



ALL SAINTS KESGRAVE
NEWSLETTER
ISSUE NO 77 – 31.01.21
FEBRUARY 2021

THOUGHT FOR THE DAY

We have just been in the season of Epiphany when we followed the Magi as they journeyed to find the baby King Jesus.

Life is a journey and at this time of the year we are normally looking forward to planning our holidays but because of the Corona Virus everything is uncertain as to what might happen.

A holiday is a time to relax, a change of scenery and activities, a time to explore something new and meet new friends but it is also a time to relax from the busy world that we live in. One of my interests is to enjoy looking at the architecture of building and in particular churches. Many of these places raise money to pay for the upkeep by charging an entrance fee, and for that you are given a guide book telling you the history and special points of interest.

The first part that you enter is often cold and dark but as you go through into the body of the building it becomes very warm, light and airy but above all a place soaked with prayers over many years.

This journey is like our lives, we are currently going through a difficult and what could be considered as dark times like the entrance to the church, we have to isolate from friends and family, working environments have changed and even the opportunity to meet in church has been restricted, but, thanks to the introduction of the vaccination process that is underway, we can see the light at the end of the tunnel, much like when we entered the church building, everything changes and we now have a hope for the future.

When we become Christians, we have our own guide book, the Bible, to lead us through life, as we study it we learn what has taken place in the past, the good times and the bad times, names of many people who have served the Lord and how God has been in control of everything that takes place, it might seem strange at the present with many people asking the question if there is a God why is there so much hurt in the world. When you refer to Psalm 91, we are told in v15 to “call upon me I will be with them in times of trouble, I will deliver them and honour them. With long life I will satisfy them and show them my salvation”.

As we develop on our Christian journey we grow in our faith and it takes on a new direction to serve the Lord in different ministries, we are told in the book of Corinthians that the body is made up of many parts, but we are all baptised by the one Spirit to serve Him in many different ways, to work together as the body of Christ, it is during this time that our faith will grow stronger and we will learn to trust our Lord to take us through the difficult times.

We do not journey through uncertainty alone, as Psalm 46 tells is, God is our refuge and strength, our ever-present help in times of trouble, it is striking just how much the Psalms repeat the image of God saving us and holding us in his right hand, and as a parent holds the hand of a child to comfort them so is God holding us and guiding us in times of need.

We may be facing what is becoming a new normal at the present but a time will come when we can look back and recognise that we were not alone, that Gods kingdom is still the same and we can face each day with confidence knowing that he is with us on our journey to a better place.

So, as we look ahead in this New Year, we may not know what will happen tomorrow, but there are many people going through the same difficulties as us and as Gods children we are there to support one another as the body of Christ, and who knows what plans He has for each one of us.

Mike

WHAT'S ON

Date	Time	Service	How to attend & who to contact
Tue 2 nd Feb	10.00am- 11.00am	Zoom 'Coffee & Chat'	To find instructions how to join, visit our website www.asksgrave.org
Tue 2 nd Feb	19.15pm- 20.15pm	Zoom Bible Study	To register your interest and to indicate which session you would like to book, please email Robin Spittle or call him on 623388 email robinspittle@btinternet.com
Wed 3 rd Feb	20.00pm- 21.00pm	Zoom Bible Study	To register your interest and to indicate which session you would like to book, please email Robin Spittle or call him on 623388 email robinspittle@btinternet.com
Sun 7 th Feb	10.00am- 11.00am	Benefice Zoom Church	To find instructions how to join, visit our website www.asksgrave.org
	Reading	Colossians 1: 15-20	
Sun 7 th Feb	17.00pm- 17.45pm	Benefice Zoom After Hours	To find instructions how to join, visit our website www.asksgrave.org
Tue 9 th Feb	10.00am- 11.00am	Zoom 'Messy Church' at home	To find instructions how to join, visit our website www.asksgrave.org
Wed 10 th Feb	19.30pm- 20.30pm	Alpha online	Please contact Helen Wittgreffe helen.wittgreffe@btinternet.com
Fri 12 th Feb	19.00pm- 20.30pm	Zoom Pub Quiz	To find instructions how to join, visit our website www.asksgrave.org
Sun 14 th Feb	10.00am- 11.00am	Benefice Zoom Church Transfiguration	To find instructions how to join, visit our website www.asksgrave.org
	Reading	2 Kings 2: 1-12	
Wed 17 th Feb	19.30pm- 20.30pm	Alpha online	Please contact Helen Wittgreffe helen.wittgreffe@btinternet.com

