



**ALL SAINTS KESGRAVE**  
**NEWSLETTER**  
**ISSUE NO 72 – 30.08.20**  
**SEPTEMBER 2020**

**THOUGHT FOR THE DAY**

It is usually at this time of the year we can normally share our experiences from the holiday season. But this year it is all different, we started off with deciding where we would like to go, looking around for the best deals, booking it up and then spend time saving up to enjoy it, then everything grinds to a halt because of Covid.

This started me thinking do we prepare to meet God in the same way, are we excited about this, Isaiah 55 v 6 says 'Seek the Lord while He may be found, call on Him while He is near'.

Over the past month our lifestyles have changed we have been restricted to what we can do, where we can go, many people are lonely because of

this, but many people have still been able to worship from their homes thanks to modern technology. We have even met up with people from different parts of the country via zoom; and people who are confined in their homes have been able to share again with Gods family.

We all lead busy lives and sometimes we don't stop from dawn to dusk, there is an old saying that every cloud has a silver lining, so maybe during these difficult times while we are restricted, we can reflect on our daily lives and what is important. Perhaps in the stillness we can take on that new hobby we have always wanted to try, maybe read those books that have been building up.

It says in Psalm 46 'Be still and know that I am God,' it is only in times like this when we are restricted that we can hear God guiding us, maybe He is calling us in a new direction, He has a purpose for each one of us but until we listen to that still small voice we will not be blessed beyond our understanding.

Mike

## WHAT'S ON –NEW EVENTS

Date	Time	Service	How to attend & who to contact
<b>Tue</b> 1 <sup>st</sup> Sep	10.00am - 11.00am	<b>ASK Zoom</b> 'Messy Church' at home	To find instructions how to join, visit our website <b>www.asksgrave.org</b>
<b>Tue</b> 1 <sup>st</sup> Sep	20.00pm- 21.00pm	<b>ASK Zoom</b> Bible Study	To register your interest and to indicate which session you would like to book, <b>please email Robin Spittle</b> or call him on 623388 robinspittle@btinternet.com
<b>Wed</b> 2 <sup>nd</sup> Sep	19.15pm- 20.15pm	<b>ASK Zoom</b> Bible Study	To register your interest and to indicate which session you would like to book, <b>please email Robin Spittle</b> or call him on 623388 robinspittle@btinternet.com
<b>Thu</b> 3 <sup>rd</sup> Sep	11.00am - 11.30am	<b>Thursday</b> <b>Communion</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388

Date	Time	Service	How to attend & who to contact
Fri 4 <sup>th</sup> Sep	18.30pm - 20.00pm	<b>ASK Zoom</b> 'PUB QUIZ'	To find instructions how to join, visit our website <a href="http://www.asksgrave.org">www.asksgrave.org</a>
<b>Sun</b> 6 <sup>th</sup> Sep	8.30am - 9.00am	<b>Holy Communion</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email <a href="mailto:robinspittle@btinternet.com">robinspittle@btinternet.com</a> phone 01473 623388
	<b>Reading</b>	<b>Mark 7: 31 - 37</b>	
<b>Sun</b> 6 <sup>th</sup> Sep	10.00am - 11.00am	<b>ASK Zoom</b> 'Joseph'	To find instructions how to join, visit our website <a href="http://www.asksgrave.org">www.asksgrave.org</a>
	<b>Reading</b>	<b>Genesis 39:6-23</b>	
<b>Sun</b> 6 <sup>th</sup> Sep	12.00pm - 12.30pm	<b>SERVICE</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email <a href="mailto:robinspittle@btinternet.com">robinspittle@btinternet.com</a> phone 01473 623388
	<b>Reading</b>	<b>Mark 7 :31 - 37</b>	
<b>Sun</b> 6 <sup>th</sup> Sep	5.00pm - 5.45pm	<b>ASK Zoom</b> 'After Hours'	To find instructions how to join, visit our website <a href="http://www.asksgrave.org">www.asksgrave.org</a>
	<b>Reading</b>	<b>Acts 9: 1-18</b>	
<b>Sun</b> 6 <sup>th</sup> Sep	18.30pm - 19.00pm	<b>Evensong</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email <a href="mailto:robinspittle@btinternet.com">robinspittle@btinternet.com</a> phone 01473 623388
	<b>Reading</b>	<b>Psalms 119 :33-40 &amp; Mark 7 : 31- 37</b>	
<b>Tue</b> 8 <sup>th</sup> Sep	10.00am - 11.00am	<b>ASK Zoom</b> 'Coffee & Chat'	To find instructions how to join, visit our website <a href="http://www.asksgrave.org">www.asksgrave.org</a>
<b>Thu</b> 10 <sup>th</sup> Sep	11.00am - 11.30am	<b>Thursday Communion</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email <a href="mailto:robinspittle@btinternet.com">robinspittle@btinternet.com</a> phone 01473 623388
<b>Sat</b> 12 <sup>th</sup> Sep	10.00am start	<b>Ride and Stride</b>	If you would like to join Robin and Gary on their walk or sponsor them, <b>please contact Robin Spittle to confirm your attendance.</b> Email <a href="mailto:robinspittle@btinternet.com">robinspittle@btinternet.com</a> phone 01473 623388
<b>Sun</b> 13 <sup>th</sup> Sep	8.30am - 9.00am	<b>Holy Communion</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email <a href="mailto:robinspittle@btinternet.com">robinspittle@btinternet.com</a> phone 01473 623388
	<b>Reading</b>	<b>Exodus 14 :19 - 31</b>	
<b>Sun</b> 13 <sup>th</sup> Sep	10.00am - 11.00am	<b>ASK Zoom</b> 'Joseph'	To find instructions how to join, visit our website <a href="http://www.asksgrave.org">www.asksgrave.org</a>
	<b>Reading</b>	<b>Genesis 41:1-14 &amp; 28-40</b>	

