

# June 2022



*Benefice  
Newsletter*

—  
**SEVEN**  
—  
CHURCHES  
—

## Ramblings from The Rectory

I have been reading an article that encourages gardeners to leave their lawn to go wild. If you want to have a read then it can be found on the BBC website: <https://www.bbc.co.uk/news/uk-61264905>

That article really struck me because I have been doing something similar with my garden for years and the wildflowers are back, along with hosts of new insects, including butterflies not usually seen in gardens, and wild bees. There are more birds and a greater variety of birds too. The garden is thriving and healthy, and I enjoy it just as much (if not more) than when I used to keep it 'tidy'. I feel as though I am sharing my garden with nature, rather than struggling to maintain an outdoor extension to the house.

This also reminded me of Jesus' words about the flowers of the field from Matthew 6:

*Can worry make you live longer? Why worry about clothes? Look how the wild flowers grow. They don't work hard to make their clothes. But I tell you that Solomon with all his wealth wasn't as well clothed as one of them. God gives such beauty to everything that grows in the fields, even though it is here today and thrown into a fire tomorrow. God will surely do even more for you! Why do you have such little faith? (Matthew 6.27-30 CEV)*

Am I worrying too much? Do I have to be so in control all of the time? Could I relax a little more? The thought of not being in control, does scare me. Perhaps, the weeds will grow up and make my life messy. Will I get complaints?

Those were my fears when I started to relax my hold on my garden too. Perhaps, like with my garden, something different will happen. It could be that the weeds messing up my life will turn out to be wildflowers that bring beauty to my days. Perhaps, not being so in control will allow new thoughts to flourish and new ways of thinking to spring up. I hope so because I'm going to give it a try.

I am going now (well as soon as I finish this article) to sit in my slightly wild garden. I plan to look and wonder at the beauty that has come out of me letting go. I will listen to the buzz of the insects and the hum of the birds' wings. I will listen to the wind in the grass and as I do, I hope that the wind of the Spirit will blow a little more in me. I hope there may be holiness there for me, in letting the wild in, in letting the Spirit blow, and in seeing what grows.

This Pentecost, let the Holy Spirit blow in and through you, and together, let's see what grows!

I'll finish now with a few more verses from Matthew 6:

*I tell you not to worry about your life. Don't worry about having something to eat, drink, or wear. Isn't life more than food or clothing? Look at the birds in the sky! They don't plant or harvest. They don't even store grain in barns. Yet your Father in heaven takes care of them. Aren't you worth much more than birds? (Matthew 6.25-26 CEV)*

and a prayer for growth:

*God of Mission  
Who alone brings growth  
to your Church,  
Send your Holy Spirit to give  
Vision to our planning,  
Wisdom to our actions,  
And power to our witness.  
Help our church to grow in numbers,  
In spiritual commitment to you,  
Care for your creation  
And in service to our local community,  
Through Jesus Christ our Lord.  
Amen.*

God bless,  
Nigel.



### **Harleston**

**Thursday 2nd June**

Platinum Jubilee Celebrations

6pm, St John's Church, Harleston.

**Saturday 4th June**

Coffee and cake morning with plant,  
book and crafts stalls

9.30am till 12noon



### **Needham village hall and grounds**

**Thursday 2nd June**

4pm Afternoon Tea

6pm Church Service

7pm Family BBQ

9pm Lighting the Beacon





## **Scole and Billingford**

**Saturday 4th June**

Scole School- 2 pm - 5 pm.

Free tea party for under 12s

Free hot & cold drinks for all

Pay barbecue for over 12s.

Games for all

Make a crown to wear at the event

Come and celebrate! Have fun!



## **Jubilee Celebration at the Thorpe Abbots Pump**

**Saturday 4th June**

Commencing 3.00 light snacks available along with  
a bring and share and a card/cash bar

Crafty Bombers will be making Jubilee Crowns

The unveiling of the commemorative plaque

Do come and join us for this village celebration



## The Platinum Jubilee of Her Majesty the Queen

These are just a few thoughts to share, to mark the Platinum Jubilee of Her Majesty the Queen.

I have met a number of royals but I have never had the privilege of meeting the Queen. I have though heard and read so much about her faithfulness to this nation and its Church of England. The Queen has lived and continues to live, a life of service, inspired by her faith. In this she is an inspiration to us all.

Please read the following quotes and reflect upon the life of our Queen Elizabeth in this, her Jubilee year:

*I declare before you all that my whole life whether it be long or short shall be devoted to your service... But I shall not have strength to carry out this resolution alone unless you join in it with me, as I now invite you to do: I know that your support will be unfailingly given. God help me to make good my vow, and God bless all of you who are willing to share in it.  
(Princess Elizabeth, 21 April 1947)*

*When I spoke to you last... I asked you all, whatever your religion, to pray for me on the day of my Coronation - to pray that God would give me wisdom and strength to carry out the promises that I should then be making... I have been uplifted and sustained by the knowledge that your thoughts and prayers were with me. (Her Majesty the Queen, Coronation Day, 2 June 1953)*

Queen Elizabeth lives a life of service, in obedience to the words of Jesus, recorded in Luke 22.24-30