Date	Time	Service	How to attend & who to contact
Wed 17 th Feb	19.30pm- 20.30pm	Benefice Zoom Ash Wednesday Service	To find instructions how to join, visit our website www.asksgrave.org
Sun 21 st Feb	9.15am- 10.00am	Benefice Zoom Breakfast special	To find instructions how to join, visit our website www.asksgrave.org
Sun 21 st Feb	10.00am- 11.00am	Benefice Zoom Church "How to change" Series	To find instructions how to join, visit our website www.asksgrave.org
	Reading	Hebrews 12 : 1-6	
Tue 23 rd Feb	10.00am- 11.00am	Zoom 'Coffee & Chat'	To find instructions how to join, visit our website www.asksgrave.org
Tue 23 rd Feb	19.30pm- 20.45pm	Zoom Lent Group	To find instructions how to join, visit our website www.asksgrave.org
Wed 24 th Feb	19.30pm- 20.30pm	Alpha online	Please contact Helen Wittgreffe helen.wittgreffe@btinternet.com
Fri 26 th Feb	19.00pm- 20.30pm	Zoom Pub Quiz	To find instructions how to join, visit our website www.asksgrave.org
Sun 28 th Feb	10.00am- 11.00am	Benefice Zoom Church "How to change" Series- "How to choose"	To find instructions how to join, visit our website www.asksgrave.org
	Reading	Proverbs 3: 5-8	

BIBLE STUDY

For the next of our series of Bible Studies Robin would like to develop further the spiritual insight that comes from preparing a Bible passage for a sermon. We will use a randomly chosen Bible passage to work out (under Robin's 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, he will preach "our" 7-minute sermon back to the group!

This is suitable for all levels of Bible knowledge and no one would be placed under any pressure to contribute. This process enables us to work at a deeper level of understanding with the passage. Sessions will be taking place **Tuesday February 2nd (7.15pm- New Testament)** and **Wednesday February 3rd (8.00pm– Old Testament)**

Simply contact Robin by email robinspittle@btinternet.com or text 07443924285 and he will let you have the "Link".

BEGIN THE GREATEST ADVENTURE

This article is about Alpha. Please don't stop reading!

The new Alpha Online course is fresh, young, modern and vibrant. I love it. I am excited by it. The YouTube videos were released in 2019. The filming from locations across the world is stunning, the interviews with scientists who mapped the Genome Project, hardened prisoners who found faith, the adventurer Bear Grylls, and comments by Freddie Mercury, Jim Carrey, and simply everyday folk, are thought provoking, inspiring, exciting and real life. I recommend you all watch the series. There are eleven 30-minute videos and you can find them by typing into Google 'alpha week 1' etc.

Better still why not join our Alpha Online course that starts on **Wednesday 10th February**. Led by Helen, Natalie, Julia and John, and born out of enthusiasm after Natalie and I 'did Alpha' this summer.

Alpha Online is a course designed to give you the space and time to ask challenging questions about life, faith and meaning from the comfort of your own home. It is ideal for those new to faith, those sitting on the fence regarding faith, and those of us who want to know Jesus more. Each film is designed to create conversation around a topic such as: is there more to life than this, who is Jesus, what proof is there that he existed, what is the meaning of life, why is there suffering in this world. Each week we watch the short film prior to the meeting, and then join the Zoom meeting for 1hr 30 mins where we explore life's big questions.

Whilst the course is open to all ages, I am particularly keen to reach people who don't attend church, aren't sure about faith, and those who are struggling to find their purpose, their direction, or currently feel lost on their life journey. This will be a happy safe place for people to make friends, talk about life, talk about and experience faith.

I invite all of you along, but I especially ask you, do you know anyone who might benefit from this course? Perhaps someone struggling, feeling a little lost, or wondering about faith and

whether it might be for them. If so, please suggest they join us. Alpha Online is booming, with those in their 20s and 30s finding it particularly interesting.