Date	Time	Service	How to attend & who to contact
Sun 13 <sup>th</sup> Sep	10.00am - 10.30am	<b>Holy Communion</b> at Playford	To ensure safe social distancing and due to limited numbers <b>please contact Colin Hedgley to confirm your attendance.</b> Email colinhedgley@aol.com phone 01473 738468
Sun 13 <sup>th</sup> Sep	12.00pm - 12.30pm	<b>Service</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
	<b>Reading</b>	<b>Exodus 14 :19 - 31</b>	
Sun 13 <sup>th</sup> Sep	18.30pm - 19.00pm	<b>Evensong</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
	<b>Reading</b>	<b>Psalms 103:1- 7 &amp; Exodus 14: 19 - 31</b>	
Mon 14 <sup>th</sup> Sep	14.30pm- 15.30pm	<b>Silver Screen LITE</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
Tue 15 <sup>th</sup> Sep	10.00am - 11.00am	<b>ASK Zoom 'Messy Church'</b> at home	To find instructions how to join, visit our website <b>www.asksgrave.org</b>
Thu 17 <sup>th</sup> Sep	11.00am - 11.30am	<b>Thursday Communion</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
Fri 18 <sup>th</sup> Sep	18.30pm - 20.00pm	<b>ASK Zoom 'PUB QUIZ'</b>	To find instructions how to join, visit our website <b>www.asksgrave.org</b>
Sun 20 <sup>th</sup> Sep	8.30am - 9.00am	Holy Communion	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
	<b>Reading</b>	<b>Matthew 20 :1 -16</b>	
Sun 20 <sup>th</sup> Sep	10.00am - 11.00am	<b>ASK Zoom 'Joseph'- Harvest</b>	To find instructions how to join, visit our website <b>www.asksgrave.org</b>
	<b>Reading</b>	<b>Genesis 41:33-49</b>	
Sun 20 <sup>th</sup> Sep	12.00pm - 12.30pm	<b>Holy Communion</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
	<b>Reading</b>	<b>Genesis 41:33-49</b>	
Sun 20 <sup>th</sup> Sep	18.30pm - 19.00pm	<b>Evensong</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
	<b>Reading</b>	<b>Psalms 67:1 – 7 &amp; Matthew 20: 1 -16</b>	

Date	Time	Service	How to attend & who to contact
<b>Tue</b> 22 <sup>nd</sup> Sep	10.00am - 11.00am	<b>ASK Zoom</b> 'Coffee & Chat'	To find instructions how to join, visit our website <b>www.asksgrave.org</b>
<b>Wed</b> 23 <sup>rd</sup> Sep	19.15pm- 20.15pm	<b>ASK Zoom</b> Bible Study	To register your interest and to indicate which session you would like to book, <b>please email Robin Spittle</b> or call him on 623388 robinspittle@btinternet.com
<b>Thu</b> 24 <sup>th</sup> Sep	11.00am - 11.30am	<b>Thursday</b> <b>Communion</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
<b>Thu</b> 24 <sup>th</sup> Sep	20.00pm- 21.00pm	<b>ASK Zoom</b> Bible Study	To register your interest and to indicate which session you would like to book, <b>please email Robin Spittle</b> or call him on 623388 robinspittle@btinternet.com
<b>Sun</b> 27 <sup>th</sup> Sep	8.30am - 9.00am	<b>Holy</b> <b>Communion</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
	<b>Reading</b>	<b>Matthew 21:23-32</b>	
<b>Sun</b> 27 <sup>th</sup> Sep	10.00am - 11.00am	<b>ASK Zoom Church</b> 'Joseph'	To find instructions how to join, visit our website <b>www.asksgrave.org</b>
	<b>Reading</b>	<b>Genesis 45:3-12 &amp; 46:26-29</b>	
<b>Sun</b> 27 <sup>th</sup> Sep	10.00am - 10.30am	<b>Holy Communion</b> at Little Bealings	To ensure safe social distancing and due to limited numbers <b>please contact Corinne Fear to confirm your attendance.</b> Email corinnejarvis@hotmail.co.uk phone 07810 355511
<b>Sun</b> 27 <sup>th</sup> Sep	12.00pm - 12.30pm	<b>Service</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
	<b>Reading</b>	<b>Matthew 21:23-32</b>	
<b>Sun</b> 27 <sup>th</sup> Sep	18.30pm - 19.00pm	<b>Evensong</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
	<b>Reading</b>	<b>Psalms 119 :41-48 Philippians 2:1-13</b>	
<b>Mon</b> 28 <sup>th</sup> Sep	14.30pm- 15.30pm	<b>Silver Screen LITE</b>	To ensure safe social distancing and due to limited numbers <b>please contact Robin Spittle to confirm your attendance.</b> Email robinspittle@btinternet.com phone 01473 623388
<b>Tue</b> 29 <sup>th</sup> Sep	10.00am - 11.00am	<b>ASK Zoom 'Messy</b> Church' at home	To find instructions how to join, visit our website <b>www.asksgrave.org</b>

