

Contact

PARISH NEWS OF THETFORD, CROXTON, CLOVERFIELD, KILVERSTONE

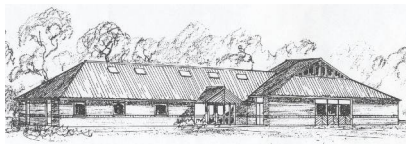
September 2025



St. Cuthbert's, Thetford



All Saints', Croxton



Cloverfield Community Church



*St. Andrew's
Kilverstone*

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'Contact' is also available online

Go to www.achurchnearyou.com/thetford-st-cuthbert

From the drop down menu please select **"Keep in Contact"** then select
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"Father, Forgive" by Tony Heywood

15th August 2025 marked the 80th anniversary of Victory over Japan Day (VJ Day), an historic day, which brought WW2 to a close after six long and devastatingly costly years. The war in the Far East had its own particular horrors and, as ever, we thank God for the sacrifice of those who endured such terrible hardship that we can live in relative peace today.

Some of you, like me, will have had the privilege of knowing some veterans from that particular theatre of the war. I think especially of the late Bill Massingham, who was a Japanese POW 1943-1945. He was a delightful man and, together with his wife Barbara, they were much loved members of the congregation at St Cuthbert's over many decades. As we remember the suffering of Bill and his comrades, it's distressing to think that wars still rage across the globe today.



God's promise through the prophet Micah in 4:3 that: *"...They will beat their swords into ploughshares and their spears into pruning hooks. Nation will not take up sword against nation, nor will they train for war any more..."* (NIV 2011) seems all the more elusive and yet, appealing. We long for this. The United Nations building in New York bears this verse on a wall mounting, expressing the hope that diplomacy may bring this promised peace.

The context though for this peace, is that first people come humbly in faith to the Lord. The only basis for true peace in the home, the office, society and the world is a shared bond in the rule of God through his Word. It is only when former enemies become brothers and sisters in Christ, having their sins forgiven and their hearts renewed by God's Spirit, that the motivations for conflict are dealt with. I believe this is why the church best serves the cause of peace, not primarily through political agitation, but by preaching God's Word so that sinners may be reconciled to God and to one another through Christ.

The power of the gospel brings peace to the hearts of hate-filled men. One example is Jacob DeShazer, an airman in the Doolittle bombing raid of Japan in April 1942. Out of fuel, his plane ended up in Japanese-occupied lands. Along with seven other airmen, DeShazer was captured and taken to Tokyo and subjected to public scorn and torture.
continued on page 5.....

ST. CUTHBERT'S THETFORD



Every Wednesday
10.30 a.m. Holy Communion

Sunday September 7th
10.30 a.m. Morning Worship

14th 10.30a.m.
Battle of Britain Service

21st
10.30 a.m Morning Prayer

28th 10.30 a.m.
Holy Communion with Prayer Ministry

ST. ANDREW'S, KILVERSTONE



Sunday 14th September
5 p.m. Harvest Festival

ALL SAINTS', CROXTON



Sunday 14th September
9.30 a.m. Holy Communion

21st
10.30 a.m. Harvest Festival

CLOVERFIELD COMMUNITY CHURCH



Sunday 7th September
10.30 a.m Holy Communion

14th 10.30 a.m. Morning Worship

21st 10.30 a.m. Messy Sunday

28th 10.30 a.m. No Service -
Church Away Weekend

GRACE CHURCH

Meets every Sunday at 4 p.m. in
the Arts Centre, Bishop's School,
Canterbury Way

.....from page 3

This was followed by the long years of the war spent in the most deplorable conditions. In May 1944, DeShazer was in solitary confinement, with only a sliver of light sneaking in through an air vent. But a guard had provided him with a Bible, and by that dim light he eagerly read. First he read the Old Testament and then when he got to the New Testament he saw how the prophecy of Micah (see above) and all the other prophetic promises found their ultimate fulfilment in the Lord Jesus.

