

# TOGETHER

## Summer 2024

June to August  
Distributed free within the Benefice

Helmingham, Debenham

Framsden, Kenton

Selknaugh, Copall

Winston



THE BENEFICE OF  
DEBENHAM & HELMINGHAM

## Reflection by Rev'd Susan Taylor

It always seems a strange thing to do. Filming a 'Christmas special' in August - and here writing a piece for the Summer, on a cold and wet April day. It involves some element of stepping out of the present and trying to inhabit the future.

But of course, we do such things every day. Our present selves act in ways for the benefit (or otherwise) of our future selves... in our physical, emotional and spiritual well-being. In such ways our present self can show love and care for the future self - or otherwise. Our present self might be at best inattentive, at worst indifferent, towards the future self.

And so also, we carry our past self with us all the time. It is not that we become different people as we grow and age; as we move through time. It is more as if we add layers... layers of experience, of knowledge: like a pack of cards that has new cards added and so becomes fuller. All of our previous selves we carry with us. And we cannot change the past.

We are layer upon layer of all the joy and good times and all the sadness and hard times of our lives. None can be taken away. But they can inform each other. The

THE COMBINED CHURCHES' CHOIR,  
STOWMARKET INVITES YOU TO

A Pentecost Musical

# Saints Alive!

A musical by Roger Jones, telling the story of the birth of the Church on the day of Pentecost, showing the change which took place in the apostles. It comprises 11 songs and lasts approximately 50 minutes.

**Sunday 26th May at 7pm**

**St Mary Magdalene Church, Debenham**

*Free entry. Retiring collection in aid of Church repairs and improvements*

*The concert will also be performed at:*

**Christchurch, Needham Market on Sunday 2nd June at 4pm**

**All Saints, Hitcham, on Friday 7th June at 7.30 pm**

## Debenham and Helmingham Benefice Church Services June

Sunday 2nd June	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
Sunday 9th June	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Helmingham	Holy Communion
Sunday 16th June	8.00am	Aspall	Holy Communion
		Debenham	Holy Communion
	9.30am	Framsden	Morning Prayer
		11.00am	Pettaugh
	11.00am	Kenton	Morning Prayer
		6.30pm	Winston
Sunday 23rd June	9.30am	Debenham	Holy Communion
	11.00am	Winston	Holy Communion
		Pettaugh	Morning Prayer
Sunday 30th June	8.00am	Kenton	Benefice Communion

strength we find in all that which, for us, is good, can be a blessing when those layers we would rather forget re-emerge to trouble our thoughts and dreams.

And for me it is a great comfort that God, who is outside time dwelling in eternity, chose to step into time as Jesus and came to know and live the past, present and future of the human existence. And that when the experiences of my past self feels overwhelming, or when the future seems so vast and uncertain, that God is with me and offers me the love and the strength, the wisdom and the grace, to learn from that past me somehow for the benefit of the future me.

As I picture you reading this in my future; in June or July or August, on, hopefully, a warm and sunny day... this world will still be a place where the past tugs at us and where the future rushes towards us faster, it seems than ever. What layers will be added to ourselves in that short time, I wonder. I hope and pray that we will think of our future selves, and our past selves, with love. I hope and pray that we will try to live in ways that accept all we are now, products of our past, and that we will try to enhance and protect our future self: for our own self and for all the bil-

**PARISH**  
**CAFÉ**

every Wednesday

**10am-12 noon, Dove Cottage**

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

THE BENEFICE OF  
DEBENHAM & HELMINGHAM

**Parish Pantry**

**10.00 am - 11.00 am**  
**every Wednesday**  
**Debenham Church**

Collect a bag of groceries for **£3**

THE BENEFICE OF  
DEBENHAM & HELMINGHAM

lions of other ‘selves’ around us in this life, all the time.

## FRAMSDEN

### Framsden Village Hall

The village hall team is working towards long term improvements of the hall and in April we held an open event to share the architects’ plans with the village. It is hoped that the initial phase will include improved access to the building and new toilets, a larger kitchen area and a store extension for the stack of tables, chairs and equipment to make better use of the main hall area. There was a positive response from the villagers who attended. The next stage will be to get planning and other consents, detailed costings and, of course, fundraising.

The plans will be available to view on the village website [www.framsdensden.org.uk](http://www.framsdensden.org.uk) but if anyone has questions or can help in any way, please contact the team at [framdsdenvh@gmail.com](mailto:framdsdenvh@gmail.com). To book the village hall contact Charlotte [framdsdenvilagehallbookings@gmail.com](mailto:framdsdenvilagehallbookings@gmail.com). The small meeting room is available free of charge!