## **AUGUST – BEST OF BOTH – A busy month of Church and Zoom**

As I sit here the storm clouds gather and the Met Office warns that Storm Francis is approaching with heaving winds; ‘batten down your hatches’ we are warned. Our month at All Saints stands in complete contrast to this, we increasingly opened our church doors wide and our church family enjoyed strolling through the warm August sunshine and into their peaceful church. Throughout the month the number of services grew, and the numbers attending them grew likewise. It’s wonderful to report that 50 people a week are now enjoying our socially distanced services in church, whilst Zoom continues at full strength. As July turned to August, a few of us started the month at the Keswick Convention. Whilst it would have been wonderful to be amidst the Lake District’s beautiful mountains, singing God’s praises in harmony together, it was also a blessing to join Keswick virtually. As we ‘went live’ there on our screens was the dear old Keswick pencil museum, the paint was peeling off the walls, it was obviously in need of renovation, but the plans for this place are wonderful - to be a full-time hub of global Christianity. It made me smile; I have a soft spot for Keswick. The theme of the week-long convention was Hope and the speakers were inspiring. Each day Bible Readings and Seminars explored God’s word and the Bible’s message of Hope. And of course, we sang together, joyfully in our own lounges, Christians together across the world.

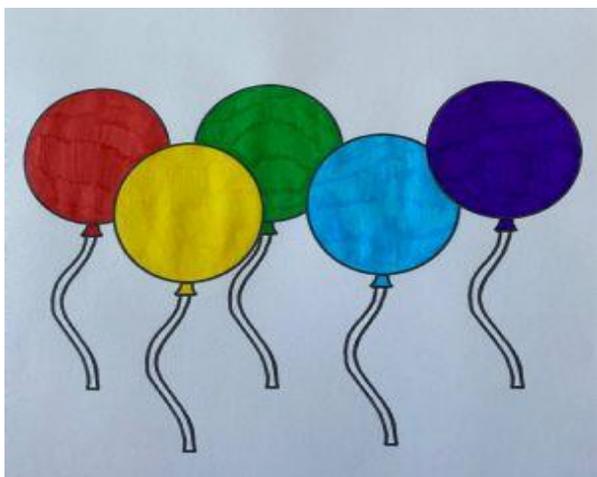
At All Saints our Sunday sermons continued exploring the **Fruit of the Spirit**. Helen Wittgreffe spoke on finding our courage to stand up and speak for God, and then on **Goodness**. ‘Every opportunity to do good is an appointment arranged by God’, ‘Through Goodness we do God’s work on this earth’. Galatians 6 instructed, ‘Never to grow weary in doing good’ for ‘seeds of Goodness, when planted, will grow’. Our prayer activity involved colouring in an orange as oranges are fruit and full of goodness! We then used each of the segments to write our prayers to God.



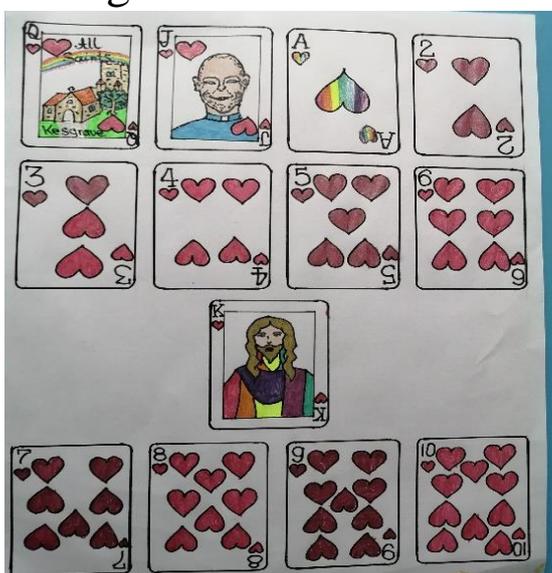
Martyn Shakespeare spoke on **Faithfulness**, ‘Hold on to the Faithfulness of God, from that springs Hope’. We learnt to ‘Have Faithfulness in dark times, for the steadfast love of the Lord never ends.’ For activity we were inspired by a very touching story of Hatchiko, the loyal and faithful dog that waited for his to return from work’s commute every day for 9 years at the train station, long after his owner passed away at work and never returned...



Robin blessed us with a sermon on **Gentleness** and we learnt that traditionally gentleness means ‘strength or power under control’. Jesus says, “Take My yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” Robin explained that Gentleness can also be translated as meekness, which should definitely not be confused for weakness. Instead, meekness is the quality of having controlled strength. Our prayer activity involved colouring in some beautiful balloons - but we had to be gentle, we didn’t want them to POP!!!



