

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*

MARCH 2013

Dear Friends,

Lent is traditionally a time of discipline and carries with it an invitation to focus more purposefully on developing our relationship with God: spending time in His presence pursuing him. Our ability to impact the world will always be relative to the amount of the presence of God we carry. It is what marked the early disciples out; people took note that they had been with Jesus (e.g. Acts 5:13). Courage and boldness arises out of the presence of God.



Two important disciplines which release more of the health and life of God in our lives are meditation on Scripture and praying for the character of God to be replicated in us. Interesting that the word 'discipline' is an anagram of 'disciple' and 'in'. At the heart of discipleship is training our inner 'soul' or 'self' to think and behave more like Jesus Christ. We have the mind of Christ (1 Cor 2:16c) but His thinking, attitude and priorities can so easily become dulled by our own limitations. Scripture sharpens our awareness of how Jesus thinks and prayer releases power to walk in His ways.

There are two specific tools this month to help this process. First, our series on praying through the fruit continues with a March focus on praying for peace. Peace is the first fruit of the Spirit imparted by Jesus to his disciples after the resurrection. It's a promise that attends living a life of prayer (Phil 4:6-7). Just as Jesus spoke to the external storm in Mark 4:35-41 we can speak 'Peace; be still; to our mind, emotions, body and family'. Notice in the Mark passage that peace is closely related to exercising faith and putting our trust in the Father to be at work in every situation and circumstance of life.

Second, throughout Lent we have the challenge of engaging in 'positive fasting'. That is creating space to meditate on (and memorise!) a Bible verse each day - verses which will be connected to some of the great themes of the Bible. Potentially we could have 40 verses in our memory bank by Easter Day! Given the promise that the word of God is the source of health and life that has to be good news.

Easter week promises to be a special time: Paul Manwaring of Bethel visiting on March 25th; coming together as family to celebrate Passover Supper on the 28th; and our usual Good Friday and Easter Day gatherings. Have a transforming Lent and an empowering Easter.

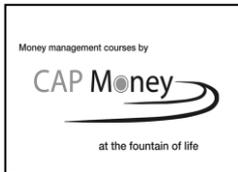
With love Stephen & Pippa

folMINISTRIES

MERCY

WARM PACKS

We still have a few Warm Packs which we can give to anyone who is finding it hard to keep warm. The packs contain various items, such as a snuggle blanket, gloves, hat, thermos flask etc. If you know of someone who would benefit from receiving a pack please contact me 01760 440837 or 07979 264047, mercy@folchurch.co.uk



CAP MONEY

The CAP Money Course teaches a simple system of money management and helps you to produce a balanced budget and live debt-free. This Course is of benefit to anyone, as it helps us to think about how we manage our money.

The next CAP Money Course will be running for 3 consecutive weeks (2 hours per week) in April starting on Wednesday 17th April in the mornings from 9.30am to 11.30am at The Well. The Course will be run by our CAP Money Coaches Wendy and Jim Sargeant. This Course is especially timed to take place during a First Steps Pre-School Session and we plan to have a Creche in place for this Course so that parents with infants in their care are welcome to attend - but it is open to anyone. To join the Course please see Wendy Sargeant or Heather Nunn - and particularly let us know if you will be bringing a baby or toddler for the Creche.

Christians Against Poverty is an award-winning, national debt counselling charity working in partnership with local churches across the UK.

Food Bank

We are now Voucher holders for Foodbank. If you know of any individual or family who are struggling to feed themselves please let a relevant Team Leader know or contact 01760 440837 or 07979 264047, mercy@folchurch.co.uk



Heather Nunn

Need to talk?

Did you know that Fountain of Life has a listening team ready and willing to spend some time with you or someone you know? If you need more time to talk through an issue than is available during or after Sunday worship or home group, let us know and we will arrange to meet with you. We all need a bit of extra support at times in our lives and a Christian/prayerful perspective is important when we find it difficult to find a way through. Please contact Joy Fernando (01953 886786), Mark Clamp (01760 440493) or Tim Gibbs (01953 884 704).

fol FAMILY

JARVIS NEWS

Greetings to fol from Sutherland! Thank you for all your prayers for us as we live and work as Christians in our village of Lairg. Please don't stop.

We are both part of our church's Bible study drive (Cle & the ladies in Philippians and Jarv and the men in Nehemiah) : three groups meeting weekly out of a congregation of no more than 40 - such encouraging commitment. Please pray for us and our fellow leaders as we seek God's way ahead for 2013.

