

**Welcome to the Parish of Hellesdon**  
**Churches of St Mary, Low Road, NR6 5AT and**  
**St Paul, Hawthorne Avenue, NR6 6LD**

Weekly newsletter for week starting Sunday 18<sup>th</sup> October 2026  
20<sup>th</sup> Sunday after Trinity

**Services for this week**

10am Morning Worship at St Mary's on Sunday 18<sup>th</sup> October  
10am Morning Worship at St Mary's on Wednesday 21<sup>st</sup> October

**Services for next week**

10am Morning Worship at St Paul's on Sunday 25<sup>th</sup> October  
10am Holy Communion at St Mary's on Wednesday 28<sup>th</sup> October

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**Today's Collect** – God, our light and our salvation: illuminate our lives, that we may see your goodness in the land of the living, and looking on your beauty may be changed into the likeness of Jesus Christ our Lord.

**Post Communion** – God our Father, whose Son, the light unfailing, has come from heaven to deliver the world from the darkness of ignorance: let these holy mysteries open the eyes of our misunderstanding that we may know the way of life, and walk in it without stumbling; through Jesus Christ our Lord.

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| Bible readings for this week                                                                                                                                                                                 |                                                                 |                                                          | Sunday 18 <sup>th</sup> October              |                                                        |                                                           |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------|
|                                                                                                                                                                                                              |                                                                 |                                                          | Exodus 33: 12-end<br>1 Thessalonians 1: 1-10 |                                                        | Psalm 99<br>Matthew 22: 15-22                             |
|                                                                                                                                                                                                              | Morning Prayer                                                  | Evening Prayer                                           |                                              | Morning Prayer                                         | Evening Prayer                                            |
| Mon 19 <sup>th</sup>                                                                                                                                                                                         | Psalm 126<br>2 Kings 21: 1-18<br>1 Timothy 1: 1-17              | Psalm 127<br>Ecclesiasticus 31: 1-11<br>John 15: 1-11    | Thurs<br>22 <sup>nd</sup>                    | Psalm 143<br>2 Kings 23:36-24:17<br>1 Timothy 4        | Psalm 138<br>Ecclesiasticus 37: 7-24<br>John 16: 1-15     |
| Tues 20 <sup>th</sup>                                                                                                                                                                                        | Psalms 132<br>2 Kings 22:1 – 23:3<br>1 Timothy 1:18-end<br>of 2 | Psalms 135<br>Ecclesiasticus 34:9 –end<br>John 15: 12-17 | Fri 23 <sup>rd</sup>                         | Psalm 144<br>2 Kings 24:18-25:12<br>1 Timothy 5: 1-16  | Psalm 145<br>Ecclesiasticus 38: 1-14<br>John 16: 16-22    |
| Weds<br>21 <sup>st</sup>                                                                                                                                                                                     | Psalm 119: 153-end<br>2 Kings 23: 4-25<br>1 Timothy 3           | Psalm 136<br>Ecclesiasticus 35<br>John 15: 18-end        | Sat<br>24 <sup>th</sup>                      | Psalm 147<br>2 Kings 25: 22-end<br>1 Timothy 5: 17-end | Psalm 148<br>Ecclesiasticus 38: 24-end<br>John 16: 23-end |
| You can also phone Daily Hope on 0345 646 2206 which is a free service where you can hear hymns, prayers, reflections and church services. Calls are charged the same rate as a standard UK landline number. |                                                                 |                                                          |                                              |                                                        |                                                           |

### Safeguarding

We take safeguarding very seriously. If you are concerned that someone you know is at risk of, or is being abused, or they present a risk to others, please seek advice from the Parish Safeguarding Officer (Milee Brambleby; [milee@hellesdonchurches.org](mailto:milee@hellesdonchurches.org)) or, if necessary, report the matter to Social Services at Norfolk County Council (0344 800 8020) or call the Police (999) if someone is at immediate risk .

**To know and grow in Christ, and to be active and visible in the community**

### **This week's activities:**

Saturday 17<sup>th</sup> October, Coffee Morning, 10am-12pm, St Paul's;

Saturday 17<sup>th</sup> October, Prayer Drop In, 2.00-4.00pm, St Paul's;

Monday 19<sup>th</sup> October, Parish Prayers, 9.30-10.00am, St Paul's;