And finally, Gary concluded our Fruits of the Spirit series with **Patience**. We learnt of endurance, self-restraint, and not giving way to anger. Gary told us, ‘When you get to end of your tether, tie a knot and hold on’. We learnt that God is patient with his people, He loves them, he forgives them, and he bears with them. And in the same way, we should ‘bear with’ each other. We were told to be patient in the situations we find ourselves in, ‘waiting on the Lord’. We came up with an activity that involved colouring in our own special Playing Cards, as when we play cards, we Patiently wait for our turn and Patiently wait for a good hand of cards.



The end of August saw us start a new series of sermons on **Joseph**. Chris Nunn explained how Joseph’s life was difficult but how through his difficulties he brought blessings to the world. For our children’s prayer activity Jennie had the children colouring Joseph’s coat of many colours before using the letters in the name Joseph to aid prayer.



Bible Study continued with two sessions on 'Writing a Sermon'. At first Matthew 10:34-38 seemed rather confusing. Jesus said, "Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword. For I have come to turn 'a man against his father, a daughter against her mother, a daughter-in-law against her mother-in-law – a man's enemies will be the members of his own household.' Anyone who loves his father or mother more than me is not worthy of me; anyone who loves his son or daughter more than me is not worthy of me; and anyone who does not take his cross and follow me is not worthy of me" It didn't sound like our peaceful Jesus.

Under Robin's guidance we learned to read this passage in context, not as a standalone passage, and explored the passage further before writing a sermon in 'ten minutes'. In essence, Jesus' followers are peacemaker-evangelists who speak the blessing of peace on families where they stay. Nevertheless, response to the message will be mixed: some will accept the message and others will reject it. Because of this, families will be divided. Thus, in the sword passage Jesus reminds his followers of his worth and the need to follow him regardless of the negative fallout. After all, Jesus tells us, the greatest commandment is to, 'Love your God with all your heart and with all your soul and with all your mind'. A very interesting and illuminating evening was had by all, and if you'd like to understand the Bible more fully, do join us for the next sessions in September.

Jennie and the children have enjoyed sticking, colouring, making

origami and having a good chat at Zoom Messy Church and Coffee and Chat.



Good attendance continued at After Hours,(for our next Zoom After Hours- **6<sup>th</sup> of September at 5pm** lovely Sally Letman is Preaching for us, so please join us!) Quiz Night, Alpha, and Small Group Training. Forgive me if I've omitted anything!

Goodness, a busy month indeed....and yet also one of peace, hope and reassurance.

Happy September All,  
Helen Wittgreffe

## **MESSY CHURCH AND COFFEE & CHAT**

With schools planning to reopen in September, we have thought long and hard about the feasibility of restarting Messy Church and Sing, Sign & Play 'in person' at the church hall. Since lockdown began, we have moved to online Zoom sessions, changing Sing, Sign & Play to 'Coffee and Chat' which lends itself better to the internet than me trying to sing with a delay!! We have felt that during these unprecedented times, this format has worked well and has provided an opportunity for carers to catch up with one another and children to listen to a bible story, participate in simple crafts and wave and chat to friends. We even still have bubble prayers! We are very grateful to everyone who has participated and supported us during this time.

Due to the nature of sessions, the hall environment and social distancing measures still being in place, we have concluded that at the present time sessions should still be provided online via Zoom. We are constantly monitoring the situation and hope that in the future things will change, but for the time being this feels like the safest option for all. Do please continue to join us as we head into the Autumn, and if you are new to our sessions, the Zoom link can be found on our website and Facebook pages, and you can be sure of a warm welcome!

Jennie and the team



## **BIBLE STUDIES**

### **“I am the Vine, you are the branches”**

Our next Bible Study will focus around Jesus saying “I am the Vine, you are the branches” in John 15. This is an extremely rich metaphor with lots for us to explore together and we will look at “how to grow as a Christian” and “how to grow as a Church”.

Identical sessions will take place on **Tuesday September 1<sup>st</sup> (8.00pm)** and **Wednesday September 2<sup>nd</sup> (7.15pm)** and both will last an hour. I want to both welcome back “old hands” and also introduce “beginners” to the delight of Bible Study through Zoom.

### **The Blessing of Sermon Preparation**

As we have all enjoyed being introduced to the spiritual insight that comes from preparing a Bible passage for a sermon, we would like to repeat this session.

Using a randomly chosen Bible passage I want each set of people to

work out (under my guidance) how it could be preached. We will look together at context, main message and how illustration work together to make a sermon. Finally, at the end, I will preach “our” 7-minute sermon back to the group!

This would be suitable for all levels of Bible knowledge and no one would be placed under any pressure to contribute. I have long wanted to encourage All Saints to find the encouragement that comes from reading a Bible passage with a deeper understanding and I am excited about the possibilities. Working with different passages (Old Testament on WEDNESDAY September 23<sup>rd</sup> at 7.15pm and New Testament on THURSDAY September 24<sup>th</sup> at 8.00pm.) you are invited to choose your preference and, if space permits, also attend your second choice. Simply contact me by email [robinspittle@btinternet.com](mailto:robinspittle@btinternet.com) or text 07443924285 and I will let you have the “Link”.

