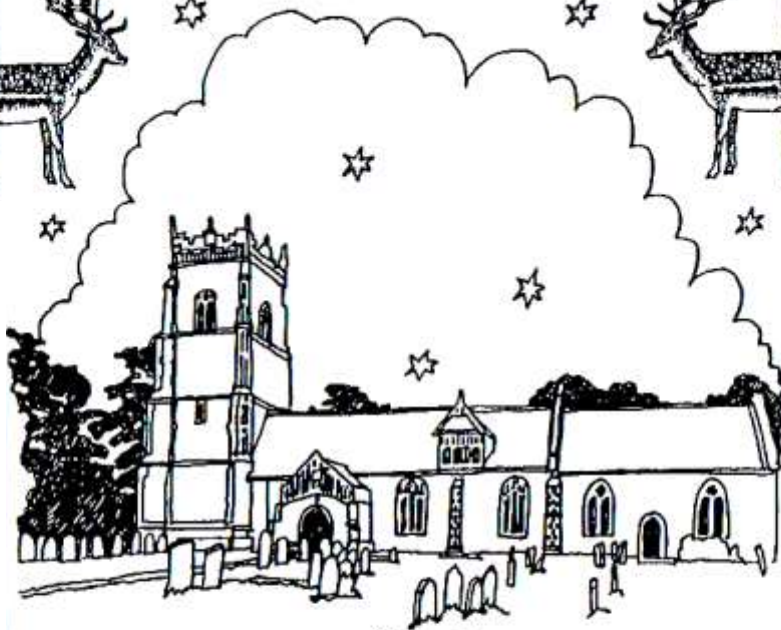


# TOGETHER

*Helmingham, Debenham*



*Framsden, Kenton*



*Pettaugh, Aspall*



*Winston*

# Winter 2015

December to February

Distributed free within the Debenham and Helmingham Benefice

## From the Vicarage, Winter 2015

I guess we all leap on information that panders to our prejudice, and I shall be no exception! I heard last night on one of those ‘am-not-sleeping-so-well—what’s-on-the-World-Service?’ programmes a discussion about smart phones. Apparently, even if a smart phone is switched off, if it is on the table between two people, it nevertheless affects their level of empathy for the worse. Another participant on the programme revealed he was horrified when, on his walking journeys round towns, he was joined by someone with a phone who then knew in advance what was round corners. [An older technology situation perhaps should have flagged up warning signs—my friend used to call it ‘phone-envy’. Someone in the room is on the phone and others all feel left out, twiddling their thumbs, unable themselves to carry on proper conversations. Mobile smart phones give an improvement: everyone can be one of the people left out, and the person leaving them out at the same time!]

A host of other experiences changed by modern technology come to mind: travelling in the winter days before we had cars; scraping windows free of frost; hoping that the person you were meeting, now late, was still coming, not being able to phone to find out. Each experience reminding us that we are vulnerable. It is much more comfortable, safer, warmer now—but the pleasure of a warm home arrived at after an unpleasant journey will no longer be commonplace. Is it possible that those difficulties were a necessary or even desirable part of being human? Technological advances are not in themselves bad, but neither, in themselves, are they good. What matters is how we use them. I think that that question simply hasn’t been widely enough asked. Simple questions like: “Is a phone call better than an e-mail here?” “Should I go to speak face to face?” “Do I really need to be tied to my smart phone’s apron strings?” might help!

Naomi Smith, talking at Philosophy 7 about the environment led me to realise how our culture can make us over secure: supermarkets and international trade give us the assurance that food is always available—doesn’t lead us to ponder or do anything about the Sword of Damocles that is Climate change.

Not a very Christmassy message so far: except that we probably will all find ourselves re-enacting scenes from before digital technology—real Christmas trees in the corner, cards delivered by post, and our imaginations taking to recreate an outdated scene of a mother having to have her baby in a stable. And that baby will go on to reveal the depth of God’s love in a similarly outdated scene of a crucifixion.

The trouble is, of course, that in spite of technology, the scene isn’t, alas, outdated, is it? There is, outside our apparent security a real world in which we will find Him again, as we draw near to care for the poor, and refugees, and migrants.

Happy Christmas.

