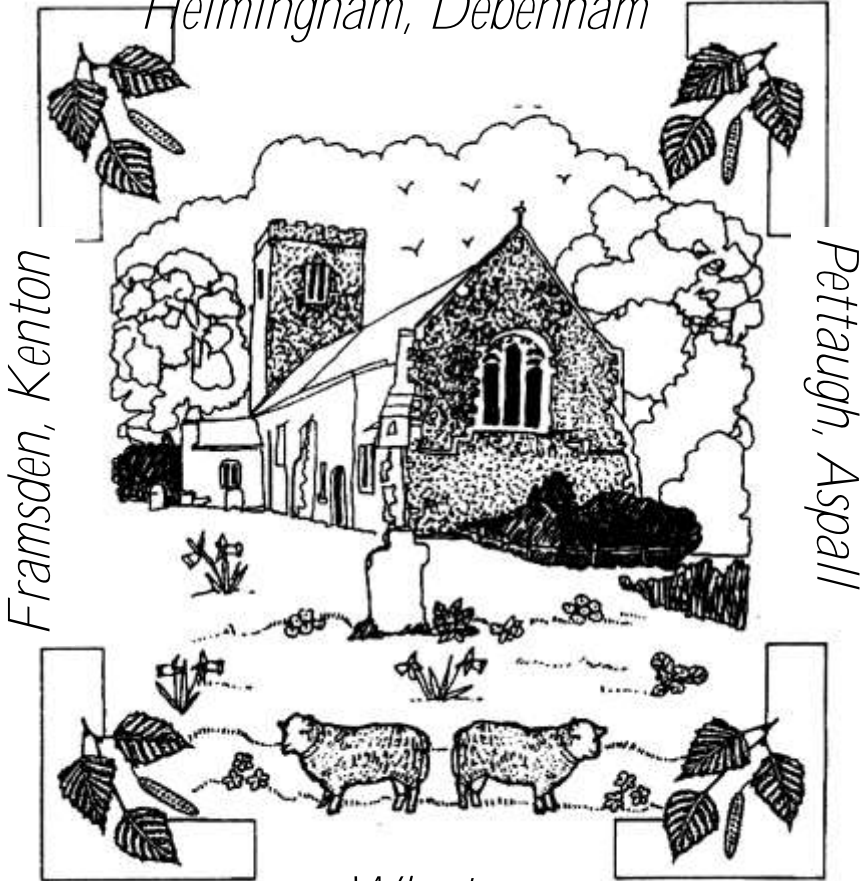


# TOGETHER

Spring 2018

March to May  
Distributed free within the Benefice

*Helmingham, Debenham*



*Winston*



THE BENEFICE OF  
DEBENHAM & HELMINGHAM

## Spring 2018

At the beginning of this year Tracey Crouch was appointed as the ‘Minister for Loneliness’ in the UK. Her appointment was the result of a project championed by Jo Cox, the MP who was murdered in June 2016. The project produced a report which suggested that loneliness affects 9 million people in our country alone. 1.2 million people aged 65 and over feel they are persistently or chronically lonely and 200,000 said they had not had a conversation with friends or family in over a month.

Loneliness does not just affect the elderly. People who have been bereaved, those coming to terms with a broken relationship, the disabled, shy people, people with mental health conditions, young people... Loneliness affects all sorts of people and for different reasons. Some have other around them all the day or might even be in a relationship, yet still experience a deep, pervasive loneliness. For the vast majority of people, it is an unpleasant feeling – sadness or depression due to the lack of connection to other human beings. Unsurprisingly, loneliness and isolation can have a serious detrimental effect on our mental and physical health.

‘Mind’ the mental health charity say that people usually describe feeling lonely for one of two reasons: they simply don’t see or talk to anyone very often, or, even though they are surrounded by people, they don’t feel understood or cared for. As a teenager and young woman in my 20s, I was deeply lonely. I think, for me, it was due to a mixture of both of those reasons. I was able to climb out of my loneliness due to several factors, but I think that being part of a village community and being part of a church community were central to my ability to connect with others and to find a purpose which was outside of my own needs and desires.

