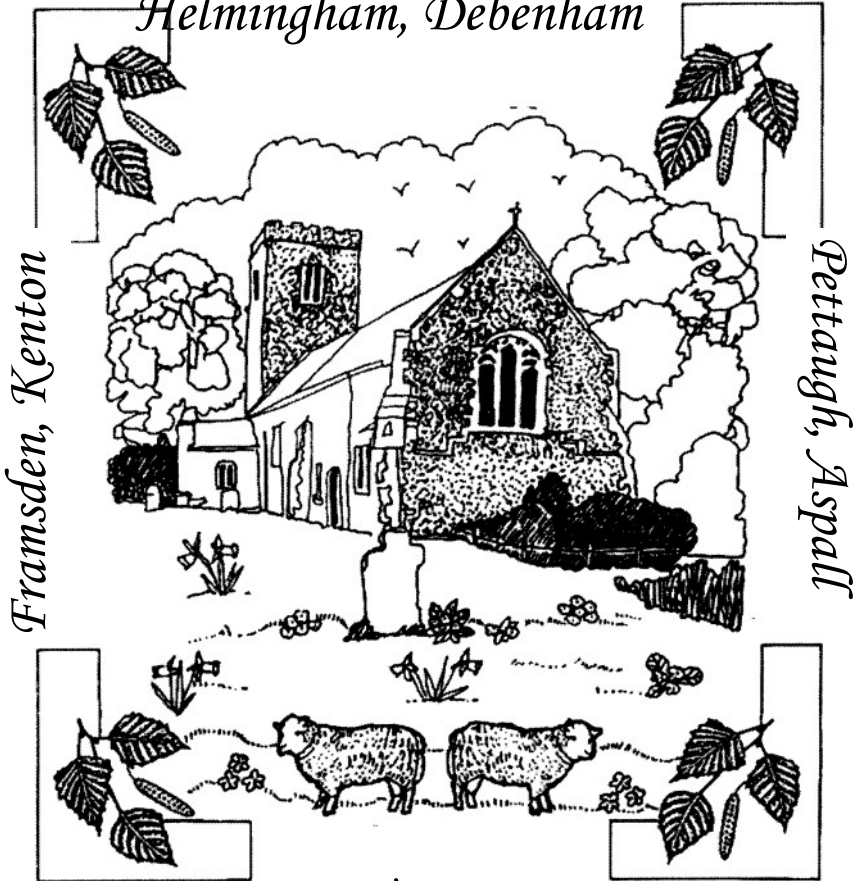


TOGETHER

Spring 2023

March to May
Distributed free within the Benefice

Helmingham, Debenham



Winston



THE BENEFICE OF
DEBENHAM & HELMINGHAM

From the Rector

The gift of flowers

I was feeling a little weary and the day was cold. The sun had retreated behind an even and obstinate layer of grey clouds. I was trying my best to look forward to Spring, but, honestly, it seemed a long way away. The knock on my door came as I was just about to eat lunch. I let out a sigh...

On opening the door, I was greeted by a smile and a hand holding out before me a bunch of early daffodils. They were inexpertly wrapped in bright yellow tissue paper and the flowers tightly budded, but just... just beginning to burst into life. There was such beauty in that moment.

It was a small gesture of great love and the warmth of that love and the brightness of the promise of the blooms changed the dull and weary day for me into one of gratitude and hope. And I marvelled at the gift of flowers. The gift that one human being might make to another and all that that gift holds within it, and the gift of flowers to the world... the gift from the Creator to us all.

At a time when the world seems such a dark place: when there is untold suffering from war and famine; when our friends and neighbours struggle to keep warm and keep fed; when the planet is groaning under the weight of human 'progress', it can be really hard to see or understand or believe that there is a God. But then, in the midst of the darkness, a field of poppies grows; from the frozen earth snowdrops hesitantly raise their heads; from the heart of love comes a smile and the reminder that Spring is really only just around the corner.

