

# TOGETHER

## Winter 2018

December to February  
Distributed free within the Benefice



THE BENEFICE OF  
DEBENHAM & HELMINGHAM

## From the Rector

In the world of Harry Potter one of my favourite characters is Fawkes. Fawkes is the magical creature who is companion and defender of Professor Dumbledore and Fawkes is a phoenix. He has crimson feathers on his body which glow faintly in darkness. His golden tail is as long as a peacock's; his beak and claws are gleaming gold; his tears have healing qualities and two of his tail feathers were the core of the two most famous wands in the story.

The mythical phoenix, however, was around from long before Harry Potter, it comes from Greek mythology. A phoenix was a long-lived bird which, in some stories, would die in a show of flames, only to regenerate; coming to life again as it rose from the ashes of its demise. No wonder the phoenix was associated with the sun; which to ancient people would have died only to be reborn each morning.

Equally, it is not surprising, as I walked the late Autumn lanes of our parishes in the last heat of the year, that my mind turned to the dying of the year in a show of flames. As winter comes upon us the pallet of the earthly colours turns from the fiery crimsons and golds of the falling leaves, into the cool grey hues of cloud, mist, frost and snow. The colours of the ashes of the year.

As our home, the Earth, drifts further from the sun and the darkness closes around us, there are those who live among us in our parishes who dread the winter. Who find its darkness draws them down and the cold and ice close them indoors. Yet just as Fawkes the phoenix rose out of his ashes to his renewed golden glory, so will the Spring grow into the next Summer and the year continue with its ancient cycle. Within the darkness awaits the hope of renewed light and life.

My faith tells me, from the depths of my being and in the words of the Bible, that ancient myths and earthly cycles point to a deep and abiding truth about the nature of our existence. The Bible tells us that on the day Jesus arrived at his friend, Lazarus' house only to find that he had died, he turned to the sisters of Lazarus and said, "I am the resurrection and the life. Anyone who believes in me will live even after dying. Everyone who lives in me and believes in me will never die. Do you believe this, Martha?" "Yes, Lord," she told him, "I have always believed you are... the one who has come into the world from God." John 11: 25-27.

In the midst of the cool grey hues of Winter; amidst the ashes of the year, we celebrate in colours of reds and golds the birth of Jesus Christ. God born to this world; God by whose tears healing comes to all. God born to this world in a breath-taking demonstration of divine and human unity. God born to this world to show us that within our darkness is the hope of renewed light and life. God born to this world bringing the warmth of the Son and the promise of new life.

Happy Christmas!

*Susan Bates*

## PETTAUGH

It has been a long hot summer and although gardens suffered we still managed to find lots of flowers, fruits and vegetables to decorate St Catherine's for the Harvest Service. Our service was different this year, the church was decorated and many of

# DEBENHAM CAROLS

In Debenham Church  
with the Salvation Army Brass Band

14 DEC 7.30PM



Carols for all the family! Come and  
sing along to favourite carols and  
share refreshments afterwards

## Ash Wednesday Deanery Service

Wednesday 14 February

There will be a Deanery Ash Wednesday  
service at 7.30 pm at St Mary's church,  
Earl Soham.

the decorations were taken down to the meadow on Saturday 15th September so that the service could be conducted outside by the Revd Susan Bates. A dozen straw bales were kindly donated for seating, and the weather could not have been better, in fact, it was almost too hot. A couple of gazebos provided some shade. Following the service, which was well attended, we had a picnic in the meadow. People brought their own savouries plus deserts which we shared. The produce from the church was later donated to a local residential home.

## Carol and other Services in the Benefice

Saturday 24th November	4pm Christingle Service, Debenham
2nd December (Advent Sunday)	6.30pm Advent Carols, Debenham
9th December (Advent 2)	11am Carols, Aspell 6pm Carols, Helmingham
Friday 14th December	7.30pm Debenham ( <i>see box above</i> )
Saturday 15th December	6pm Carols, Framsdon
16th December (Advent 3)	5pm Carols, Kenton
23rd December (Advent 4)	3.30pm Carols, Pettaugh
24th December (Christmas Eve)	5pm Crib Service, Debenham 6.30pm Carols, Winston

*These services are in addition to the 11.30pm services on Christmas Eve at Debenham and Helmingham. See the centre pages for the full list.*

Thank you to all who contributed their produce.