The course will be **eleven weeks** long and meetings will be held at **7.30pm each Wednesday from the 10th February**. If you would like to join us, please contact Helen Wittgreffe at helen.wittgreffe@btinternet.com

Helen Wittgreffe
Elder

ASH WEDNESDAY SERVICE

Ash Wednesday (**February 17th at 7.30pm**). Join us for a special service to mark the beginning of Lent. Using four of the Psalms we will explore aspects of the word "Lament" which is defined as to express deep regret, grief, or sorrow. We can lament through words or actions. Lamenting is a common theme in the Bible. Each of the four Psalms will take us on a journey down into an expression of loss before lifting us with an ending of hope. The service will also include hymns, prayers and an act of both recognising our frailty and receiving God's blessing. Link will be available on the website www.asksgrave.org

LENT GROUPS

This year we will be using a mix of Bible Study and clips from the film "The Way". Starring Martin Sheen (from "The West Wing") this beautiful film is described thus:-

Dr. Thomas Avery is an American ophthalmologist who goes to France following the death of his adult son, Daniel ([Emilio Estevez](#)), killed in the [Pyrenees](#) during a storm while walking the Camino de Santiago (the [Way of St. James](#)), a [Christian pilgrimage](#) route to the Cathedral of [Santiago de Compostela](#) in [Galicia](#), [Spain](#). Tom's purpose is initially to retrieve his son's body. However, in a combination of grief and homage

to his son, Tom decides to walk the ancient spiritual trail where his son died, taking Daniel's ashes with him. While walking the Camino, Tom meets others from around the world, all looking for greater meaning in their lives.

Each session will be "free standing" and you are invited to join us **via Zoom** for as many or few as is practical for you. They will each run from **7.30pm to 8.30pm** and will all be followed by a 15 minute service of "Compline". Dates are **Thursday 25th February, Wednesday 3rd March, Wednesday 10th March, Thursday 18th March and Tuesday 23rd March.**

The DVD of "The Way" is available quite cheaply on Amazon Smile or free with Amazon Prime; this will add to continuity and enjoyment if you have to miss some of the sessions.

Link will be available on the website www.asksgrave.org

LENT - 40 DAYS OF KINDNESS

Lent is traditionally a time when we focus on giving up something – such as chocolate, alcohol or meat. This year, I will be giving up wheat products: biscuits, bread, cakes, as well as chocolate. This helps me focus on the Easter season, a gentle reminder several times a day that it's Lent. And strangely, I never feel deprived during Lent, none of the usual sugar or bread cravings. Strange that, but beautiful too.

But this year is different isn't it. We are in the midst of lockdown, missing so much already, we need cheer wherever we can find it, and just maybe, not everyone is ready to give up even more this year. Perhaps that afternoon chocolate bar or delicious Sunday roast is what you need in this demanding year. Our God loves us, Jesus loves us, they understand.

That said, I think it's important to mark Lent with a commitment. So what about this:

What if Lent could be more about kindness this year. About giving rather than giving up. Perhaps as part of our Lent commitment we give 40 Day of Kindness.



There is already so much kindness and care happening in our community, but there's always room for more. And imagine if everyone in our church community did an extra kind deed every day during Lent; kindness would spread in a wonderful wave across Kesgrave producing up to 6,000 extra smiles, 6,000 warmed hearts, 6,000 people feeling more loved, more appreciated, remembered, cared about.... What about creating a wave of kindness and love for Lent. I'm sure our Lord God would be very pleased with that.

We all know how to be kind, but here's some extra ideas to make people smile - and remember, its one extra act a day.

Give a small gift to a random keyworker

Complement a stranger

Write a thank you note to your postman, pharmacist, bus driver

Send a small bunch of flowers or a pot of spring bulbs to someone who has no visitors

Drop off a bag of goodies to fire fighters, the police, funeral directors

Give old jewellery to the little girl up the road to dress up in

Leave a happy post-it note on someone's car

Write a lovely long letter to grandparents

Send random texts to brighten a day

Make an apple crumble for a neighbour who would enjoy one

Feed the birds

And have fun being kind for Lent!

This would make a great challenge for children too; they could keep a list of each kind deed they do and tell us on Easter Sunday of all the creative and generous acts of kindness they've given in Christ's name through Lent.

I hope you thoroughly enjoy being a wave of kindness.

Helen Wittgreffe

Elder

LEPROSY MISSION UPDATE

After many years of tremendous commitment to the Leprosy Mission, Chris Tremlett is going to take a step back and I am going to nominally take over.

We normally have a lovely Soup Lunch, organised by Chris, and many other helpers, in aid of the Mission in January or early February and of course none of that will be able to take place at the moment.

