

July 2022



*Benefice
Newsletter*

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SEVEN
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CHURCHES
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Ramblings from the Rectory – July 2022

This article continues from my last article on using our gardens to benefit nature. They come out of a love for the natural world, the plants, animals, birds and insects etc. Indeed, out of a love and reverence for all living things. But before I go any further, I need to apologise to any gardener out there that might think that I am saying they have got it wrong. I know so many gardeners who work hard to keep their garden tidy and beautiful, while nurturing and encouraging wildlife. I take my hat off to you! I consider anyone who loves growing and living things as an ally.

The natural world is a precious gift to us all and it is wonderful to see that I am not alone in this view. Almost every time I read the news, I read of discoveries of how health-giving being in nature can be. I read recently of research that shows that being in woodland can have an immensely positive impact on our mental health. I watch Springwatch on the BBC and find I am not alone in benefiting from the ‘mindfulness moments.’”

This realisation is validation for the work that the Quiet Garden Movement has been doing for decades. I remember sitting in a Quiet Garden in Wretton at the other side of Norfolk, and being blown away by the wonder of that place. For me that was a spiritual moment. A moment of profound connection with the creator God. If you haven’t come across the Quiet Garden Movement, I wholeheartedly recommend looking them up: <https://quietgarden.org/>.

They say of themselves, “The Quiet Garden Movement nurtures access to outdoor space for prayer and reflection in a variety of settings, such as private homes, churches, retreat centres, schools and hospitals – and creates opportunities for people to experience silence, restfulness and contemplative practices, with regular quiet days and retreats being offered in many Quiet Gardens.”

All of this sends my mind to the Bible. In Genesis God is described as looking at all that he had made, and seeing that it was “very good.” Later I read Jesus saying to his disciples, “Come with me by yourselves to a quiet place and get some rest.” (Mark 6.31) I know my need of quiet places. Of space to find God and reconnect with him. I find God in the natural world, in Scripture, indeed everywhere I look.

Perhaps your garden is your special quiet place, or perhaps a church, a churchyard, a park, or wood, or meadow. Wherever it might be, I hope you can find your quiet place this July, to find rest and restoration.

God bless,
Nigel.

AGM of the Friends of St Mary's Redenhall

The AGM of the Friends of St Mary's will be held at The Core (previously known as the Community Centre) at 7p.m. on Tuesday 19 July. This is a public meeting and everyone is welcome.

The Friends were formed many years ago to help to raise funds to protect and restore the fabric of St. Mary's which is the parish church of Redenhall and Harleston with WORTWELL, and is a Grade 1* listed building. There has been religious activity on the site for up to 1,000 years and the present chancel dates from the early 1300s. Many thousands of pounds have been raised for projects large and small including the restoration of the tower and bells, repair of leaded stained glass windows.

Currently we are hoping to have repair work undertaken to the large west doors.

There will be plenty of time to ask questions and we look forward to seeing you.



A big thank you to all the ladies who decorated the windows in our church at St John the Baptist and the lovely arrangement by Harleston Flower Club.

Also thank you to all those who provided and served on the day to make it a most enjoyable service with Bishop Alan of Thetford to celebrate our 150 years.

Nigel,Stephanie and Maureen.

St Andrew's - Scole

Advance warning please for Scole's August Quiz on Saturday 13 August - 6.30 for 7 pm with raffle. Refreshments include jacket potatoes with a choice of toppings - tuna mayonnaise, beef chilli, baked beans and / or cheese, salad garnish and something sweet to follow.

Tickets - £7.50 - please book in advance, by the end of July if possible, with your preferred topping - Rev Sue - 01379740325 or e mail revsue@7churches.org.uk. Please bring your own drinks and glasses and other snacks. If you prefer not to have refreshments the cost is £4 but you still need to book please.

Cake and Coffee Morning

Saturday 2nd July

10am - 12noon

Come and enjoy homemade sausage rolls, cheese scones and home-baked cake, along with coffee, tea, raffle and friendly chat.