The gift of flowers brought their own intrinsic beauty into my home. Its kindness brought the gift of reminding me that there is love and care all around us. And the gift of flowers helped me see how God works through us and with us and for us, pushing aside the darkness, giving us all, over and over again, the gift of flowers.

Susan Taylor

FRAMSDEN

Framsden Village Hall

The sole plate has needed repairing for some time and work is due to take place in the summer. There will be a fundraising scrap collection in February.

To book the hall contact Charlotte
framsdenvillagehallbookings@gmail.com.
Other enquiries framsdenvh@gmail.com.

Debenham and Helmingham Benefice Church Services

March

Sunday 5 th March	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
Sunday 12 th March	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Morning Prayer
	11.00am	Helmingham	Holy Communion
		Pettaugh	Holy Communion
	6.30pm	Winston	Evening Prayer
Sunday 19 th March	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Framsden	Holy Communion
Kenton		Holy Communion	
Saturday 26 th March	9.30am	Debenham	Holy Communion
	11.00am	Winston	Holy Communion
		Pettaugh	Morning Prayer

Fox Fritillary Meadow, Framsdén

Open Saturday 15 April, 10am-4pm and Sunday 16 April, 10am-4pm

A chance to view the largest Suffolk population of snakeshead fritillary, with several hundred thousand purple and white flowering plants in good years. Access to the reserve is limited to the two open day events each year when the surrounding land owner opens up their land. OS Map Reference TM190609.

Access is by way of a grass track and steep slope, 400 metres from parking to meadow. Not suitable for wheelchairs. There are no toilets on site.

Entry fee: £6 per person on open days only, or £10 with Cream Tea. No dogs permitted, Book your slot at www.suffolkwildlifetrust.org/foxfritillarymeadow or ring 07500 226487 for details.

March 24th **Ladies Wot Lunch** with speaker in Framsdén village hall. Two course meal with tea /coffee and fabulous guest speaker. Tickets just £12.50. To reserve tickets in advance please email ctschofield@outlook.com

Sat 8th April **Easter coffee morning** – Framsdén Village Hall 10.30am until 12.30pm.

22nd April **Italian evening** –
Two course meal and glass of wine.
Tickets just £12.50. To reserve tick-
ets in advance please email
ctschofield@outlook.com

Sat 20th May Event tbc. Please
check the website for further details
nearer the time.

Sat 24th June **Village fete** – joint
Church and Framsdén Fundraisers
event. Further details to follow but
likely timings are 10.30am – 4pm.

Sa 16th July **Garden party** in
Margaret Samain's – Thornfield,
Birds Lane. £5.00 entrance.

Last but not least, please note that
the Rural Coffee Caravan visits
Framsdén on the 2nd Wednesday of
every month at 10am – 12 midday.
All welcome for cuppa and a natter.

Framsdén Woodland Group

The next event will be the plant sale on **Sunday 11th June** at Framsdén Vil-
lage Hall.

WINSTON

Sandra and Livvy would like to thank everyone who kindly donated to their
door to door collections for the Poppy Appeal, together over £400 was col-
lected. Many thanks once again.

The Early Bird Christmas Market in November raised nearly £600 for the
church and schoolroom funds. Many thanks to everyone who helped and
supported the event and to Kate for all the behind the scenes work. We are
always amazed at the refreshments that are provided for our events. Many
thanks to those who made them.

