



We are Fairtrade
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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 25th October 2026

Last Sunday after Trinity

Services for this week

10am Morning Worship at St Paul's on Sunday 25th October

10am Holy Communion at St Mary's on Wednesday 28th October

Services for next week

10am Holy Communion at St Mary's on Sunday 1st November

3pm Service of Light and Remembrance at St Mary's on Sunday 1st November

10am Holy Communion at St Mary's on Wednesday 4th November



Don't forget to put your clocks back one hour tonight

Today's Collect – Merciful God, teach us to be faithful in change and uncertainty, that trusting in your word and obeying you will we may enter the unfailing joy of Jesus Christ our Lord. Amen.

Post Communion – God of all grace, your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom: renew your people with your heavenly grace, and in our weakness sustain us by your true and living bread; who is alive and reigns, now and for ever.

Bible readings for this week			Sunday 25 th October – Bible Sunday		
			Deuteronomy 34: 1-12 1 Thessalonians 2: 1-8		Psalm 90: 1-6, 13-17 Matthew 22: 34-end
	Morning Prayer	Evening Prayer		Morning Prayer	Evening Prayer
Mon 26 th	Psalm 1 Judith 4 1 Timothy 6: 1-10	Psalm 4 Ecclesiasticus 39: 1-11 John 17: 1-5	Thurs 29 th	Psalm 15 Judith 7: 19-end 2 Timothy 1:15-2:13	Psalm 18 Ecclesiasticus 43: 1-12 John 18: 1-11
Tues 27 th	Psalms 5 Judith 5: 1-6: 4 1 Timothy 6 :11-end	Psalms 9 Ecclesiasticus 39:13 –end John 17: 6-19	Fri 30 th	Psalm 19 Judith 8: 9-end 2 Timothy 2:14-end	Psalm 22 Ecclesiasticus 43: 13-end John 18: 12-27
Weds 28 th Simon and Jude, Apostles	Psalm 116, 117 Wisdom 5: 1-16 Luke 6: 12-16	Psalm 119: 1-16 Maccabees 2: 42-66 Jude 1-4, 17-end	Sat 31 st	Psalm 23 Judith 9 2 Timothy 3	Psalm 1, 5 Ecclesiasticus 44: 1-15 Revelation 19: 6-10
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.					

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This week's activities:

Monday 26th October, Parish Prayers, 9.30-10.00am, St Paul's;

Monday 26th 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 27th October, Tea on Tuesday, 2.00-4.00pm, St Mary's;

Wednesday 28th 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).

You are invited to our Service of Light and Remembrance

Sunday 1st 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 1st 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 and we will ensure that this takes place for you at the service.

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 .

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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.

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): 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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Energy advice available at Tea on Tuesday on 3rd November

Andy Bodycombe and a colleague from Our Power will be at Tea on Tuesday on 3rd November to offer advice and guidance about energy efficiency. There will be opportunity to have an individual discussion and/or to book a home energy MOT.

More information on this leaflet.

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

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.

There is now a food waste bin in the kitchen at St Mary's. Please use it!!

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Hellesdon Parish Remembrance Services

St Mary's Church, Low Road

Sunday 8th November 10.50am

Act of Remembrance at the
War Memorial followed by an
All Age Service in St Mary's



St Paul's Church, Hawthorne Avenue

Sunday 8th November 2.00pm

Short Service with Act of Remembrance
(outside, weather permitting)

War Memorial, Low Road

Wednesday 11th November at 10.50am

An Act of Remembrance