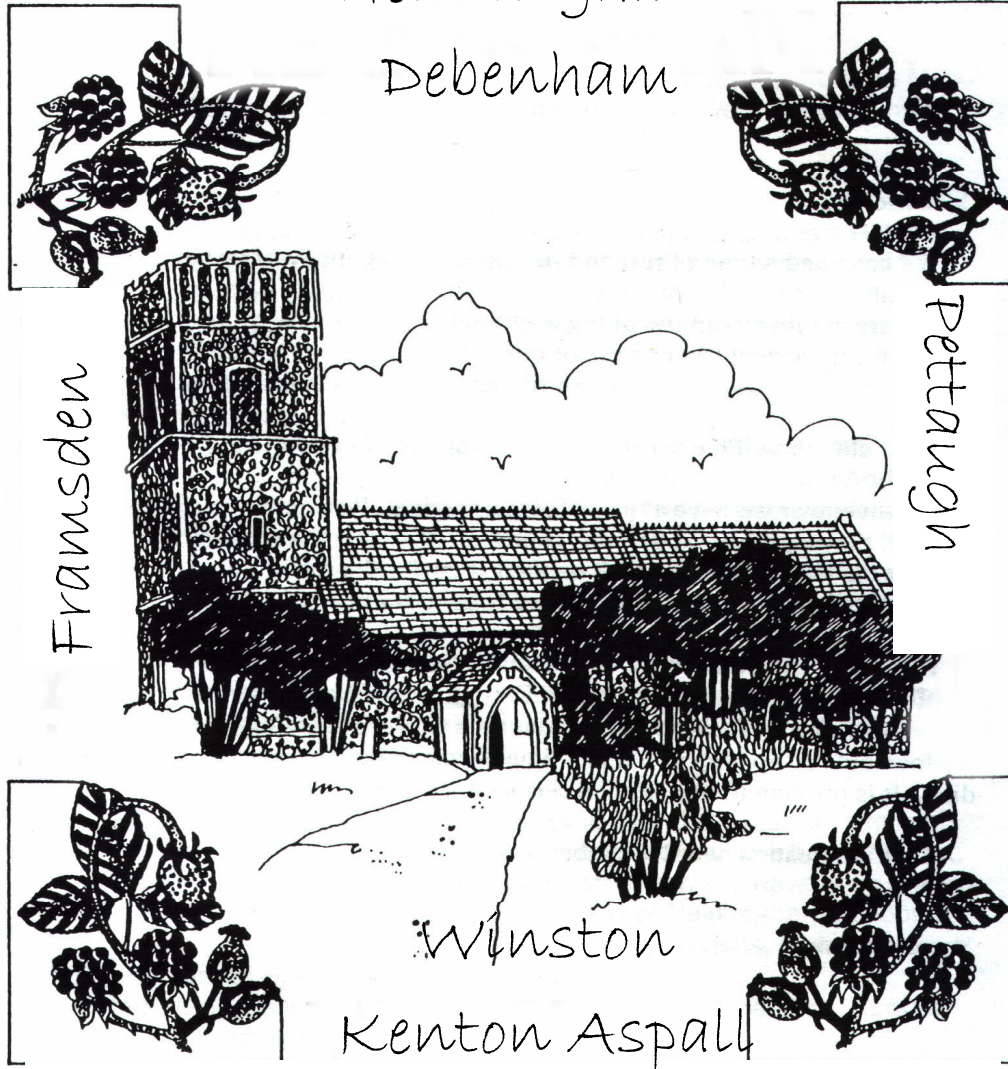


TOGETHER

Helmingham

Debenham



AUTUMN 2014

Distributed free within the Debenham and Helmingham Benefice

From the Vicarage: Autumn 2014

I'm starting this letter quite early – the Fete at Crow's Hall is has just happened, and a bit of frantic running around by the Debenham Churchwardens and a couple of stone-masons has meant that Debenham roof is safe, and the church not closed! Had I wishes for a reason to justify the effort put into the fete, or to say how much we valued Caroline Spurrier and her team of workers it could not have been more timely: our buildings are ancient and need specialists to work on them– they are beautiful and expensive! We feel privileged to look after them, and grateful to anyone who wishes to contribute in any way to ensure that they are passed on to future generations in good condition for their celebrations of life and death: for them to use as places of comfort and quiet, and for worship and public events.