The Suffolk Historic Churches Trust Annual cycle and walk event took place on Saturday 8 September. Ruth Crane kindly organised our event and thank you to her, for her work and support. We thank all those who took part and cycled around our villages to raise sponsorship funds. The church does require some repairs and money raised by the Cycle Ride and other events help towards the maintenance expenses.

By the time this is delivered the 100 year Centenary Armistice Commemorative Remembrance service will have been celebrated on the weekend of the 10 & 11



## **Evensong at Pettaugh**

### **Third Saturday each month**

Said Evensong at St Catherine's Pettaugh at 5.30 p.m. The service should last around half an hour at most. All are welcome.

November. We would like to thank all those who have kindly knitted poppies and helped to decorate the church. Muriel Page provided a huge amount of knitted poppies, thank you.

Our next fund-raising event we hope will be the **Marvellous Marmalade Competition** including a coffee morning and cake sale, which we hold each

March in Dove Cottage, Debenham. A date is yet to be arranged and details will follow.

Christmas is rapidly approaching and we look forward to our **Annual Carol Service** which will be held on **Sunday 23 December at 3.30pm**. The Christmas day service on Tuesday 25 December will be at 10.00am and all are most welcome to both services.

Thank you to all those who contribute their time and energy to help maintain the church, churchyard and meadow.

## HELMINGHAM

An invitation to 'Meet the Vicar' gave the opportunity to not only get to know Rev Susan Bates but also to meet up with members of the parish and enjoy a coffee and cake. Veda Berriman took the Harvest Thanksgiving service on a rather dull morning but the colourful flower arrangements and a good selection of produce brightened the gloom. The Benefice Service held at Helmingham in September was well supported by all of the 7 parishes. The sermon was thought provoking and the congregation were joined by a guest Gospel Choir from Ipswich Seventh-day Adventist Church who added harmony to the traditional hymns and introduced their own songs which were sung with enthusiasm and enjoyed by all present. Unfortunately there was nobody to ride in the Suffolk Historic churches Cycle event this year.

The **Family Carol Service** with Helmingham School will be held at Helmingham Church on **Sunday 9th December** at 6pm and Midnight Mass on December 24th 11.30pm

In addition to the Remembrance Service held to mark the centenary of the end of the First World War and those who died in both the First and Second World War, a Memorial Service was held for Private W G Knights who died on 21st November 1918 aged 32 and is buried in Helmingham. Churchyard.

Please join us for **Traditional Christmas Drinks at Helmingham Hall** in support of St Mary's Church—see the box on page 5.

### **The Old School House Nursery**

It's a very exciting time at The Old School House Nursery as we prepare to merge with Helmingham Primary School to join The Consortium Multi Academy Trust in the New Year. Scaffolding and building works has kept us from our lovely Nursery Garden but we have used this opportunity to walk up the footpath and out into the

## Traditional Christmas Drinks

*Edward and Sophie Tollemache invite you to join them at Helmingham Hall on Thursday 13th December for mulled wine and canapés. Please come and join us from 6.30pm–8.30pm*

Tickets £12 in aid of St Mary's Church, Helmingham. More information from PCC members or the Helmingham Estate Office.

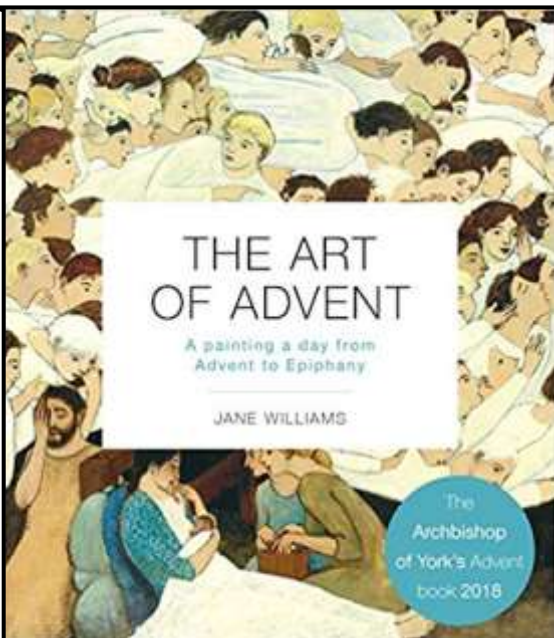
Helmingham Estate Office, Helmingham, Stowmarket IP14 6EF  
Tel: 01473 890363 Email: [office@helmingham.com](mailto:office@helmingham.com) [www.helmingham.com](http://www.helmingham.com)

