



# The Reeve's Tale

August 1980 Edition

*Joint*

## FAMILY SERVICE

10.30am All Saints' Bawdeswell

followed by coffee at the back  
of Church

and

## FAMILY PICNIC

12.00 onwards at Paradise Lane House,

Sunday 17<sup>th</sup> Aug.

The magazine of  
Bawdeswell & Foxley



# Bawdeswell & Foxley W.I.

For their July meeting the Bawdeswell & Foxley Institute went on an educational visit to the Norfolk Rural Life Museum at Gressenhall. The Curator, Miss Bridget Yates gave a short talk then members wended their way through a farming year as it used to be. Delicious home-made refreshments were enjoyed by all and there was a certain reluctance by some members to leave such a place of interest although closing time had arrived.

On August 11th there will be a garden meeting beginning at Mrs Brewster's at 7.30p.m. and moving to Mrs Winter's during the evening.

Our President, Mrs Hepburn-Wright, is kindly holding a Cheese & Wine party at her home, Mill House, Foxley on Friday September 26th. This will be in aid of W.I. funds so we hope that it will be well attended.

The September monthly meeting will be held in Bawdeswell Village Hall on Monday September 8th. Our speaker will be Mrs Rosemary Shackmaster - her subject, "Spinning & Weaving".

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When the Lights Line Up.

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'When I was crossing the Irish Sea one dark starless night, I stood on the deck by the Captain and asked him, "How do you know Holyhead Harbour on so dark a night as this?"

He said, "You see those three lights? Those three must line up behind each other as one, and when we see them as one, and when we see them so united we know the exact position of the harbour's mouth".

When we want to know God's Will there are three things which always concur; the inward impulse, the Word of God, (1) and the trend of circumstances. God in the heart, impelling you forward; God in his Book, corroborating whatever He says in the heart. God in circumstances which are always indicative of His will.

# The Julian Meetings

Mid Norfolk Group, Secretary, Mrs. Irene Ames.

As this is the first time these meetings have been mentioned in the 'Reeve's Tale', one feels that a short explanation is needed.

The purpose of the meetings is to foster the practice and teaching of contemplative prayer, within a Christian context.

The movement started in 1973 with a letter published in church papers of various denominations. Although the original suggestion was the formation of a secular, contemplative order, it emerged that the prime need was for regular and fairly local meetings at which contemplative prayer could be taught, discussed and practised.

There are now over 70 regional groups in Britain, and more are being formed. They met regularly, usually monthly. Because no set pattern is imposed and Groups are free to experiment, they are very varied, both in the shape of their meetings and in their 'atmosphere'.

The meetings are open to all, whether or not they are Church members.

Will Bawdeswell & Foxley members please note that the next meeting will be held at Billingford Lodge the home of the Convenor, Mrs Hilary Wakeman on Wednesday August 20th at 8.00pm.

Transport can be arranged if necessary. Please ring the Secretary on Bawdeswell455.

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The Quaker idea of quiet waiting upon God is neatly expressed in this sign seen outside a Meeting House:

"Don't just do something, Sit there!"

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# NERVOUS BREAKDOWN

## Eternal View

### ON HAVING A NERVOUS BREAKDOWN -by somebody who had one.....

Can a Christian have a nervous breakdown? Should a religious faith make one immune to the mental problems and anxieties that trouble less spiritually minded mortals?

Well undoubtedly Christians do have them. It has been suggested in fact that people with a religious faith whose perception of life have made them that much more sensitive and appreciative to great love and great ideals are all the more vulnerable to wrongs and sin and failure.

This is probably true. Indeed the example is a high one. Who, looking at Jesus praying in blood and sweat before Gethsemane or at the final moments on the cross crying out, "My God, My God. Why have you forsaken me", can doubt that mental torture can be the lot of the Christian.

### Breakdowns can be Prevented

Nevertheless it is equally certain that God never wants anyone to have a nervous breakdown though sometimes he allows it to happen. The important thing is surely to realise firstly that most breakdowns could be prevented. Secondly, if you are overtaken by such a grim event to remember that all such suffering can be turned to positive account, (though nothing could seem less likely at the time).

A nervous breakdown can in fact be a terrible privilege; a black event contrary to God's will and God's wish yet an abyss

where a fearful descent is only a prelude to a painfully slow rise to a greater, finer, and more useful awareness of self and neighbour, love and man and God.

