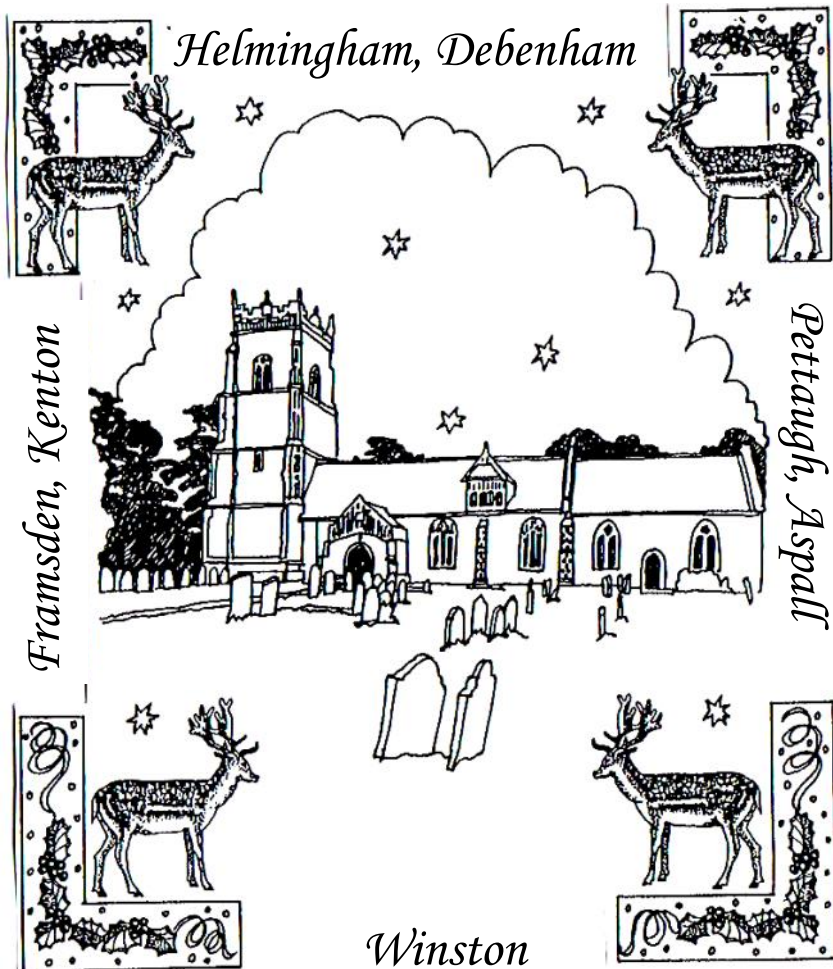


TOGETHER

Winter 2021

December to February
Distributed free within the Benefice



THE BENEFICE OF
DEBENHAM & HELMINGHAM

From the Rector

Who doesn't like an angel? But do you believe in them? Billy Connolly summed up a lot of people's thoughts about angels when he said, "I don't believe in angels, no. But I do have a wee parking angel. It's on my dashboard and you wind it up. The wings flap and it's supposed to give you a parking space. It's worked so far." There's a part of us that doesn't really believe in angels, but we rather like the idea of them anyway... and who knows, they might exist.

Angels appear many times in the Bible. They are primarily messengers for God. They appear early on in the story of God's people—meeting Jacob and then Joshua. In these ancient stories they often give news from God, but they also give guidance. Sometimes they are challenging; sometimes their presence is mysterious. In the Christmas story they appear many times, to Zachariah, to Joseph, to Mary, and loads turned up to terrify the shepherds; not to mention the Magi or Wise Men as they headed home. Each time they gave a message from God and, in a way, helped to point the people they appeared to in the right direction.

Perhaps that is why, whether we believe in them or not(!), we like them so much; because they are here, from God, to help us. Joan Westler Anderson said, "For what is it that angels do? They bring us good news. They open our eyes to moments of wonder, to lovely possibilities, to exemplary people, to the idea that God is in our midst. They lift our hearts and give us wings."

We often think of angels as having wings, but mostly in the Bible (apart from when they scared the shepherds) they look like ordinary people. Like us. But perhaps as Anderson said, they give us wings. Could it be that we all have the potential to be angels? Could it be that as we help others, guide them, greet them, give them messages of caring and kindness and compassion; that we all have the potential to be messengers of God. And could it be that as we travel through the seasons of Advent and Christmas that we will meet our own angels; for the Bible tells us, "*Do not forget to show hospitality to strangers, for by doing so some have entertained angels without knowing it.*" (Hebrews 13:2)

Susan Bates

BENEFICE

To receive regular Benefice News by email, contact Rev Susan with your email address at revsusanbates@icloud.com. It includes information and photos of recent events, news of future events and services. There is also a Facebook page at www.facebook.com/debenhamandhelmingham with lots of news and photos.

