



THE BENEFICE OF  
DEBENHAM & HELMINGHAM

## **Benefice News 29 July 2021**

**Dear Church Family,**

Today the church remembers Mary, Martha and Lazarus, companions of our Lord. Mostly we tend think of Jesus as shepherd, leader and our Saviour; and of course he is all those things. But Mary, Martha and Lazarus remind us of Jesus' very human relationships and show us that Jesus is also our friend. Friendship is a two-way thing. Jesus wants to be with us and wants us to be with him. It may seem amazing that the Lord of all life wants us as companions, but he does. We can accompany Christ in prayer and in the ways in which we live our lives as we accompany one another. Relationship with one another and with God's created order is both beautiful and difficult! We are called to be wise in this. James writes in his letter that we should show gentleness born of wisdom. He goes on to say, '... the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace' (James 3: 17-18).

### **Benefice Church Services in August**

#### **Sunday 1<sup>st</sup> August**

8.00am    Aspall            Holy Communion – traditional version

9.30am    Debenham    Holy Communion

Readings: Exodus 16:2-4, 9-15; Ephesians 4: 1-16; John 6: 24-35

#### **Sunday 8<sup>th</sup> August**

8.00am    Kenton            Holy Communion – traditional version

9.30am    Debenham    Holy Communion

11.00am    Helmingham    Holy Communion – traditional version

Readings: 1 Kings 19:4-8; Ps 34:1-8; Ephesians 4:25-5:2; John 6:35, 41-51

#### **Sunday 15<sup>th</sup> August**

8.00am    Aspall        Morning Prayer  
9.30am    Debenham    Morning Prayer  
9.30am    Winston       Morning Prayer  
11.00am   Framsdan     Morning Prayer

Readings: Proverbs 9:1-6; Ps 34: 9-14; Ephesians 5: 15-20; John 6:51-58

### **Sunday 22<sup>nd</sup> August**

9.30am    Debenham    Holy Communion  
11.00am   Pettaugh     Morning Prayer

Readings: Joshua 24:1-2a, 14-18; Ps 34:15-end; Ephesians 6:10-20; John 6:56-69

### **Sunday 29<sup>th</sup> August**

9.30am    Debenham    Holy Communion

Readings: Deuteronomy 4:1-2, 6-9; James 1:17-end; Mark 7:1-8, 14-15, 21-23

### **Don't Forget!**

**Morning Prayer:** every Wednesday at 9am in Debenham church

**DebFest: 4th September Debenham Leisure Centre.** If you can help with tea and cakes, please contact Betty (01728 860513 or [bettyconnors@outlook.com](mailto:bettyconnors@outlook.com)).

**Leading Intercessions:** 3rd August 7.30pm Dove Cottage. A one-off gathering on how to lead intercessions. Everyone is welcome.

Care of our churchyards is a joy and a blessing, but it is also a challenge as it takes much time and effort! Across the benefice our PCC are considering how best to care for our churchyards and how to care for and encourage the wildlife in them. If you would like to help please do contact your churchwarden. Last week I shared a photo of a grass snake in Aspall, this week is a photo of a 'Pyramidal orchid' which is flowering in Debenham churchyard (it can be found in the long grasses on the left as you go up the driveway. About 10 feet in from the end of the long grass.)



Finally, this will be the last weekly benefice email for a few weeks. August can be a month of extremes: hot sunny days followed by thunder and lightening for example! It is also a month of holidays for many: a time of fun, excitement and rest. For others as things stop for the month, it can be a time that is too quiet; a time of isolation and loneliness. My prayers are with you all at this time, no matter where you are or what you are doing - or not doing. May you know that our Lord goes with you and may you know the peace of Christ on your journey this August - be that a journey of distance or of stillness. And as you move through August may you be a companion our Lord, who is both our friend and our Saviour.

With love and blessings

Susan

Revd Susan Bates

Rector

The Benefice of Debenham & Helmingham

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