Robin

## **SILVER SCREEN LITE**

One of the sadness's of Lockdown has been the suspension of our work amongst the so called “silver” generation. From Silver Screen, through Silver Café to Silver Games we were able to spend time together, to socialise and, above all, have a jolly time! As things begin to “open up” we would like to make a small step back to normality with “Silver Screen Lite”.

The proposal is to watch an episode of Fawlty Towers together (with Social Distancing) and encourage everyone who wishes to bring their own refreshments. Because our toilets can only be used in the event of necessity, we are proposing the whole thing to last no longer than an hour with the practicality of leaving at the half way point if needed. The Episode is entitled “Communication Problems” and is described thus *“As The arrival of the "guest from hell" — Mrs. Richards, a rather deaf, dotty and bad-tempered woman — interferes with Basil's attempts*

*to prevent the money he won on a racehorse from being discovered by Sybil, who disapproves of gambling.....”*

We are planning to meet at **2.30pm on Monday September 14<sup>th</sup>**. If you have not already indicated through the Help Centre that you would like to attend please let Robin know by either phone 623388 or email [robinspittle@btinternet.com](mailto:robinspittle@btinternet.com) Numbers are limited by the need to sit at least 2 metres apart from people who are not in our household. If this session goes well there is a possibility of returning to a full Silver Screen film in October – watch this space!

Robin

## **RIDE AND STRIDE**

“Ride and Stride” is the new name for the “Suffolk Historic Churches Bike Ride” which happens annually on the 2<sup>nd</sup> Saturday of September (this year it is the 12<sup>th</sup>).

Gary (Jones) and I are stepping out this year on behalf of ASK and we would love you to join us and/or sponsor us! We plan to set off at 10.00am and make our way from All Saints to the Roman Catholic Church via Playford and Little Bealings Churches.

Here is the link for our Just Giving page but we are happy to pass on cash dropped through my door at 4 Wades Grove too.

<https://www.justgiving.com/fundraising/robin-spittle>

Robin

## **‘RIDE AND STRIDE’**

### **Walk with John, Helen & Francis**

John, Helen & Francis, leaders of the weekly Little Bealings Walking Group, will be leading a 5-mile walk that explores the beautiful countryside and four churches of Little Bealings, Great Bealings, Playford and Culpho. This will be a thoroughly enjoyable morning of

great scenery and friendly chatter, and if the weather permits, will culminate in a picnic on the grassy hill outside Little Bealings church. Again we will be raising money for The Historic Churches Trust and our local churches. You may nominate any church you wish as the recipient of your sponsorship/donation, including All Saints Kesgrave. Whilst we are unable to provide refreshments this year, we'd love it if you bring a packed lunch or flask of coffee and join us for a delightful post-ramble picnic.

**We will set off from Little Bealings Church at 10.30am on Saturday 12<sup>th</sup> September.** Children are very welcome, as are dogs on leads. We anticipate the walk taking approximately two hours, possibly slightly longer if the churches are open. Social distancing will be observed but won't spoil our fun!

If you would like to let us know you are coming that's great, but feel free to just turn up on the day. We suggest long trousers and no sandals. Please note no toilet facilities are available. We kindly ask that you don't park at The Angela Cobbold Hall.

As we would like to raise as much money as possible for our church, it would be wonderful if you could download a sponsorship form from <https://shct.org.uk/ride-and-stride/> and ask friends and family to sponsor your walk. Sponsorship forms will also be available on the day. Alternatively, if you'd prefer to simply come along, and perhaps leave a donation, that too would be greatly appreciated.

Any questions to John Wittgreffe [john.wittgreffe@btinternet.com](mailto:john.wittgreffe@btinternet.com) or Helen Wittgreffe 07825 004585

It's going to be a lovely morning, we'd love to see you!

Helen & John Wittgreffe, Francis Mutimer



## **RAMBLERS & AMBLERS**

### **Little Bealings Walking Group**

Our walking group leaves Little Bealings church **EVERY Thursday morning at 10.30am**. We'd love you to join us.

We amble in a very relaxed a friendly manner, enjoying the every-changing scenery of the Fynn Valley and gentle chatter. It's amazing how flora, fauna and scenery changes week by week; we've enjoyed watching lambs become sheep, blossom and buds turn to acorns and blackberries, toadstools and mushrooms along the way be replaced by wildflowers and butterflies. We've laughed attempting to climb stiles, marvelled at a sea of bluebells and poppies, a carpet of snowdrops, and made friends.

Our walks are usually between 3-4 miles, taking about 90 minutes. We amble at a slow/moderate pace (adjusting each week to the group's ability). We have three leaders and thus have the option of some people walking further if the day is fine and they are feeling fit, whilst giving the option to keep to 3 miles for those who prefer a shorter walk.

So if you fancy some fresh air, gentle exercise, a good chuckle and joining a really friendly group of folk, just come along. Everyone is very welcome, even our furry friends on leads.

Parking is available at the village hall, just past Little Bealings church (not at The Angela Cobbold Hall please). Social distancing is observed but doesn't stop us having a lovely time together.

Helen & John Wittgreffe, Francis Mutimer



## **HARVEST FESTIVAL.....coming to a field near you**

A sea of sugar beet is waving wildly in the breeze outside my window, golden wheat and corn is ready to harvest, blackberries paint our wayside hedges, branches are bending under the weight of sweet apples, its harvest time. How wonderful.

