

AUGUST 2017



PEACE CRANES EXHIBITION - ST JOHN'S, HARLESTON

See page 3

Redenhall & Wortwell - Harleston - Needham

Brockdish - Thorpe Abbots - Billingford - Scole

Benefice of Redenhall with Scole - Church of England - Diocese of Norwich

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Ramblings from the Rectory

“Living life to the full”

August is a time for lazing in the sun and gently soaking up the joy of life. Whenever I think of August, lovely hot days come into my mind: Days with bike rides along twisting roads and times at the beach, diving from the rocks into the cool water. It doesn't matter how many times August is a washout, they will always be my memories.

August is also a time for dreaming about what might be. What should I do? What sort of person am I supposed to be? What job should I do? These are always, lazy, idle thoughts. But just occasionally a thought sticks: An idea comes to me that just stays, sets up home in my head and grows. One of those sorts of ideas circles around the question, “What does it mean to be ‘fully alive’?”

In other words how can I be fully alive and soak up every moment of life? Jesus promised to give life, and life in all of its fullness. I want that! But what does it mean? I don't have all the answers, but I have been given a few clues. I know that it's about love. The sort of love that cares; cares for people, and cares for the world.

I know that living fully is about love. Loving the great gifts of life, and loving them enough to be willing to enjoy them fully. So I'm trying to truly celebrate all the good things of life, including food, drink, family and all sorts of fun; I'm making a special effort to see them all as gifts for me to enjoy. At the same time I also know that living life to the full is not just about pleasures. It is much more than that. Living life to the full has something to do with loving enough to be content when life brings lots of the good things, and content still when life is hard.

After all, if living life to the full is only about the fun bits, then what about the times when life is sad? What about the times when I've lost someone close to me? What about the times when I've been ill, in pain or depressed? It's easy to be content with a good job and money in my pocket but what about the times when my pockets were empty and I had to sign on?

Living life to the full has to include those dark times too. Really, it's these times that test whether I'm truly living life to the full, or not. Jesus was promising me the gift of a full life that could be long or short, filled with happiness and sadness, but always full with love. A love that is greater than me. A love that truly makes life worth living.

So this August I plan to live life to the full, rain or shine. I also plan to gently ponder the question, “How can I be even more alive?” I invite you to join me.

Happy August, God bless, Nigel.

Let Them Eat Cake

The presentation of this light comedy by the Benefice Broadcasting Players took place in St Johns on 24 June. The audience were told the story of the events in the life of the mythical French village of Ste Brioche. Grateful thanks are due to the cast who allowed themselves to be "persuaded" to join the team for their excellent performance. Thanks are due also to the special effects team, to the refreshment team for preparing 100 plates of French food, to the Box Office team, to HIP, and to Marion for the raffle, not forgetting Lucy for the publicity material.

The evening resulted in £450 being raised for the ministry in the Benefice.

As the author, director and general dogsbody for the production I should like to say a very sincere thank you to everyone concerned. Not least our audience.

Merci beaucoup et au revoir (*Brian Wright*)

FLIGHT OF A THOUSAND CRANES - A "MUST SEE" SUMMER SIGHT

Organised by

Harleston Future and Harleston and District Rotary Club

A flight of 1000 paper origami cranes has landed in a wonderful art installation that will be on display all summer fluttering from the rafters of St John's Church in Harleston. (see photo on front page)

The paper cranes carry messages, thoughts and drawings of "peace" contributed by schoolchildren from Alburch with Denton, Harleston and Pulham Primary Schools: by students of Archbishop Sancroft High School; and by individuals, members and officers from many institutions and groups.

Visitor to the exhibition will be encouraged to add their own peace messages and observations. Tokens from the installation and its messages will be sent out further into the world when it's dismantled after **World Peace Day**, with a proposed first stop in New York at the Peace Bell gifted by Japan to the UN in 1954. Watch this space!