My mind recently has been especially drawn to reflect on activity – having to do things. I will have spent a couple of weeks on the Hebrides by the time I finish this, and will be free from duties, and consequently will need to ask myself day by day 'What shall I do today?' I remember a time when holidays might have been about doing nothing. I thought of the first walking holidays that I had, when the pace of life inevitably slowed down: no need to rush about seeing things in the manner of the American man who, drawing up outside King's Chapel in Cambridge, said to my friend "Is that King's Chapel?" "Yes," replied Robert. "Tick it off, Myrtle." he said, and drove off.

I remember meeting a fine old gravedigger/road man, and seeing him in action with his scythe: cut, cut, sharpen: slowly, slowly, quietly. It is a slower pace of life that perhaps we re-establish on holidays, and then begin to wonder about the pace of the rest of life. So many things to see, so much information to gain access to, so much music available on line, so much entertainment at the pressing of switches; so many books to read, so many places our cars can take us; so many foreign and sunny islands: and my gravedigger swishes on his gentle way, listening to the birds [hopefully – rather than his headphones].

Is it that I am falling into an old person's trap – "It was so much better in olden times"?– but nevertheless I feel sad for our time of history: Whilst we do have [well most of us] so much more opportunity and wealth neither wealth nor material choices bring happiness. What does? Well that's for each of us to spend a little time thinking about, rather than filling our time completely with unnecessary activity that seems so necessary.

Now a last paragraph after returning from the Northern Islands, having experienced hail and rain as well as sunshine in that beautiful land which would have been such a struggle to live in only a few years ago. An overall thought is about balance in life, about trying to work out priorities: serving God, serving neighbour, and trying to make sure that I keep myself in the right way to do those things as best I can.

Patrick

Books

I have recently read **Tutu's *Book of Forgiveness***. If any-one holds grudges, it is worth looking at. Tutu has a vast experience, because of his Truth and Reconciliation work in South Africa, and gives us exercises in meditation, and in practical ways to help us, in the words of another 'give up the hope of a better past' and to 'seek peace'.

On holiday I quite accidentally took **Adrian Raine's *The anatomy of Violence***, and **Viktor Frankel's *Man's Search for Meaning***. They felt curiously linked. Raine is a criminologist, and looks at the way that both our genes and experiences make us more [or less], likely to commit crimes. So, for instance, some young children never put together a connection between a particular note and the loud noise that was to follow: they were more likely to become criminals. Neither birth complications nor adverse home environment lead to a great increase in potential for crime – but if someone has had both, they are twice as likely to commit crimes as a person who has neither. Raine examines food's influence, brain structure, trace elements like zinc and copper and poisonous elements like lead, manganese and cadmium [which cigarette smokers are most likely to absorb]. [Incidentally, smoking in pregnancy affects testosterone levels in the womb, which might make for increased chance of aggression later in life ..] A slow heart beat is a better indicator that some-one will become a violent criminal than smoking is that a person will get lung cancer. Raine talks about his sister, who genetically was predisposed to cancer, from which she died. He remarks that we no longer blame her for her condition, nor is it a demon within her. Similarly his researches suggest, he argues, perhaps we should be thinking about violent offenders as a public health problem, a disease that affects our society. It is difficult for us to understand the paedophile, the rapist, the mass murderer, yet Raine's book reminds us that their genes, their experiences, their illness predisposes them to crime in a way that the rest of us are mercifully spared. He hopes that we will not spare in our quest to look for cures for this illness as we look for cures for cancer. This sentiment echoes an earlier thought from none other than Churchill:

A calm and dispassionate recognition of the rights of the accused against the state, and even of convicted criminals against the state, a constant heart-searching by all charged with the duty of punishment, a desire and eagerness to rehabilitate in the world of industry all those who have paid their dues in the hard coinage of punishment, tireless efforts towards the discovery of curative and re-generating processes, and an unfaltering faith that there is a treasure, if you can only find it, in the heart of every man these are the symbols which in the treatment of crime and criminals mark and measure the stored-up strength of a nation, and are the sign and proof of the living virtue in it. [House of Commons speech, given while Home Secretary, July 20, 1910]

Frankl was a victim of violent crime: a holocaust survivor. His book argues that what matters is neither success nor failure; that even in the abject poverty of

Auschwitz evil cannot overcome what really matters. Dignity, not usefulness is a theme. He movingly quotes a survivor who was being praised for organising the Warsaw Ghetto upheaval. "What a heroic deed" said the reporter. "Listen," replied the survivor, "to take a gun and shoot is no great thing; but if the SS leads you to a gas chamber or to a mass grave to execute you on the spot, and you can't do anything – except go your way with dignity – this is what I would call heroism." Frankl quotes people: without their suffering the growth they achieved would not have happened.