Praise God for establishing our Saturday Club: the team steps up the Thursday before we roll, but GOD always comes through with the right team, with the right gifts words or stories. Flossy and a friend ARE the puppets: it may well be time to get some real ones! Please pray for continued guidance about material and for God to add to the numbers month by month. Last month we decided to live for God and this time we are looking at the Bible. Please pray for over 20 regulars from beyond the church family. Mightily encouraged to hear what God is doing through your Kidz Klub in Norfolk.

Jarv is brilliantly leading lots of worship, Turn Back the Battle at the Gate is proving a hit and we are sharing some Bethel Church tunes as well. Both of us are very glad of jobs as a cook and a car mechanic. The kids are growing like mad and thriving. Our parents in Norfolk are all ageing and not very healthy, prayer here would be good also. We are so pleased that our Poppy and Leo are regulars at Noah's Ark and that our Sam is happy and settled in Litcham.

If you want to be copied into invites to view mad photos all things Jarvis then email jarvandle@btinternet.com.

Andrew (Jarv), Cle, Flossy and Jude

RUTH ALEXANDER

Hello all,
I would like to use this month's update to ask you all to pray for our precious little one Madelena. Madelena came to our children's centre here in Pemba two years ago as a small, malnourished 3 year old. She looked like a small baby and was dressed in clothes to fit a three month old. After lots of care and attention she has fattened up and is thriving. She does however have some neurological developmental problems. We have never been able to have her diagnosed so we are still to this day unsure if she was born with a disability or if this came from severe starvation.



We have just celebrated her 5th birthday and it saddens my heart to know that she will not be starting school with her fellow 5-year-old brothers and sisters at the children's centre. We all feel a promise that she will be healed and would love for you to join in with this prayer and fasting to contend for her healing. She is a kind hearted wonderful little girl and I know God does nothing but smile down on her. During prayer for her please do ask for words for her and we can write this down in her book. May we join together to watch this promise turn into a testimony!

Ruth

Footsteps

Footsteps is the committee which organises Good Companions and Wayland Carers.

Good Companions has over 40 members and meets on the 2nd Sunday of each month from 2:30-4:30pm. We provide afternoon tea followed by entertainment, provided by members of the church and from people invited in. Our Christian input is low key; we start with grace and end with a hymn each month. Also when someone is ill or has a special need we say simple prayers for them. The real outreach come from the 'Jesus in me' approach, which shines out of every member of the team. A real rapport has been built up over the years between the team and the members of Good Companions, which provides opportunities for extending the ministry in other ways. The comments we get from the members are so encouraging and faith building.



Wayland Carers Social Group has 23 members and friends. We meet in the afternoon of the 3rd Wednesday every month, to provide respite and relaxation for carers. This is 'their time', to go on many varied outings and social gatherings, that take place throughout the year. This provides the opportunity for a friendly listening ear or a way of giving practical help if needed.

We are so blessed to have an amazing Christ loving and Jesus giving team of servants, who use their gifting and talents to serve Christ loyally and lovingly. The term 'Jesus in me' is so evident in their words and actions. Our church has every right to be proud of this work of outreach to the lonely, the elderly and those caring for others. I consider myself extremely privileged and blessed to be part of this team, which has a real Jesus serving heart.

We welcome anyone who would like to join us to enjoy either or both of these activities. If you are interested in helping out at all or would just like to know more please contact Susan on 01760440720 susanwalker65@gmail.com or Jean on 01953881842 j.watson895@btinternet.com

Susan Walker

Adam and Shona Jackson

Adam and Shona are moving on at the end of the month to pastures new in Norwich. Adam first came as an intern in 2006, graduated to being our youth worker and we have witnessed his marriage to Shona and the beginnings of their life as a married couple. They have added a huge amount to our life together and we shall miss them: the saving grace is the ongoing relationship that we shall enjoy with them through their involvement in the Fountain Network. We are saying 'goodbye' at a shared lunch after the morning service on March 24th and we would love to give them a gift to mark their departure. If you would like to make a contribution then please put your gift in an envelope marked 'Adam and Shona'.



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 begins on Wednesday 1st May at 7.00pm. If you are interested in coming, please pick up a leaflet or talk to Andrew and Julia Rees on 01760 440141.