PETTAUGH

The last article published for Pettaugh in “Together” was in the Spring edition 2020. The last social event we were able to hold was a soup lunch on 29th February 2020. Freshly cooked bread rolls, various soups and cake followed. It was well attended and raised £200. Then on 23rd March 2020 the first Lockdown was announced, masks, social distancing and stay at home. Several residents set up a group who offered help with prescription deliveries and food shopping and this offer of help was taken up by quite a few. Thank you to all those who volunteered help it was very much appreciated by many.

Sadly Roy Asser who had lived in Pettaugh for 20 years passed away on 26th April 2020. Roy is remembered for a book he published in 2006 “The Battle of Britain: The Camera’s View” which contained a unique series of images and the stories of the airmen who fought above us. Roy passed away at the grand age of 94 and our thoughts are with his wife Pat to whom he had been married for almost 70 years.

Lockdown regulations eased in June 2020 but still no church services were permitted. The Revd. Susan Bates set up weekly Zoom services which were extremely well attended where we shared our computer screens. These services were a very welcome social and meaningful gathering in safe conditions.

There was another sad loss when Dorothy Ruffles passed away on 10th October 2020 one week after her 90th birthday. She had a lovely celebration of her 90th with old friends. Dorothy was born in Otley, but came to Pettaugh in 1930. She moved to Winston in 1986, played the organ at Winston church until Lockdown, she had attended Pettaugh church for special services and events. A lovely gentle lady who will be sadly missed.

During the past year or so, visitors may have noticed all the wonderful work which has been undertaken in the churchyard. This has been done by one very generous volunteer, who would not wish to be named but who can be seen regularly beavering away.

The second lockdown came into force on 5th November 2020 but we managed to hold an outdoor Remembrance service on 8th November 2020 where just a few gathered beside the War grave at St Catherine to pay their respects.

On 20th December 2020 we managed to hold a silent Carol Service. There could be no singing but instead we listened to a selection of recorded carols. It was well attended and the congregation adhered to the current regulations and restrictions at that time.

Carol Services

December 2021



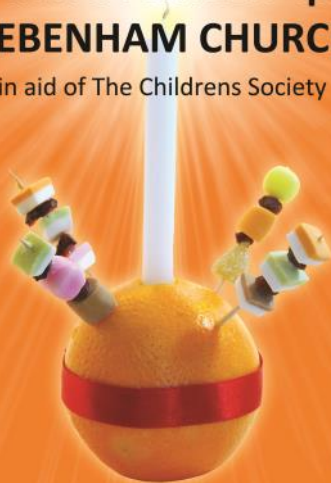
Aspall, Sunday 12th, 11.00am,
Helmingham, Sunday 12th, 6.00pm
Pettaugh, Sunday 19th, 3.00pm
Kenton, Sunday 19th, 5.00pm
Framsden, Christmas Eve, 5.00pm
Debenham, Christmas Eve, 5.00pm
Winston, Christmas Eve, 6.30pm



THE BENEFICE OF
DEBENHAM & HELMINGHAM

CHRISTINGLE SERVICE
27th NOVEMBER 4pm
DEBENHAM CHURCH

in aid of The Childrens Society



www.christingle.org
Charity registered in England
No. 1097244


THE BENEFICE OF
DEBENHAM & HELMINGHAM

ADVENT
Darkness to Light
SERVICE



Sunday 28th November, 6.30pm,
Debenham Church
All welcome!


THE BENEFICE OF
DEBENHAM & HELMINGHAM

Debenham
Christmas
Market


THE BENEFICE OF
DEBENHAM & HELMINGHAM

Saturday 4 December
1pm - 4pm

in St Mary's Church, Debenham

- * Refreshments
- * Cakes
- * Books
- * Prize Draw
- * Crafts
- * Games
- * Bric a brac
- * Gifts
- * Tombola

Something for everyone!

family@church

SUNDAY 5th DECEMBER,
free breakfast 9.30am, service 10.00am
Debenham Church

A FAMILY FRIENDLY SERVICE
FOR THE YOUNG AND THE NOT SO YOUNG

come along and make your
own advent wreath!