De Shazer's heart was changed by the Word of God and his whole attitude transformed: *'I discovered that God had given me new spiritual eyes, and that when I looked at the Japanese officers and guards who had starved and beaten me...I found my bitter hatred for them changed to loving pity...I read in my Bible that while those who crucified Jesus on the cross had beaten him and spit upon him...he tenderly prayed in this moment of excruciating suffering, "Father, forgive them for they know not what they do." And now from the depths of my heart, I too prayed for God to forgive my torturers.'* (*'War and Grace: Short Biographies from the World Wars'*, by Don Stephens)

It is in this way, through God's supernatural spreading of the gospel, that Micah's prophecy of peace is being fulfilled today. Of course there's a right place for diplomacy but the greatest force for social action and societal change for the better comes through the unfolding of God's Word. As we read in Micah 4:2 *"He will teach us his ways, so that we may walk in his paths."* (NIV 2011)

May our loving God strengthen you in your faith and give you courage, wisdom and creativity to share his holy, life-giving and heart-transforming Word.

Battle of Britain Service

The annual Battle of Britain Service will take place at St Cuthbert's at 10.30 a.m. on Sunday 14th September. As usual, we will be joined by members of the RAF Association, the Air Training Corps and the Town Council. Regulars and visitors alike are welcome as we mark this important occasion.



numerous awards at national lorry driving competitions). Constantly busy with his many hobbies and interests it is difficult to realise that he is no longer with us.

Keith and Sue have worked tirelessly for the Church for a very long time—always there when volunteers were needed and giving unfailing support to events at St. Cuthbert's and at Cloverfield, where they were founding members.

Over several years Keith had raised a huge amount of money for the Church and for St. Nicholas Hospice through the sale of thousands of plants and cuttings he nurtured as well as produce from his allotment. He also spent time and energy collecting empty cans and gathering scrap metal which he took and sold to a recycling firm to generate extra funding. All this involved a huge amount of work, but Keith took great pleasure in doing it.

A good 'ol Norfolk boy, he was a keen supporter of Norwich City Football Club right from the days when his father took him to matches at Carrow Road during World War II. He would gladly discuss the team's ups and downs with fellow Canary fans. (The Club's swings in fortune were dramatic and a constant source of exasperation)

Above all Keith was a devoted family man and took enormous pleasure in the achievements of his children, grandchildren and great-grandchildren and his loss will be a devastating one for them. He will be greatly missed by his many friends too. We're glad to have known you Keith. RIP

Going 'Contactless'...

It's commonly said that *"all good things must come to an end"*. As Christians, with the new creation beckoning, we know that's not strictly true – but nonetheless we are approaching the end of an era for **'Contact' magazine**.

Colin and Decia Orbell have now been involved with the production of the magazine for 35 years and as editors for most of that time. We are enormously grateful for their wonderful stewardship and editorship of 'Contact' over that time, during which it has educated and informed, amused and inspired countless people in Thetford, Croxton, Kilverstone, Wretham and far beyond. Decia and Colin have decided that the time has come for them to step down as editors at the end of this year.

In light of this, the PCC has decided that the time has come to draw 'Contact' magazine to a close, and the December-January edition at the end of this year will be the last. We know that this will come as a disappointment to many loyal readers – and we are working on other ideas to help us all to keep in contact with news, stories and goings-on. Watch this space as the autumn progresses for further details...

In the meantime, huge thanks go to everyone who has contributed articles, advertised in 'Contact', helped with the printing, folding and stapling, distributed magazines, collected subscriptions and managed the advertorials over the years – and of course, to the wonderful editors, past and present, who have made it all happen.

Peter Herbert

Café Cuthbert at St Cuthbert's Church **Saturday Mornings 10-00am to 2-00pm.**

Come and enjoy coffee, tea or hot chocolate and some delicious cakes & scones all freshly made in our own kitchen.



Looking for something hot and savoury? Then come and try a soft brioche bun filled with either grilled bacon or sausage.



CROXTON NEWS

On August 15th the 80th Anniversary of VJ Day it was a privilege to be together at the Methodist Church with the families of those brave men who spent time as prisoners in the Far East. We heard family members speak about their memories of a father and a grandfather who came home and picked up their lives again having suffered the most appalling treatment in captivity. The families of these men especially remember them and their indomitable spirit on VJ Day every year. Their bravery and fortitude under such terrible conditions must never be forgotten by any of us.

The tile flooring in the Church has been professionally cleaned and Nick Manderfield has applied the sealant so it should look smart for the two forthcoming weddings – thank you Nick!

Harvest Thanksgiving will be on Sunday 21st September at 10.30am flowers and produce will be most welcome during Saturday morning.