Alpha

womenTOGETHER

Hi there all you gorgeous women,

It is with much sadness that I write this note to you because with regret I must inform you that I am stepping down from leading womenTOGETHER (wT).

This ministry needs to be led by someone who regularly worships at the FOL and who can build an ongoing relationship with you all. It has been difficult to lead a ministry and be as effective as I wanted to be, living 33 miles away! Plus for a number of reasons I haven't been able to get across to the FOL on a Sunday as much as I had hoped. For this last year Martin, my husband, and I have been seriously considering a move to Ashill but we now realise it is not going to happen. Therefore once that decision was made I knew my decision regarding womenTOGETHER had to be made also.



This doesn't mean the vision I had for womenTOGETHER has died! On the contrary it's as strong as ever. With all my heart I pray this women's ministry will continue, but it has to have the right person leading it - someone who is called to it. It could be that the Holy Spirit is stirring within you as you read this, if so please speak with Pippa and Stephen.

I will continue to see you from time to time as the Fountain is my spiritual home and I love to come and visit.

All that leaves me to say is - Girls it's been a fun journey thus far and it doesn't necessarily have to end. You are an amazing group and it has been a privilege to serve you and lavish the love of Christ upon each one of you. See you around sometime if not see you in Glory - if we get to wear shoes in heaven I'll be the one wearing a pair of Christian Louboutin's! Keep shining and sparkling for Jesus.

Rosemarie

Rosemarie has done a great job in heading up Women Together over the past couple of years. Potentially this is a time for a fresh start but as with any ministry in the church we shall only keep it alive if there is a new leader with a vision and call to lead the team. So, if you feel this might be you then please speak to me (Pippa) about it.

In the meantime there is a New Wine women's day at All Saints, Milton on Saturday April 13th: 'Refresh your heart'. More information at www.allsaintsmilton.org.uk

If you are planning to attend pop your name on the sheet in the foyer so that we know and perhaps can arrange lift sharing.

Pippa

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.



*fol*HEADLINES

Youth Worker

As you hopefully know by now, we are seeking to appoint a part-time (3 days per week) youth worker. This is an excellent opportunity for someone with proven experience of youth work and a passion for young people to grow in discipleship. There is a particular focus within this post on engaging our young people in mission and community outreach.

For further information and an information pack please contact us on 01760 441902 or e-mail: admin@folchurch.co.uk. Deadline for the receipt of completed application forms is Tuesday 5th March

Maundy Thursday: Passover Supper

On Maundy Thursday, March 28th at 7pm, we shall be re-enacting Jesus' last Passover Supper with his friends. Passover has great significance for Christians. It is the source, inspiration and meaning for much within the Communion service, a celebration of freedom from the bondage of sin and a thanksgiving for our rescue from the sting of death into a new life .

Paul said in Colossians 2:16-17 that the Jewish feasts and celebrations were a shadow of the things to come through Jesus Christ. We shall look at the way in which the Passover festival finds its fulfilment in Jesus whilst enjoying a first-class meal of roast lamb. This is a great way of coming together to celebrate as 'family' all that Easter means to us. Tickets will be £5 per adult and children 14 and over; and donations to cover the costs of younger children would be appreciated. Please see David Blane for tickets or e-mail: admin@folchurch.co.uk

The Fountain Network is delighted to be hosting **Paul Manwaring** from **Bethel Church, Redding** for a series of events on **Monday 25th March**.a

Paul is on the senior leadership team at Bethel Church in Redding, California, and oversees Global Legacy, Bethel's growing network of churches and leaders worldwide. He lives to see the secular-sacred dividing line erased in lives and organisations and is seeing God powerfully at work in schools, the workplaces and neighbourhoods. Paul will have much to encourage, challenge and impart to us.

Monday 25th March at the Well Christian Centre, Ashill

12:30pm - Leaders Lunch

7:30pm - Evening Celebration



There is **no charge** for either of these events but booking is required for the leaders lunch to help us prepare enough food! An offering will be taken up to cover expenses. Contact David Blane at admin@folchurch.co.uk.

XLP Mission Trip



How can you help Young People in London?

How about supporting our young people as they join with XLP, Urban Youth Mission, for a week of community work in July?

A team of young people, aged 16-25, will be supporting the work of XLP in Central London. Their week will consist of both training and service and both areas will give the YP's a fantastic learning experience. The

training will cover the themes of God's mission and mission in XLP's local context. The youth will spread themselves across the capital serving the community in practical and affirming ways. Expect your young people to come back as skilled painters, litter pickers and car washers. Alongside these practical ways of supporting the communities they are visiting, they will also be involved in Youth Drop Ins, sports activities and even some girly pampering afternoons! All awesome ways of showing God's love to those who may not know He loves them.