THE BENEFICE OF
DEBENHAM & HELMINGHAM

Christmas Day 2020 was very different! No local church services instead a Zoom service. No family gatherings just many video linked chats.

2021 arrived with few changes some restrictions lifted, then we were able to receive the Covid vaccinations according to age groups but still the pandemic continued.

Congratulations to Fred and Sybil Rowe who both turned 92 during 2021. Also, Tony Thornton reached the grand age of 97 this year, now living with his daughter & family.

Sadly, another loss to the village as John Martindale passed away on 2nd June 2021. Our thoughts are with his wife Catherine and family.

Church services began to resume in September and several services have been held at St Catherine since, including a Harvest Service and it was lovely to see the Church decorated. We collected tinned produce during the service which was taken to St Mary's Debenham when some 600 cans were taken to the Waveney Foodbank and hugely appreciated.

Some dates for your diary. A **Cheese and Wine** event is to be held on **27th November 2021** and full details will be advertised nearer the time. The **Carol Service** is to be held on **Sunday 19th December 2021 at 3pm** and this year we are allowed to sing.

All are welcome so please do come.

HELMINGHAM

It was especially nice to see the church decorated with flowers and seasonal produce for **Harvest Festival**, after all the restrictions over the past months. Mark Trevitt led the service, the bells added to the welcome and Peter Haas played the organ for background music. Non perishable food was donated to the Salvation Army in Ipswich and fresh fruit and vegetables were shared amongst the congregation. Thanks to all who helped.

Many thanks to Joe Styles who cycled for the Suffolk Historic Churches Trust and the sponsors who supported him to raise money for the trust, half of which will be returned to St Mary's Church.

Our **Carol Service** will be on **Sunday December 12th at 6pm** and a Family service will be held at 10am on Christmas Day.

The **Christmas Drinks Party** at Helmingham Hall is on **Monday 13th December, 6.30-8.30pm**. See the box on page 19 for more details.

Helmingham Primary School and Nursery

A number of aerial (drone) photographs have been sent to the editor, to which unfortunately the duplicator cannot do justice and are not included in the printed magazine. If you wish to see them they will be included in the

online version at www.issuu.com/tonyhutt.

WINSTON

It's been nearly two years since I wrote the last Winston notes for the *Together* magazine and I don't need to say how life changed during that time.

We are having regular church services again and a few events have taken place, and more have been arranged which hopefully we'll tell you about in the Spring magazine.

The Harvest Festival was held in September and the goodies from the service were taken by Kate to the Mencap home in Debenham.

We all enjoyed a lovely Village Supper in early October organised by Mr and Mrs Pollard. Thanks to everyone who provided the food and to all who donated the Draw Prizes, raising £91 for the Schoolroom funds.

It was lovely to see Bridget and Dean at the supper—they have done a brilliant job repairing and redecorating the Schoolroom.

The churchyard has had a major clearance, many thanks to everyone who gave their time to make such a difference and hopefully make it easier to maintain.

It was lovely to see so many people with their pets at the Pet Service in October. Lots of dogs of all sizes, horses and pony. Their owners enjoyed tea and cakes in the Schoolroom after the service and as an added bonus the weather was very kind to us all.

We, as a village, lost three of our oldest, most loved and colourful characters all within a year:

Dorothy Ruffles passed away in October 2020, just a week after her 90th birthday. Dorothy, from Winston Green, was the organist at the church for many years.

Bill James, farmer at Winston Hall and Churchwarden, passed away in February. A devoted family man, countryman, how he would have loved the Pet Service and we all missed him at the supper.

More recently, Jackie Goodwin passed away in September, aged 90. Sincere sympathy to David and all the family.

Do you know anyone who would be willing to play the church organ at an occasional church service? If so please contact Rev Susan Bates or Veda Berriman for more details (contact details on the last page of the magazine). Thank you.

Many congratulations to Jenny James and Andrew Ford on the birth of their daughter Willow on September 28th. Lots of love to you all.

The Carol Service is planned for Christmas Eve at 6.30pm and the Christmas Day service at 10am. **Please note no service on Boxing Day (Sunday).**

Wishing everyone a safe, healthy Christmas and all good wishes for 2022.

Sandra

FRAMSDEN

Framsden are delighted to share that the Rural Coffee Caravan, will be visiting us again on November 10th and December 8th from 2 – 4pm at the Village Hall. Please do feel free to join us for a cup of tea and natter...all welcome!

We look forward to seeing you then and perhaps joining us for our **Christmas Jazz Café** on **December 4th** from 11am – 2.30pm. Come prepared for some fabulous food offerings, chilled music and great company.