If you wish to make a donation please log onto their website:

<https://www.leprosymission.org.uk> and click on the red Donate Button.

If you have a collection of stamps please go on collecting (!) *or* drop them round to Chris in an envelope *or* send them direct to the Leprosy Mission, clicking on their *Get involved* menu or direct on Stamps and Collectables:

<https://www.leprosymission.org.uk/get-involved/stamps-and-collectables/#/>

For any queries about the above please contact me

Sally Wainman 07807 984589

PRAYERS

In Colossians 4:2-6, Paul tells us to be persistent in prayer, always giving thanks to God, no-matter what the situation.

Prayer is hugely important, especially now as we look to a very uneasy Winter. 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 mostly closed, this has continued as shared prayers by email, making those people we pray for 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 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" Philippians 4:6-7. Please contact John if you would like to add something for the weekly prayers and/or to receive the weekly prayers. Just send in whatever is on your heart, don't worry about using perfect English.

If your prayer need is urgent, remember you can instead ask for your prayer to go on the Prayer Chain, which is sent to a number of faithful ministers and people who will be praying within 24 hours and often straight away. For the prayer chain you can also contact Sybil Holbrook on 07428 001819 or email ask.prayerchain@gmail.com.

With thanks, John

WHAT IS LIGHTWAVE ALL ABOUT?

This week in our Lightwave Group we discussed Radio 4s Sunday service and how we as a Lightwave group could respond to God's call. If you find our discussion interesting and would like to join our group, we meet via Zoom on alternate Tuesday evenings. Just email me, or perhaps join us as we lead our first Alpha course on Wednesdays.

Our discussion began on the subject of unexpected change, or illness. We discussed the story of Job, and not always understanding why things happen, or God's plan for us during this lifetime. We discussed our faith in that God knows what He is doing, and how only He can see the big picture. We spoke on how each of us has been given a role by God, a unique role because each of us is unique; and how, despite circumstances it is our duty as Christians to continue with God's mission for us.

We discussed the following reading:

'God has created me to do him some definite service. He has committed some work to me which he has not committed to another. I have my mission. I may never know it in this world, but I shall be told it in the next. I am a link in a chain, a bond of connection between persons. He has not created me for naught. I shall do good, I shall do his work. I shall be an angel of peace, a preacher of truth in my own place. Therefore, I will trust him, whatever I am. If I am in sickness, my sickness may serve him, in perplexity, my perplexity may serve him. If I am in sorrow, my sorrow may serve him. He does nothing in vain. He knows what he is about. He may take away my friends, he may throw me among strangers. He may make me feel desolate, make my spirits sink, hide my future from me. Still, he knows what he is about'.

We need to trust God.

The book of Job in the Old Testament, although it focuses on a very

specific person and situation, is in fact about everyone and for everyone. It's a challenge to seek to live wisely in a world full of tragedy and brokenness. The climax of the book of Job is an Epiphany, a revelation of God's presence in and through all things. God shows Job the whole kaleidoscope of nature with its wise and foolish creatures, its strong and weak elements, its boundaries and its breakages. Job's privilege is that he is able to see this, to get a 'God's eye-view' on the whole of material reality.

Our world is broken at the moment, we can't understand why it is happening, and it raises big questions. But we spoke of how we are not isolated individuals, how we are in this together, how we are deeply embedded in nature and how we share each other's lives whether we acknowledge it or not. In Job's epiphany every part of nature is distinctive and yet everything fits together. This is the world that God declares 'good' and which he is bringing to fulfilment. Our part is to have faith, know that God can see the greater picture, and bear witness to God's hiddenness and God's glory. The passage makes clear, we don't really understand our part in this time that we are living through, but we do have a part to play.

We concluded that as we continue into 2021 we should give thanks for the role which God is calling us to fulfil. Nothing is easy at the moment, we don't understand the whys of coronavirus, as we don't understand ill-health in general, but we should respond with generous self-giving to God, knowing, that our God fully understands the whys, and that his love and grace for us and for all humanity and all creation is simply without limit.

God's desire for all of us is that we'll discover who we really are and that we'll follow in his way.

The purpose of a Lightwave group is mission in the community; serving our community as Christians, and taking the Gifts of the Spirit to those

who need them. We aim to respond to God's calling with kindness, joy and light. You are very welcome to join us.