Exhibition continues until 21st September. St John's Church will be open every day from 9am to 4pm, except Sundays which is open from 12.30pm to 4pm unless you are joining the 11.00am Sunday service. For evening group bookings please email stephanie.woollam@yahoo.co.uk

SCOLE

Savoury, Coffee and Cake Morning is on Saturday 5th August in Scole Church from 10am to 12noon: come and enjoy home-made sausage rolls, cheese scones and home baked cake along with coffee, tea, raffle and friendly chat.

BROCKDISH

Vintage Car Rally - Saturday 5th August.

Come and see this Vintage Rally passing and stopping in Brockdish from 11am . Tea, cake and refreshments on the Vicarage Lawns. The church will also be open where our new church guides are now available.



NEEDHAM

BumbleTea Family Church

Saturday 12th August at 2pm

Last month the children had to find their very own bumblebees in the trees in the church yard. They made boats to sail (theme was Jesus calms the storm). A story told by Revd Nigel followed by a sing song and a game involving a sheet and a ball , followed by hide-and-seek.



REDENHALL

Church Tour. Gordon Lascelles will be leading a tour of the interior and exterior of St. Mary's at 2pm on Friday August 25th; entry would be free but with a request for donations to the 'Friends of St Mary's' with tea and biscuits.

HEXACHORDIA - Saturday 2nd September - 6:00 pm

Tony Scheuregger : Lute

Rosamund Walton : Soprano

From the end of the Elizabethan era high quality poetry was accompanied by the sonorous sound of the lute. This recital explores the development of these songs and brings to life some of the most popular works of John Dowland, Thomas Campion, Thomas Morley and other 'golden age' composers.

£5 on the door - Light refreshments - Proceeds to the Friends of St Mary's
valeriebarrell@hirsts.me.uk 01379 853120

Wortwell Study Group meets on Thursday 17th August at 2pm in the Wortwell Bell.

HARLESTON

Coffee Morning and Cake Stall at St John's is on Sat 5th August 9.30 to 11.30am

Marion's Alley Sale will be on Saturday 26th August from 9.30am to 11.30am in St John's Church, Harleston. Bric-a-brac, stalls, refreshments and a raffle. For more information contact Marion on 01379 853327.

Prayer for Harleston. Christians of Harleston, praying for Harleston in Harleston. Thursday 10th August, 7.30pm to 8.30pm at The Oasis Prayer Space in Archbishop Sancroft High School.

Light Summer Lunches in St John's will be on Tuesday 15th August served from 12 noon at a cost of £5 which includes a pudding. Please contact Sheila 852762 if you would like to reserve a place.

Chatty Church Family BBQ is on Saturday 19th August starting at 2pm with plenty of chat while the kids enjoy activities and games in St John's, Harleston. If anyone would like to help run a game please call *Fiona Wilson on 07702 972656.*



An invitation to a COFFEE MORNING at 3 Pemberton Road, Harleston, on Wednesday 23rd August from 10am-12 noon. Coffee/tea and cake £2 + raffle and cake stall. All welcome to support the Metropolitan Police Welfare Fund. Hope to see you there with friends.

The Big Sing is here again to mark the end of the Harleston & Waveney Festival. It will be on Sunday 27th August starting at 6pm in St John's.

Harleston Funday on Monday 28th August, St John's and St Mary's will have a stall/tent on the rec with all the community, so do pop by and say hello.

Mothers' Union. Members and friends met in July at the Needham Red Lion for a delicious lunch and enjoyed a time of fellowship and friendship, following the closure of the branch in June. We were joined by the Rev'd Nigel, and it was so good for the group to meet.

It was thought that even though the branch is no longer active, it would be nice to continue with an occasional lunch together, probably the next time being in December, exact date to be decided. Thank you Anne (B) for organising and arranging these lunches for us - it is very much appreciated.