And as the farmers plan, so do we..... We haven't quite finalised our plans as yet, but we can tell you there will be two outdoor Harvest Festival services this year: one at our lovely All Saints Kesgrave, plus a Benefice Harvest Festival, in a field, in Playford. What a great way to thank our Lord for a bountiful harvest.

### **So two dates for your diary:**

**Sunday 20<sup>th</sup> September at 10am** – Outdoor Harvest Festival at All Saints Kesgrave - both “Zoomed” and a limited number of Congregation attending (talk to Robin for more details)

**Sunday 4<sup>th</sup> October at 3pm** – Outdoor Benefice Harvest Festival, in a Playford field-- more details next month!



**ALL SAINTS FANTASY FOOTBALL IS BACK!! Join us, it's great fun!**

**Please don't stop reading because you know nothing about football...you might miss out!**

I can honestly say you don't have to know the difference between Salah and Vardy to play Fantasy Football. Two football seasons ago I didn't have a clue. I hadn't followed West Ham since I was 18, and I only ever watched England in the World Cup. I couldn't name one player from Ipswich Town and would probably have struggled to name a Liverpool player.....yet now, I'm a complete Fantasy Football fan. I drive John mad when I'm picking my team each week, its serious stuff! For all this, would you believe, I never watch a football match! You don't have to.

I love Fantasy Football as a statistics game, as a challenge. It's about managing a team, noting player quirks, one player may only score when he plays a difficult team, another plays best against the local rival. You have all the statistics to work this out from scratch. And during dark winter evenings, we all enjoy sitting on the sofa planning our team. Of course, eventually these 'statistics' become 'men', you have your favourites, those who seem to let you down and you swear never to give them another chance...but then you relent...and...

We started our All Saints Kesgrave League two years ago. There are now 76 of us in our league. Half of us are from church, the rest from the wider Kesgrave community, family members, friends of friends...we have a Facebook page where we can talk. Its community enjoying a pastime together, getting to know each other better.

Come on, let's give that ever-triumphant (but totally lovely) Colver family some stiff competition this season!

**To re-join the league** simply go to our usual Fantasy Football page, choose your team, click on re-join leagues, and click All Saints Kesgrave League.

**If you HAVEN'T played before:**

- 1) Go to <https://fantasy.premierleague.com>
- 2) Register (it takes 5 mins max)
- 3) Read about how to play – Ensure you select Fantasy (NOT Fantasy Draft)
- 4) Pick your team or click on auto-pick
- 5) Click on Join a League
- 6) Select All Saints Kesgrave League

At some point you will have to enter a code to join our league.

**Code to join our league: 96agkx**

You can make changes to your team until the deadline each week, **the first deadline is 12<sup>th</sup> September 13:30**. Don't leave things to the last minute, you'll need to read and tinker with your team until you are happy. Good luck all!

Helen (Cherries FC) 😊

## **INTERNET IN ALL SAINTS CHURCH**

With the various restrictions we have faced, like many churches across the World we have become reliant on the use of the Internet to deliver church services, meetings and events, in order to reach far more people than the limited numbers we are allowed in the church.

We have also learned that some things work really well over the Internet and we can also include people who are mostly housebound, away from Kesgrave, or who cannot make it to church for any reason. There are some people who are also more likely to join an event that we hold on the Internet than come to church and we have met many new people because of this.

When things return to normal and we can all meet in our church again, no doubt use of the Internet will continue to form an important part of our outreach and fellowship. However up until now, we have not had

Internet connectivity to the church and so all of these activities have had to be separate to activities in church.

I am pleased to say that we now have very good Internet connectivity throughout the church which is available to the ministry team and to the multi-media team for services and events, weddings, baptisms, and funerals. Internet speeds are very good, 50Mbps and above in the main area of the church and the back rooms, and about 30Mbps in the chapel, and 50Mbps and above throughout the Hall.

This was achieved by installing an Internet connection to the Hall, then using a radio link across the churchyard to the church. You won't see much- most of the kit is hidden away, however the observant will notice a small dish in the smaller east window in the church extension which is used to connect to the hall. The cost of the materials was met by a kind donation.

There was a lot of work to put this in and my thanks go to Peter Elmer for helping me to install the infrastructure, and to Peter, Ollie and Mike Bryer for help with design and agreeing where to lay cables and position access points to be as effective and discrete as possible.

It may take a while to work out how best to use the Internet in combination with services and events in church, however it's great to know we now have lots of new options for taking our work forward!

John Wittgreffe

## **REVD CHARLOTTE COOK**

The Right Revd Martin Seeley, the Bishop of St Edmundsbury and Ipswich is delighted to announce that the next Priest in Charge of the benefice of Westerfield and Tuddenham St Martin with Witnesham will be **The Revd Charlotte Cook**. Charlotte will be licensed to her new post on **1 September 2020**. The Service **may** be broadcasted on the WTW Benefice YouTube Channel

<https://www.youtube.com/channel/UCWD1sYDTPUMYSN0mLZN4EsA>

Please keep Charlotte in your prayers as she embraces her new role.