In order to overcome loneliness Mind suggests ‘It can be helpful to think of feeling lonely like feeling hungry. Just as your body uses hunger to tell your body you need food, loneliness is a way of your body telling you that you need more social contact.’ The ‘cure’ is friendship, connection and conversation; meet more, or different, people. That, if I remember rightly, is rather stating the obvious and is rather easier said than done! It takes courage and confidence to do that.

Yet, living in small communities, as we do, may be of some help. We can notice if people live alone. Perhaps offer them a cuppa, one day? And for the lonely, church can be a place to make new connections and to meet new people. Within the churches of the benefice we strive to create a welcoming, friendly and open atmosphere. There are many great people and we would love to meet many other people, lonely or not! Church on a Sunday is about meeting with God, but also about being with each other. If Sunday mornings are not your thing, there are various weekly events to which all people are most welcome – whether you believe in God or not.

If you need information about our village and church events, or if you would just like to talk to someone, please do get in touch with me (contact details are on the back page). Not only is the church here for people to come to us, but we are here to go out to people who are in any need. There are various ministers of various churches in our group of parishes and I would venture that we are your very own ministers of loneliness, so please do get in touch. *Susan Bates*

## Holy Week 2018

### **Palm Sunday** 25th March

Services as in the rota

### **Monday 26th, Tuesday 27th, Wednesday 28th,**

Compline, 7.30 pm, Debenham

### **Maundy Thursday** 29th March

Holy Communion (Foot Washing), 7.30 pm, Debenham

*[Afterwards the church remains open for a period of meditation and prayer]*

### **Good Friday** 30th March

8.30am - Church open at Aspall for quiet meditation

9.00am - Walk of Witness, Aspall to Debenham

10.00am - Service for Good Friday, Debenham

2.00pm – Meditating on the Last Hours on the Cross, Debenham

### **Holy Saturday** 31st March

11.00am - Children's Activities, Debenham

5.30 pm - A meditative time at Pettaugh Church

### **Easter Day** 1st April

Services as in the main rota

## Archdeacon's Visitation

**May 9th at 7.30pm**

**at St Mary's, Debenham**

This is the Deanery service where our church wardens are sworn in for another year and a chance to celebrate all they do and thank them for all they do.

*Refreshments afterwards*

*All are welcome*

## Lent Group

**Starting Monday 19 February for six weeks**

**7.30pm in Winston School Room**

Continuing to look at Rowan Williams' book

***Being Disciples:  
Essentials of Christian Life***

## PETTAUGH

Our Carol Service was held on Christmas Eve and St Catherine's church was filled with parishioners to celebrate the Christmas message of the birth of Jesus Christ as conveyed by carols and readings. The Christmas morning Communion Service was conducted by Mark Trevitt. The first "Family@Church" service was held in St Mary's church, Debenham on 7th January for all parishioners of all ages in the benefice. This lively and innovative form of Sunday worship was well attended by 98 parishioners, includ-

ing 17 young people. The next “Family@Church” service will be held on 4 March at 9.30 am for breakfast, tea or coffee followed by a friendly family service at 10.00 am. All parishioners are invited to participate.

A new Parish Giving Scheme is being adopted by the benefice. This is to raise the awareness of the role of the church in our communities in relation to meeting the spiritual and social needs of parishioners. Maintaining this community resource comes at a cost, to cover both the ministry expenses and maintaining the buildings. More details will follow. The Annual Parochial Church Meeting will take place in St Catherine’s church on Monday 23 April at 7.15 pm.

If any parishioner in Pettaugh is having difficulty in meeting travelling or parking costs when visiting a hospital then please contact our Rector the Rev. Susan Bates (telephone 01728 860222 or by e-mail [revsusanbates@icloud.com](mailto:revsusanbates@icloud.com)). She may be able to assist with some financial help from a small fund that has been made available to the Rector. This is for either your own treatment or for long-term visiting of a relative or particular friend. Also, if you have a friend or relative in prison and would like assistance with travelling costs to visit, please apply as well. All requests will be treated in strict confidence.

## **Marmalade Competition, Tea and cakes, Cake Sale**

It’s that time of the year again! Seville oranges are in the shops, ready for making into marmalade. A friendly competition will be held to celebrate this tasty delight. Please put the date of **Saturday morning 17 March 2018** in your diary for The Marvellous Marmalade Competition which will be held in Dove Cottage next to St Mary’s Church, Debenham from 10 am to 12.30 pm. Tea and cakes will be on sale as will a variety of cakes and other culinary delights. Please come for some enjoyable socialising and support this event to raise funds for St Catherine’s church in Pettaugh.