### **The Art of Advent**

**Winston School Room**

**2pm on Mondays**

The Benefice Advent Group will meet at **2pm on Mondays 3rd, 10th and 17th December**. We will be looking at *The Art of Advent* by Jane Williams which suggests we “join Jane Williams on a journey from Advent to Epiphany, and discover the timeless wisdom to be found in some of the world's greatest paintings.” All are welcome. For more details and to order a book for £9.99, please contact Revd Susan whose details are above.



fields beyond. The children are amazed that they are standing so high up and can see the views over Framsdén and to the windmill. Gazing up we see the clouds floating by, birds dipping down onto the fields, the occasional plane/helicopter and feeling the wind blowing our hair. This is certainly a magical time for staff and children strongly promoting learning in the outdoors.

During half term the Nursery ran a Playday based round ‘Room on a Broom’ with pumpkins, cauldrons, black cats and broomsticks! An ideal time to dress up. We continue the new term with fireworks – creating some amazing artwork and singing our firework song – WHOOSH! Goes the rocket.

Now deep into Christmas celebrations and the Nativity Story. From making Angels to Christmas stockings, lots of glitter and tinsel amongst our everyday equipment. All our learning takes place around the children with them at the heart – enabling their investigations, explorations and imaginations.

Several new children at 18 months have started with us this half term and it is a joy to see their excited faces as they play with gloop, paint outside, line up dinosaurs in the sand or just cuddle up with adult and other children for a story.

Tel 01473 890950 email: [theoldschoolnursery@btinternet.com](mailto:theoldschoolnursery@btinternet.com) or visit our website [www.theoldschoolhousenursery.com](http://www.theoldschoolhousenursery.com).

## WINSTON

Belated congratulations to Vij from Fenn Street and Suzanne who were married in the summer and are starting married life in Debenham.

Welcome Karen to Fenn Street and hope she's very happy in our village.

We held our first Benefice Service at the end of July followed by refreshments in the Schoolroom, a good way to get to know people from other villages and then it was off to Felixstowe for the Benefice Outing.

Many thanks to everyone who manned the church during the Ride and Stride Saturday in September.

Thanks also to everyone who decorated the church for the Harvest Festival. The goodies from the service were taken by Kate to the Mencap home in Debenham where people receive supported living and were very grateful for our gifts.

We were blessed with lovely weather for our Pet Service and Show in September. Everyone (owners and pets) enjoyed themselves and all were well behaved. Thanks for Debenham Vets for organising the show and to everyone who provided the refreshments. The money raised, about £180, was sent to the Suffolk Animal Rescue Charity.

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 Veda know if you'd like to take part, on 01728 861363. The collection goes to EACH (East Anglia Children's Hospices).

The **Christmas Day service** will be at 10am.

We would like to wish everyone a very happy Christmas and a peaceful and healthy New Year.

As I write this the date of the **Annual Winston Quiz** has yet to be decided but whenever it is we will let you know. Look for posters etc nearer the time or ring Lynn Odell for more details, 01728 860859.

### Winston Parish Council

The War Memorial at Winston Churchyard has been awarded Listed Building status by Historic England as part of the WW1 Centenary. Two Parish notice boards are now installed—next to the post box near the Green and at the Fenn Street lay-by. Local residents have expressed concerns to Winston Parish Council about dog fouling and also garden bonfires. The Council would like to remind all dog walkers that bylaws require them to collect their dog poo even when they are on countryside footpaths or bridleways. The bags can be easily disposed into a normal rubbish bin. The burn-

#### Winston School Room

is available to hire: see back page for details.

ing of garden waste has no regulations other than it must be garden waste only—no plastics, no black smoke. However bonfires do cause smells, smoke, and soot which can drift onto neighbouring properties and into windows. Whilst there are no rules preventing occasional garden bonfires nor times, consideration to the direction of the wind and activities or usage in nearby gardens and also advance notice can help everyone to use and enjoy their gardens. Our Parish Clerk, Lizzie Taurozevicius, will be resigning the post in the new year due to her work schedule. Anyone interested in the vacancy should contact a Parish Councillor or email [winstonsuffolkpc@gmail.com](mailto:winstonsuffolkpc@gmail.com). A Council laptop and printer are provided. The next Parish Council Meeting will be **January 10th**, at 7.30pm in the Schoolroom. Our Website is [www.winston.onesuffolk.net](http://www.winston.onesuffolk.net).