## PETTAUGH

Well, Spring has sent us a few surprises with temperatures hitting unusual highs, then returning to colder than average for April, and we certainly had plenty of showers. The churchyard bloomed along with the weather from the snowdrops, to

## Debenham and Helmingham Benefice Church Services July

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

daffodils, cherry blossom and recently cowslips. The grass is growing fast and hopefully we will get a few dry days when cutting can continue. Any volunteers are always welcome to help.

We had a recent incident in the churchyard when a car skidded through the hedge. I am pleased to report that the driver was unhurt apart from shock and whiplash. Fortunately and surprisingly the car did not hit any gravestones and volunteers soon removed the hedge debris, replanted the hedge and restored the path edgings.

As a result of changes in the ministry team we are currently holding two services in St Catherine per month and these will be the third and fourth Sunday each month. Easter services were held in some of the benefice churches with the main service at St. Mary's Debenham.

A reminder that **family@church** services are held in St. Mary's on the first Sunday of every month, which is a very informal, friendly service at which children can take part in craft activities. A light breakfast is provided at 9.30am with the service commencing at 10am. All welcome.

Another reminder that the **Parish Pantry** is open every Wednesday 10am - 11am in Debenham Church. Just £3 to collect a bag full of groceries and it is open to all in our benefice. Also the Parish Cafe is open every Wednesday 10am - 12noon in Dove Cottage for a cuppa, cake and chat, in the warm (for a donation only). All



Save the dates!  
St Mary's Art Exhibition 2024  
14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup> June

welcome.

The **Annual Ride & Stride for Suffolk Historic Churches will be held on Saturday 14th September**. Anyone wishing to take part can contact our local organiser, Ruth Crane (01473 890526) for details and sponsorship forms.

### **Muriel Page 7/01/1935 - 5/12/2023**

Muriel passed away peacefully in December at the age of 87 years. She was born in Stonham Aspal where her father, James Pipe, owned a shop. Muriel had lived in Pettaugh from 1957 when she married Alan Page who had been born in the village. The married couple lived in Shingle Cottage which had been built by Alan's father. In 1960 they moved into the new bungalow which had been built in the orchard of Shingle Cottage. They named their new home 'Campanella' which reflected Muriel's interest and skill in bellringing and Alan's musical prowess.

Muriel was a very competent and generous person, running the Post Office and Shop from 1966 until she retired in August 1986. One could buy anything and everything you could need, bringing great humour, generosity, chat and friendship to the village. Both Alan and Muriel were keen on local history and the life in past times of the village, Muriel would be a source of local information retelling in her delightful, soft Suffolk accent. Her love of Campanology was since she was a young woman in 1953, ringing a "peak", but also the first Suffolk lady to ring the "Surprise major alphabet"! Muriel and Alan would entertain the bellringers in 'Campanella' after she and her colleagues had finished practising their campanology, not only in many Suffolk churches, but other counties when on tour.

Her concern for all she knew was quietly expressed with a phone call and a cake delivered. Muriel could be seen sitting in her favourite seat in the front room, where she enjoyed knitting, over many years, producing colourful jumpers and hats etc. for orphans and refugees. A tranquil pastime for a contented person.

Muriel's funeral in Debenham Church on 11th January was attended by a large number of friends, filling the large church, a measure of the esteem in which she was held. Muriel was a warm and caring lady, her death will leave a gap in our village life.

## **Debenham and Helmingham Benefice Church Services August**

Sunday 4th August	8.00am	Aspall	Holy Communion
	9.30am	Debenham	family@church
Sunday 11th August	8.00am	Kenton	Holy Communion
	9.30am	Debenham	Holy Communion
		Winston	Morning Prayer
	11.00am	Helmingham	Holy Communion
		Framsden	Morning Prayer
Sunday 18th August	8.00am	Aspall	Holy Communion
	9.30am	Debenham	Holy Communion
		Framsden	Morning Prayer
	11.00am	Pettaugh	Holy Communion
		Kenton	Morning Prayer
	6.30pm	Winston	Evening Prayer
Sunday 25th August	9.30am	Debenham	Holy Communion
	11.00am	Winston	Holy Communion
		Pettaugh	Morning Prayer

## WINSTON

Winston Parish Council recently organised the annual Litter Pick. As always, much more rubbish was collected than expected, with Debenham Road being the worst area. Many thanks to those Parishioners who took part and to Joy Walton for her help and support.