CHURCH AND VILLAGE NEWS

FRAMSDEN

Framsden Woodland Group Summer 2014

Eades Orchard (Church Piece), a small area of woodland behind the church in Framsdens, is really looking good now. The trees are in full leaf, creating some dark shady areas as well as sunny glades full of bees and butterflies. The heritage fruit trees, which have been planted, and the existing fruit trees look like they may have a decent crop this year. Watch this space!

The Framsdens Woodland group have been working hard clearing ditches and making a new bug hotel. Some more scrub growth has been cleared to allow light to the ground to let the flowers grow and encourage butterflies. The paths meander through the woodland taking you to the, now established, glade area with seating and the new bridge at the top, aided by Suffolk County Council's locality funding giving better access. Also look out for the den! The plant sale in June raised £163 and a large gathering enjoyed a picnic in the glade for the annual 'Big Lunch'.

Over the summer keeping the paths open is the priority for the monthly gathering of the woodland group. We welcome new volunteers on the first Sunday of each month at 9.30am, other events to be announced. *Charlie Bell* **Table tennis in the village hall** is available every Wednesday evening. The Children's session (aged 7 and above) with accompanying adults is from 6.15pm to 7.15pm and free of charge. Coaching and a Record of Achievement Scheme, leading to a local TT Certificate is available for juniors. The adults and teenager's session is from 7.15pm to 9.00pm at a cost of £2.50 per player to cover the cost of the village hall. We have three tables, spare bats and balls. No previous experience is necessary and all are welcome.

HELMINGHAM

The July All Age Service held at Helmingham School was conducted by Robin Barnes and Mark Trevitt. Unfortunately the weather was not good enough for the service to be held outside but the welcome given by Mrs Cle-

land and Mrs Scase was warm. Some pupils joined the congregation and shared the results of their work from the summer term on a topic they had studied on various religions. Visits had been made to Framsdon Church by the younger children who had been learning about Christianity whilst the older children talked of their experience when they visited the Sikh Temple in Ipswich.

Suffolk Historic Churches Cycle Ride is on Saturday 13th September. Please contact Dr Haas on 01373 785381 for more details.

Scrap Metal Collection Thanks again to those who delivered scrap metal for Church funds. There will be another collection later in the year so please let Robert know if you have anything large or save anything smaller for the next collection day.

Garden Talk Join us for an evening garden lecture by Xa Tollemache. ‘A Designer’ *Harmony Between House & Garden* on Friday 10th October 2014, 7:30pm at Headmaster Porter Theatre Framlingham College Tickets £12 to include wine and nibbles available from PCC members, on the door or by calling the Helmingham Event Office 01473 890363. *In aid of St Mary’s Church Helmingham.*

Xa Tollemache has been designing gardens since 1996 and has worked all over the UK, with both urban and country gardens. She has also designed gardens in the US, Europe and Scandinavia and is a frequent lecturer. A Gold Medal winner at the Chelsea Flower Show, she is now a RHS Judge and was elected to be a Member of Council in 2013. She is a Garden Advisor to the RHS Hyde Hall garden in Essex.

PETTAUGH



The Crow’s Hall *Fete of the Seven Parishes* was an enjoyable and successful event. We thank Caroline for hosting the event, and to all those who contributed their time, talents and produce. Our next event will be the displays in churches in our benefice on 5th, 6th and 7th September commemorating the beginning of the First World War and the establishment of the Diocese of St

Edmundsbury and Ipswich. Please look on the notice board for more details nearer the time. The Suffolk Historic Churches Bicycle Ride will be held the following Saturday 13th September.

We welcome two new families who have moved into their homes along Ipswich Way and our good wishes go to them for the future.

Church services continue as usual on Sunday mornings and a Said Evensong is held every third Saturday at 5.30 pm.

St.Catherines will be joining in with other churches in the Benefice to commemorate the Diocese Centenary and the start of the First World War. This will include a flower Festival with tea and cakes over the weekend of 5th-7th September. Times to be confirmed. All visitors welcome and any helpers with flowers or teas please contact the church wardens.

[I hope to feature Franceys Allen’s recent walk from Pettaugh to Santiago de Compostella, over 2000km, in the next edition—Ed.]