## FRAMSDEN

At the time of writing our churchyard is indeed a place fit for heroes. Special efforts have taken place to commemorate the 100th anniversary of the end of WW1. The four Tommies, life size, on guard in the churchyard are particularly poignant as is the fifth one located inside the church. The soldiers/ silhouettes sitting in the pews, all local boys, add to the solemnity.

Our “Sponsor a Grave” got off to a positive start in the Summer. A thank you to all those volunteers already tending/ tidying graves.

The Barn Dance, held in conjunction with Framsdén Fundraisers, took place at Framsdén Hall Barn. It proved to be popular and enjoyable. Our thanks to our hosts, our volunteers in charge of the BBQ and the bar and, of course, to our loyal supporters. Thank you to all involved in the pre-planning.

The ringing of our bells by a visiting group of campanologists was an enjoyable experience as was the launch of our Church Guide. Roy Tricker, its author, entertained a large audience with his wit and learning. Many thanks to all involved on the day and a thank you to those responsible for the printing of the Guide. The tea and cakes did not disappoint either; thank you chefs!

Our team organising our Autumn Supper surpassed themselves this year. An enjoyable meal in a convivial atmosphere drew many pleasing and positive comments. Thank you all.

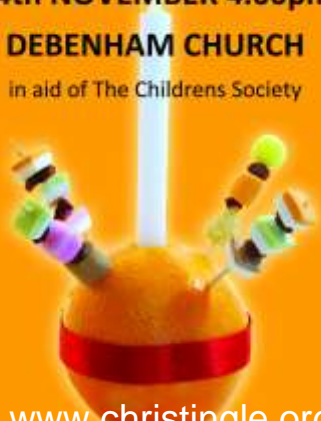
Two dates for December have been confirmed....our Carol Service is on Dec. 16th and there will be a Christmas Eve Service at 10 pm.

### **Framsdén Fundraisers**

Well, it's been a busy autumn with the return of the Barn Dance, the Village Show and another walk around the village with commentary on many issues that concern us all from Glenn Buckingham. My thanks as ever to all those who put so much time into making these events happen and also to all of you who came along. It was great to see not only many of the usual faces from the village but also many new faces, some from further afield.

Coming up in December we have:

**CHRISTINGLE SERVICE**  
**24th NOVEMBER 4.00pm**  
**DEBENHAM CHURCH**  
 in aid of The Childrens Society



[www.christingle.org](http://www.christingle.org)

- Sat 1 December at 7.30 in the village hall - the return of that barmy quiz night variously known as Quiz Bingo or the Yes, Yes, No, No, No Quiz

- Thurs 6 December - turning on the Xmas tree lights

- Sat 8 December late afternoon - Carols round the village led by Claire Harries followed by seasonal refreshments and Xmas activities in the village hall

We hope to see as many of you as possible at these events.

We are in the final stages of planning events and activities for the first half of next year and will provide details of all community group activities on the usual printed flyer around the turn of the year. Also keep your eyes open for email updates through the Framsd

den Fundraisers distribution list (if you're not receiving these emails but would like to do so please contact us on [framsdenfundraisers@gmail.com](mailto:framsdenfundraisers@gmail.com)) or the highly visible and artistic sign boards (thank you, Erin) outside the village hall. And of course, do have a look at the Framsd

den Village Website ([www.framsdn.org.uk](http://www.framsdn.org.uk)) to find out more about the village and activities that happen each week such as yoga, pilates, table tennis, petanque, Quigong and much more. Some people in the village have asked us to clarify our relationship with Framsd

The Rotary Club of High Suffolk presents

**MUSIC AT CHRISTMAS**

**SATURDAY  
 8TH DECEMBER  
 AT 7:30 PM  
 ST MARY'S CHURCH  
 DEBENHAM**

A fabulous evening of live music: from pop to classical and everything in between

Including Christmas carols and excerpts from the music of Gilbert and Sullivan

Tickets £10 (children free) from

**R & G Webster newsagents  
 50 High Street, Debenham**

or from

**01728 861409  
 diceyjb@btinternet.com**

in association with  
 Gilbert & Sullivan Society  
 Rotary High Suffolk

All proceeds in aid of the Indonesian tsunami appeal and other charities supported by Rotary

Finally, our **Annual General Meeting** will be taking place on **Thursday 29 November** from 8.00 - 9.30pm in the village hall and we would be delighted to see you there.