The funeral and burial of the late Mr Tony Miller of Occold took place at Winston church on January 31st. Sincere sympathy to all the family.

A warm Winston welcome to Heather, David, Hayden and Lunar at Grange Road and we wish Tina and family every happiness in their new home in Norfolk.

The Easter Sunday service was well attended. Thank you to Rev Susan for taking the service and to all the flower arrangers who made our church look lovely.

Another year, another Winston Quiz—great fun was had by all. Many thanks to Lynn and Richard for organizing the quiz; Kate for the delicious soup; Lynn, Livvy and Kim for the yummy cakes and to Sandra for the raffle. About £350 was raised for the schoolroom funds.

We thank the Parish Council for organising the litter pick. Another one is due to

take place in the autumn, date to be confirmed.

We look forward to a concert in the church by the Black Barn Singers, date to be confirmed.

We are planning the Winston Fete on Saturday 15 June, 2.45pm in and around the Schoolroom. We would be very grateful for offers of cakes for the cake stall and refreshments. If you are having a clear out please think of us for White Elephant items and books. If she hasn't seen or spoken to you yet, Sandra has draw tickets to sell, *still only £1 per book* and she will write them for you if you let her know (01728 860040). Please bring cash to the Fete as we have no card machines. Thank you.

Looking further ahead, we hope to be holding a Pet Service and our Early Bird Christmas Market sometime in the Autumn, dates to be confirmed. *Sandra*

## HELMINGHAM

The Quiz Night held at the Coach House in February was enjoyed by about 50 participants, with a variety of topics and competition between the teams. £400 was raised for St Mary's Church. Thanks to all who supported the event and to Edward and Sophie Tollemache for their generous contribution to the evening.

Three weddings are planned to take place at St Mary's during the summer 2024 on June 1st, June 15th and July 20th.

Best wishes to Lizzie Blower and Joe Trower from Darshem, parents of Aurora Rose Trower who will be baptised at Helmingham on her 1st birthday, 9th June. A special day also for Joanna and Melvyn Blower, grandparents, and all family members.

## Strawberry Tea at Aspell Hall Gardens

(IP14 6PD)

**Sunday 30th June 2.00-4.00pm**

\* Display of Morgan cars \* Bric-a-brac \*

\* Plant Stall \* Raffle \* Cake Stall \*

The Toads will be singing

£7.50 inc scones & jam, strawberries & cream

Tickets available From Webster's Newsagents

(plants and bric-a-brac to Jean Ward 01728 860121)

*All funds raised in aid of Aspell Church*

# Helmingham Primary School

Another busy time for our school which saw us as a whole school walk down to St. Marys Church, Framsdon, to hold a 'New Life' Service to celebrate Easter. Eagles (KS2) had composed their own poems to read and Foxes (KS1) explained different examples of New Life we might see in our countryside. Eagles recited the William Wordsworth Poem ' I wandered lonely as a cloud ' while Foxes and Hedgehogs (Nursery & Reception) showed their still life paintings and drawings of daffodils found in our school grounds. Some hearty singing of Spring Chickens, My Lighthouse and Sing Hosanna with maracas saw us end with thoughtful prayers read by Connor and Obi. Thank you to Rev. Canon Susan Taylor who comes into school for assemblies with each class.

Hedgehogs have been looking at the work of Andrew Goldsworthy and using natural resources found in the school grounds to create their own masterpieces based on his pattern work – using twigs and leaves. They have produced art work for the East Anglian Art Competition by using their Topic for the term – Opposites – using hot and cold colours to create a sea scene with hot sunny weather. Absolutely amazing. Foxes class created leaf prints in various designs and effects.

Our new term sees Hedgehogs and Foxes exploring Castles as their Topic. Visits to Framlingham, Orford and Colchester may be possible. Eagles start their swimming lessons at Framlingham College, then Bikeability for yrs 5 & 6 and finishing with some competitive fun with our Sports Day.

Eagles class hosted a second DT collaboration day at Helmingham with Barracudas (Henley School). Their task was to design and make a model building that could withstand an earthquake! They had to work collaboratively to use a range of materials to create a free-standing structure suitable for areas situated within the Ring of Fire around the Pacific Ocean.

