



## East Anglia District EDI Winter 2025 Newsletter

Welcome to our fourth East Anglia District EDI newsletter.

### A simple change to aid inclusivity

This was brought to my attention by our Chair of District, Revd Helen Hollands. A common response to prayers is “Lord, hear our prayer”. For a person who is deaf this probably does not feel very inclusive. A simple change that we can make is to use “Lord, receive our prayer”. While talking about deaf people, a reminder that the Deaf Church in Norfolk (Sign the Cross) is still meeting once a month and will be beginning quarterly services at Sprowston, Norwich.

### WAVE Church

Have you heard of this? The following information comes from their website <https://www.wave-for-change.org.uk/>

“WAVE stands for We’re All Valued Equally. This drives everything we do. We like that our work can be summed up in the two meanings of the word ‘wave’, a universal sign of friendship and a powerful force that can break down barriers.

WAVE was started by two parents with first-hand experience of the challenges of integrating a child with learning disabilities into their community. They realised that the greatest barrier they faced can’t be overcome by legislation or policy. It needs a change in the attitudes of those who have little or no experience of disability.

The Christian faith of the founders, Bernice and Celia, motivated them to work toward a more inclusive society, based on a belief that in God’s eyes we’re all valued equally.

WAVE for Change is a movement of people with and without learning disabilities working together to create more vibrant mixed-ability places in the heart of our communities.

Our focus is on seeing places across the UK where this can happen. We aim to inspire, connect, encourage, support and enable those who want to see vibrant mixed-ability social and worship groups in their communities.”

Their values are:

- In faith and love
- Simply
- Having fun
- Creatively
- Inclusively
- Safely

There are WAVE groups around the UK including what looks, from the website, to be a very active group at Holy Trinity Church, Ipswich. There is also a WAVE group/service at Magdalen Way in the Norfolk Broads Circuit and, I believe, one meeting at Berkley Street, St Neots Methodist Church.

### **Youth ministry**

We want to ensure we are providing worship and events suitable for all. The Youth Development Group meets about three times a year, has some pages on our District website <https://eangliamethodist.org.uk/youth/youth> and is pleased to report the appointment of our District Youth Enabler, Josh. All Circuits are being encouraged to have a Youth Strategy. We have agreed a District one and a menu of ideas for Circuits to consider (both can be found on the youth web pages). We were delighted with the attendance at 3Generate from the District this year. I remind you that the District will fund places for youth, leaders and travel costs for any youth groups from our District.

### **Season's greetings**

Wishing you all a Happy Christmas and a blessed 2026.

### **Footnote**

This newsletter is again being provided in both a Word and pdf format. Please print a copy for those without internet access who you think would be interested in it.

If you have any EDI thoughts or concerns, please get in touch with me.

Susan Eldridge  
District EDI Officer