Helen Wittgreffe

Elder, All Saints and Lightwave

CHILDREN'S SOCIETY

Thank you so much to everyone who joined us on December 13th 2020 for our Christingle service via Zoom. Through your amazing support, £189 was raised for The Children's Society using the special link on our website. A very big thank you to everyone who donated, including those who contributed directly to the charity also!

SUPPORTING THE FIND FOODBANK

Food donations for FIND can be made at participating East of England Co-ops, the large Waitrose branch at Futura Park, Crane Boulevard and at Sainsbury's Warren Heath.

Financial donations can be made via cheque:

Please make cheques payable to **FOOD BANK (FIND)** and post to *FIND (Families in Need), P.O. Box 1029, Ipswich IP1 9XJ*

or by BACS to:

Payee name: FOOD BANK FIND

Sort code: 30-94-55

Account number: 54354468

Reference: please put either your name or All Saints Kesgrave as they like to know where donations have come from

Please see their Support Us page for full details <https://www.findipswich.org.uk/support-us>

Financial support is particularly helpful as it enables FIND to buy fresh produce or fill the 'gaps' in donations

If you have any questions please log onto the FIND website or contact me. Sally Wainman 07807 984589

THE ASK JOURNAL

I am always rather bemused by the fact that the tumble dryer in our house has a 'less ironing' button. I can honestly say that in all the years we've owned it, I have never once stood before it and thought "Do you know what, I fancy some extra creased clothes and more ironing today, therefore I think I'll leave pressing that button!!"

Why would I want to create extra work and stress for myself when I could lighten the load considerably? Surely 'reduced creasing' should just come as standard?!

So, I press the button each time, and wander off chuckling to myself about the whole scenario!

It got me thinking the other day though, can the same be said of all my actions in all areas of my life? It seems so obvious and easy to stand in the garage and press that small button *before* starting the machine – it makes such a big difference to the outcome of the laundry. But how many times do I make life more difficult for myself day by day, when I fail to involve God from the outset?

Yes, there have been many times in life when I've been acutely aware of God's presence and a wonderful sense of peace - that instant connection that enables me to walk and talk with my Father God and trust Him implicitly when it comes to my thinking and plans for the future. But then at other times, situations present themselves, and my default setting seems to be to become more and more anxious about someone or something, wondering what I should do, feeling helpless as the rising panic threatens to overwhelm me.

Those times when I pick up the phone to speak to a friend or family

member or hop onto the internet to look up something that is concerning me before turning straight to God; when I initially attempt to do things in my own mediocre knowledge and strength, rather than instantly asking God to guide me through the storm.

In certain other areas of my life, 'reduced creasing' - acknowledging God and trusting him from the outset in my decision making, rather than further down the line when I've exhausted every other possibility - should surely come as standard with me too.

I am fairly sure, talking with others, that I am not the only one to feel this way. God knows that we are prone to falter. I am greatly encouraged by the fact that there are so many references in the bible which remind the reader to trust God and not to be afraid. Others who have gone before me have obviously struggled to get it right too and need reminding.

As I am writing this, two verses keep popping into my head. The first is from Proverbs - 'Trust in the lord with all your heart, and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.' (Proverbs 3:5-6) 'Straight paths' certainly sound like what we would all greatly appreciate in our lives, especially as we enter our second month of another lockdown. So much at the present time can feel uncertain and scary. The second is Psalm 56:3 - King David is fearful of the Philistines, and calls out to God, saying 'When I am afraid, I put my trust in you.'

And so, as I finish typing and pop yet more washing into the tumble dryer, remembering to press the 'reduced creasing' button, I step forward with a renewed determination to try to be less fearful of the unknown and to put my trust in God with everything I encounter in the coming days and weeks.

Jennie Fidler, Children & Family Worker

PARISH GIVING SCHEME UPDATE

The Parish Giving Scheme (PGS) website has come on by leaps and bounds and it is now possible to log onto:

<https://www.parishgiving.org.uk/home/>

then search for the church you want to support (hopefully All Saints Kesgrave!) and set up an online Direct Debit donation straightaway. (If you are wanting to donate as a couple then it may be easier if just one person signs up, as the Gift Aid option, for example, can only apply to individuals.

The other sign-up options are still available: telephone applications and paper forms (from me). The original packs that I was sent will not be valid after March 2021 but I can print off ASK-specific forms for anyone who would like them.