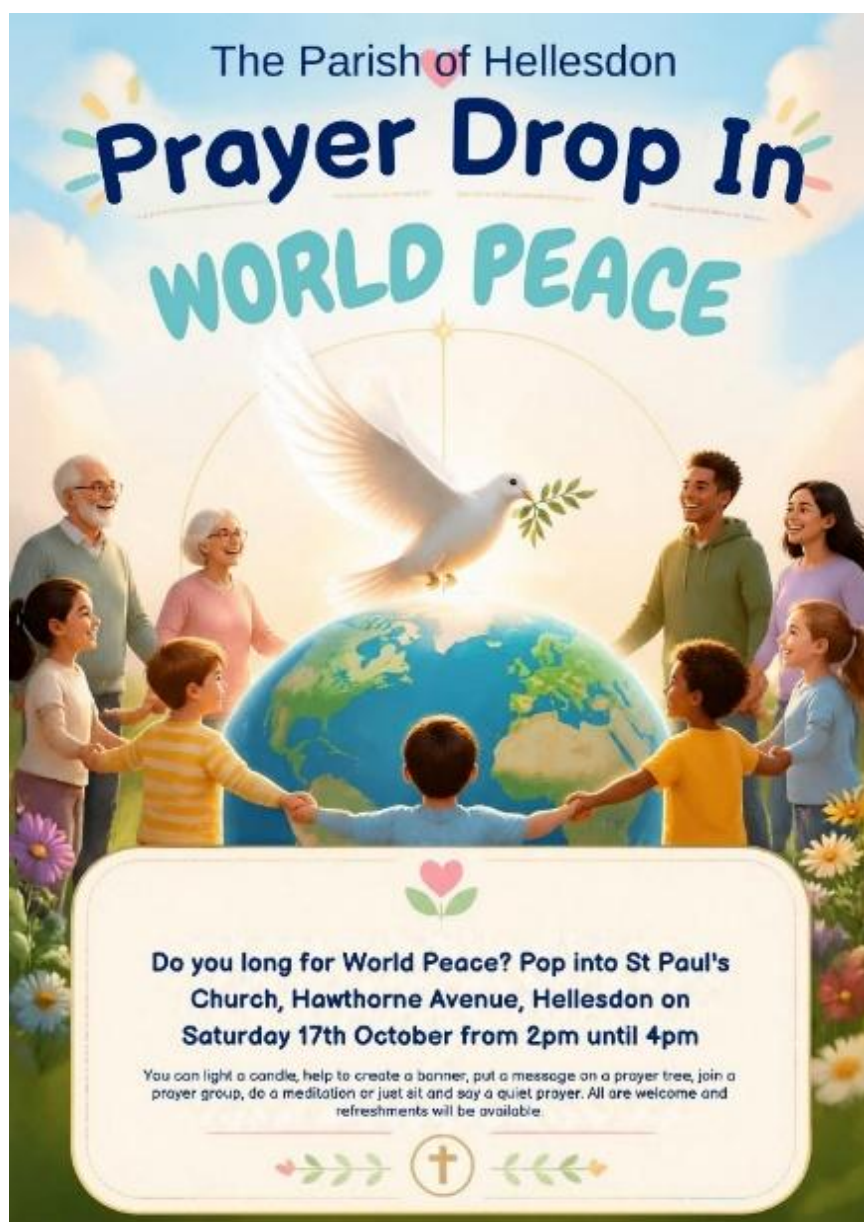
Monday 19<sup>th</sup> October, Meditation by Zoom, 8.00-8.45pm (if you would like to join, please email [admin@hellesdonchurches.org](mailto:admin@hellesdonchurches.org) to be put in touch with the group leader);

Tuesday 20<sup>th</sup> October, Tea on Tuesday, 2.00-4.00pm, St Mary's;

Wednesday 21<sup>st</sup> October, Knit and Natter, 11.00am-12.30pm, St Mary's;

Wednesday 21<sup>st</sup> October, Marlpit Community Choir, 7.00-8.30pm, St Mary's;

Wednesday 21<sup>st</sup> October, Home Group, 7.30-9.00pm (if you would like to attend, please email [admin@hellesdonchurches.org](mailto:admin@hellesdonchurches.org) to be put in touch with the group leader).



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## **Anti-Slavery week 12<sup>th</sup> to 18<sup>th</sup> October**

Sunday, 18th October has been designated Anti-Slavery Day in the UK. Anti-Slavery Week runs between Monday, 12th to Sunday, 18th October.

### Safe Car Wash App

Many hand car washes are legitimate businesses, but some are exploiting their workers. The Safe Car Wash App addresses this problem.

If you download the Safe Car Wash App, you can open it when you are at a Hand Car Wash. The App asks a series of questions which are easy to answer, while you wait for your car to be washed. If the App identifies that there is a high likelihood of slavery (from the answers you input) they invite you to submit your answers, at the touch of a button, to the Modern Slavery Helpline.

You don't need to be sure – just record what you see. The data from all reports is collected and mapped, and local law enforcement can visit, if they deem it necessary.

Our role is merely to be eyes and ears for the law enforcement community. Our reports are anonymous. But we may just help to release a person from slavery.