So how can you help?

Our young people are on mission and that has started now. For those that God has called He provides. There is a cost for the youth to go and this is a cost they are trusting God for and willing to work for. So if you have any jobs that a young person could do for you, in return for a donation towards their mission trip then please get in touch (m.beckett@folchurch.co.uk) with me and if any young person is struggling to pay their way to London I can send them in your direction.

If you fall between the ages 16-25 and the mission sounds like something God might be calling you towards then please do get in touch, we still have a few spaces!

Matt

CALL TO PRAYER CONFERENCES

Call to Prayer Conference - **Amazing Grace.**

With Jill Gower and Alaric Hunt. Friday 15 March 7.30pm, Saturday 16 March 10am-4pm. All are welcome.

Bring a packed lunch on Saturday. Enquiries to admin@call2prayer.co.uk

House of Prayer, Fishergate, Norwich NR3 1SE

Hebrew Roots Conference - a date for your diary.

Friday 26 - Sunday 28 July, with the Call to Prayer Tabernacle, at Belsey Bridge Conference Centre, Ditchingham. Teaching by Chris Hill and Jill Gower.

BOOKINGS

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

fo|CALENDAR

MARCH

Sunday Worship

3 rd	10.00	Holy Communion: <i>Isaiah 55.1-9; Psalm 63.1-9; 1 Corinthians 10.1-13; Luke 13.1-9.</i>
	18.00	Feed the Soul: 1 Samuel 9:1 - 10:16
10 th	10.00	Service of the Word: <i>Joshua 5.9-12; Psalm 32; 2 Corinthians 5.16-end; Luke 15.1-3, 11b-end.</i>
	18.00	Feed the Soul: 1 Samuel 10:17 - 11:15
17 th	10.00	Holy Communion: <i>Isaiah 43.16-21; Psalm 126; Philippians 3.4b-14; John 12.1-8.</i>
	18.00	Feed the Soul: 1 Samuel 12:1 - 13:22
24 th	10.00	Service of the Word (followed by shared lunch): <i>Luke 19.28-40; Psalm 118.1-2, 19-end.</i>
	18.00	Feed the Soul: 1 Samuel 13:23 - 14:48
31 st	07.00	Sunrise Service
	10.00	Holy Communion: <i>Acts 10.34-43; Psalm 118.1-2, 14-24; 1 Corinthians 15.19-26; John 20.1-18.</i>

Events (all activities at The Well unless stated)

1 st	19.30	Youth Discipleship Group (Location: See folyouth.co.uk)
2 nd	10.00	Kidz Klub Ashill
3 rd	14.00	Good Companions
5 th	18.00	WTC Training
6 th	09.30	Alpha 6
8 th	09.00	Bezalel
	18.30	ID
12 th	18.00	WTC Training
13 th	09.30	Alpha 7
15 th	19.00	Awaken
	19.00	Youth Discipleship Group (Location: See folyouth.co.uk)
16 th	11.00	Our Place
	10.00	Kidz Klub Scarning
17 th	16.00	Furnace
20 th	09.30	Alpha 8
22 nd	09.00	Bezalel
27 th	09.30	Alpha 9
28 th	19.00	Passover Supper
29 th	12.00	At the Cross (Good Friday Service)

Easter Services

Passover Supper Thursday 28th March 7pm

At the Cross Worship and Reflection for Good Friday
Friday 29th March 12-3pm

Sunrise Service Sunday 31st March 7am St Mary's
Houghton on the Hill (Walk at 6am from The Well)

Easter Celebration Sunday 31st March 10am

LOOKING AHEAD

CAP Money Course starts 17th April

Digging Deeper- WTC taster session
with Lucy Peppiatt 27th April

Kidz Klub Training day 11th May

Digging Deeper with Crispin Fletcher 22nd June

FoL Party 13th July

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

Noah's Ark Parent and pre school gathering - 10am every Thursday in the bungalow term time.

DEADLINE FOR fo|NEWS APRIL 2013

The deadline for submitting news articles and testimonies for the April 2013 edition of fo|NEWS is Friday 22nd March. 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 fo|NEWS has been printed. Where possible, **please try to keep articles to 250 words** or less.