Marmalade preservers are invited to submit entries of their marmalade for judging. Any variation using a citrus fruit, alone or in combination, is 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). 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.

## HELMINGHAM

Drama preceded the Carol Service on the 10th December. The South Porch was declared to be in a dangerous state. In the interests of Public Safety the risk of falling masonry was avoided by fencing off the Porch. Admission to the Church was by the Priest’s Door. The Carol Service was conducted by Mark Trevitt lessons were read by members of the. Congregation. Pupils from Helmingham School sang some mod-

ern Christmas songs with a syncopated rhythm which got everyone tapping their feet. Thanks to Mrs Clelland and all the children as well as everybody who took part.

The Midnight communion service held on Christmas Eve was conducted by Jeanette Gosney who works with the Bishop's team in Ipswich. We would be very happy to welcome her back to Helmingham again at any time in the future.

Condolences to the family of John Woodcock who passed away in December following a long illness. John had been a local resident for many years and was an active member of the P.C.C. Both he and his wife Joy will be remembered for the delicious mulled wine which everyone enjoyed after the Carol Service. John was a true gentleman and a most welcoming host at all times.

Many thanks to Edward and Sophie Tollemache for organising the Christmas Drinks event at Helmingham Hall. About 100 people enjoyed their warm welcome and hospitality together with the opportunity to raise some much needed funds for Helmingham Church.

## **Church Repairs**

The PCC. are faced with raising £10,000 to repair the South Porch and also the Stained Glass Organ Window which was in danger of falling out. The glass was removed for safety and the window boarded up. For hundreds of years St. Mary's has been the focal point of our community. The Church continues to offer Baptisms, Weddings, Funerals and Regular Sunday Worship as well as supporting Parishioners through all of life's ups and downs. Even if you do not attend St Mary's you may value all that it represents to our Community and for all its history and tradition. If so please help us in raising the money we need to make the urgent repairs this Spring. Please consider donating a sum, however modest, to St. Mary's PCC c/o The Hon. Mrs Edward Tollemache, Grants Secretary, Helmingham Hall, Helmingham, Stowmarket IP14 6EF.

## **Helmingham Primary School**

The children and staff returned to School on Thursday 4th January after having a very enjoyable and well rested Christmas holiday. We are all looking forward to the Spring Term. The Wolsey Theatre are running a drama club after school for this half term producing a performance for the parents at the end of the 5 weeks. We are also running a hockey club after school on a Tuesday. The teachers are busy planning some exciting trips for the children. Moon Class enjoyed their trip to the Ipswich Museum just before Christmas to coincide with their topic of the Egyptians. Friends of Helmingham School are planning further fundraising events and we appreciate the support of the local community for these events. *Bernie Clelland, Headteacher*

## **The Old School House Nursery**

The children of The Old School House Nursery are still investigating WINTER with ice in the freezer to add to our Polar Bears and Penguins, wonderful soft white playdough which we have made Snowmen with twig arms and sparkly red pompoms for hats! Our role play area is a Winter Wonderland with snowflakes – created by the children using their cutting skills with scissors – hanging from the ceiling.

We have concentrated on shapes, using these to great effect to create more Snowmen with triangles for noses, circles for buttons, rectangles for his hat and crescent for his mouth. White sand aids our mark making on a mirrored surface as we trace the name of children, make pictures and swirl the snow with our fingers.

Our outdoor environment continues to bring a smile to the children's faces as we walk up the footpath and find the catkins hanging like tails from the tree, talking about long and short and getting the children to jump and see how far they can reach. Our dens can now be visible right through with the leaves long fallen. Hugging a tree is popular, stretching our arms round and calling a friend to help. The fresh air, although cold, is so important for active learners and develops an interest in nature and all its smells, sights and sounds.

We have also celebrated Chinese New Year and the year of the Dog making lanterns, creating Cherry Blossom and tasted different foods.

Visit our website where our New Year Newsletter can be downloaded at [www.theoldschoolhousenursery.com](http://www.theoldschoolhousenursery.com) which has lots of dates of events to come or ring us on 01473 890950 to come and book a visit.