*A dispute also arose among them as to which one of them was to be regarded as the greatest. But he said to them, 'The kings of the Gentiles lord it over them; and those in authority over them are called benefactors. But not so with you; rather the greatest among you must become like the youngest, and the leader like one who serves. For who is greater, the one who is at the table or the one who serves? Is it not the one at the table? But I am among you as one who serves.*

*'You are those who have stood by me in my trials; and I confer on you, just as my Father has conferred on me, a kingdom, so that you may eat and drink at my table in my kingdom, and you will sit on thrones judging the twelve tribes of Israel.*

Finally a prayer:

*Almighty God, the fountain of all goodness,  
bless our Sovereign Lady, Queen Elizabeth,  
and all who are in authority under her;  
that they may order all things in wisdom and equity,  
righteousness and peace,  
to the honour and glory of your name  
and the good of your Church and people;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever. Amen*

God save The Queen,

And God bless you all,

Nigel.

## ***150th Anniversary***

### **St John the Baptist Church - 1872 - 2022**

#### **Our 150th Anniversary**

**All welcome to the Benefice Communion Service  
with Bishop Alan  
on Sunday 19th June at 10.30am**

#### **St John's, Harleston**

##### **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

#### **St Peter & St Paul Brockdish**

##### **Quiz Night**

Saturday 25th June

7.30pm for 8.00pm

table up to 6 people £5 per person, to include light supper.  
Tel: Jan 01379 668630 for bookings and further information.





## **Churches Count on Nature**

in these churchyards:

St. Leonard's Billingford, SS Peter & Paul Brockdish, St. John's Harleston, St. Peter's Needham, St. Mary's Redenhall, St. Andrew's Scole and All Saints Thorpe Abbots

**Saturday 4<sup>th</sup> June – Sunday 12<sup>th</sup> June 2022**

Fancy a nature safari in your churchyard then *just turn up?*

Just turn up, go to the porch for instructions and get exploring!

**Families welcome!**

When you're finished let us know the animals, birds, insects, or fungi you find. Your data will go to the National Biodiversity Network so that we can make your churchyard even better for nature

## **Nature Theology and Wild Prayer**

*An introduction prepared by Jamie Worthington inspired by “Creative Ideas for Wild Church” by Mary Jackson and Juno Hollyhock.*

Natural Theology is a way of exploring God within the world outside. This theology and prayer form is expressly focused on not only engaging your senses, but also embracing movement; exploring a myriad of feelings and sensations through using all your body as you experience the world around you. It is a way to become ‘lost’ in the wonder of creation. The Revd. Steve Chalke, founder of Oasis Global, observes that *‘venturing in to the fresh air inspires us to see life differently ... to put our lives in to perspective and discover new depths to our understanding of and relationship with the God of creation.’*

Wild Prayer invites you to step out into God’s creation and to deliberately use your imagination in a multi-sensory way to find, and dwell upon, the awesome splendour of God in the finest details of the world around you.

Here are prayer activities to get you started. They each take about 15 minutes, or as long as you want. They bring nature to you, and can be done inside. The second set require you to take a risk and find God outside of your home or church. This Month we will be joining in with the **Churches Count on Nature (4<sup>th</sup> June to 12<sup>th</sup> June)**. Again we will be encouraging individuals of all ages and families, to use the guides, explore one of our churchyards, help science and learn more about God’s creation. All, while having lots of fun finding all the wonderful things that live around our churches. Look out for it in the June edition.

### **1. Bringing Nature to You: 15 Minute Activities that Bring Nature Inside**

Each of these activities will require a little preparation. Have a look through and choose one that attracts you and give it a go. Alternatively, just work your way through.

***A new beginning:***

*Two bowls of water – one very warm, one cold.*

Take time to put your hands/feet in each of the bowls, one at a time.

Contemplate how a new beginning can be both a soothing experience and one of shock. Are you ready for God to make a start in you?

***Sometimes things aren't clear:***

*A lidded jar/glass and spoon, soil, grit, water.*

Place some soil and grit in the jar/glass, add water then put on the lid and shake/stir up the contents.

Reflect on how life is often messy and muddled and things are not clear ... With time and patience, these periods can begin to settle and the way become more obvious and apparent. Pause to watch the particles begin to fall, slow your breathing and allow God some extra space in your life.

***Easter is a gift to share:***

*Easy-peeler small orange.*

Hold the orange, feel its texture; slowly unpeel it and inhale the fragrance; taste a segment; notice the many parts – individually wrapped.

Who could you share this with? What might they make of it – juice, marmalade, a seed to sow elsewhere? Invitations are not always easy to give or receive – they can be unexpected ... how could you prepare to receive and use God's gifts?

***Each day is new!:***

*Anything natural to inhale/smell*

Observe your item, slowly inhale the fragrance. Make yourself think about it in a fresh way.

Pause and inhale again. Can you depict/identify different notes/smells? What/who does it remind you of? Could you describe it? Each day is new – even the ‘same old’ can be interpreted with a fresh mind. Perhaps God has new plans for you ...