The information needed is the **name of the church**, the **Parish Code 330633093** and the **Diocese (St Eds and Ips)** but all this is on the website.

If you have any queries at all please contact me or log onto their website; the PGS offers both Gift Aid and “Inflation-proofed” options (and both are entirely optional!)

Thank you

Sally Wainman 07807 984589

FEBRUARY GIVING: with a heart!

The generous giving over the last year has enabled All Saints Kesgrave to fulfil its Parish Share commitments and keep the wheels on the bus, so to speak.

Zoom services, Bible Studies, Church services, Quizzes, Pastoral care, Training & Safeguarding, Children’s Prayer activities, Music, Tech upgrades, Maintenance, Cleaning and Admin are all vital parts of our

church to keep communication and activities flowing! Thank you for your part in all this.

All methods of Giving remain available, so please see the website link for all the details and the separate update in this Newsletter on the improved Parish Giving

Scheme: <https://www.askesgrave.org/supportus.htm>

Also, most importantly, if you are experiencing financial hardship or mounting debts please seek help through organisations like

Stepchange <https://www.stepchange.org/>

or **Christians Against Poverty** <https://capuk.org/>

- **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 No: 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

There are now three options for signing up:

By phone: **0333 002 1271**, by filling in an ASK-specific form and posting it off or by using the new online direct debit system

For all 3 ways you will need your own bank details, the special code for our church: **330633093** and the **Diocese: St Eds and Ips**

- **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.

We now have a “Donate” button on the All Saints Kesgrave website and a QR Code:

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



Or go to askesgrave.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)

CHARITY WALK

Lands' End to John O' Groats

We are a team of 16 colleagues who have decided to do a **virtual challenge**. Together, we plan to either walk, cycle or run the **874 miles** from **Land's End to John O' Groats** over 4 weeks **30th January** to

28th February. Our Team captain will plot our miles each week, making sure we keep on target!

We are supporting two charities. **East Anglia's Children's Hospices (EACH)** and **Macmillan Cancer Care**.

EACH are experiencing a devastating drop in income during the COVID crisis. Together we can make sure that vital care and support is still available for the children, young people and their families who need EACH, during and beyond this challenging and uncertain time.

Macmillan are experiencing a 50 percent drop in income due to COVID. As many of us know Macmillan will move mountains to help people with cancer live life as fully as they can. Without help they cannot support everyone that needs it.

<https://www.justgiving.com/team/LE2JOG2>

Many thanks
Carolyn LeMay

ASK WEBSITE

Our new church website 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

Vicar	Rev Robin Spittle	01473 623388	robinspittle@btinternet.com
Assistant Priest	Rev Chris Nunn	01473 622363	revchrisnunn@gmail.com
Assistant Curate	Rev Gary Jones	01473 412329	gary.jones590@ntlworld.com
Parish Administrator	Natalie Lawrence	07737821034	allsaints.parish@outlook.com
Lay Readers	Martyn Shakespeare	01473 610367	
	Sally Wainman	07807 984589	mail@sallywainman.plus.com
	Mike Bryer	01473 611143	bryermike@gmail.com
Youth Worker	Ollie Scase	07484 254534	askyouthwork@gmail.com
Children's Worker	Jennie Fidler	07584420729	jenniefidler@yahoo.co.uk
Church Wardens	Karen Pringle	01473 611472	karenpringle2303@gmail.com
	Bob Bullamore	01473 729586	Bob.bullamore@gmail.com
Deputy Church Warden	Helen Wittgreffe	07825 004585	helen.wittgreffe@btinternet.com
Hall Bookings	Bob Theobald	01473 620709	rwtheobald@btinternet.com
Prayer Chain	Sybil Holbrook	07428 001819	ask.prayerchain@gmail.com
	John Wittgreffe	07857 838678	john.wittgreffe@btinternet.com

Safeguarding Officer

John Wittgreffe

07857 838678

john.wittgreffe@btinternet.com

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 25th 2018 we can only continue to send you information by email if you have granted permission. If you would like to receive this Newsletter electronically please email 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).

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

Our Website-

<https://www.asksgrave.org>

You can also like us on Facebook – <https://www.facebook.com/Askesgrave>

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

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

Issue 78 available from 28th February 2021- MARCH 2021, please note should you wish to have something included in this issue the deadline is 23rd February 2021.