Kindly note that during January and February there will be some Men Who Munch and Ladies Wot Lunch sessions in the Framsden Village Hall between 12 – 2pm complete with guest speakers! Dates to be confirmed soon and will be announced via the Benefice News asap.

DEBENHAM

Advent Service: Darkness to Light

Sunday **28 November** at 6.30pm.

Christingle Service

Saturday **27 November** at 4pm. In aid of The Children's Society.
(www.christingle.org)

family@church

On the first Sunday of each month. Get a free breakfast (sorry, no bacon and eggs—but there are croissants, toast, coffee, fruit juice...) from 9.30am. The service starts at 10am, a family-friendly service for the young and not so young.

Christmas Market

Saturday 4 December, 1pm to 4pm in St Mary's Church. Refreshments, prize draw, bric a brac, cakes, crafts, gifts, books, games, tombola. Something for everyone! Please contact Betty on 01728 860513 if you would like a pitch, or if you would like to run a church stall or help in any way. Or, just come along and have fun!

Thank you to all who donated to our Tower of Tins, we collected 527 in total! The tins will be delivered to the foodbank and were collected during our Family@church service, Sir Robert Hitcham's Harvest assembly and

Debenham High School's Harvest service for year 7 & 8. Thank you so much!

Pop-Up Shop

The Pop-Up Shop which was running on Wednesdays in Dove Cottage unfortunately had to stop because of supply issues. It is hoped that something will start again in due course.

Debenham Shed

“Any man who passes the age of 30 and finds himself without a shed can consider himself a failure”—*The Detectorists*, 8 November 2017. Fortunately there is a solution to this problem! At 2 Fields, Low Road, Debenham (IP14 6BJ) there are four 40ft joined containers which comprise the Debenham Shed, recently expanded from a single container. We have acquired many hand and machine tools including lathes, routers, pillar drills and bandsaw; we will be running training sessions for members in their use.

Unlike the garden shed/workshop, being at Debenham Shed is a sociable experience where you can learn from others, share skills, or just “create, converse and connect”—including tea/coffee and cakes. We do our own projects and communal projects. Recent projects include renovating garden benches, repairing a garden shredder and stabilizing a wooden otter at Debenham Lake and Woodland. Meanwhile we’ve nearly finished our facilities and will soon complete the electrical wiring, lobby and galley (kitchen).

Just turn up (no dogs please) on Friday afternoons (2-5pm) if you’d like to meet us and see the facilities.

See www.eadt.co.uk/news/east-together-debenham-shed-open-day-8191418 for an excellent article and video about our official re-opening on 20 July.

The Debenham Shed is at 2 Fields, Low Road (IP14 6BJ). Affiliated to UK Men’s Sheds Association. Debenham Shed Officers: Les Wright 07793 470694, Bernard Rose 07538 974119, Tony Hutt 07906 614328. To receive occasional news by email contact us at debenhamshed@gmail.com. Like our Facebook page at www.facebook.com/DebenhamShed.

Debenham Library

The library will be closed on UK public holidays, including: Christmas Day, Boxing Day, Tuesday 27th December, New Year’s Day.

Please continue wear a face covering in the library, to protect customers and staff. Thank you.

Books, DVDs, WiFi, Computers, Printing/photocopying/scanning, A4 Laminating, CDs, audiobooks, downloadable music/audiobooks/ebooks, free reservations, drinks for sale. The room is available for hire outside opening hours.



Church services in the Debenham

December 2021	Helmingham	Framsden	Pettaugh
5th December			
12th December	6pm Carol Service	9.30am Morning Prayer	11am Holy Communion
19th December		11am Holy Communion	11am Carol Service
Christmas Eve		5pm Carol Service	
Christmas Day	10am Family Service		11am Morning Prayer
January 2022	Helmingham	Framsden	Pettaugh
2nd January			
9th January	11am BCP Holy Communion/MP	9.30am Morning Prayer	11am Holy Communion
16th January		11am Holy Communion	
23rd January			11am Morning Prayer
30th January			
February 2021	Helmingham	Framsden	Pettaugh
6th February			
13th February	11am BCP Holy Communion/MP	9.30am Morning Prayer	11am Holy Communion
20th February		11am Holy Communion	
27th February			11am Morning Prayer