WINSTON

Our condolences to the family of the late Janet Bufton who passed away on May 4th. Congratulations to Ben Gummer and Sarah Langford who were married at Westminster Cathedral on May 16th. Congratulations to Emma and Will Haag on the birth of their son Jack Frederick born 18th May, a dear little brother for Fee-Louise.

The Annual Fete in June was again a great success, raising over £2,500 for St Andrew’s Church and Schoolroom. We thank Ben Gummer for opening the fete, everyone who helped in any way: site preparation, putting up the marquee, helping with stalls and sideshows, baking cakes etc; also Alfie, our local musician, and all who supported us on the day. The Punch and Judy Show was enjoyed by the young and the not so young! A special thank you goes to Sandra Baker, who worked tirelessly to seal the draw tickets and obtain the draw prizes. As always business people and others were very generous with their support—we couldn’t do it without them so many thanks once again. Ben and his wife Sarah judged our competition to “design a poster for Winston Fete 2015”. First in the Eight and Under Class was Alice Scorway, aged seven, from Helmingham Primary School; joint second were Emilie (7) and Cadence Davey (6) from Debenham Primary School. ‘Specials’ was awarded to Leo Cox (4) and Amelia Bowden (6), both from Helmingham Primary School. Unfortunately there were no entries in the 9-12 Years class. Many thanks to Jenny Scase at Helmingham School which provided 14 entries and to Ann Rose for organising the competition.

Winston Parish Council are continuing to engage with Suffolk County Council and the Safer Neighbourhood Police Team to reduce the speeding of traffic and improve the safety on our local roads. To that end, SCC have agreed to re-instate the rumble strips on the B1077 along Fenn Street. Further

Suffolk Historic Churches Cycle Ride

Saturday 13 September, 9am-5pm

Debenham	Jenny Scase	01728 860323
Kenton	Catherine Smith or Stuart Miller	01728 860147 01728 861654
Helmingham	Peter Haas	01473 785381
Pettaugh	Ruth Jack	01473 890526
Framsden	Carol Woods	01473 890446
Aspall	Andrew Ward	01728 860343
Winston	Bill James	01728 860233

The help of those less energetic amongst us would be much appreciated in staffing the churches to sign in riders and dispense refreshments. Contact the appropriate organiser above.

www.shct.org.uk/main/events/bike-ride.shtml

Funds raised are split between SHCT and the church of those being sponsored.

proposals from SCC to create a “chicane-effect” have been deferred following a lack of agreement from local residents.

The Parish Council are delighted that Tim Passmore, the Suffolk Police Commissioner, has agreed to attend our next Meeting on 15th October at 7.30pm in the Winston Schoolroom. The principle subject will be the lack of enforcement of our speed limit. As usual, all parishioners are welcome to attend the Council meeting..

It was a really delightful surprise to discover two healthy Barn Owl Chicks in the box installed last year by the Parish Council. The chicks were ringed by the local specialist, who reported that this year has been excellent for Barn Owl chicks in and around the Winston region.

Thanks to the research conducted by Suzie Morley (www.debenhamfamilyhistory.org.uk), we now have some information about the First World War dead as noted on the War Memorial. If anyone has any further information on these men or anything on the dead from the Second World War, please contact Suzie or any member of the Parish Council. Thank you.

DEBENHAM

Debenham Graves Project

The Friends of St. Mary's Church in Debenham report the successful end to a long drawn-out programme recording for posterity all the surviving grave-

stones in its ancient churchyard before the effects of the weather render the words and dates illegible. After three years' work, six loyal volunteers have recorded the inscriptions on the 346 gravestones still visible, only nine of them being illegible.

The hardworking six were Ray Watts, Jackie Meikle, Geoffrey Weston, David Shacklock, Jo Lewis and Penny Clarke, all of whom live a short distance from the church. All the records are being stored on a computer and website, and when completed later in the summer, they will be printed and bound for public scrutiny. The churchyard gravestones span a period of 238 years from Jonathan Davie, a "woolen draper", who died in 1681, to Susan Gooding, who died in 1919.

Photos are on the Benefice Facebook page (www.facebook.com/groups/492978410777899).



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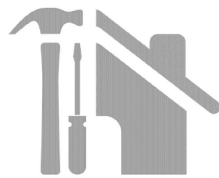
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(includes links to the
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Benefice and a Face-
book page for the Ben-
efice).

For an online version
of this magazine find
the link in the "News"
section on the web
page.