*Patrick*

**Church news.** Patrick needs must retire in the spring, after almost 10 years here. To make life easier it is suggested that all Annual meetings should happen after the Benefice service on the 5th Sunday in January, with Vestry Meetings to choose Wardens, and the Church meetings to elect PCC members. If the accounts are not yet ready, the meetings may be adjourned to another date [before the end of April] for other business.

## HELMINGHAM

Veda Berriman took the Harvest Thanksgiving Service and we join her in thanking those who cleaned and decorated the church with flowers and donated produce which was gratefully received by the Salvation Army in Ipswich.

**Christmas Services** that will be held at Helmingham Church are, Carol service **6pm Sunday December 13<sup>th</sup>** and **11.30pm communion on December 24<sup>th</sup>**.

Peter and Libby Haas, Graham Thorpe and Bill Forsdike again took to their bikes for the annual Suffolk Historic Churches cycle ride. Thanks to everybody for supporting and sponsoring them and also those who sat in the church to welcome other participants. Half of the money generously donated will be returned to Helmingham Church.

The quiz arranged for October was postponed until the new year.

Lord and Lady Tollemache are again inviting everybody who would like to join them at Helmingham Hall on **Thursday 17<sup>th</sup> December** for mulled wine and canapes. An opportunity to meet up and share an evening together whilst supporting a fundraising event in aid of Helmingham Church. To reserve a ticket. £12 each, or for more information please ring the Estate Office 01473 890363.

## PETTAUGH

September started with an evening concert presented by the 'Pastoral Quire' under the direction of Alan Page. The church was filled, not only with beautiful music and song, but also a full audience. Thank you to all who took part and all who contributed to make it a delightful evening. St Catherine may be a small church but the acoustics on these occasions are amazing.

September ended with a friendly and social Harvest Supper held in the church. It was attended by 30 and raised over £200 for the church. Thank you to Andy and Jane for the quiz which provided lively team competition and the grey matter working hard.

Well done to Ruth and her intrepid 3 colleagues for her incredible bicycle ride for the Suffolk Historic Churches Cycle Ride. Not only did they visit 41 Churches and cycled 60 miles but they had to contend with very wet conditions at the start of the journey. She raised about £420 which was divided between our own church and to help to raise funds for St Mary, Combs which had the lead stolen. A remarkable

achievement Ruth and friends, thank you!

Having heard of the recent thefts from churches in Suffolk we would ask those that walk through the church footpaths to be aware of any unusual activity and to inform the church wardens. For contact details please see the back of this magazine or the notice board just inside the church gate.

A date for your diary **21st November a Coffee Morning and Cake sale** from 10 am in St Catherine's church. Please support and any baked contributions are most welcome, please bring on the day.

The Parish Council (PC) are pleased to note that the vehicle activated speed sign has had a calming effect on the majority of drivers coming from the Crowfield direction. Other local parish councils have shown interest and have contacted our PC for details of the sign. The PC is pressing SCC to allow the sign to be used elsewhere in the village, however the barrier appears to be "compliance" but the PC will continue to pursue!

Finally, a warm welcome to Stuart and Karen, new residents in the village on Ipswich Way.

## WINSTON

The Benefice Service was held on Sunday 9th August. During the service Dylan Louis Luscombe from Debenham was christened. Following the service Dylan, Mum and Dad Lauren and Daniel, family and friends attended the benefice barbecue. Good weather, good food, good company, thanks to Chris, Sacha, John, Nia and to all those who provided salads and desserts.

The Harvest Festival took place on Sunday 6th September. Thanks to everyone who decorated the church. Thanks also to Kate and Brian who took the goodies from the service to Paddock House, Eye, where residents still benefit from home cooked meals. We have received a letter of thanks from the staff.

Thanks to everyone who recorded the cyclists during the Suffolk Historic Churches cycle ride. Unfortunately we had no-one to ride for Winston.

The Harvest Supper was held at the Schoolroom on Saturday 20th September. Organised by Veda and her helpers, we all enjoyed the lovely variety of savouries and desserts. There was no charge for the supper but the raffle organised by Sandra raised £78 towards the Schoolroom fund.

