

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

Weekly newsletter for Sunday 4th October 2026 –18th Sunday after Trinity

Services for this week

3pm Wild Worship at St Paul's on Saturday 3rd October
 10am Holy Communion at St Mary's on Sunday 4th October
 10am Holy Communion at St Mary's on Wednesday 7th October

Services for next week

10am Holy Communion at St Paul's on Sunday 11th October
 10am Holy Communion at St Mary's on Wednesday 7th October

Today's Collect – God our judge and saviour, teach us to be open to your truth and to trust in your love, that we may live each day with confidence in the salvation which is given through Jesus Christ our Lord. Amen.

Post Communion – We praise and thank you , O Christ, for this sacred feast: for here we receive you, here the memory of your passion is renewed, here our minds are filled with grace, and here a pledge of future glory is given, when we shall feast at that table where you reign with all your saints for ever.

Bible readings for this week			Sunday 4 th October		
			Exodus 20: 1-4,7-9,12-20 Philippians 3: 4b-14		Psalm 19 Matthew 23: 33-end
	Morning Prayer	Evening Prayer		Morning Prayer	Evening Prayer
Mon 5 th	Psalm 80 2 Kings 5 Acts 26: 1-23	Psalm 85 Ecclesiasticus 16:17-end Mark 15: 1-15	Thurs 8 th	Psalm 92 2 Kings 9: 17-end Acts 27: 27-end	Psalm 94 Ecclesiasticus 19: 4-17 Mark 15: 42-end
Tues 6 th	Psalms 89: 1-18 2 Kings 6: 1-23 Acts 26: 24-end	Psalms 89 : 19-end Ecclesiasticus 17:1-24 Mark 15: 16-32	Fri 9 th	Psalm 88 2 Kings 12: 1-19 Acts 28: 1-16	Psalm 102 Ecclesiasticus 19: 20-end Mark 16: 1-8
Weds 7 th	Psalm 119: 105-128 2 Kings 9: 1-16 Acts 27: 1-26	Psalm 91 Ecclesiasticus 18: 1-14 Mark 15: 33-41	Sat 10 th	Psalm 97 2 Kings 17: 1-23 Acts 28: 17-end	Psalm 104 Ecclesiasticus 21: 1-17 Mark 16: 9-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) 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 Christ and to make Him better known

This week's activities:

Monday 5th October, Parish Prayers, 9.30-10.00am, St Paul's;

Monday 5th October, Meditation by Zoom, 8.00-8.45pm (if you would like to join, please email admin@hellesdonchurches.org to be put in touch with the group leader);

Tuesday 6th October, Tea on Tuesday, 2.00-4.00pm, St Mary's;

Wednesday 7th October, Knit and Natter, 11.00-12.30am, St Mary's;

Wednesday 7th October, Marlpit Community Choir, 7.00-8.30pm, St Mary's;

Wednesday 7th October, Home Group, 7.30-9.00pm (if you would like to attend, please email admin@hellesdonchurches.org to be put in touch with the group leader).

Fairtrade Fortnight and ethical shopping

Fairtrade Fortnight runs between 20th September and the 4th October. It's a fortnight when we're encouraged to purchase Fairtrade products and celebrate the farmers and workers who make the products we buy.

Fairtrade represents an international group of organisations who support farmers and food producers with a decent minimum price for their products and give a 'premium' additional payment to support local projects, such as improving schooling or living conditions for the workers.

Fairtrade products are not the cheapest for this reason. But by buying Fairtrade we can support fair prices and decent working conditions along with environmentally friendly farming practices.

Fairtrade currently work with seven categories of products, which most impact farmers at risk of exploitation: bananas, tea, coffee, sugar, cocoa, wine and roses.

The Co-op sells all seven categories of products, so you'll find Fairtrade bananas, tea, coffee, sugar, chocolate, wine and roses in their stores. When they sell Co-op own baked products, such as cakes and biscuits, they will always use Fairtrade products within them.

ASDA also sells Fairtrade products. You will find sweet treats such as Guylian seashell chocolates, Ben & Jerry's ice cream, milk chocolate rice cakes. They also sell Fairtrade tea and coffee, and Fairtrade bananas.

Lots of other supermarkets also sell a selection of Fairtrade products, (there are far more than this article mentions), but the above two have retail stores in Hellesdon.

Always look for the Fairtrade logo!



It's a

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
Custard	Rice pudding
Instant Mash	Peanut butter
Tinned veg (not sweetcorn)	Tinned fruit
Sponge puddings	Coffee
Biscuits (all types)	Long life juice
Jam or marmalade	

The logo for Macmillan Cancer Support, featuring the word 'MACMILLAN' in a large, bold, white sans-serif font above the words 'CANCER SUPPORT' in a smaller, bold, white sans-serif font, all set against a solid green rectangular background.

Thank you to everyone who supported the fundraising tea/coffee mornings and afternoon at St Mary's, St Paul's and the Parish Hall in aid of Macmillan Cancer Support last month. The final, combined total is £1237.27 which is totally amazing.

Thank you again to all who contributed in any way.

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.