Our annual Mothers' Union service will be held on Thursday 7th September, 7.00 pm, in St John's to be led by Rev'd Nigel. As this will be the last one, it will be a joyous occasion, when we can celebrate and give thanks for many years of friendship, happiness, commitment and achievement. I look forward to seeing you there. With love, Daphne

Stillness, Mindfulness, Meditation. Wed 16th August at 7.30pm. Free & open to all at the Oasis Prayer Space, Archbishop Sancroft High School, Harleston Contact Nigel for more information (*details back page*).

BENEFICE PRAYER WALK

WITH BISHOP ALAN

This will be an opportunity for us to come together as a benefice with our bishop. We will be praying, walking and learning together. Receiving God's blessing for ourselves and praying his blessing right across the benefice. For those who wish to take part but cannot manage all the walking there will be provision made at each stage, including books for reflection in church and lifts, as described in the programme for the day. Please join your bishop for some or all of the day, be blessed and be a blessing in return.

9am **Billingsford** - Meeting at St. Leonard's for Morning Prayer and Village Memories exhibition.

10am **Thorpe Abbotts** - Meeting at All Saints' for a circular prayer walk. Books for quiet reflection will be available for those remaining in church.

11am **Brockdish** - Meeting at SS Peter & Paul for coffee and history tour of church using the new guide book.

12 noon **Harleston** - Meeting at St. John's for lunch with the community (£5 including pudding) followed by a short prayer walk around the town.

1.30pm **Redenhall** - Meeting at St. Mary's for short service of prayer followed by a prayer walk.

Books for quiet reflection will be available for those remaining in church.

2.30pm **Needham** - Meeting at the Red Lion for prayer, followed by a walk to St. Peter's for prayer before returning to our cars at St. Peters. Lifts will be available between the Red Lion and St. Peter's.

3.45pm **Scole** - Meeting at St. Andrew's before walking down to the Pocket Park for Evening Prayer, visiting the Crossways and the village shop on the way back to church. Lifts will be available.

5pm **Depart**

To book your lunch please contact Stephanie Woollam

01379 852527 or email stephanie.woollam@yahoo.co.uk by 10th August..

If you need to ask any questions about the day please ask your Benefice Representative; Kay Liffen, Sue Redgrave, Chris McDonald, Jan Croxson, Charles Chenery, Stephanie Woollham or Lindy Ellis.

LOOK OUT FOR!



Churches Trust Sponsored Cycle Ride
Saturday 9th September

Bishop's Day of Celebration and Prayer
14th October at the Cathedral

Rick Wakeman's Gardeners Qustion Time.
October 20th - Brockdish Village Hall
Bookings, Jan 01379 668630

TEACHING TUESDAY

Last time we met for Tuesday Teaching we talked about *sacrament* being an 'outward, physical sign of an inward spiritual grace'. The Anglican church recognises two of these officially — baptism and holy communion — but there are many more things that we do that have a sacramental nature, such as the way some people make the sign of the cross as a physical reminder of God's grace and blessing, or kneeling during prayers. We talked about how different people have different learning styles — seeing, hearing, reading and doing, and that the communion combines all of these in order to facilitate our remembrance, and transform our lives. These discussions then led on to Mary and saints!



The next Teaching Tuesday will be Tuesday 5th September at 1.45 (August is cancelled) in St John's, Harleston. We are informal and lively, no question is too big or too small to explore, and we aim to be suitable both for those who are exploring faith, and those who have been around the (metaphorical) Christian block a little longer!

Revd Tim Rogers.

Benefice Choir Practice will be on Tuesday; 1st, 8th, August at Scole, then on 15th August at Brockdish Church ready for the Benefice Service on 20th August at Brockdish. David Hillier 01379 740158

Rev Sue's Clinic for all pastoral questions about life is every Monday in Scole Church from 11am to 12pm. Do drop in for a chat.



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COMPETITION

Bible Reading - 1 Corinthians, 12:12-14

Reflection

'For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.'

University, from UCAS to graduation, can feel like an exercise in outdoing your peers. We are put under pressure first to get into the best university, then to get the best grades. This creates a difficult and divisive environment in which to learn and thrive. Competitiveness can be destructive.