BCP – Book of Common Prayer in the Tradition

Morning Prayer every Wednesday at 9am in St Mary Magdalene, Debenham

am and Helmingham Benefice

Winston	Aspall	Kenton	Debenham
	8am BCP Holy Communion		9.30am family@church
6.30pm Evening Prayer	11am Carol Service	8am BCP Holy Communion	9.30am Holy Communion
9.30am Morning Prayer	8am BCP Holy Communion	5pm Carol Service	9.30am Holy Communion
6.30pm Carol Service			5pm Crib Service 10pm Christmas Eve Communion
10am Holy Communion	8am BCP Holy Communion	10.30am Family Service	9.30am Holy Communion
Winston	Aspall	Kenton	Debenham
	8am BCP Holy Communion		9.30am family@church
6.30pm Evening Prayer		8am BCP Holy Communion	9.30am Holy Communion
9.30am Morning Prayer	8am BCP Holy Communion	11am Morning Prayer	9.30am Holy Communion
11am Holy Communion			9.30am Holy Communion
			9.30am Holy Communion
Winston	Aspall	Kenton	Debenham
	8am BCP Holy Communion		9.30am family@church
6.30pm Evening Prayer		8am BCP Holy Communion	9.30am Holy Communion
9.30am Morning Prayer	8am BCP Holy Communion	11am Morning Prayer	9.30am Holy Communion
11am Holy Communion			9.30am Holy Communion

Additional Language HC – Holy Communion

am. This follows the Common Worship format and lasts about 30 minutes.

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
Facebook: @DebenhamLibraryAndFriends Email: debenham.library@suffolklibraries.co.uk

Suffolk Libraries: Mobile Library Routes (every 4 weeks)

Aspall Church, Thursdays 1145-1210 (please note times have changed)

Debenham, Gracechurch Street/Henry Street Thursdays 1115-1145

Framsden Village Hall, Thursdays 1400-1415

Helmingham is no longer listed

Kenton is no longer listed

Pettaugh, Old Bull, Fridays 1535-1555

See www.suffolklibraries.co.uk/visit/mobile-libraries for more information.

Editor's notes

It is nearly two years since *Together* was last published, the Spring 2020 issue. A lot has happened since then—or should I say *not* happened? This issue is a bit thinner than before because some advertisers have not renewed, but we hope for more to boost the income. So keep sending copy to me!

The Copy deadline for the next *Together* (March-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.

Editor: Tony Hutt, Email: 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 (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.

This magazine is published online at www.achurchnearyou.com/debenham and earlier copies are available at www.issuu.com/tonyhutt.

‘Blindness and the Power of Inner Vision’

The inspiring story of Mike and Lil Bowen who met in the aftermath of the First World War. A biography of Advocate RW Bowen.

By Hilary Marlow

The book *Blindness and the Power of Inner Vision* is a biography of a First

Blindness and the Power of Inner Vision

The inspiring story of Mike Bowen and Lil Gillies
who met in the aftermath of the Great War



A biography of Advocate RW Bowen, MP

by Hilary Marlow

World War soldier, Mike Bowen, who was blinded by shrapnel. After rehabilitation he qualified as barrister and had an illustrious career in public life made possible by the encouragement of his wife. With the support of an Anglican priest and the Anglican community in Cape Town, Mike established the first school in South Africa for blind mixed-race and black children. As a member of the South African parliament, he was a powerful voice in condemning racial injustice and promoting the interests of the underprivileged and disenfranchised. The biography, written by a local author, charts his eventful life and emphasises the key role played by women in working for the needy and disabled members of society. The book

which is profusely illustrated, is available from Webster's Newsagents (price £12.99) and an audio version will soon be available. The book is also distributed in the UK by the Pettaugh History Society (online order, price £12.99 post-free) or from selected booksellers. 225 pages, 64 images, 8 in colour. www.footprintpress.co.za ISBN 978-1-990980-87-9

Hello from Dogs Trust!

Your local Dogs Trust branch at Snetterton would like to briefly make you aware of a few services that we provide free of charge:

*The first, our Canine Care Card scheme, is a **free** service for dog-owners whereby, in the event of their death or illness, we will look after their dog, providing them with all the care they need until we can find a responsible, loving new home for them. This is often a great concern to*

the elderly, as their dog may be their only friend and companion – Dogs Trust can give them peace of mind, knowing that their canine companions future is safe, should the worst happen to them. Every year, we care for more than 14,000 dogs at our nationwide network of rehoming centres and we never put down a healthy dog.