Baptism preparation

The Baptism Team are holding drop-in sessions for anyone who is considering Baptism for themselves or a child and wants to book a date or find out more about Baptism. Sessions last for about an hour and no appointment is needed. The dates are:

Date		Time	Venue
Saturday 7 th November		12.00	St Mary's

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: 29th September, 13th and 27th October. You can also contact her directly on 07585 248 368 or heidi.waters@southnorfolkandbroadland.gov.uk

To know Christ and to make Him better known



Safeguarding survey

You should have received an email last week, 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 would you! If you haven't seen it, please check your Spam mailbox.

Award nomination

We have been 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. The winner of the award will be announced at an awards ceremony on 15th October.

We are grateful to everyone who works so hard to make Tea on Tuesday the great success it is, and we will let you know what happens at the Awards Ceremony.

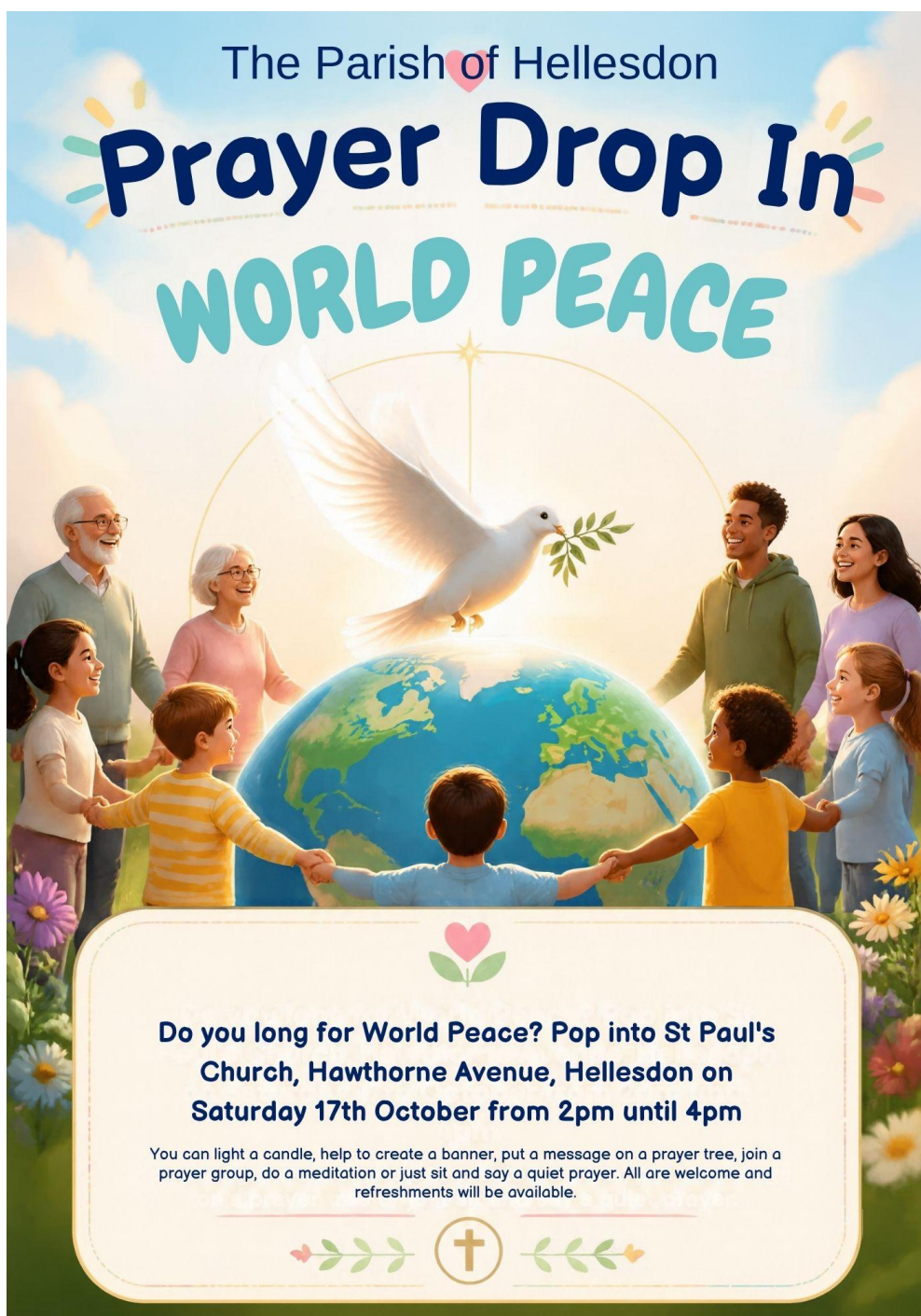
Donate your old bras to charity

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.

Pastoral Visits

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.

To know Christ and to make Him better known



GET IN TOUCH	
Reverend Sue Mann (rest day is Friday): revsue@hellesdonchurches.org 01603 733202	Milee Brambleby, Parish Safeguarding Officer: milee@hellesdonchurches.org
Debbie Cronk, Parish Administrator: admin@hellesdonchurches.org	John Bridge, Treasurer: treasurer@hellesdonchurches.org
Margaret Abbott, Churchwarden with primary responsibility for St Mary's: 07873 888115	Margaret Bagley, Churchwarden with primary responsibility for St Paul's: 01603 484620
Website: achurchnearyou.com and search for Hellesdon	

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