You can find the Safe Car Wash App for Android or for iPhones:

- Android: Safe Car Wash App – Apps on Google Play
- Apple: Safe Car Wash App – App Store

### **Eco Pause for thought**

If you live in Broadland District Council area, you can recycle small electrical items by leaving them out in a waterproof bag with your green or grey bin. Find out more here [Broadland electrical, battery and textile collections | Broadland and South Norfolk](#) Residents of South Norfolk District Council need to book a collection slot for these items. Find out more here [Broadland electrical, battery and textile collections | Broadland and South Norfolk](#)

Also, B & Q are recycling small electricals, light bulbs and fluorescent tubes. There is a container as you come out of the exit at their store on Boundary Road.

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**From this weekend, there will be a food waste bin in the kitchen at St Mary's. Please use it!!**

### ***Local Area Coordinator***

The Local Area Coordinator for Hellesdon is Heidi Waters. She can help you with getting information, advice and support; overcoming personal challenges; supporting you to feel safe and more confident about the future; improving your health and wellbeing; reducing loneliness and isolation; making new connections and friends and lots more. She will be at Tea on Tuesday every other week on the following forthcoming dates: 29<sup>th</sup> September, 13<sup>th</sup> and 27<sup>th</sup> October. You can also contact her directly on 07585 248 368 or [heidi.waters@southnorfolkandbroadland.gov.uk](mailto:heidi.waters@southnorfolkandbroadland.gov.uk)

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## You are invited to our Service of Light and Remembrance

**Sunday 1<sup>st</sup> November, 3.00pm at St Mary's Church, Low Road, Hellesdon**



You are warmly invited to join us for this service where we will remember and give thanks for our loved-ones who are no longer with us. The service will include music, a Bible reading, prayers and time for you to light a candle. We would also love you to stay for refreshments and a chat after the service.

In addition, the church will be open for an hour before the service (from 2pm) for you to come and light a candle, complete a prayer card with the name of those you are remembering, spend a few quiet moments and, if you wish, say a prayer. We will pray for those named on the prayer cards during the service.

If you are not able to come along on 1<sup>st</sup> November, but would like a candle lit and your loved ones remembered by name, please let us know by sending an email to [admin@hellesdonchurches.org](mailto:admin@hellesdonchurches.org) and we will ensure that this takes place for you at the service.

### **Safeguarding survey**

You should have received an email a couple of weeks ago, from Revd Sue, asking you to complete a safeguarding survey. If you have already completed it, thank you! If you haven't completed it yet, please do – the deadline is 11th November 2026 at 11:30pm. If you haven't seen it, please check your Spam mailbox.



### **Pastoral Visits**

We make pastoral visits to keep in touch with those who are unwell or unable to get to church for other reasons. If you, or someone you know, is in need of a pastoral visit, please let Rev'd Sue know and she will arrange for one of the Pastoral Visitors to get in touch.

### **Donate your old bras to charity**

Norfolk Knitter and Stitchers, which our Knit and Natter Group are part of, are collecting old bras to raise money for breast cancer research. Please bring your items to either church and they will be taken to the collection point.

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## Award nomination



We were recently shortlisted for a Rising Star award in the Broadland Community Awards, as a result of the hard work of Milee and her fantastic team at Tea on Tuesday. We didn't win the award but, Sue Matthews, one of the Tea on Tuesday leaders, attended the awards ceremony on Thursday, along with Revd Sue, and was presented with a certificate to recognize the nomination.

We are grateful to everyone who works so hard to make Tea on Tuesday the great success it is.

### Norwich Foodbank collections

Thank you for your ongoing support for Norwich Foodbank, by bringing your donations to our collection boxes in both churches.

They are currently in urgent need of the following items:

|                |                            |                 |
|----------------|----------------------------|-----------------|
| Microwave rice | Tinned meat                | Sponge puddings |
| Custard        | Rice pudding               | Tinned fruit    |
| Instant Mash   | Tinned veg (not sweetcorn) | Coffee          |

### GET IN TOUCH

|                                                                                                                                        |                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|
| Reverend Sue Mann (rest day is Friday):<br><a href="mailto:revsue@hellesdonchurches.org">revsue@hellesdonchurches.org</a> 01603 733202 | Milee Brambleby, Parish Safeguarding Officer:<br><a href="mailto:milee@hellesdonchurches.org">milee@hellesdonchurches.org</a> |
| Debbie Cronk, Parish Administrator:<br><a href="mailto:admin@hellesdonchurches.org">admin@hellesdonchurches.org</a>                    | John Bridge, Treasurer:<br><a href="mailto:treasurer@hellesdonchurches.org">treasurer@hellesdonchurches.org</a>               |
| Margaret Abbott, Churchwarden with primary responsibility for St Mary's:<br>07873 888115                                               | Margaret Bagley, Churchwarden with primary responsibility for St Paul's:<br>01603 484620                                      |
| Website: <a href="http://achurchnearyou.com">achurchnearyou.com</a> and search for Hellesdon                                           |                                                                                                                               |

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