It was lovely that we were able to hold the Carol Service. The service on
Christmas Eve was very well attended and we thank all those who helped in
any way: Veda Berriman for taking the service, the Debenham Bellringers,
Shaun Valentine for providing the music, Bob and his girls' choir and a spe-
cial thank you to all the Readers and Julie, Jude and Ezra who all did an ex-
cellent job in front of a full church. The collection of nearly £230 was sent



The poster features a shelf at the top with various grocery items: a carton of eggs, a loaf of bread, a carton of milk, a carton of juice, and some fruit. Below the shelf, the text reads: **Parish Pantry** (with a yellow cross over the 'y'), **10.00 am - 11.00 am**, **every Wednesday**, and **Debenham Church**. In the center is an illustration of a brown paper shopping bag filled with groceries, with a large '£3' printed on it. Below the bag, the text says: **Collect a bag of groceries for £3**. At the bottom, there is a small logo for 'THE BENEFICE OF DEBENHAM & HELMINGHAM' featuring a dove.

Holy Week with your Parish Church

Palm Sunday 1st April

9.30am family@church palm procession!

Monday 3rd Tuesday 4th, Wednesday 5th April

7.00pm Compline, Debenham Church

Maundy Thursday 6th April

7.00pm – Holy Communion (Foot Washing), Debenham Church

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

Good Friday 7th April

1.00pm – Walk of Witness, Aspall Church to Debenham Church

2.00pm – Service for Good Friday, Debenham Church

Holy Saturday 8th April

10.30am – Children’s Activities, Debenham Church

5.30pm – A meditative time at Pettaugh Church

Easter Day 9th April

8.00am – Aspall, Holy Communion

9.30am – Debenham, Holy Communion

9.30am – Winston, Holy Communion

9.30am – Framsdan, Holy Communion

11.00am – Helmingham, Holy Communion

11.00am – Kenton, Family Service

11.00am – Pettaugh, Holy Communion

to EACH.

The Annual Winston Quiz is planned for **Friday 17th March**, 7.30pm start in the Schoolroom. Entry is £5 per person. Teams of four or join a team on the night. Refreshments at half time, but please bring your own “table nibbles” and drinks. Raffle. To book your team/table please phone Lyn Odell on 01728 860859.

Winston Fete will be held on **Saturday 1st July** from 2pm till 4pm. Please think of us if you’re having a clear out for books and ‘white elephant’ items. We would be very grateful of offers of 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. Thank you.

Debenham and Helmingham Benefice Church Services

April 2023

2nd April Palm Sunday	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
7th April Good Friday	1.00pm	Aspall	Walk to Debenham
	2.00pm	Debenham	Good Friday service
9th April Easter Sunday	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Holy Communion
		Framsden	Holy Communion
	11.00am	Kenton	Family Service
16th April		Pettaugh	Holy Communion
		Helmingham	Holy Communion/
	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
23rd April	11.00am	Kenton	Morning Prayer
		Framsden	Holy Communion
	9.30am	Debenham	Holy Communion
30th April	11.00am	Winston	Holy Communion
		Pettaugh	Morning Prayer
	10.00am	Aspall	Benefice Service

Winston Parish Council

Over the last six months we have taken advice from the Suffolk Wildlife Trust to improve the biodiversity of Winston Green. To this end we have worked with Durie Partners to both cut and collect the grass on the Green which should help enhance the growth of wild flowers and result in an increased range of animal and insect life. Durie Partners also kindly donated some bales of wild flower rich hay which was sprinkled over the Green in the Autumn. We hope that over time there will be a marked improvement in the Green as a facility for the Village. In a similar vein we are continuing with our annual programme of litter picks and the next one will be held on **Saturday 11th March** at 10.00. Please come along and add your support!

Debenham and Helmingham Benefice Church Services

May 2023

Sunday 7th May	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
Sunday 14th May	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Morning Prayer
	11.00am	Helmingham	Holy Communion/MP
Pettaugh		Holy Communion	
Sunday 21st May	6.30pm	Winston	Evening Prayer
	8.00am	Aspall	Holy Communion
		9.30am	Debenham
	Winston		Morning Prayer
	11.00am	Framsden	Holy Communion
Kenton		Morning Prayer	
Sunday 28th May	9.30am	Debenham	Holy Communion
	11.00am	Winston	Holy Communion
		Pettaugh	Morning Prayer

HELMINGHAM

Christmas Services

The Christmas season was celebrated with two services. The Carol service was conducted by Tracey James with members of the congregation taking part by reading the lessons. Mulled wine was served following the service and enjoyed by those who stayed for the opportunity to catch up and share news. A family service was held on Christmas morning.

