

JUNE 2018



**Scole - Harleston - Brockdish
Thorpe Abbots - Needham
Billingford - Redenhall with Wortwell**

7 welcoming churches at the heart of our Communities
learning to put Jesus first; sharing love and Good News.

RAMBLINGS FROM THE RECTORY



Dear Friends,

I woke up this morning with a smile on my face. As I write this, I keep being distracted by the sun shining brightly, by the birds and the business of the natural world outside of my window. I can smell the coffee brewing too. On mornings like this I feel on top of the world. It's a great feeling.

There are though mornings that are far less bright. Mornings of grey cloud and drizzle. Sometimes, the sun can be shining outside, but inside all is still grey. Sadness, is a fact of life. Sometimes, I've messed up and feel the weight of my stupidity, particularly if my foolishness has hurt another. Sometimes, there is nothing that I can put my finger on, the greyness just is.

It is days like that when I need encouragement. I look for that encouragement from God, directly through his Spirit. I often find that when I have troubles I can offer them to him, and I feel them lifted, completely, or just a little. Sometimes, I know that I just have to hold that unseen hand and carry on, encouraged by those around me.

Then I'm in the sunshine again. When I am, I try to remember the feel of the grey. I want to remember so that I can be encouragement for someone who is feeling far from bright and cheerful. Perhaps with a word, perhaps just sitting beside someone and being company in a hard time.

That thought of being encouragement for others, I realise is a great privilege: A great privilege because by doing that I am being Christ to them, here and now. I am being like Barnabas, that great figure of the early church. I read about Barnabas accompanying Paul, and I'm often tempted to relegate him to being Paul's side-kick, when in fact it is Barnabas who is Paul's mentor. It is Barnabas who searches out Paul, brings him to Jerusalem and really gets him started on his path to being a great evangelist (see Acts 9.27). The name Barnabas means "Son of Encouragement", or "Son of Comfort", and this Barnabas is well named.

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When Paul refuses to work with Mark, it is Barnabas who defends him (Acts 15.36-41). It is Barnabas who is able to forgive, and encourage Mark to be what God can help him to be. Early tradition has it was this encouraged Mark who went on to write the Gospel associated with his name*. Whether this is true or not, it is the comfort and encouragement of Godly people like Barnabas that is so sorely needed, by me, and by so many in this changing and unpredictable world.

The Church remembers Barnabas each year on 11th June. That Monday pray that you and I might be more like Barnabas; more forgiving, comforting and encouraging, day by day.

God bless, Nigel.

* Now disputed by many Bible scholars.

BROCKDISH

Brockdish Open Gardens at the Grange. On Saturday 16th June Elaine Murphy is opening her newly designed gardens from 1.30pm to 5pm. Sorry but no dogs are allowed and children must be accompanied by adults. The cost is £3. Also over the road there will be teas and stalls at The Grove. All proceeds to the life of Brockdish Church.



PET SERVICE

Sunday 10th June

3.00pm

Brockdish Church

All creatures great and small!

Parking for all types of transport.

Pets to be on leads or in suitable pens/cages.

HARLESTON

Informal Singing is every Tuesday from 11.00am to 12noon in St John's. Refreshments available and no need to book, just come along or for more details contact Stephanie Woollam 01379 852527

Coffee Morning. Saturday 2nd June at 9.30am to 11.30am in St John's. If you would like to contribute cakes or savouries contact Maureen Youngman on 01379 853605. Funds will go to the life of the church.

St John's Light Lunches every 3rd Tuesday (**19th June**) served from 12 noon at a cost of £5.00 which includes a pudding. Funds will go to the life of the church. Sheila Thurlow, 01379 852762

Community Lunches every 4th Tuesday (26th June) from 12noon to 1pm in St John's. Free but donations welcome to help those who need a lunch. Lucy and Matt 01379 851148

SCOLE

Please note that the Quiz & Chips in Scole Church has now been postponed until the Autumn.

Toddler Group is every Wednesday from 9.00am to 10.30am term time only.

Cafe Church. Come and have a tea or coffee with a short half hour informal service every Wednesday at 11.00 am.