*Secondly I wanted to make you aware that we provide **free talks** to local community groups. I cover the whole of the East Anglia region, to talk about the varied work of Dogs Trust, where we come from and where we hope to be in the future. There are no speaker fees or travelling expenses so please let me know if you believe that your local club would be interested.*

If anyone has any further queries, or would be interested in booking in a talk, please contact me by emailing emily.matthews@dogstrust.org.uk or phone 01953 497912.

Emily Matthews, Dogs Trust (www.dogstrust.org.uk)

Supporter Relations Officer (Maternity Cover)

Steps towards sustainability

Following Climate Sunday on 5th September, and prior to 2021 United Nations Climate Change Conference (COP26) in November, a talk was given at Coddendam on 9th October by Richard Stainer, World Development Advisor for St Edmundsbury and Ipswich Diocese on “Getting Greener—a simple guide to sustainable living”. This covered the climate crisis, the various impacts of our current ways of living and how we can rescue the future. Some actions are small, e.g. a pond in the garden; some require more effort, e.g. changing bank accounts and energy suppliers; others require large investment, e.g. heat pumps to replace oil boilers.

Recycling is not difficult or hard work: for instance Websters Newsagents in Debenham take old spectacles, mobile phones, coins, postage stamps, inkjet cartridges and DK wool for reuse or recycling.

The new Bonitas shop in Stowmarket (www.bonitaswholefoods.com) reduce plastic packaging by refilling your containers for handwash, shower gel, cleaners etc, as does Alder Carr Farm shop and Choose Refills mobile shop (www.chooserefills.co.uk). Bonitas has loose dried fruit and nuts, many organic and vegan foods, soap and shampoo bars and so on, while Alder Carr Farm has loose frozen foods.

Last year the Church of England launched a green Lent campaign called #LiveLent, a challenge to take environmental action to help tackle Climate Change. Sue and I decided to focus on single-use plastic, to see whether we could avoid it altogether for groceries and other goods. In Debenham we

Useful links

Debenham website and PC	www.debenham.onesuffolk.net
Framsden PC	www.framsden.onesuffolk.net
Framsden village	www.framsden.org.uk
Winston website and PC	www.winston.onesuffolk.net/parish-council
Pettaugh website and PC	www.pettaugh.suffolk.cloud
Framsden Baptist Church	www.framsdenbaptist.org
Forge Church (Debenham)	www.forgechurch.com

found it was possible to avoid single-use plastic altogether for a lot of shopping. For example: most fruit and vegetables in Ward's greengrocers (the main exceptions being soft fruit, out of season vegetables and salads); most meat and cheese from Palfrey and Hall, and milk from their machine; and local farm shops, such as Hog and Hen. Milk we had delivered and Paul's fish van delivers without plastic if you remember to bring a container with you. Deben Coffee House (Vanilla Bakery) would normally sell some bread loose too. The Coop is another story however, for all the cheese, meat, frozen foods and dairy produce (except butter) comes in plastic. Hence we mostly avoided

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Together magazine carries advertisements as a service to advertisers who wish to promote their services or products to readers. This does not imply that the publishers of the *Together* magazine endorse or provide any guarantee as to the quality of the services or products advertised. It is the responsibility of the customer to make the necessary enquiries of any advertiser. For advertising rates see page 12.

the Coop, especially after the lockdown when queues became a problem. We didn't visit any other supermarkets or get online groceries either.

Avoiding single-use plastics has consequences, though. It's often more expensive, especially in some farm shops. A middle-class luxury, perhaps. Has it changed anything for us? It changed our attitude, making us aware how much single-use plastic we were getting from Coop, Tesco, Lidl, and supermarkets in general. What of the future? There are some signs of hope, such as charging for carrier bags, easier plastic recycling, biopolymers and compostable "plastic", shops providing refills and plastic-free packaging, and reusable bags at supermarkets for veg/fruit. No doubt small shops and farm shops did well in the coronavirus crisis and I expect milk deliveries did too.

Miranda Millar

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For details contact Jo Calver, Helmingham 01473 890770,

email: jothereadhead68@gmail.com



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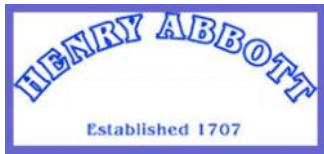
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Andrew Baynes

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baynesandrew@aol.com

Member of The Guild of Master Sweepers

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is available to hire: see back page for details.

Dove Cottage

is available to hire: contact Ray Watts,
70 High Street, Debenham IP14 6QP
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Email wattsdebenham@aol.com

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More information from PCC members

RSVP

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WHO'S WHO IN THE BENEFICE

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Vacant

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