***The message builds/strengthens:***

*Dawn chorus audio file (first 2min 45 secs should be enough)*  
<https://brecklandsdawnchorus.bandcamp.com/releases>

Listen attentively (perhaps with closed eyes).

Focus on the gradual joining of voices and song. Can you still distinguish and hear the very first bird call? Is this peaceful or jarring to you? How could you respond to these calls? Listen out for God’s word in your life. Ask God for the ability to discern it.

**2. Stepping Outside: A Week of 15 Minute Activities to Get Outside and Explore God in Creation**

Step outside into nature and ‘go with the flow’ (if you can’t get outside, get creative with what’s around you). These prayer activities can be done in one go or over time. Perhaps you might leave what you produce in a public space for others to ponder and reflect upon?

***Day 1: Light and Dark***

*e.g. Sticks and pebbles.*

Make a large frame for your picture.

Pause to consider the birth of creation from apparent *nothingness*.

***Day 2: Separating the waters***

*e.g. Sticks, pebbles and leaves.*

Make the main landscape elements – hills, sea, sky.

Admire the variety of the world, every perfect and beautiful part.

**Day 3: Vegetation**

*e.g. Leaves, petals etc.*

Make trees, shrubs and flowers out of natural materials.

Notice the way plants all grow one by one in their own way. Each so delicate and nurtured by God.

**Day 4: Sun and Moon**

*Can you find bright items for the sun and cooler items for the moon?*

Make a shining sun one side and maybe a moon and a star on the other.

Praise God for the wonderful contrasts in your life – the bright things and the dull.

**Day 5: Creatures**

*e.g. Leaves, berries, seeds and feathers.*

Make different creatures e.g. a teasel hedgehog, a pebble and grass fish ...

Thank God for the gift of a wonderful world, full of resources, in which to live.

**Day 6: Human beings**

*Keep to found natural materials.*

Make some people to add to your picture.

You are a precious wonder of creation. Recall that God reigns over all things.

**Day 7: Rest**

*e.g. Leaves, petals etc.*

*Your picture is finished. Add a title.*

Thank God for making the world. Especially ...

# **CHRISTIAN MEDITATION**

**STILLNESS, MINDFULNESS, CONTEMPLATION**

**Free & Open to All**  
**Wednesday 1st June**  
**7.30pm to 8.30pm**  
**The Rectory, Harleston**

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

|   |                                    |   |
|---|------------------------------------|---|
|  | <b>7churches Benefice Services</b> |  |
| <b>Compline</b>   |                                    |   |
| St Leonard's, Billingford, Thursday 23rd<br>June 6.30pm                           |                                    |   |
| <b>Celebration Service</b>  |                                    |   |
| St Andrew's, Scole, Sunday 26th June, 4.30pm                                      |                                    |   |

**THE REGISTERS - 25TH APRIL 2022 TO 25TH MAY 2022**

## **Funerals and Interments**

|          |                                      |
|----------|--------------------------------------|
| 13th May | Marlene Denney, St Mary's, Redenhall |
| 17th May | Greta Huggins, St Andrew's, Scole    |
| 19th May | Kathleen Elsey, St John's, Harleston |
| 25th May | Janet Taylor, St Mary's, Redenhall   |

## **Weddings**

|            |  |
|------------|--|
| 30th April | Catlin English & Ian Roper, St John's, Harleston |
|------------|--|

## **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).*

## JUNE SUNDAY SERVICES AND READINGS

|   |         |                  |                               |
|---|---------|------------------|-------------------------------|
| <b>Sunday<br/>5th<br/>Pentecost<br/>(Red)<br/>Queens<br/>Platinum<br/>Jubilee</b> | 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  | Morning Prayer   | St Peter's, Needham           |
|   | 11.00am | Informal Worship | St John's, Harleston          |
|   | 11.00am | Informal Worship | St Andrew's, Scole            |

*Acts 2.1-21/John 14.8-17[25-27]*

|  |         |                |                               |
|--|---------|----------------|-------------------------------|
| <b>Sunday<br/>12th<br/>Trinity Sunday<br/>(Gold)</b> | 9.30am  | Morning Prayer | St Peter & St Paul, Brockdish |
|  | 9.30am  | Holy Communion | All Saints, Thorpe Abbott     |
|  | 11.00am | Holy Communion | St John's, Harleston          |
|  | 11.00am | Holy Communion | St Andrew's, Scole            |
|  | 4.00pm  | Evening Prayer | St Peter's, Needham           |

*Romans 5.1-5/John 16.12-15*

|  |         |                            |                      |
|--|---------|----------------------------|----------------------|
| <b>Sunday<br/>19TH<br/>Trinity 1<br/>(White)<br/>150th<br/>Anniversary of<br/>St. John's</b> | 10.30am | Benefice Holy<br>Communion | St John's, Harleston |
|--|---------|----------------------------|----------------------|

*Luke1.57-66 & 80*

|   |         |                     |                               |
|---|---------|---------------------|-------------------------------|
| <b>SUNDAY<br/>26TH<br/>Trinity 2<br/>(White)<br/>St.<br/>Peter/St.Peter<br/>&amp; St Paul</b> | 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            |

*Matthew16.13-19*