Note: no Christmas Fayre at Framsdens this year i.e. on November 24th .

*Mark Prangell, Chair of Framsdens Fundraisers*

## DEBENHAM

### **Buying Chutney for Christmas – STOP!!**

**St Mary's Christmas Bazaar on Saturday 1st December**, 2-4pm at Debenham Community Centre. Gifts, crafts, books, cakes, games, bric-a-brac, prize draw, refreshments, bottle tombola, pickles and chutneys. Free admission, something for everyone!

The home-made chutney stall will have Apple, Plum, two sorts of Pear and two sorts of Tomato chutney, Sweet Chilli Jam and also Plum Jam and Apricot Jam. You can try before you buy. The tastiest you will ever try, so worth waiting for!

**Music at Christmas, Saturday 8 December** (see poster). 7.30pm at St Mary's, Debenham. Tickets £10, children free. With the Ipswich Gilbert and Sullivan Society.

**Black Barn Singers Christmas Concert:** 3.00pm on **Sunday 9th December** at St.Mary's Church Debenham. In aid of the Blossom Appeal at Ipswich Hospital. Tickets £5.00. Refreshments available.

**Debenham Christmas Festival, Saturday 8 December** starting at 12pm. Music includes Children's Choir, Bells, Hand Bells, Morris Men, Carol Singers and Brass Band. Shopping in the High Street with craft stalls in Dove Cottage and the Church. Children's activities include crafts, dressing up, face paints and festive hat competition. Christmas Tree lights on at 4pm. Bring lanterns and sing carols with the band.

**Salvation Army Carol Concert, Friday 14 December** at 7.30 pm at St Mary's Church, Debenham. In aid of the Friends of St Mary's, Debenham. A family Carol

### **Soup Lunch**

**12am – 2pm on Saturday 10 15 December, 12 January , 9 February**

Come and join us in Dove Cottage



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

*In aid of St Mary's church funds*



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

Led by Rev Susan Bates

Tea and coffee are served afterwards

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

Concert with The Ipswich Salvation Army Band and Songsters. Retiring Collection. Refreshments in Dove Cottage afterwards. Contact Val & Ray Watts 860 255

## Debenham Roundabout Preschool

Welcome to a News update on Debenham Roundabout Pre-school. We have had a busy half term learning lots of songs with Makaton signs. We have learnt Dingle Dangle Scarecrow, If you are happy and you know it, Goldilocks, I am the Music Man and Down in the Jungle. The children and staff have worked hard to learn the Makaton signs to go with these songs—well done! We have also been busy welcoming our new children at the start of the term and teaching them our daily routines. Everyone has settled well and are making new friends. We have had trips to the Woodland area for our Woodland playtime. The children learnt about the “rules” to keep ourselves safe in the Woods.

This half term we also said a sad Farewell to our Leader Pip. We are very grateful for everything she did for Roundabout Pre-school, both as an Assistant and as the Leader. She will be greatly missed by everyone and wish her all the best in her new job. We welcome Chloe to her role as Leader, and wish her all the best at Roundabout Pre-school.

We would also like to congratulate two of our members of staff on Graduating from the University of Suffolk, they have both now gained their level 5 qualification, a Foundation Degree in Early Years Practice.

If you are interested in finding out more about Debenham Roundabout Pre-school please feel free to get in touch: [debenhamrps@btinternet.com](mailto:debenhamrps@btinternet.com) or 01728 861769.

([www.debenhamroundaboutpreschool.co.uk](http://www.debenhamroundaboutpreschool.co.uk))

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## Debenham Library

Tuesday 0930 am – 1300 pm      Wednesday 1500 – 1930 pm

Saturday 0900 am – 1300 pm      Sunday 1200 – 1600 pm

Tel: 01728 861940      [www.suffolklibraries.co.uk/libraries/debenham-library](http://www.suffolklibraries.co.uk/libraries/debenham-library)

Facebook: Friends of Debenham Library

*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

Framsden Village Hall, Thursdays 1400-1415

Helmingham Forge, Thursdays 1240-1250

Kenton, Garney's Close, Thursdays 1220-1235

Pettaugh, Old Bull, Fridays 1535-1555

## Editor's notes

The Copy deadline for the next *Together* (March to May) magazine is **25 January**, 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.