Coffee Morning on Saturday 2nd June from 10am to 12 noon; come and enjoy homemade sausage rolls, cheese scones and home-baked cake, along with coffee, tea, raffle and friendly chat.



Rev. Sue's

Clinic

Scole Church

Drop in for a
chat with Sue.

Mondays 11am – 12 noon (Starting 6th March)

Joseph waited 13 years.

Abraham waited 25 years.

Moses waited 40 years.

Jesus waited 30 years.

If God makes you wait,

you are in good company

Canticle

Christ, as a light
illumine and guide me.

Christ, as a shield
overshadow me.

Christ under me;

Christ over me;

Christ beside me

on my left and my right.

This day be within and without me,
lowly and meek, yet all-powerful.

Be in the heart of each to whom I speak;
in the mouth of each who speaks unto me.

This day be within and without me,
lowly and meek, yet all-powerful.

Christ as a light;

Christ as a shield;

Christ beside me

on my left and my right.

Chatty Church



Every 3rd Saturday at 2pm

Chatty Church

Saturday 16th June 2.00pm

For children with parents/carers

Plenty of chat while all enjoy
activities and games.

St John's, Harleston.

If your child has a special dietary
need and you would like more
information call

Fiona on 07702 972656



Midweek Mingle with Tea, Coffee and Toast

Every Wednesday from 9.15am to 11.30am in

St John's Church, Harleston

Great opportunity to meet new people and mingle.

Play area for children, all welcome.

Term time only

NEEDHAM

Needham Study Group at the Red Lion is on Thursdays 14th and 28th June at 2.30pm. More details from Revd Nigel Tuffnell 01379 308905.

BILLINGFORD

'An Evening with Craig' a talented young singer is Tuesday 12th June, 7.30pm at St Leonard's Billingford. Tickets available from Sue 740837 or Georgina 740759. £10 includes a buffet in the interval.

EXAM STRESS!

Most teenagers know this familiar feeling that comes with tests like GCSEs, The stress is even greater when you finally admit... that YOU did NOT study!

A prayer in itself generally won't get you that A that you are drooling for, the B you might grin at, the C that makes you shrug, or the D that you are sweating to get so you don't get grounded. And for those of you who might consider praying for an F... well... you need prayer for bigger things than that.

So why pray? If the prayer won't get you the grade, what's the point? The point is, though God won't 'make the grade' for you, He can help you study better and relax more when taking a test. By praying before a test, you can focus better on what you've learned, and God can help you remember the things you studied for.

Here is a simple prayer you can say at exam time:

Ok, so... I'm totally stressed, Lord. I'm so freaked out about this test, my brain is like soggy cereal, and let's just say I'm really glad I wore deodorant today. Seriously though, I want to do well. I have studied, but tests make me nervous and forgetful. I know it's probably not the biggest world problem, with people starving, people turning away from you, people in wars, and more. But, Lord, it's what I'm facing right now, and I need you in this time. So, please, help me remember the things I've learned and give me peace so I can focus.

Lord, I need your help to look at this information so I can remember and apply it well on my exam. I need you to help me feel more confident going into the test and relax a bit so I can concentrate. Lord, please help the people around me to understand that I need to focus and study, so they won't be a distraction.

Give me the peace, when it is all said and done, to know that I walked in and did my best. I pray, Lord, for your guiding hand as I take the exam, and I ask for your welcome calm when I walk out of the classroom after.

Lord, thank you for all the blessings you have placed in my life. Thank you for being here in this time when I feel a bit overwhelmed. Thank you for always being there and allowing me to rely on you. Praise your name.

Amen

REDENHALL

Concert by Norfolk Fellowship Brass (Salvation Army) on Friday 8th June at St Mary's. A varied programme starting at 7.30pm. Admission £6 includes a glass of wine or soft drink. Proceeds for the maintenance of St. Mary's. For more details contact; Brenda on 01379 852572 or brendalegrys@gmail.com and Val on 01379 853120 or valeriebarrell@hirsts.me.uk

Tea Party and Quiz at Beck Cottage, Redenhall, on Saturday 30th June from 2.30pm to 4pm; tickets cost £5 and they will be available from June 1st to 24th. Proceeds for the maintenance of St. Mary's. For bookings call Brenda 01379 852572 or email brendalegrys@gmail.com or Val 01379 853120 or valeriebarrell@hirsts.me.uk;

Wortwell Pub Study Group meets on Thursdays 7th and 21st June at 2pm in the Wortwell Bell. More details from Revd Nigel Tuffnell 01379 308905

Benefice Compline

Thursday 21st June

All Saints

Thorpe Abbots

6.30pm.