The Quiz held at the Coach House in January was well attended and a good time was had by around 60 people. Competition was rife and added to the enjoyment. Thank you to Edward and Sophie Tollemache for their generous contribution and to all who came along to support the event. Around £500 was raised for St Mary's Church.

Helmingham Primary School & Nursery

KS2 Eagles class started their swimming sessions at the wonderful Framlingham College pool and it has been a privilege to see the determination and resilience of this class as they gained confidence each week. With

expert teaching the children were encouraged to challenge themselves and were able to jump in safely and swim a full length/width of the pool. Topics this term have differed with KS2 Eagles investigating the lifestyles of the **Indigenous American people**. There has been debates about how they were treated and leading on to compare our lives now to their lives 200-300 years ago.

Mrs Leeks, our new KS2 full time teacher, commented “I am thrilled to be part of the team here at Helmingham and to have the pleasure of teaching such conscientious, kind and resourceful children.”

KS1 Foxes and EYFS Hedgehogs have been investigating **Our World** using google maps to see where they live and identifying the features around us. Hedgehogs have incorporated their Talk4Writing book **Meerkat Mail** with a map of the world displayed and Sunny the Meerkat having a new postcard each day in his hand when the children come into class. Great excitement to see where Sunny has been and finding it on their map.

Foxes have included their very own **Beegu** (knitted by a member of the Senior Lead Team) who is an alien who has landed and seeing Our World through its eyes. The children were very excited to have Beegu in their class and it encouraged some fantastic fluent descriptive writing.

As part of Our World Hedgehogs and Foxes joined together for an afternoon of discovery and activities to enjoy **Chinese New Year**, The Year of the Rabbit (Mrs Richardson!). Emma our wonderful cook gave us a delicious Chinese inspired menu before we started our afternoon of creativity. We saw and listened to children watching the spectacular dragon parade, enjoying time with their families and taking part in their traditions. We made firework kebabs, lanterns, puppets and our own Dragon Heads which we used at the end to create a dance. The afternoon finished with us all having a fortune cookie and reading out our messages.

Do come and visit us if you are looking for a Nursery place for your child (3 – 5 years) or ready to start/continue Primary School. We are a friendly, small but dynamic school looking to share our enthusiasm that ‘every child counts’. Check out our website, Facebook page (you can look over our school from the drone film taken) or ring Mrs Lloyd our Office Manager on 01473 890267.





Starting Tuesday
28th February
2023
7.00-8.30pm,
Dove Cottage

Brother Lawrence wrote about how he lived his Christian life in the 1600s and his very slim work ***Practising the Presence of God*** has been massively popular ever since. Through Lent, Bishop Mike (and an occasional guest) will be offering five Zoom sessions looking at how his insights can be applied in everyday life - with plenty of room for discussion.

We will meet as a group in Dove Cottage to join the Zoom sessions and share discussion as our own group.

To show your interest, please contact
Revd Susan on 01728 860222.

Lent Pilgrimage 2023

Dove Cottage Debenham Wednesday 1st March 7.30 - 9.00 pm

As an author, I write stories. Stories that lead the characters and the readers towards the truth of God and about themselves. In my novel *Leaving Bethany*, I tell the story of Martha who invited Jesus into her home and became a disciple. She followed Jesus into Jerusalem to see the crowds waving and was at his arrest and trial.

She witnessed his death and went to the tomb early on Sunday morning when everything changed. She was part of Jesus's story, and he invites us to take our place in his continuing story.

During the evening, on Wednesday 1st March, we will explore together a part of Jesus's story during that momentous week. There will be time for creative prayer focus as well as 1st of March and to share parts of our journey together.