## WINSTON

Sandra Baker and Livvy Marsden would like to thank all those who kindly donated to their door to door collection for the Poppy Appeal (Sandra Winston Village £232.08, Libby Winston Green £93).

**Winston School Room**  
is available to hire: see back page for details.

The Carol Service on Christmas Eve was very well attended and we thank those who helped us in any way: Veda Berriman for talking the service, the Debenham Bell-ringers and Shaun Valentine for providing the music. There was a shortage of readers this year but there was no need to worry as Veda's granddaughters, Ella then aged 8 and Bethany 6, with the help of Mum, Lucy, both did an excellent job in front of a full church. The collection (£136.87) was sent to EACH, East Anglian Children's Hospices.

To all you 'quizzers' out there, don't worry, you haven't missed the Annual Winston Quiz. It will be on **Friday April 20th**, 7.30pm start.

As I write this it's still January but we're already thinking about the **Winston Fete**, to be held on **Saturday 9th June**. If you're having a clear-out please think of us for books and white elephant items. We would also like cakes etc. for the teas and cake stall. *Entry and car parking will be free.* If you have any new ideas for the fete please let one of us know:

Veda 01728 861363  
Kate 01728 861004

Sandra 01728 860040  
Ann 01728 860342

Emma 01728 861303

### **Winston Parish Council**

The Parish Council will be running a **Litter Pick** on **Saturday 17th March** between 2pm and 4pm, meeting at The School Room. We would appreciate help from anyone

who is able to come along – supervised children, friends and families - even if it is just for a short while. The next Parish Council meeting, which is also the Annual Meeting, will be on **Wednesday 9th May 2018** at 7.30pm in the School Room and is open to all residents. It is now possible for residents to request that items of local interest, or details of forthcoming local events, be put onto our website [www.winston.onesuffolk.net](http://www.winston.onesuffolk.net). The details should be sent to [winstonsuffolk-pc@gmail.com](mailto:winstonsuffolk-pc@gmail.com). In addition to this, if there are any issues that need to be brought to the attention of the Parish Council, please email the Clerk, Lizzie Taurozevicius, at [winstonsuffolkpc@gmail.com](mailto:winstonsuffolkpc@gmail.com).

## FRAMSDEN

The autumn and winter have seen plenty of activity in the village. Our Autumn Supper was well attended with good conversation and live music ; our thanks to all who contributed and supported.

Our Christmas Market/Craft Fayre was a bustle of activity with a fine selection of gifts to chose from accompanied by good food. Thank you to all for your efforts.

Our Carol Service was well attended with the church looking its best. Many thanks to our flower ladies and our guest organist and our servers of mulled wine and mince pies.

Flower arranging and churchyard maintenance are year round activities; we are grateful for your efforts.

The snowdrops are peeping through, enjoy them.

### **Framsden Village Hall**

**Gentle Yoga on Mondays 7.45 – 9.15pm** with Margaret Samain [mp@cpwpost.com](mailto:mp@cpwpost.com)

Mindfulness and Yoga on Tuesdays 7 – 9pm with Barbara Winfield [barbarawinfield@hotmail.com](mailto:barbarawinfield@hotmail.com)

**Framsden Fundraisers: Framsden Village Produce Show** in September.

We will shortly be sending details so that you have plenty of time to grow, make or produce anything for one of the classes.

Framsden Village Hall, which has recently been refurbished, is available for hire at very reasonable rates for meetings, parties etc. Please contact Paul Samain 01473 890677

### **Framsden Fundraisers**

Happy New Year Everyone!

In January we kicked off our series of events for the year with another Quiz Bingo night which was very well supported and appeared to be much enjoyed! Thank you to all of those who came along and also those who helped with setting up and clearing up.

By now you will have received a flyer through your door with details of events being run in the village up to the end of July. We hope you will find this useful again. Unfortunately the Old School House Nursery and Helmingham School weren't able to

confirm their events at that time so keep your eyes open for further news from them in due course.

We will distribute a second flyer later in the year with details of events taking place during August to December, hopefully including a barn dance and village produce show.

You will see that the village defibrillator is now up and running thanks to the leadership of Andy Chattell and the support and many of you in the village – a very big thank you to Andy and all of you who gave up your time and provided much needed expertise and enthusiasm to enable this to happen.