Everyone Welcome



Look Out For!

Evening Service of Prayer and Praise - 16 July, Scole.
Choose your favourite hymns to sing in the service.

Redenhall Tower Tours and Teas 26 & 27 Aug

Vision Day - 13 October, Brockdish Village Hall

Cleaning the Tracks

Imagine the train sliding smoothly into the station, taking people where they need to be. Have you ever wondered how simple it seems that the train arrives on time?

But now think about all the hard work that goes in to making and laying the tracks, the trains, signal boxes, overhead cables and so on. But one of the most important jobs is keeping the tracks clear, clean and greased.

So how do you think that God can answer our prayers? How do you think that God can bring and guide you with the Holy Spirit with the help of following Jesus? I wonder how we can keep the way clear to hear Him? I suppose it's like cleaning the tracks – removing the leaves from the line – so that our prayers, our train of thought (!) gets traction. Is there maintenance we need to do in our prayer life, so that we not only send prayers up the line to God, but wait for his answers to come down? What might that maintenance be?

- We might pray regularly: talk to God several times a day (don't let the leaves accumulate!).
- Confess to God. Are we really sorry? Spend some time reflecting on God's character, to renew our vision of who we could be, with God's help.
- Accept God's grace. Your heavenly Father loves you and wants a relationship with you, to share in your life. Does that change the nature of things you are saying to God, or the tone?
- Try meditating on these passages:
 - o **Psalm 16:11** You have shown me the path to life, and you make me glad by being near to me. Sitting at your right side, I will always be joyful
 - o **Psalm 25:4** Show me your paths and teach me to follow;
 - o **Mark 1:3** In the desert someone is shouting, 'Get the road ready for the Lord! Make a straight path for him.'

Yes I need to pray everyday, effortlessly and without hesitation, but if you are like me we can't get there until we realise how important it is to keep the track clear.

By Lucy Elton and Revd Tim Rogers.

MATTHEW 11:28 (MSG)

“Are you tired? Worn out? Burned out on religion? Come to me.
Get away with me and you’ll recover your life.
I’ll show you how to take a real rest.
Walk with me and work with me—watch how I do it.
Learn the unforced rhythms of grace.
I won’t lay anything heavy or ill-fitting on you.
Keep company with me and you’ll learn to live freely and lightly.”

THE REGISTERS FROM 13TH APRIL - 12TH MAY

Baptisms

6th May - Libby Vera and Ada May Hatch at St John’s, Harleston.

Funerals and Interments.

April

18th Fredrick Wilby at St Leonard’s, Billingford

26th Betty Robinson at Waveney Crematorium who lived in Harleston

May

2nd Mrs Kirsten Inge Partington at St Peter’s, Needham

11th May Molly Hope Beckett at St John’s, Harleston

PLEASE PRAY FOR

Ann Taylor, Jean Roper, David Shipp, Lyn Veness, Maurice and Frances Cormack, Karen & Mike Rayner and David Jackson

In the May Newsletter we said that we would be starting afresh the prayer list for June. If you want a name to remain on this list please contact Lucy our Benefice Administrator (see back cover for contact details). Anyone can request that a name be added to the list if they have permission from the one to be added. God bless, Nigel.

WEEKDAY SERVICES AND PRAYERS

Tuesdays	9.30am	Short Prayer Time - St John’s, Harleston.
18th June	7.30pm	Prayers for Harleston - Oasis Prayer Centre, Archbishop Sancroft High School, Harleston.
Thursdays	9.15am 10.00am	Short Worship & Prayer - St Andrew’s, Scole. Said Holy Communion - St John’s, Harleston.
21st June	11.15am	Holy Communion -Trees Nursing Home residents.