A **Pet Service** is to be held in Winston church on **Sunday 6th December at 3pm**. You do not need a pet to come to the service as all are welcome. After the service refreshments for owners and pets will be available in the Schoolroom. Please call Patrick for more details.

The Carol Service takes place on Christmas Eve at 6.30pm. Children are invited to take part by reading, singing or playing musical instruments etc. Please let us know if you'd like to take part. The collection goes to EACH (East Anglian Children's Hos-

pices).

The Christmas Day service will be at 10am.

At the time of writing the date of the Annual Winston Quiz has yet to be confirmed. Please call Lynn Odell on 01728 860859 for the date.

Anyone wishing to hire the Schoolroom for children's parties etc. should call Kate Branch on 01728 861004 or email [cmbranch@btinternet.com](mailto:cmbranch@btinternet.com) for more details.

**Parish Council:** Winston Parish Council has continued to push for road safety improvements but has been rebuffed by the authorities at every turn. We are still awaiting a reply from Suffolk County Council to our request for the rumble strips in Fenn Street to be increased in height to improve their audible and vibration effectiveness. We fear that it will not be possible. Apparently, due to the density of housing being marginally below the standard required, insufficient evidence of excessive speeding, no support from Suffolk Constabulary and no available funding from SCC, it is seemingly impossible for any of the roads anywhere in the Parish to qualify for a 30mph limit. We are prepared to part-fund an electronic flashing warning sign, similar to those in all our surrounding villages. This type of sign is not possible in a 40mph speed zone. Thwarted again!! Finally, due to spending cuts and staffing reductions, Suffolk Constabulary are unable to offer ANY enforcement of even the 40mph speed limits in the Parish. We just hope that we do not have to wait for a serious or fatal accident to occur before anything changes. We shall keep on trying.

Any parishioners with suggestions or comments as to how the Parish Council can improve amenities within the community, please contact any Councillor or the Parish Clerk, Alison Payne ([alisoncpayne@aol.com](mailto:alisoncpayne@aol.com)).

## FRAMSDEN

**Framsden Woodland Group:** a group of volunteers continues to meet regularly at Eades Orchard, behind the church, on the first Sunday of the month. The woodland had a visit in the summer from Mr Eade's grand-daughter all the way from America. She remembered visiting him at his cottage and she planted an apple tree in his memory. This autumn has seen a good crop of apples on an original old tree brought back from the brink and the first quince on a recently planted one. After much planning and a good day's work in September we are eagerly anticipating lighting the new fire pit to toast marshmallows at the pumpkin lantern trail on 31st October 7.00pm. Grateful thanks to Rob for his time and bricklaying skills! Please visit at any time.

## The Delicious Marmalade Competition

The British have a great affection for marmalade, the breakfast confection which is usually made with the bitter Seville orange. Variations with other citrus fruits have found favour, either alone or in combination with Seville orange. Some people prefer

the peel to be thick-cut chunky while others prefer a medium or finely sliced peel. To celebrate this culinary delight, a friendly competition is being organised. Please put the date of Saturday morning **20<sup>th</sup> February 2016** in your diary for The Delicious Marmalade Competition which will be held in **Dove Cottage** at St Mary's Church, Debenham from 10 am to 12.30 pm. Parishioners are invited to submit entries of their marmalade for judging. The new season's Seville oranges will be in the shops and any variation using a citrus fruit, alone or in combination, would be eligible for entry. Entries will be judged on taste and flavour. There is no charge for entering the competition and a rosette will be awarded to the 'Best' in each of three categories (Seville Orange; Seville Orange with another Citrus fruit; Citrus fruit other than Seville Orange). Tea, coffee and cake (or toast and marmalade) will be available at reasonable prices to raise funds for St Catherine's Church, Pettaugh.

Anyone who wishes to enter the competition should bring their 454 g (1 lb) jar of marmalade to Dove Cottage between 9 and 9.30 am with their name on a small piece of paper to be placed underneath the bottle on the table provided. You may enter one jar in any or all of the three categories and the jar should be labelled with the category and type of citrus fruit it contains. Entries will be judged between 9.30 and 10 am.