Paul, in his first letter to the Corinthians, shows us a different way. The above passage, followed by his discourse on the 'body of Christ', reminds us that instead of competing, we should be collaborating with others: 'we were all baptized into one body...[and] made to drink of one spirit'. Unity, not rivalry, is key.

Collaboration lies at the heart of learning, and working together helps us to see 'a still more excellent way' (1 Cor. 12:31b). This is never more the case than at

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university, where we are striving to be the best we can be in every exam, seminar, and tutorial. But we can learn so much more by laying aside competition and vowing instead to learn from the gifts of people around us. This is what we are called to as Christians – not to compete, but to use our gifts to collaborate, lift one another, and glorify God.

Practical Action

Organise a study group with your course mates; share and compare notes, essays and assignments. Don't treat your own knowledge as sacred and secret, but rather as a gift to be shared among your peers. Rather than feeling threatened by the good work of others, compliment people on good points made in seminars and essays.

Most importantly, take time each day to thank God for your own gifts and the gifts of those around you, and pray that your encounters will be fruitful and in the spirit of working with, not against, others.

Prayer

Loving God, who created us all with unique gifts
Teach us to work together in the pursuit of knowledge and of you;
Teach us to respect one another's gifts in the pursuit of knowledge;
And teach us to glorify you and become one in the body of Christ.
In Jesus' name, Amen

Written by Sian Eastwood. Sian is an Anglican currently living in York and studying modern languages. Click below to subscribe and receive weekly devotionals in your inbox every Monday.

Great for busy lives and a lovely reminder that God is always with you.

www.movement.org.uk

Thank you to the CSM for allowing to share their Devotionals.

Banana and Raspberry Ninja Loaf: 3-4 ripe bananas / 3-4 eggs / 1 C cooked chickpeas / 1 teaspoon vanilla essence / pinch salt / 2 C rolled oats / 1 C shredded coconut / 2 tsp baking powder / 2 tsp ground cinnamon / 2 C raspberries at room temperature.

Heat the oven to 180°C/350°F.

Grease/line loaf tin. Using a blender, grind the oats, mix in the cinnamon, salt and baking powder. Set these dry ingredients aside. Using the same blender, whizz up bananas, eggs, chickpeas, and vanilla. Pour the wet mixture into a mixing bowl. Gently stir the dry ingredients in. Mix in the coconut. Add the raspberries, and stir very briefly to just barely mix them in (unless you want the whole loaf to go pink). Pop in the oven for 40 minutes initially, and check if it is done by inserting a skewer (if the skewer comes out clean, it's ready, if it's still sticky, the loaf needs longer.) It might well take more like 60 minutes. Let it cool, then wolf it down, for breakfast, lunch and/or tea.

THE REGISTERS FROM 12TH JUNE - 12TH JULY

Funerals and Interments.

- 15th June Albert Eastal who died 31st May aged 84, St Mary's, Redenhall.
22nd June Bessie (Betty Wells) who died 26th May aged 92, St John's, Harleston.
5th July George Smith who died 22nd June aged 88, St Peter's, Needham.
12th July Interment of Vera Joyce Ruderham at St Andrew's, Scole.

Baptisms

- 25th June Adam Jack Denney at St Peter's, Needham.

Weddings.

- 17th June Matthew Neville & Christine Walker at St Mary's, Redenhall.
8th July Nathan Benn and Helen Cobbin at St Mary's, Redenhall.

PLEASE PRAY

For the Sick: John and Elizabeth Croxson, Baby Bailey Elton, Little Thomas, Alison Goddard, Sylvia Colman, Annie, Lyn Veness, Nancy Russell. Derek Walterton, Diane Clarke, Derek Buttle, Sue Symonds, Peter and Sheila, Dorothy and family, Maude Williams, Maureen Franklin, Maurice Cormack, Camilla, Patricia Woodworth, James, Karen & Mike Rayner, Peggy Stygall, Susan Hartgrove, David Jackson, Joan Mitchell, Mollie Beckett, Liam Brown, Geoffrey, Michael Palmer, Dorothy, Lois Bailey, Henry Vines, Johnny Hunt, and for all the residents of Oaklands and The Trees nursing homes.