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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) (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.

## Suffolk Theology Forum

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

**Thursday 7 February 2019**

Dr Dennis Alexander, Molecular Biologist, formerly Faraday Institute

### ***Genes, Determinism & God***

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

Queries and information:

Vanda Broughton, Forum Secretary: 01728 748280 or [v.broughton@ucl.ac.uk](mailto:v.broughton@ucl.ac.uk)

See the full 2018-2019 programme at [www.eefa.net/stf](http://www.eefa.net/stf). Also on Facebook

Church services in the Deben

<b>December 2018</b>	<b>Helmingham</b>	<b>Framsden</b>	<b>Pettaugh</b>
2 <sup>nd</sup> Advent			
9 <sup>th</sup> Advent 2	<b>6pm Carols</b>	11am Family Service	11am Holy Communion
Saturday 15 <sup>th</sup>		<b>6pm Carols</b>	
16 <sup>th</sup> Advent 3	9.30am Holy Communion	11am Holy Communion	
23 <sup>rd</sup> Advent 4	9.30am Morning prayer		<b>3.30pm Carols</b>
24th Christmas Eve	<b>11.30pm Holy Communion</b>	10pm Holy Communion	
25th Christmas Day			10am Family Service
30th Christmas 1			10am Be
<b>January 2019</b>	<b>Helmingham</b>	<b>Framsden</b>	<b>Pettaugh</b>
6 <sup>th</sup> Epiphany 1			
13 <sup>th</sup> Epiphany 2		11am Morning Prayer	11am Holy Communion
20 <sup>th</sup> Epiphany 3	11am Holy Communion	9.30am Holy Communion	
27 <sup>th</sup> Last After Epiphany / Bible Sunday	9.30am Morning Prayer		11am Morning Prayer
<b>February 2019</b>	<b>Helmingham</b>	<b>Framsden</b>	<b>Pettaugh</b>
3 <sup>rd</sup> Fifth before Lent (Candlemass)			
10 <sup>th</sup> Fourth before Lent		11am Morning Prayer	11am Holy Communion
17 <sup>th</sup> Third before Lent	11am Holy Communion	9.30am Holy Communion	
24 <sup>th</sup> Second before Lent	9.30am Morning Prayer		11am Morning Prayer

## am and Helmingham Benefice

Winston	Aspall	Kenton	Debenham
	8am Holy Communion		9.30am family@church <b>6.30pm Advent Carols</b>
9.30am Morning prayer	<b>11am Carols</b>	8am Holy Communion	9.30am Holy Communion
6.30pm Evening Prayer	8am Holy Communion	<b>5pm Carols</b>	9.30am Holy Communion
11am Holy Communion			9.30am Holy Communion
<b>6.30pm Carols</b>			<b>5pm Crib Service</b> <b>11.30 Holy Comm.</b>
10am Holy Communion	8am Holy Communion	10.30am Holy Communion	9.30am Family Service

## Benefice Communion at Aspall

Winston	Aspall	Kenton	Debenham
	8am Holy Com- munion		9.30am fami- ly@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
Winston	Aspall	Kenton	Debenham
	8am Holy Com- munion		9.30am fami- ly@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

# Miranda Millar

## Curtains & Soft furnishings



A full range of curtains, blinds and cushions made to suit your individual requirements

Traditionally made and hand sewn in Helmingham.

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[www.mirandamillar.co.uk](http://www.mirandamillar.co.uk) • [info@mirandamillar.co.uk](mailto:info@mirandamillar.co.uk)

### UPHOLSTERY CLASSES

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Full tuition from Robin who has

50 years' experience in upholstery.

Held in his workshop in Debenham.

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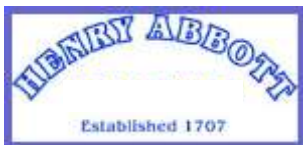
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(Please avoid Fridays if possible)

## Ministry Team

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Mr Mark Trevitt 01473 890568

## Churchwardens

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### Helmingham

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