## DEBENHAM

**Autumn Quiz: Saturday 21 November**, 7.30pm in Dove Cottage. Teams of 6, non-members very welcome. Quiz Masters John and Mary Avery. Tickets: £6 includes a ploughman's supper (bring your own wine) from Lynne Cockerton Tel 01728 860140 Email: [lynne.cockerton@btopenworld.com](mailto:lynne.cockerton@btopenworld.com). (for Friends of St Mary's)

**Christmas Bazaar: Saturday 28th November, 2-4pm** at Debenham Community Centre. Games, Crafts, Christmas Fare, Bottle Tombola, Gifts, Teas and Cakes, Grand Draw, Bric-a-brac, Books. Come and enjoy a traditional family event. Something for everyone!

**Friends in Deed Christmas Coffee Morning, Saturday 5 December** in Dove Cottage. See [www.friendsindeed.org.uk](http://www.friendsindeed.org.uk). (Raising money for Msizi Africa, [www.msiziafrica.org.uk](http://www.msiziafrica.org.uk)—providing food and shelter for children.)

**Sunday 6th December 2015** will be the 250th anniversary of the first recorded peal rung at Debenham. To mark the occasion ringers from the Suffolk Guild of Ringers will be ringing a peal in the same method—Plain Bob Major—as was rung in 1765, starting at 1pm and lasting just over three hours.

Two of the bells, the second and the third, remain from the original ring of eight which were used for the first peal. Therefore when the bells are rung, anyone listening hears two of the bells as the residents of Debenham would have heard 250 years ago.

**Soup Lunches in aid of St Mary's Church Funds**

Saturdays **December 12th, January 9th and February 13th**, from 12am-2pm in

## Women's World Day of Prayer

Friday 4th March at 2pm

at Debenham United Reformed Church

*"Receive children. Receive me." (Ladies of Cuba)*

*All welcome—including men!*

*Tea/biscuits after the service.*

[www.wwdp.org.uk](http://www.wwdp.org.uk)

Dove Cottage. £5 for choice of homemade soup and bread roll, dessert, tea and coffee, raffle.

The **Salvation Army Carol Concert** will be on **Friday 11 December at 7.30 pm**. A family Carol Concert with The Ipswich Salvation Army Band and Songsters, in aid of the Friends of St Mary's, Debenham. Contact Val & Ray Watts 860 255 for more details.

**Spring Quiz: Saturday 12 March**, 7.30pm in Dove Cottage. Teams of 6, non-members very welcome. Quiz Masters Jenny and Colin Wilkinson. (for Friends of St Mary's)



### Give a precious gift this Christmas

As Christmas approaches, we often find ourselves lost in the aisles of shops along with hundreds of other frantic shoppers who have lost sight of the real meaning of Christmas – even the true reason for giving someone a gift.



In Nigeria, many communities have been receiving gifts but haven't necessarily understood what the gift is, or why they need it – does this sound familiar? The gift they have received is a long-lasting insecticide-treated net, which when hung correctly, should protect people from mosquito bites, and potentially deadly malaria. Malaria is a leading cause of death in Nigeria, with approximately 250,000 children dying every year. It is particularly dangerous for pregnant women to get malaria. What is shocking about this situation is that it is preventable but many people don't know how to protect themselves.

Christian Aid partners in Nigeria are working hard to teach communities how to protect themselves from malaria. Nurse Dorothy has received training in malaria prevention and management so that she can deal effectively with malaria cases and share her knowledge with her patients. On the day that, we spoke to her she had just helped to deliver Onuchukwu Okoye's baby boy, Israel. Onuchukwu had attended antenatal sessions with Dorothy so she knew how to avoid getting malaria. Dorothy's expert care enabled Onuchukwu to protect herself and her baby during pregnancy. Without this help, this story could have had a very different ending.

This Christmas, we are joining with Christian Aid by praying for the work in Nigeria and raising money to support people like Dorothy. Please stop and remember that, this Christmas, your gifts have the potential to achieve so much. It costs just £3 to buy a long-lasting insecticide-treated net, and £33 to train a primary health worker like Dorothy in malaria prevention and treatment.