Susan Sutherland

www.leavingbethany.com

PETTAUGH

We left 2022 with many extreme events, some good and some not so good. From the outbreak of War in Ukraine to the Platinum Jubilee celebrations and sadly the death of our Queen Elizabeth II, not to mention the quick changes in Prime Ministers and cost of living issues. We all need to keep positive in these difficult times.

We are also reminded that we lost several well known residents of Pettaugh, Val Hughes, Tony Thornton, and Richard Clark. All characters that we miss and our thoughts are with their families. Yes, 2022 is a year to remember in many different and varied ways. The church is always open should you wish to visit for some quiet and reflection time.

The Christmas Carol service was held on the Sunday before Christmas and it was enjoyed by many singing to the wonderful sound of the organ.

In November we held a Cheese and Wine evening which was well attended and the variety of artisan and local cheeses were very well received.

So far this winter has brought some very varied weather conditions from heavy frosts to heavy rainfall and some very beautiful sunsets in our lovely Suffolk skies. Let's hope the rain has topped up our water reserves for the summer droughts.

Looking forward, we have a Holy Communion service on Easter Sunday 9th April at 11.00am and all are welcome.

The Rural Coffee Caravan will be visiting St Catherine's Car park again during the summer months of 2023 and the new dates will be shared when known.

A reminder that the Parish Pantry is open every Wednesday from 10.00am—11.00am in Debenham Church. Just £3 to collect a bag full of groceries and it is open to all within our benefice. Also the Parish Cafe is open every Wednesday 10.00am—12.00 noon in Dove Cottage for a cuppa, cake and chat in the warm (for a donation only). All welcome.

We are also looking to hold a summer event in the meadow and we hope that residents can come together and help us to make this a community success. Date to be confirmed. Ideas and offers of help are most welcome, please contact me at 01473 890883 or s.janson@btinternet.com.

Wishing you all peace and happiness in 2023. Take care, Sheila.

DEBENHAM

Lent Pilgrimage 2023

Wednesday 1st March 7.30-9pm in Dove Cottage. Susan Sutherland has

PARISH

CAFÉ



every Wednesday

10 am-12 noon, Dove Cottage

Pop in for a cuppa, cake and chat
(for a donation only)



THE BENEFICE OF
DEBENHAM & HELMINGHAM

written a novel called *Leaving Bethany* (www.leavingbethany.com), telling the story of Martha who invited Jesus into her home and became a disciple. She witnessed his death and went to the tomb early on Sunday morning when everything changed. She was part of Jesus' story, and he invites us to take our place in his continuing story. During the evening we will explore together a part of Jesus' story during that momentous week. There will be time for creative prayer focus as well as readings from *Leaving Bethany*.

Parish Café

Every Wednesday, 10am to 12 noon in Dove Cottage. Hot drinks, cake and chat.

Parish Pantry

Every Wednesday morning, 10am to 11am in the church. Collect a bag of groceries for £3.

Family@church

A family friendly service for the young and not so young. On the first Sunday of each month, 9.30am breakfast, 10am service.

Waveney Foodbank

A collection box for Waveney Foodbank is in the church porch.

Debenham Hub

Every Monday, 10am-2pm in Dove Cottage, High Street. Free hot drinks, WiFi, use of microwave, books available, cards and a warm welcome. Bring your knitting! Sponsored by Debenham Parish Council as part of the Warm Space Initiative.

Recycling containers and Green Team lectures

Debenham Green Team (debenhamgreenteam@gmail.com) have containers for blister packs, pens, dental products and corks, at the back of the church. Also old candles for recycling. Join the mailing list at debenhamgreenteam@gmail.com. See the events coming up at www.facebook.com/DebenhamGreenTeam

The next talk in the series is on **Thursday 16 March** at 7.30pm in the Long Room, Debenham Vets, 1 Cherry Tree Lane IP14 6QT. Dr David Wolfe KC of Wakelyns, Fressingfield will talk about organic agroforestry, short food chains and enterprise stacking. Wakelyns is one of the oldest, most diverse agroforestry sites in Europe. See www.wakelyns.co.uk.