For families of loved ones who died recently; Pamela Edwards, Joyce Coleman, Anthony (Tony) Doe, Vernon Beckett and Mary Goodrick.

For couples who are preparing for marriage; Bertie Steggles & Siobhan Wooltorton at St Mary's on 5th August, Richard Thomas & Melanie Morant at St John's on 11th August, Roger Buckenham & Jazmin Croft at St Andrew's on 26th August and Oliver Blandy & Kayelle Danyluk at St Mary's on 26th August.

For our families and children who come to our Bright Sparks on Sundays, BumbleTea, Messy and Chatty Church on Saturdays and especially for our volunteer family leaders who work hard organising these activities for them to do.

Heavenly Father

Thank you for teaching us how to bring your families closer to you.

We pray and listen and realise the answer is already there.

Lord God, keep them safe, help them to enjoy their holidays and see the colourful wonder of your beautiful world.

In Jesus' name, Amen.

AUGUST SERVICES AND READINGS

N.B Psalms - Morning or Evening Prayer only

SUNDAY 6TH Trans - figuration of our Lord GOLD	9.30am	Holy Communion	St Leonard's, Billingford
	9.30am	Morning Prayer	St Peter & St Paul, Brockdish
	11.00am	Informal Worship	St John's, Harleston
	11.00am	Holy Communion	St Andrew's, Scole
	11.00am	Morning Prayer	St Peter's, Needham
	9.30am	Holy Communion CW	St Mary's, Redenhall
<i>Daniel 7.9-10, 13-14 / Psalm 97 / 2 Peter 1.16-19 / Luke 9.28-36</i>			
SUNDAY 13TH 9 Trinity GREEN	9.30am	Morning Prayer	St Peter & St Paul, Brockdish
	9.30am	Morning Prayer	St Peter's, Needham
	9.30am	Morning Prayer	All Saints, Thorpe Abbots
	11.00am	Morning Prayer	St Andrew's, Scole
	11.00am	Holy Communion	St John's, Harleston
	6.00pm	Redenhall joining with	Wortwell Chapel
<i>1 Kings 19.9-18 / Psalm 85.8-13 / Romans 10.5-15 / Matthew 14.22-33</i>			
SUNDAY 20TH 10 Trinity GREEN	10.30am Benefice Holy Communion with Bishop of Thetford SS Peter's & Paul's, Brockdish <i>Isaiah 56.1,6-8 / Romans 11.1-2a, 29-32 / Matthew 15.21-28</i>		
	6pm Patronal Evening Prayer, St Mary's, Redenhall <i>White - Song of Solomon 2.1-7 / Acts 1.6-14 / Psalm 132</i>		
SUNDAY 27TH 11 Trinity GREEN	9.30am	Morning Prayer	St Peter & St Paul, Brockdish
	9.30am	Holy Communion	St Peter's, Needham
	11.00am	Holy Communion	St Andrew's, Scole
	11.00am	Morning Prayer CW	St Mary's, Redenhall
	11.00am	Morning Worship	St John's, Harleston
<i>Isaiah 51.1-6 / Psalm 138 / Romans 12.1-8 / Matthew 16.13-22</i>			

WEEKDAY SERVICES

Tuesdays 9.30am Short Prayer Time - St John's, Harleston

Weds 10.00am Cafe Church - St Andrew's, Harleston.

Thursdays 9.15am Short Worship & Prayer - St Andrew's, Scole.

10.00am Said Holy Communion - St John's, Harleston

16th August 10.30am Short informal Service for Malthouse Court residents, Harleston

10th August 6.30pm Compline at St Leonard's, Billingford.

17th August 11.15am Holy Communion for Trees Nursing Home residents, Harleston.

Please note that the August Celebration Service at Scole is cancelled.

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