We welcomed our partnership school of Henley over for a day of outdoor learning. They started off developing their map skills with Mr. Hopkinson and then he sent them off with a map and coordinates to answer questions. After break they went into the woods and he taught them how to break sticks and showed them tracking symbols. The children then laid trails for each other. In the afternoon the children made sculptures out of clay in the style of Barbara Hepworth.

We rounded off the school term with a whole Greenfields school (Helmingham & Henley) to the Ipswich Ski Centre where the children had a go on ringos, the toboggan run, crazy golf and practise ski slope. They all had fun – even when falling off the toboggan at the end of the run.

Our **STAY AND PLAY** sessions are held on the last Thursday of the month 2 – 3.15 pm. Open to anyone with a child 0-5 to come and play – in better weather we will be outside in our wooded area with mud kitchen, water, trees etc.



If you would like to come and visit us – see our Outdoor Classroom and Forest Schools in operation then please give us a call, we would love to show you around. 01473 890267 or email us on [office.helmingham@gfpschools.org](mailto:office.helmingham@gfpschools.org).

## DEBENHAM

### **Debenham High School 60 years anniversary event and summer fete**

**Saturday 13 July**, 12 noon to 4pm. Stalls and games, Music, Raffle and Tombola, Beer tent, food and refreshments, photo exhibit of school through the decades. Contact [friends@debenhamhigh.co.uk](mailto:friends@debenhamhigh.co.uk) for more information or to book a stall.

### **Debenham Day**

**Saturday 20 July** 2-8pm. Live music and dancing, stalls. Bring your own food and drink. Street party open to all from 11am to 6pm. Organised by Debenham Parish Council. Contact [cllr.KatherineBarlow@debenhamparishcouncil.org](mailto:cllr.KatherineBarlow@debenhamparishcouncil.org).

### **Debfest**

**Saturday 7th September** The third Debfest is at Debenham Primary School this year. For further details see [www.facebook.com/debfestcrew](http://www.facebook.com/debfestcrew) or contact [debenhamfest@outlook.com](mailto:debenhamfest@outlook.com).

### **Parish Pantry**

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

### **Parish Café**

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

### **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 Co-op also has a box for collections (Stowmarket Foodbank).

### **Debenham Green Team**

Debenham Green Team ([debenhamgreenteam@gmail.com](mailto:debenhamgreenteam@gmail.com)) have containers for pens, dental products and corks, at the back of the church. Also old candles for recycling. Join the mailing list at [debenhamgreenteam@gmail.com](mailto:debenhamgreenteam@gmail.com) or look at the website [www.debenhamfuture.com](http://www.debenhamfuture.com). See the events coming up at [www.facebook.com/DebenhamGreenTeam](http://www.facebook.com/DebenhamGreenTeam), or [www.debenham.onesuffolk.net/](http://www.debenham.onesuffolk.net/)

[debenham-green-team](#) for basic information.

## Debenham Shed

Sheds are starting everywhere! In April we had 15 visitors from Woodbridge, Parham and Pulham St Mary, all of whom have land but no building and are particularly interested in our use of used shipping containers and second-hand steel cladding for cost-effective and environmentally beneficial construction. You can find other sheds at <https://menssheds.org.uk/find-a-shed/>, including those still in development. There is even a mobile shed starting in Suffolk! This is an offshoot of the Rural Coffee Caravan, and will bring a workshop to rural communities.

Our last sewing machine workshop was oversubscribed. Workshop leader Teresa gave expert advice and several peg bags were made. Further Craft Days for 2024 are scheduled as follows, on Saturdays from 10am to 2pm. Please book in advance at [events@debenhamshed.org.uk](mailto:events@debenhamshed.org.uk) or telephone contacts below.

- 8 June: Mexican tin lanterns and T-shirt design
- 13 July: Dance workshop and pottery
- 10 August: Food smoking and eating, willow weaving
- 14 September: Shed Coffee Morning
- 12 October: Pumpkin Craft and Autumn Chandeliers
- 9 November: Christmas Crafts

For more details look at our website (see details below, see Events and Projects)

*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.*



The Corner Café, Open every Thursday from 4-6pm (ages 11-17)

Venue: Dove Cottage, Debenham

Serving a range of different drinks including coffees and ice coffees

Different flavours of muffins and other snacks available at affordable prices.

A cosy chill place to hang out with your mates or even to just relax alone.

Wifi available.

Debenham Shed is at 2 Fields Farm, Low Road (IP14 6BJ). We are open on Monday mornings 9am-12pm, Fridays 10am-5pm and normally the second Saturday morning of each month. You can join for 6 or 12 months, or pay as you go.