Will you join us in giving a precious life-saving gift this Christmas? You can make a donation by visiting [www.christianaid.org.uk/christmas](http://www.christianaid.org.uk/christmas) or get in touch by calling 0207 523 2269. To find out more, attend a local service at St Mary's, Debenham, or speak to Chris Wilkes on 01728-860633.



Twice the impact! This Christmas, the UK Government will again match every pound raised\* – meaning we can transform the lives of even more people living in poverty.

\*Up to £5 million on donations received between 6 November 2015 and 5 February 2016.

## Suffolk Family Carers

Suffolk Family Carers is a local charity that provides information, support and guidance to Family Carers around Suffolk. We have been offering our services for over 25 years and one of the things we have learnt during that time is that people caring for another person at home, perhaps a family member or friend don't usually see themselves as a Family Carer, they just see it as part of being husband, wife, father, mother, daughter, son, friend etc. Because of this, it becomes so easy to forget the importance of your own health and wellbeing as all of your physical and emotional effort and energy is spent on looking after that person, and others who may be involved such as siblings. You may feel that your own needs do not matter at this time, but in order to provide care and support you do need to keep your own batteries charged.

In 2015 Suffolk Family Carers have been working with our hospice colleagues in Suffolk to offer an information and support programme for those people caring for someone nearing the end of their life, with a series of informal sessions offering information and an opportunity to reflect and gain support from others in a similar situation. Its aim is to improve the Family Carer's own situation and that of the person they care for.

If you would like to find out more please call Diane Goodchild at 01473 835420 or email [wellbeing@suffolkfamilycarers.org](mailto:wellbeing@suffolkfamilycarers.org).

## Give a Suffolk child the care they dream about

Suffolk County Council wants all children in its care to have a permanent, safe home in which they will be loved, nurtured and thrive. For some this will be with members of their family, while for others the best option will be for them to be adopted or be with a permanent fostering family.

Over 700 children are in care in Suffolk, with 400 over the age of 10. These children are unable to live with their birth parents for a variety of reasons which include neglect, abuse or more simply due to a parent's ill health. The majority of these are in foster care, and placed with our own registered foster carers.

Suffolk Fostering and Adoption Service needs carers for children of all ages, but is particularly interested in hearing from people able to care for sibling groups or children over the age of 11. Foster carer Jackie says, ‘Being a foster carer gives me a huge sense of pride in what I am doing – to make such a difference, and to be part of, and share, a child’s life is so gratifying.’

Building a family through adoption is rewarding, and is an opportunity to make a very significant difference to someone’s life. Children need to be adopted when they can no longer be cared for by their birth parents. Most have had a difficult start in life and need the stability of a permanent, loving home.

Contact the Fostering and Adoption Service on: 01473 264800 or visit [www.dreams.suffolk.gov.uk](http://www.dreams.suffolk.gov.uk).

### Editor’s notes

The Copy deadline for the next *Together* (December to February) magazine is **25 January**, normally published about two weeks later. Quarterly, A5 format. 700 cop-

ies printed and collated on Rizo-graph stencil copier, distributed free by members of Winston church.

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**Advertising** payments to Kate Branch, The Red House, Winston, Stowmarket IP14 6LG Tel (01728) 861004

Email: [cmcbranch@btinternet.com](mailto: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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<b>December 2015</b>	<b>Helmingham</b>	<b>Framsden</b>	<b>Pettaugh</b>
6 <sup>th</sup>	10am All Age, Communion Service Framsden 3pm Pet Service, Winston		
13 <sup>th</sup>	<b>6pm Carols</b>	11a.m Family Service	11am Communion
20 <sup>th</sup>	9.30am Communion	9.30am Morning pray- er <b>6pm Carols</b>	<b>3.30pm carols</b>
Christmas Eve	11.30pm Communion	11pm Communion	
Christmas Day			10am Communion
27 <sup>th</sup>	8am Holy Communion, Aspall		
<b>January 2016</b>	<b>Helmingham</b>	<b>Framsden</b>	<b>Pettaugh</b>
3 <sup>rd</sup>	10am All Age, Communion Service Winston		
10 <sup>th</sup>	6.30pm Evening Service	11am Family service	11am Communion
17 <sup>th</sup>	9.30am Communion	9.30am Morning pray- er	11am Morning prayer
24 <sup>th</sup>	9.30am Morning prayer	11am Communion	11am Morning Prayer
31 <sup>st</sup>	8am Holy Communion, Aspall		
<b>February 2016</b>	<b>Helmingham</b>	<b>Framsden</b>	<b>Pettaugh</b>
7 <sup>th</sup>	10am All Age Communion Service Pettaugh		
14 <sup>th</sup> [Lent}	6.30pm Evening Service		
21 <sup>st</sup>	9.30am Communion	9.30am Morning pray- er	11am Morning prayer
28 <sup>th</sup>	9.30am Morning prayer	11am Communion	11am Morning prayer

