalm 25:1-9; 1 Peter 3:18-end; Mark 1:9-15.</i> |
| | 18.00 | Feed the Soul: <i>Exodus 13:17-15:21.</i> |

FEBRUARY EVENTS (all activities at The Well unless stated)

| | | |
|------------------------------------|-------|---|
| 1 st | 19.00 | Alpha 3 (43 Cressingham Road) |
| 3 rd | 19.00 | Youth Discipleship (location: see folyouth.co.uk) |
| 4 th | 10.00 | Kidz Klub Ashill |
| 7 th | 18.00 | NWTP |
| 8 th | 13.30 | CAP Money course 1 |
| | 19.00 | Alpha 4 (43 Cressingham Road) |
| 10 th | 09.00 | Bezalel |
| | 18.30 | ID |
| 11 th | 10.00 | Women Together |
| | 13.00 | Musical Keys |
| | 18.00 | Youth film night |
| 12 th | 14.30 | Good Companions |
| 14 th | 18.00 | NWTP |
| 14 th -16 th | | Beatitudes relationship retreat |
| 15 th | 10.00 | Genesis fun day |
| | 19.00 | Alpha 5 (43 Cressingham Road) |
| | 19.30 | Men's Curry Night (McTaggarts) |
| 17 th | 19.00 | Youth Discipleship (location: see folyouth.co.uk) |
| | 19.00 | Awaken |
| 18 th | 10.00 | Kidz Klub Scarning |
| 18 th | 10.00 | Fabric Dying Workshop with Beccie Marshall |
| 21 st | 18.00 | NWTP |
| | 19.00 | CAP Money course 1 |
| 22 nd | 13.30 | CAP Money course 2 |
| | 19.00 | Alpha 6 (43 Cressingham Road) |
| 24 th | 09.00 | Bezalel |
| | 19.30 | NYFC Presents Gavin Calver for Youth (see Adam for transport) |
| 25 th | 10.00 | Digging Deeper: 'Prophecy' with Jenny Campbell |
| 28 th | 19.00 | CAP Money course 2 |
| 29 th | 13.30 | CAP Money course 3 |

LOOKING AHEAD

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| 10 th March | Kingdom Knocking (see Adam for details) |
| 25 th March | Laser Battle (see Adam for details) |
| 31 st March | NWTP Taster Day |
| 1 st April | Taking Back Sunday |
| 2 nd -5 th April | SOAK (see Adam for details) |
| 6 th April | Good Friday Service |
| 12 th April | Youth film night |
| 14 th April | Felt Making Workshop with Beccie Marshall |
| 15 th April | Paintballing (see Adam for details) |
| 28 th April | Digging Deeper |
| 18 th -20 th May | The Father's Heart Weekend with Heidi Baker and Mark Stibbe |
| 1 st -4 th June | Intents (see Adam for details) |
| 4 th June | Ashill Jubilee Family Fun Day |

DEADLINE FOR folNEWS MARCH 2012

The deadline for submitting news articles and testimonies for the March 2012 edition of folNEWS is Tuesday 14th February. 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.