Chairman: Rob Davies 07952 556152. Treasurer: Tony Hutt 07906 614328. Visit our website at [www.debenhamshed.org.uk](http://www.debenhamshed.org.uk) (sign up to newsletters on the Contact page) Email [info@debenhamshed.org.uk](mailto:info@debenhamshed.org.uk). Like our Facebook page at [www.facebook.com/DebenhamShed](http://www.facebook.com/DebenhamShed).

## **Debenham Library**

Introducing **Reading Quest**, our new summer reading programme for children and their families. Children will receive a map of Suffolk, beautifully illustrated by Anna Lindsay, a local artist, and featuring alliterative myths and legends from across Suffolk. On the back will be a number of special activities, ideas and experiences to take part in over the summer. Children will be encouraged to read as many books as they like around any genre or subject. There will also be prizes and rewards for each week! **Volunteers wanted:** if you can help with the Reading Quest it will be much appreciated! Speak to the library staff. It will involve explaining the scheme to children, registering them, encouraging children to share the views and experiences and handing out rewards and prizes,

### **Make a Difference with a Daisy—this year's fundraiser**

Spadge Hopkins, one of the featured artists from our previous PAWS-itivity fundraiser (he has his gallery at Framlingham), is creating a metal daisy chain art installation that will be on display at the Food Museum in Stowmarket this spring and summer. We're asking for donations from our amazing supporters. The Friends of Debenham Library have bought one of them, and you can contribute or buy one of your own. For further details see [www.suffolklibraries.co.uk/support-us/make-a-difference-with-a-daisy](http://www.suffolklibraries.co.uk/support-us/make-a-difference-with-a-daisy).

*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](http://www.suffolklibraries.co.uk/libraries/debenham-library)

Facebook: @DebenhamLibraryandFriends

Email: [debenham.library@suffolklibraries.co.uk](mailto: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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Pettaugh, Old Bull, Fridays 1535-1555

See [www.suffolklibraries.co.uk/visit/mobile-libraries](http://www.suffolklibraries.co.uk/visit/mobile-libraries) for more information.

### Editor's notes

The Copy deadline for the next *Together* magazine (September-November) is **25 July**, and is normally published about two weeks later. Quarterly, A5 format. 700 copies are 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); 1/4 page for £40 p.a.; 1/2 page for £80 p.a. Send advertising enquiries and advertising copy to Tony Hutt.



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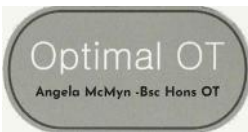

### **Angela McMyn—BSc Hons OT**

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**Web: [www.optimal-ot.co.uk](http://www.optimal-ot.co.uk)**



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### **Debenham Film Nights**

Film nights are normally on the second Saturday of each month. Contact Tony Hutt for more details and to be included in the mailing list.



**Please call or email for a free quote:**

Lee : **07754 388442**

**ljhomegarden@outlook.com**



LJ Home & Garden Maintenance



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[www.parkfarmmeadow.com](http://www.parkfarmmeadow.com) Facebook page: @Parkfarmmeadow

Email [acjfarm295@gmail.com](mailto:acjfarm295@gmail.com)

Park Farm meadow, Winston Green IP14 6BD

# Miranda Millar

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pets and large animals. I was brought up on a dairy farm and kept sheep, horses,  
dogs and cats myself while working as a veterinary nurse for over 10 years. Going away  
needn't be a stressful experience for you or your animals.

For details contact Jo Calver, Helmingham 01473 890770,  
email: [jotheredhead68@gmail.com](mailto:jotheredhead68@gmail.com)



# FARTHING

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

Debenham 01728 860269

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Birds Lane Framsdan Suffolk IP14 6HR  
[www.debenvalleyvet.co.uk](http://www.debenvalleyvet.co.uk)

**Useful links**

Debenham website and PC  
Framsdan PC  
Framsdan village  
Winston website and PC  
Pettaugh website and PC  
Framsdan Baptist Church

[www.debenham.onesuffolk.net](http://www.debenham.onesuffolk.net)  
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## WHO'S WHO IN THE BENEFICE

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Website: [www.achurchnearyou.com/debenham](http://www.achurchnearyou.com/debenham) (*this page has links to the other churches in the Benefice*). *Together* is also published online at [www.issuu.com/tonyhutt](http://www.issuu.com/tonyhutt) where previous issues can be found.

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