September	Helmingham	Framsden	Pettaugh	Wins
7 th Proper 18	10 am All Age, Communion Service Winston Harvest			
14 th Proper 19	6.30pm Evening Service	11am Family Ser- vice	11am Communion	9.30am Morn
21 st Proper 20	9.30am Communion	9.30am Morning prayer	11am Morning Prayer	11a.m
28 th Matthew	9.30am Harvest Morning prayer	11am Communion	11am Morning prayer	6.30pm Evens
October	Helmingham	Framsden	Pettaugh	Wins
5 th Proper 22	10 am All Age, Communion Service Pettaugh Harvest			
12 th Proper 23	6.30pm Evening Service	11am Family Ser- vice	11am Communion	9.30am Morn
19 th Proper 24	9.30am Communion	9.30am Morning prayer	11am Morning prayer	11a.m
26 th Proper 25	9.30am Morning prayer	11am Harvest Communion	11am Morning prayer	6.30pm Evens
November	Helmingham	Framsden	Pettaugh	Wins
2 nd 4 th before Advent	10 am All Age, Communion Service Helmingham			
9 th 3 rd before Advent/ Remembrance	See Winston	10.55 Remembrance	10.55 Remem- brance	10.55 brance Helmi
16 th 2 nd before Advent	9.30am Communion	9.30am Morning prayer	11am Morning prayer	11am Comm
23 rd Christ the King	9.30am Morning prayer	11am Communion	11am Morning prayer	6.30pm Adven
30 th 1 st Sunday of Advent	8am Holy Communion, Aspall			10am Benefice Comm

ton	Aspall	Kenton	Debenham
	8am Communion	11am Family Service	9.30am Family Service
m ing prayer		8 am Communion	9.30am Communion
a Communion	8am Communion	11am Morning prayer	9.30am Communion
m ong	<i>3pm Harvest</i>	8 am Communion	9.30am Communion
ton	Aspall	Kenton	Debenham
	8am Communion	11am Family Service <i>Friday 10th Harvest Service</i>	9.30a.m <i>Harvest</i> Family Service <i>6.30pm Harvest Evensong</i>
m ing prayer		8 am Communion	9.30am Communion
a Communion	8am Communion	11am Morning prayer	9.30am Communion
m ong		8am Communion	9.30am Communion
ton	Aspall	Kenton	Debenham
	8am Communion	11am Family Service	9.30am Family Service
Remem- e – with ingham		8am HC and service at memorial	9.30am HC Remembrance 10.45/11am
m Communion	8am Communion	11am Morning prayer	9.30am Communion
m <i>at Carols</i>		8 am Communion	9.30am Communion
munion Debenham			

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Unfortunately information submitted
after this date will not be included
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Friends of St Mary's Debenham—forthcoming events

Sat 6 September: **Jazz at Tawny's**, an evening of live jazz with Colin Bowden and Friends. 7 for 7.30pm at Tawny's Barn, Aspall (IP14 6PB). Tickets £10 from Val or Ray Watts, 70 High Street, Debenham 01728 860255 or wattsdebenham@aol.com. Please book early to avoid disappointment.

Sun 26 October: **Members' Autumn Lunch**

Sat 15 November: **Autumn Quiz**, Dove Cottage

BENEFICE NEWS

Diocese Centenary and Commemoration of First World War

All churches in the Benefice of Debenham and Helmingham will have displays commemorating the start of the Diocese of St Edmundsbury & Ipswich as well as the First World War and they invite you to visit them from 5th - 7th September. Posters will be available and there will be an article in the September edition of the *East Anglican* magazine. Debenham will also have flower displays.

Editor's notes

The Copy deadline for *Together* magazine for the December to February issue is **25 October** and will normally be published approximately two weeks later. Distributed free. Quarterly, A5 format, produced on Rizograph stencil copier.

Editor: Tony Hutt, Email: tony@tonyhutt.co.uk Tel (01728) 860173

19 Priory Lane, Debenham, Stowmarket, Suffolk, IP14 6QD

Send copy by email, email attachment (Word or Publisher formats preferably); Adobe PDF format may be acceptable. If you can't do any of these send the copy in the post or by smoke signals.

Advertising payments to Kate Branch, The Red House, Winston, Stowmarket IP14 6LG Tel (01728) 861004 Email: cmcbranch@btinternet.com. For payment details contact Kate Branch.

Horizontal slice: 1/8 page for £20 p.a. (4 issues); 1/4 page for £40 p.a.; 1/2 page for £80 p.a. Send advertising enquiries and advertising copy to Tony Hutt..

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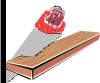
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