We are gradually developing a presence on the web which will include details of what we do, who we are and public meetings such as the AGM. You can access these pages by visiting the Framsdens village website [www.framsdens.onesuffolk.net](http://www.framsdens.onesuffolk.net) and clicking on any of the links to Framsdens Fundraisers or FF.

As ever, if you would like to join us, volunteer to help out at an event or two or simply find out more about who we are and what we do please email us on [framsdensfundraisers@gmail.com](mailto:framsdensfundraisers@gmail.com).

## **Framsdens Woodland Group**

Halloween evening was a fine one, drawing large numbers of adults and children to admire the pumpkin lantern trail and enjoy refreshments around the fire pit. Thank-you to everyone that came, and those who helped, and made it such a fun event.

After an excellent application and a flurry of voting we are pleased to have been awarded £500 by Skipton Building Society for our efforts. Many thanks to those that voted. Discussions are underway as how best to spend the money to enhance the woodland further.

Have your say or view the photos via the Framsdens Woodland Group blog ([framsdenswoodlandgroup.blogspot.com](http://framsdenswoodlandgroup.blogspot.com)) or Facebook page (search for framsdenwoodland).

## **DEBENHAM**

### **Debenham Library**

Tuesday 0930 am – 1300 pm

Wednesday 1500 – 1930 pm

Saturday 0900 am – 1300 pm

Sunday 1200 – 1600 pm

*Books, DVDs, Newspapers, WiFi, Computers, CDs, audiobooks, downloadable music/audiobooks/ebooks, free reservations, drinks. The room is available for hire outside opening hours.*

### **Suffolk Libraries: Mobile Library Routes (every 4 weeks)**

Aspall Church, Thursdays 1045-1100

Debenham, Gracechurch Street/Henry Street 1115-1145

### **Soup Lunch**

**Saturday 10 March, 12am – 2pm**

Come and join us in Dove Cottage



- Choice of homemade soup and bread roll
- Dessert
- Tea, coffee
- All for £5
- Raffle

*In aid of church funds*



**Churches in Debenham**  
**Midweek Afternoon Service**  
**At Coopersfield, Debenham, 2.30pm**

Led by Rev Susan Bates and Rev Chris Wood (URC)  
Tea and coffee are served afterwards

*Services are held on the second and fourth Wednesdays each month*

Framsden Village Hall, Thursdays 1400-1415  
Helmingham Forge, Thursdays 1240-1250  
Kenton, Garney's Close, Thursdays 1220-1235  
Pettaugh, Old Bull, Fridays 1535-1555

## **Debenham History Society**

### **Tuesday 1st May 2018: 'Fun & Fascination of Old Churches', Roy Tricker**

Beware the lure and fascination of 'church-crawling'! Once hooked, it can be very addictive. Roy started at the age of four and, after several thousands of churches visited and over 200 church guidebooks written, his love-affair with these amazing buildings - every one a gem - is as passionate as ever.

Our churches are usually the oldest buildings by far in our towns and villages and are still in regular use for the purpose for which they were built. They amaze us with maybe a thousand years of living history, delight us with some of the finest craftsmanship from many periods and their ambience and atmosphere of centuries of prayer and care have been known to bring folk to their knees.

Every old church is a 'one-off', a unique character worth getting to know - and they are for all of us to enjoy. Hopefully a few pictures this evening will remind us that they are not only of the greatest beauty and interest, but can also be hilarious fun!

*(Room 31, Debenham High School, Gracechurch Street, Debenham, IP14 6BL. Commencing at 7.30pm; fee £3.00 per lecture; including a soft drink or tea/coffee in the interval. Enquiries: Clive Cook, Chairman 01728-861754: [debenhamhistory@sky.com](mailto:debenhamhistory@sky.com). Non-members most welcome. For other DHS events see the events calendar at [www.debenham.onesuffolk.net](http://www.debenham.onesuffolk.net))*

## **Editor's notes**

The Copy deadline for the next *Together* (June to August) magazine is **25 April**, normally published about two weeks later. Quarterly, A5 format. 700 copies printed and collated on Rizograph stencil copier, distributed free by members of Winston church. Send copy to the editor by email, email attachment (Word or Publisher formats preferably); Adobe PDF format may be suitable. Photographs do not reproduce well but graphics are usually OK. If you can't do any of these send the copy in the post.