Debenham Library

Warm Spaces: Debenham Library are offering free hot drinks on a self-service basis, funded by Suffolk Libraries. Come and make yourself a drink while you browse the books, read or use the computers!

Suffolk Libraries Day: Debenham Library will be holding a **Quiz** on **Saturday 4th March** in the evening, Bring your own drinks and snacks. Cost £5 per person which will include tea/coffee/cake/dessert in the interval. For more details see the Facebook page. On **Sunday 5th March** we will have **Afternoon Tea** from 1.30pm to 4.30pm.

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.

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



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www.parkfarmmeadow.com

Facebook page: Parkfarmmeadow

Pettaugh, Old Bull, Fridays 1535-1555

Helmingham and Kenton are no longer listed

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

Debenham Shed

Craft Days: craft days continue Saturday mornings, 9am-12pm on **11 March** and **15 April**. Make candles from recycled wax (11 February). Other crafts will be available. Cost: members £10 per session, non-members £15 per session, which will include materials and tea/coffee and cakes. **Booking is essential** as numbers are limited. Tel 07976 925016 or email events@debenhamshed.org.uk

Our 39 members continue with their own projects or communal projects; currently we have 35 live projects registered and 46 completed so far. Comfortable seating is being built in the galley, while other projects in hand or recently completed include a new village sign for Mickfield, possible renovation of benches for Debenham Bowls Club, a bicycle renovation (sold) and a welding repair for a table in Dove Cottage.

Our 1976 MG Midget now has operating windows, headlights and other minor improvements. New suspension springs are on their way after a long delay, and following their installation at Debenham Garage it will be moved to Cambridge for a free respray. Once complete it will be sold to generate funds for the shed, including a defibrillator.

We have raised so far over £1,000 through sale of donated tools, furniture, renovations and other items. To protect these goods and larger equipment from the weather we have applied for grants to enclose a lean-to area on one side of the shed, providing storage space and at the same time a wheelchair ramp to our composting toilet; planning permission has been granted.

Do you have any tools or workshop equipment you no longer need? We would welcome donations or offers.

What is Debenham Shed? A place to make things by yourself, with guidance or with others. It could be in metal, cloth, wood or plastic. We have lots of tools and sourcing materials. You may want to repair or make new—the limit is your imagination. It is also for social connecting and friendship building, sharing skills and knowledge, and of course a lot of laughter. Debenham shed is open to all.

Debenham Shed is at 2 Fields Farm, Low Road (IP14 6BJ). We are open on Monday mornings 9am-12pm, Friday afternoons 2-5pm and normally the second Saturday morning of each month.

Chairman: Dennis Morley 07976 925016. Treasurer: Tony Hutt 07906 614328. Visit our website at www.debenhamshed.org.uk (sign up to newsletters on the Contact page) Email info@debenhamshed.org.uk. Like our Face-

book page at www.facebook.com/DebenhamShed.

Editor's notes

The Copy deadline for the next *Together* (March-May) magazine is **25 April**, and is 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.



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email: jothereadhead68@gmail.com



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www.debenvalleyvet.co.uk

Useful links

Debenham website and PC
Framsden PC
Framsden village
Winston website and PC
Pettaugh website and PC
Framsden Baptist Church
Forge Church (Debenham)

www.debenham.onesuffolk.net
www.framsden.onesuffolk.net
www.framsden.org.uk
www.winston.onesuffolk.net/parish-council
www.pettaugh.suffolk.cloud
www.framsdenbaptist.org
www.forgechurch.com

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details.

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Email: mjardine@btinternet.com

Jennifer Baker

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