	Winston	Aspall	Kenton	Debenham
n		8am Communion	11am Family Service	9.30am Family Service
	9.30am Mattins	11am Carols	8am Communion	9.30am Communion
	11am Communion	8am Communion	5pm Carols	9.30am Communion 4pm Sunday School
	6.30pm Carols			5.30pm Crib Service 11.30p.m Communion
	10am Communion	8am Communion	10.30am Family Service + Communion	10am Family Service 11.15am Communion [said]

10am Benefice Communion

	Winston	Aspall	Kenton	Debenham
		8am Communion	11am Family Service	9.30am Family Service <i>6.30 Epiphany carols</i>
	9.30am Mattins		8am Communion	9.30am Communion
	11a.m Communion	8am Communion	11am Morning prayer	9.30am Communion 4pm Sunday School
	9.30am Mattins		8am Communion	9.30am Communion

10am Benefice Communion [and Annual Meetings elections]

	Winston	Aspall	Kenton	Debenham
		8am Communion	11am Family Service	9.30am Family Service
	11am Communion	8a.m Communion	11am Morning prayer	9.30am Communion 4pm Sunday School
	9.30am Mattins		8am Communion	9.30am Communion

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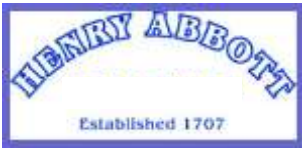
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## A Pilgrimage to the Holy Land

In October Sue and I joined a trip to Israel and Palestine organised by two assistant priests from the Carlford Benefice (which includes Grundisburgh, Otley and Clopton), including 22 people mostly from that area or elsewhere in Suffolk. Described as a "relaxed pilgrimage", in fact we returned quite emotionally and physically exhausted from visiting so many places! Our local guide, a Palestinian Christian, was excellent, as were Jane Hall and Catherine Beaumont in leading the tour. Here are a few impressions from the eight days.

During the transfiguration (see Matthew chapter 17) Peter had the bright idea of building three shrines for Jesus, Moses and Elijah. That idea didn't go down well at the time, but in 1924 the Church of the Transfiguration was built at Mount Tabor, the traditional site, by Antonio Barluzzi incorporating chapels for Moses and Elijah! Everywhere that Jesus did or said anything significant there is now a church built on the site. Not on the Sea of Galilee, fortunately.

New roads and houses are being built everywhere, including numerous Israeli settlements in the West Bank on Palestinian land.

We visited an orphanage in Bethlehem which was emotional for many, especially since adoption does not happen for Moslem children, unlike children in Suffolk (see articles above).

Jerusalem was especially interesting and helped to turn our imagination into real geography and

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history. Roadblocks and checkpoints were everywhere, however. Today Mary and Joseph would have to go through about 250 checkpoints between Nazareth and Bethlehem.

We did the usual touristy things like floating in the Dead Sea, visiting Qumran where the Essenes lived and left the Dead Sea Scrolls in caves, also Bethlehem, Jericho, Nazareth, Cana (where we renewed our marriage vows) and the Jordan (where we renewed our baptism vows). Yet we also appreciate more the apartheid situation of

the Palestinians—which include not just Arabs but Christians and even some Orthodox Jews. “Pray for the peace of Jerusalem” now means a great deal more to us than before we went.

*Tony Hutt*

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**Unfortunately information submitted  
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[www.achurchnearyou.com/debenham](http://www.achurchnearyou.com/debenham) (this page has links to the other churches in the Benefice). Also [www.facebook.com/groups/492978410777899](https://www.facebook.com/groups/492978410777899)

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