St John's, Harleston

Coffee and Cake Morning

Saturday 2nd July

9.30 - 12noon

St John's Church

Tea, coffee and Singing

St John's Harleston

Every Tuesday from 10.40am for tea and coffee then
11.00am to 12 noon for singing.

Foodbank

Every Tuesday 1.30pm to 3pm

With Community Cafe 2pm to 3.30pm

Midweek Mingle

St John's Harleston

Every Wednesday

9.15am to 11.30am

All welcome for a cuppa, biscuit or toast

Cookery Workshop

Friday 1st, 8th, 22nd, 29th July

9.30 - 12noon St John's Church

All Saints - Thorpe Abbots

Tuesday, 12th July – 7.00 pm

Thorpe Abbots Study Group at Church View

(next to TA Church – Haggel House)

CHRISTIAN MEDITATION

STILLNESS, MINDFULNESS, CONTEMPLATION



Free & Open to All
Wednesday 6th July
7.30pm to 8.30pm
The Rectory, Harleston

Contact Nigel Tuffnell- 01379 308905
rector@7churches.org.uk
www.7churches.org.uk

THE REGISTERS - 25TH MAY 2022 TO 25TH JUNE 2022

Funerals and Interments

26th May Margaret Aldous, St Peter's, Needham
15th June Ian Frazer , St Leonard's, Billingford

	7churches Benefice Services	
Compline		
All Saints, Thorpe Abbots Thursday 28th July 6.30pm		
Celebration Service		
St Andrew's , Scole, Sunday 24th July, 4.30pm		

PLEASE PRAY FOR

Fran Pitt-Pladdy, Mel Veness, Philip Wood, Lyn Veness, Kathy Wood.
If you have a loved one who is very ill and would like them to be on
our prayer list then please get in touch with one of our ministers.
(details on the back).

JULY SUNDAY SERVICES AND READINGS

Sunday 3rd Trinity 3 (St. Thomas) (Red)	9.30am	Morning Prayer	St Peter & St Paul, Brockdish
	9.30am	Holy Communion	St Leonard's, Billingford
	9.30am	Holy Communion	St Mary's , Redenhall
	9.30am	Holy Communion	St Peter's, Needham
	11.00am	Informal Worship	St John's, Harleston
	11.00am	Informal Worship	St Andrew's, Scole
<i>Psalm 31.1-6/John 20.24-29</i>			
Sunday 10th Trinity 4 (Green)	9.30am	Morning Prayer	St Peter & St Paul, Brockdish
	9.30am	Morning Prayer	All Saints, Thorpe Abbotts
	11.00am	Holy Communion	St John's, Harleston
	11.00am	Holy Communion	St Andrew's, Scole
	4.00pm	Evening Prayer	St Peter's, Needham
<i>Colossians 1.1-14/Luke 10.25-37</i>			
Sunday 17TH Trinity 5 (Green)	9.30am	Holy Communion	St Peter & St Paul, Brockdish
	9.30am	Morning Prayer	St Leonard's, Billingford
	9.30am	Morning Prayer	St Peter's, Needham
	11.00am	Morning Prayer	St John's, Harleston
	11.00am	Morning Prayer	St Andrew's, Scole
	6.00pm	Evening Prayer	St Mary's , Redenhall
<i>Colossians 1.15-28/Luke 10.38-42</i>			
SUNDAY 24TH Trinity 26 (Green)	9.30am	Morning Prayer	St Peter & St Paul, Brockdish
	9.30am	Morning Prayer	St Mary's, Redenhall
	11.00am	Holy Communion	St John's, Harleston
	11.00am	Holy Communion	St Andrew's, Scole
	4.30pm	Celebration service	St Andrew's, Scole
<i>Colossians 2.6-15[16-19]/Luke 11.1-13</i>			
SUNDAY 31ST Trinity 27 (Green)	9.30am	Morning Prayer	St Peter & St Paul, Brockdish
	11.00am	Morning Prayer	St John's, Harleston
	11.00am	Holy Communion	St Andrew's, Scole
<i>Colossians 3.1-11/Luke 12.13-21</i>			