Firstly some thoughts on how to prevent one. In any given situation we must realise how unimportant we are, God does not depend on our efforts alone. Is there some problem, some person that we feel over responsibility, yet where our efforts to find a solution are battering our own mind and emotions into exhaustion? Will you take a step back? God (who himself longs for a solution to the problem and loves that person far more than you do) has the situation in hand far better than we have. He may have arranged for some other person, some other way to cope with the matter that does not include our efforts. It may be a blow to our own spiritual pride, but it can be the truth.

Secondly, take a rest from the battle. Sound the retreat for a while maybe. The main cause of a nervous breakdown is that a situation develops with which you can hardly cope. This makes you strained and ill so you can cope even less. This makes the situation worse and finally you can't cope at all.

Try to get away from the problem for a while. God wants you in good shape to work for him. You know it makes sense!

Thirdly an eternal view of life must be a help, but this is not something you can develop overnight.

An Olympic athlete strides out to win with apparent ease because of years of prior training and discipline. If we have not previously cultivated an attitude to life which includes a real awareness of the reality of the eternal through regular prayer worship and bible study, then we are unlikely to win spiritual gold medals overnight!

If mental breakdown comes then nothing is more certain than that it will also pass. In the black depths of anxiety and depression that alas can bear down for weeks or months, hopelessness and loneliness are one's closest companions. Yet this need only be an interlude before the curtain rises on a finer, stronger, greater second act of life.

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Lord,  
help me not to dread  
what might happen,  
not to worry about  
what could happen,  
but to accept what  
does happen.  
Because You care for me.



# Bawdeswell CP School

We were very lucky with the weather for our Sports Day and Fete on Saturday July 5th. The children entered enthusiastically into the spirit of the sports with the red team winning. The whole event, which was organised by the Friends of the School was a successful and enjoyable afternoon and raised £183.39 for school funds.

The children from the top class who went down to Kent had a super time. Their day trip to Boulogne went off very well, with a calm voyage fortunately!

The children have been on various outings recently. The 4th years went along to a Victoriana morning at Walsingham Shire Hall. The 1st and 2nd years paid an afternoon visit to Gressenhall Rural Life Museum and the infants went to Great Witchingham Wild Life Park. The 3rd and 4th years have also made a trip out by boat to Blakeney in the last week of term.

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If you are unhappy with your Vicar, simply have your Churchwardens send a copy of this letter to six other Churches who are also tired of their Vicar. Then bundle up your Vicar and send him to the Church at the top of the list in the letter. Within a week you will receive 16,435 Vicars and one of them should be all right!

Have faith in this chain letter for Vicars. Do not break the chain. One church did and got their old Vicar back!!

- Quoted in Coley Parish Magazine.

Don't all rush at once! R.K.B.

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# Anglican Services

Aug 3rd\* Bawdeswell 9.45am Family Service, Series III  
Foxley 11.00am Morning Prayer, B.C.P.

(Both these services will be led by the Rev'd A.C. Bryer, friend of the Rector, from London)

Aug 10th\* Foxley 9.45am Family Service, Series III  
(Led by the Rev'd R. Whalley of Fakenham)  
Bawdeswell 11.00am Morning Prayer, B.C.P.  
(Led by Mr. John Ames, Churchwarden)

\* The Rector is on holiday in Wales these Sundays, but please support the visiting clergy, and Mr Ames in their leading of the worship of God.

Aug 17th Bawdeswell 10.30am Joint Family Service,  
Coffee &  
12.00 Picnic at Paradise Lane  
House, by invitation of  
Robin & Sandy Taylor.

Aug 24th Bawdeswell 8.30am Holy Communion, B.C.P.  
Foxley 9.45am Family Service, Series III  
Bawdeswell 11.00am Morning Prayer, B.C.P.

Aug 31st Foxley 8.30am Holy Communion, B.C.P.  
Bawdeswell 9.45am Family Service, Series III  
Foxley 11.00am Morning Prayer, B.C.P.

# Methodist Services

Aug 3rd Foxley 6.30pm Miss Ward  
Aug 10th Foxley 11.00am Miss Weeks  
Aug 17th Foxley 6.30pm Mr. Bly  
Aug 24th Foxley 11.00am Mr. Graves  
Aug 31st Foxley 6.30pm Miss Lawson

Aug 10th Bawdeswell 2.30pm Mr. Coleman.  
Aug 24th Bawdeswell 2.30pm Mr J. Brown

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