**Editor:** Tony Hutt, Email: [tony@tonyhutt.co.uk](mailto:tony@tonyhutt.co.uk) Tel (01728) 860173. 19 Priory Lane, Debenham, Stowmarket, Suffolk, IP14 6QD.

**Advertising payments to** Kate Branch, The Red House, Winston, Stowmarket IP14 6LG

Tel (01728) 861004 Email: [cmcbranch@btinternet.com](mailto:cmcbranch@btinternet.com) (payable to Winston PCC).1/8 page for £20 p.a. (4 issues); ¼ page for £40 p.a.; ½ page for £80 p.a. Send advertising enquiries and advertising copy to Tony Hutt.

### **A Lesson Learned.....Too Late**

A 70-year-old couple have always been in great health because of the wife's insistence on healthy food, exercise and clean living. One day, both are killed in a horrific car crash. At the pearly gates, St Peter welcomes them and introduces them to their new life in Heaven. He shows them to a fabulous mansion. "But how much will this cost?" asks the man. "It's nothing," replies Peter. "It's free. This is Heaven." Then he takes them to the back of the mansion and shows them the wonderful golf course. "But how much does it cost to join?" asks the man. "It's nothing", replies St Peter. "It's free. This is Heaven." Finally, he takes them through to the restaurant attached to the golf course and shows them the menu, full of the richest, most delicious dishes, many with heavy cream sauces. "But we only eat low-fat, low-salt, non-dairy, low-cholesterol, organic food", says the man. "Don't worry," says St Peter. "This is Heaven, there are no calories in Heaven. You can eat all you want and remain trim and healthy". At that, the man screams and turns to his wife. "You stupid woman" he shrieks at her. "If you hadn't insisted on us eating all that boring health food and taking exercise, we could have been here years ago!" (from *Mid-Loes Magazine*)

### **Sing at the Royal Albert Hall!**

**Prom Praise, Saturday 5 May 2018**

Cantus Firmus Choir is recruiting singers to form part of the 500-voice massed choir for London's prestigious Prom Praise, with the 100-strong All Souls Orchestra. Rehearsals begin on 12 March in Ipswich.

To get involved, visit [www.cantusfirmus.org.uk](http://www.cantusfirmus.org.uk) or contact: Nicola Rout on 01473 727774



### **Useful links**

- |  |  |
|--|--|
| <b>Debenham website and PC</b>         | <a href="http://www.debenham.onesuffolk.net">www.debenham.onesuffolk.net</a> |
| <b>Framsden PC</b>                     | <a href="http://www.framsden.onesuffolk.net">www.framsden.onesuffolk.net</a> |
| <b>Framsden village</b>                | <a href="http://www.framsden.org.uk">www.framsden.org.uk</a>                 |
| <b>Winston website and PC</b>          | <a href="http://www.winston.onesuffolk.net">www.winston.onesuffolk.net</a>   |
| <b>Pettaugh website and PC</b>         | <a href="http://www.pettaugh.suffolk.cloud">www.pettaugh.suffolk.cloud</a>   |
| <b>Framsden Baptist Church</b>         | <a href="http://www.framsdenbaptist.org">www.framsdenbaptist.org</a>         |
| <b>Forge Church (Debenham)</b>         | <a href="http://www.forgechurch.com">www.forgechurch.com</a>                 |
| <b>Debenham United Reformed Church</b> | —to be added   |

## Suffolk Theology Forum

*Exploring Christian theological issues in an open, non-partisan way*

**Thurs 8 Feb 2018** Dr Russell Re Manning, *Divinity Faculty, Cambridge*

### **Is theology natural? Exploring whether we are all born theologians**

**Thurs 12 April 2018** Dr Deborah Jones, Oxford Centre for Animal Ethics: *Justice for animals: what is the Christian response?*

**Thurs 14 June 2018** Rev Dr Calvin Samuel, London School of Theology: *Holiness in Scripture and Wesleyan Tradition*

At Co-op Education Centre, Fore Street, Ipswich 7.30—9.15 pm

Pedestrian entrance—11 Fore Street, Ipswich IP4 1JW. Walking distance from bus & train stations. Free car park, entrance on Waterworks Street

Entrance £5 or free to student card holders. Open to all, no need to book

Elizabeth Moore, 01359 230161 [eymoore@talktalk.net](mailto:eymoore@talktalk.net)