## **ORDINATION OF SARAH DU BOULAY**

Please pray for all to be ordained this year, among them **Sarah Elizabeth Houssemayne du Boulay** to be ordained Priest at **12 noon on 6<sup>th</sup> September** by Martin, Bishop of St Edmundsbury and Ipswich and for all at St John the Baptist, Needham Market with Badley, whom Sarah will continue to serve, and with whom she is preparing to celebrate the Eucharist. The service will be streamed live at [www.facebook.com/stedscathedral/posts](http://www.facebook.com/stedscathedral/posts)

Here at All Saints Kesgrave we would like to pray for Sarah and her future journey as an Ordained Priest. Now that we are blessed to have an internet connection at church, we will be watching the Ordination Live at our 12.00 pm SERVICE. Please join us!

Please contact Robin by email [robinspittle@btinternet.com](mailto:robinspittle@btinternet.com) or text 07443924285 if you would like to view it from All Saints itself.

## **CONGRATULATIONS TO MIKE BRYER**

Many congratulations to Mike Bryer who will be Licensed as a fully qualified Church of England Reader in the Cathedral on **September 27th**.

Reader training is not for the fainthearted and Mike has overcome many obstacles, particularly during lock-down, to meet the rigorous course commitments and submit all the required essays. He probably qualifies for a free box of Paracetamol too, after the headache of hours of Zoom study when the Reader group were unable to meet face to face, due to Covid restrictions.

Well done Mike!

Sally Wainman (on behalf of the whole Ministry Team)

## **PRAYERS**

As we emerge from our restrictions, there is much progress to thank God for. Prayer is still hugely important, as it is through prayer that the difficulties brought about by the pandemic will be resolved, whilst there

are so many other things to pray for.

Each Wednesday a group of people in the church pray for people we know who are in need, for our church and what's going on in the World. Whilst the church has been closed this has continued as shared prayers by email, making people anonymous where requested. These prayers have become very popular, as a way for many more people to join in doing something to make a difference. Prayer requests (for anything) are sent to [john.wittgreffe@btinternet.com](mailto:john.wittgreffe@btinternet.com) or phoned in on 07857 838678 by Tuesday evening, and John puts them together in a respectful structure to bcc to everyone who can receive the email prayers so we can all join in the same prayers. Praying together for the same things has a special importance and significance.

"Be anxious for nothing, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" Phillipians 4:6-7.

Please contact John if you would like to add something for prayer and/or to receive these weekly prayers. Just send in whatever is on your heart, don't worry about using perfect English.

With thanks, John

## **THE ASK JOURNAL**

### **The Lighthouse...**

As you are probably aware, my family and I love the great outdoors, especially being by the sea. Watching us battling the elements whilst trying to hold the beach tent down at Southwold the other week, was probably a bit of a giveaway! I love the fact that on one day a seaside location can be hot and sunny, calm and still, and on another it can be the complete opposite, wild and dramatic, with dark clouds hurtling by, and sea spray flung into the air from the crashing waves.

As we sat in our tent, munching our sandwiches for lunch (on such a windy day there really was a lot of 'sand' in my sandwich!) it got me

thinking about how like life the seaside can be. Sometimes all is calm and serene in our world. We paddle in the still waters to the tranquil sound of lazy waves gently curling onto the shore, and all is well. The sun is warm on our faces and only a gentle breeze blows. We feel at peace and content. On other days however, life can be hard. The wind whips up, and the seas swell and the tide surges. We feel buffeted by the wind and water from all directions, and like a small fishing boat tossed about by the waves, we wonder how we will ever reach the calm and safety of a harbour again.

One of the things I love most about Southwold is the lighthouse. Standing tall and strong in the middle of the resort, the lighthouse provides a waymark for vessels navigating the East coast and guides those making for Southwold harbour. Built in 1890, it has stood for over 100 years, shining its light and guiding others through fair weather and the greatest of storms. As we walked along the beach and gazed up at its bright white exterior, I found myself humming the Rend Collective song 'My Lighthouse'.

“My lighthouse, my lighthouse,  
Shining in the darkness, I will follow you.  
My lighthouse, my lighthouse,  
I will trust the promise, you will carry me safe to shore.”

And as I pondered on how constant that beacon of light in Southwold has been over the years, I was reminded of just how constant our father God is too, day and night, whatever the weather. He is our hope, guidance, refuge and salvation. In the bible, Jesus says “I am the light of the world. Whoever follows me will not walk in darkness but will have the light of life.” John 8:12. I pray that whether you feel the seas are calm or rough in your life at the moment, that you will always know the guiding light that is Jesus, and that you will know that He is always with you, carrying you safe to shore.



Jennie Fidler, Children & Family worker

## **ELIJAH HUMMUS!**

**Food to keep body and soul together: 10-minute hummus!**

This is a really simple hospitable recipe: good for unexpected guests (in desert tradition), excellent for when you need a quick nutritious meal.

**Ingredients:** 1 tin of chick peas

2 generous dessert-spoons of tahini

Lemon juice freshly squeezed (or lime juice)

Sprinkle of salt

Sprinkle of chilli powder (optional)

**Equipment:** glass bowl, potato masher, dessert-spoon

Drain the chick peas, tip into the bowl and rinse well, at least 3 times. Mash the chick peas with the potato masher, add the tahini and mash again.