JUNE SERVICES AND READINGS

Sunday 3rd June Trinity 1 Green	9.30am	Morning Prayer	St Peter & St Paul, Brockdish
	9.30am	Holy Communion	St Leonard's, Billingford
	9.30am	Holy Communion CW	St Mary's, Redenhall
	11.00am	Morning Prayer	St Peter's, Needham
	11.00am	Informal Worship	St John's, Harleston
	11.00am	Holy Communion	St Andrew's, Scole
<i>2 Corinthians 4. 5-12 / Mark 2. 23-3.6</i>			
Sunday 10th June Trinity 2 Green	9.30am	Holy Communion	All Saints, Thorpe Abbots
	9.30am	Morning Prayer	St Peter's, Needham
	11.00am	Holy Communion	St John's, Harleston
	11.00am	Morning Prayer	St Andrew's, Scole
	3.00pm	Pet Service	St Peter & St Paul, Brockdish
	6.00pm	Service	Wortwell Chapel
<i>2 Corinthians 4. 13-5.1 / Mark 3.20-end</i>			
Sunday 17th June Trinity 3 Green	9.30am	Morning Prayer	St Leonard's, Billingford
	9.30am	Holy Communion	St Peter & St Paul, Brockdish
	11.00am	Holy Communion	St John's, Harleston
	11.00am	Informal Worship	St Andrew's, Scole
	11.00am	Morning Prayer	St Peter's, Needham
	6.00pm	Evening Prayer <i>BCP</i>	St Mary's, Redenhall
<i>2 Corinthians 5.6-17 / Mark 4.26-34</i>			
Sunday 24th June Trinity 4 Green St John the Baptist White	9.30am	Morning Prayer	St Peter & St Paul, Brockdish
	9.30am	Holy Communion	St Peter's, Needham
	11.00am	Morning Worship	St John's, Harleston
	11.00am	Holy Communion	St Andrew's, Scole
	11.00am	Morning Prayer CW	St Mary's, Redenhall
	4.30pm	Celebration Service	St Andrew's, Scole
<i>Galatians 3.23-end / Luke 1. 57-66,80</i>			

Christian Meditation

Weds 6th June at 7.30pm

Oasis Prayer Centre, Archbishop Sancroft High School, Harleston.

Contact Revd Nigel Tuffnell for more details

CONTACT LIST

Ministry Team

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7Churches Administrator - Lucy Elton-Cooke.

Office: St John's Church, Harleston. Postal: C/O Revd Nigel Tuffnell

Email: admin@7churches.org.uk Tel: 01379 851148 from 9.00 am to 1.00 pm

Churches

St John's - Harleston	Lucy Elton-Cooke	01379 851148
St Mary's - Redenhall	Lindy Ellis	01986 788326
St Peter's - Needham	Gill Powell	0754 539 6695
St Peter & St Paul - Brockdish	Jan Croxson	01379 668630
	Ann Cork	01379 668635
All Saints - Thorpe Abbotts	Christine McDonald	01379 669116
St Leonard's - Billingford	Pauline Greenard	01379 740730
	Sue Redgrave	01379 740837
St Andrew's - Scole	Lynda Mansfield	01379 740401
	Peter Edwards	01379 740779

Schools

Archbishop Sancroft CEVA High	Mr R Cranmer	01379 852561
Harleston CEVA Primary	Mrs L Blofield	01379 853211
Scole CEVC Primary	Mrs C Vosper	01379 740654

www.7churches.org.uk

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SPONSOR A CHAIR

For St John's Church in Harleston

Can You Help?

We are removing the pews inside the church to make a more flexible space for all its needs as a church and as a community building.

The chairs will cost approximately £60 each

If you are able to help please fill in this form and hand it in **personally** to either;

Revd Nigel Tuffnell - Rector - 10 Swan Lane, Harleston IP20 9AN
Lucy Elton - Churchwarden - Parish Office, St John's Church, Broad Street, Harleston IP20 9AZ / 01379 851148

A dedication book will be available should you wish a dedication to be added

Name.....

Address.....

..... Post Code

Tel No:

I would like to sponsor a chair for St John's Church in Harleston.

Amount/Qty: £..... or Qty.....

Signed

Yes/No : I would like to enhance my donation with Gift Aid (being a UK tax payer) and will fill in the necessary form when payment is due to make purchase of the chairs.