See the full 2017-2018 programme at [www.sifre.org.uk/stf/](http://www.sifre.org.uk/stf/), also on Facebook



*Friends of St Mary's, Debenham present*

### **Jazz in the Barn**

**Sunday 3 June, 2pm**

**at Crow's Hall, Debenham  
IP14 6NG**

**Dave Browning** will lead a six piece Trad Jazz band featuring Piano, Drums, Bass, Trombone, Sax and Trumpet

Contact Val and Ray Watts 01728 860255  
or email: [wattsdebenham@aol.com](mailto:wattsdebenham@aol.com)

[www.debenham.onesuffolk.net/organisations-2/friends-of-st-mary-s-debenham](http://www.debenham.onesuffolk.net/organisations-2/friends-of-st-mary-s-debenham)

### **Debenham Open Gardens**

Date to be announced

### **Debenham Yard/Garage Sale**

Happening in the summer...

Contact Chris Bishop 860124 or  
[chris.bishopsuffolk@gmail.com](mailto:chris.bishopsuffolk@gmail.com)

<b>March 2018</b>	<b>Helmingham</b>	<b>Framsden</b>	<b>Pettaugh</b>
2 <sup>nd</sup> Women's World Day of Prayer			
4 <sup>th</sup> Lent 3			
11 <sup>th</sup> Lent 4 Mother's Day		11am Morning Prayer	11am Holy Communion
18 <sup>th</sup> Lent 5	11am Holy Communion	9.30am Holy Communion	
25 <sup>th</sup> Palm Sunday	9.30am Morning Prayer		11am Morning Prayer
<b>For Holy Week s</b>			
<b>April 2018</b>	<b>Helmingham</b>	<b>Framsden</b>	<b>Pettaugh</b>
1 <sup>st</sup> Easter Day	9.30 HC	9.30 Holy Communion	11am Holy Communion
8 <sup>th</sup> Easter 2		11am Morning Prayer	11am Holy Communion
15 <sup>th</sup> Easter 3	11am Holy Communion	9.30am Holy Communion	
22 <sup>rd</sup> Easter 4	9.30am Morning Prayer		11am Morning Prayer
29 <sup>th</sup> Easter 5	10am E		
<b>May 2018</b>	<b>Helmingham</b>	<b>Framsden</b>	<b>Pettaugh</b>
6 <sup>th</sup> Easter 6			
10 <sup>th</sup> Ascension			
13 <sup>th</sup> Easter 7		11am Morning Prayer	11am Holy Communion
20 <sup>st</sup> Pentecost	11am Holy Communion	9.30am Holy Communion	
27 <sup>th</sup> Trinity Sunday	9.30am Morning Prayer		11am Morning Prayer

Winston	Aspall	Kenton	Debenham
			2pm United Reformed Church, Debenham
	8am Holy Communion		9.30am family@church
9.30am Morning Prayer		8am Holy Communion	9.30am Holy Communion
6.30pm Evening Prayer	8am Holy Communion	11am Morning Prayer	9.30am Holy Communion
11.00am Holy Communion			9.30am Holy Communion

### ervices see page 3

Winston	Aspall	Kenton	Debenham
11am HC	8am Holy Communion	9.30 Holy Communion	9.30am family@church with HC
9.30am Morning Prayer		8am Holy Communion	9.30am Holy Communion
6.30 Evening Prayer	8am Holy Communion	11am Morning Prayer	9.30am Holy Communion
11.00am Holy Communion			9.30am Holy Communion

### Benefice Communion at **Kenton**

Winston	Aspall	Kenton	Debenham
	8am Holy Communion		9.30am family@church
7.30 Debenham			
9.30am Morning Prayer		8am Holy Communion	9.30am Holy Communion
6.30pm Evening Prayer	8am Holy Communion	11am Morning Prayer	9.30am Holy Communion
11.00am Holy Communion			9.30am Holy Communion

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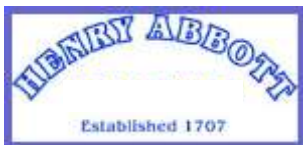
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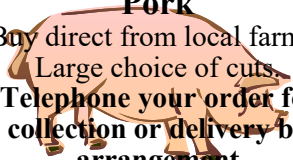


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