Add lemon juice (at least  $\frac{1}{2}$  a lemon, more if the lemon or lime is small)

Salt to taste

Sprinkle of chilli powder (optional)

Combine well all together, adding just a little hot water from the kettle to make the mixture smoother.

Cover the bowl and place in fridge for 20 minutes to chill slightly or serve immediately

Serving suggestions: warm pitta bread, olives, sticks of cucumber/carrots

There are dozens of variations to the recipe: many people like olive oil or garlic in the ingredients, or to put a swirl of olive oil on top when serving; so mix/match. This is also a child-friendly recipe: you can hardly go wrong combining the ingredients (FLW – famous last words!)

Sally Wainman

## **LOCK-DOWN GIVING**

Once again a big THANK YOU to everyone who has contacted me, sent in cheques, made enquiries about the Parish Giving Scheme etc, it really does support everything we do in terms of ministry, pastoral support and the practicalities of running any complex organisation.

- **Occasional Giving**

If you would like to support our Church financially a simple BACS payment can be made to:

**Co-op Bank**      **Sort Code:** 08-92-99

**Account Number:** 65453375

If you can also Gift Aid your donation, please print off a Gift Aid form from the All Saints Kesgrave website (see Support Us) and give me a ring on 07807 984589

- **Regular Giving (Direct Debit)**

For regular giving please contact the Parish Giving Scheme (PGS) : this is a direct debit scheme with built-in options for Gift Aid and inflation proofed giving

The phone number is **0333 002 1271** and you will need this information to hand:

a) personal bank account details and

b) the special ID for our church which is **Kesgrave All Saints 330633093**

If you would prefer a PGS pack please contact me and I will send you one

- **Cheques** Please make cheques payable to **Kesgrave PCC** and send to me
- **Envelope Giving:** if you have weekly envelopes that need collecting please phone me or place in the collection plate at any of the services.

**NEW:** we now have a “Donate” button on the website: see the Home page on our website or <https://www.akesgrave.org/supportus.htm>

We will also be having a QR code on our Newsletter to make the most of advances in Giving technology; grateful thanks to Ollie Scase for these additions.

To donate online, scan the QR code  
with your phone below:



Or go to [asksgrave.org/supportus](https://www.asksgrave.org/supportus)

for more ways to give.

For all queries please phone me on 07807 984589

Thank you for supporting the work of All Saints Kesgrave

Sally Wainman (Local Giving Advisor)

## **ASK WEBSITE**

Our new church website [www.asksgrave.org](https://www.asksgrave.org) has been up and running for a few months now, but remains an ongoing project, particularly during the coming days and weeks in light of COVID-19 developments.

We are trying to regularly update notices and information as they become available, as well as adding items onto our pages on The Church of England's 'A Church Near You' site –

<https://www.achurchnearyou.com/church/2061/>

Available on both websites are the Rev Robin Spittle's 'Thought for the Times' videos, which can be accessed easily from the home pages. If you are on Facebook, please like and follow us on our page – All Saints Church Kesgrave

<https://www.facebook.com/Askesgrave/>

– where we will also upload important developments and information, videos and ideas for prayer and worship.

## **ALL SAINTS CONTACT DETAILS**

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	Sally Wainman	07807 984589 <a href="mailto:mail@sallywainman.plus.com">mail@sallywainman.plus.com</a>
Youth Worker	Ollie Scase	07484 254534 <a href="mailto:askyouthwork@gmail.com">askyouthwork@gmail.com</a>
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	Bob Bullamore	01473 729586 <a href="mailto:Bob.bullamore@gmail.com">Bob.bullamore@gmail.com</a>
Deputy Church Warden	Helen Wittgreffe	07825 004585 <a href="mailto:helen.wittgreffe@btinternet.com">helen.wittgreffe@btinternet.com</a>
Hall Bookings	Bob Theobald	01473 620709
Prayer Chain	Sybil Holbrook	01473 805304

## **FINAL WORD**

Thanks for taking the time to read this edition, please don't forget to provide us with feedback.

Due to the legislation on May 25<sup>th</sup> 2018 we can only continue to send you information by email if you have granted permission. If you have previously received this by email and had not replied to say you wish to continue to receive it then you will no longer receive it in this way. If you would like to receive this Newsletter by email please email [allsaints.parish@outlook.com](mailto:allsaints.parish@outlook.com) to be added to the distribution list. You will be welcome to unsubscribe at any time. Your e-mail address will not be passed on to third parties. Alternatively it is available on our website (see below) or, in paper form from either the Library or the 2nd Stop Shop.

For a further explanation of any of our activities please contact Rev Robin Spittle (623388) or [robinspittle@btinternet.com](mailto:robinspittle@btinternet.com)

Our Website-

<https://www.asksgrave.org>

You can also like us on Facebook – <https://www.facebook.com/All-Saints-Church-Kesgrave-583167891794217/>

Or keep up to date with news and services on our A Church Near You Page

–

<https://www.achurchnearyou.com/church/2061/>

Issue 73 available from 27<sup>th</sup> September 2020 – please note should you wish to have something included in this issue the deadline is

22<sup>nd</sup> September 2020.