This will also be the weekend when the Village Hall will be open for a Contemporary Textile Exhibition and the Church will have a display of village history – see Facebook and Notice Boards!

Diana Goucher



ST.ANDREW'S CHURCH, KILVERSTONE IP24 2RN

Flower Festival Celebrating 80 years of Freedom

Saturday 13th & Sunday 14th September
10 a.m. to 5 p.m. each day

Cake Stall, Refreshments, Tombola

Harvest Festival Service Sunday 14th 5 p.m.



CLOVERFIELD NEWS

Visit of Young Leaders from our Twin Church, Holmsund, Sweden

As always in October we will be hosting a group of young leaders who have completed a training course in our Twin Church which is in Northern Sweden. We have been part of this twinning since 2015 and have hosted a new group of young leaders each year. They will as always be helping to support the Light Night at Cloverfield Church. If you would like to know more about the twinning then do please speak to Shauna on secretary@cloverfieldchurch.org

Shoeboxes



We are definitely getting closer now to the time for shoeboxes to be completed as part of Operation Christmas Child. **Carol Holt** and her team have been collecting items throughout the year and are grateful to those who have offered donations. Please do get in touch with Carol if you would like to know how to support the campaign. Cloverfield will be operating as a drop off centre again in November so look out for more information next month.

Dates for your diary for forthcoming events at Cloverfield:-

Friday 31st October – Light Night

Saturday 8th November – Murder Mystery Night

Saturday 15th November – Beetle Drive



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Pray for Armed Forces amid 'uncertain' times, General Synod hears

A senior Army officer has urged the Church to pray for and support members of the Armed Forces *"who put themselves in harm's way to protect our nation"*.



In a recent address to the General Synod, Brigadier Jaish Mahan, Deputy Commander of the 1st UK Division – who has served in Kosovo, Sierra Leone, Iraq and

Afghanistan – spoke of how the world is in a "complex place" currently with conflict in Europe and in the Middle East, and several other "unstable" regions around the world.

He said the Army is *"hugely privileged"* to be supported by *"truly exceptional"* chaplains who, he said, are *"part of the fabric of our family"*.

"Their role is complex, from pastoral and spiritual, through to moral, often helping our leaders make the right decisions on a difficult day," he said.

"My own personal experience of chaplains across my career and deployments has been that they have been truly exceptional people," he added.

Brigadier Mahan, a practising Christian, asked members to pray for and support members of the Armed Forces who face dangers to protect the nation.

He said: *"First, please continue to pray for and support those men and women, and their families, who put themselves in harm's way to protect our nation."*

"Secondly, please consider how you as the church leadership might support our nation, now in this time of uncertainty and should, heaven forbid, we find ourselves in a largescale conflict."

"The military, like the Church, is part of the fabric of our nation, fundamental pillars that hold together our house, our society."

Premier Christian Radio – the first Christian broadcaster to Britain

Christian broadcasting was not always allowed in this country. As late as the mid-1980s, Christians were petitioning Parliament and the broadcast regulator to allow Christian broadcasting to begin in the UK.

Finally, it happened, and in 1990 the law was changed. Five years later, in the summer of 1995, Premier Christian Radio was launched. The Christian community rallied around the station, with thousands committing to provide regular monthly support, and to make it the success that it is today.

Highlights of the past 30 years include:

1999 - launch of Premier Online, streaming Premier to the world

2006 - launch of Premier.tv, providing Christian Internet TV on demand

2009 - broadcasting nationwide begins on DAB Digital radio

2010 - Premier Gospel begins

2016 - Premier Praise begins

Nowadays, with more than 1,100,000 listeners every week, Premier is the largest Christian Media organisation in the UK, reaching people via its print, digital and radio platforms.

You can listen anywhere in the world at premierchristianradio.com. For UK listeners you can find us on DAB (Digital Audio Broadcasting) radio. In addition you can listen on Freeview TV Channel 725 and within Greater London and Surrey on MW 1305, 1332, 1413, 1566.



When I say I am a Christian

When I say, "I am a Christian," I'm not shouting, "I am saved!"
I'm whispering, "I get lost; that is why I chose this way."

When I say, "I am a Christian," I don't speak of this with pride.
I'm confessing that I stumble and need Someone to be my Guide.

When I say, "I am a Christian," I'm not bragging I am strong.
I'm professing that I'm weak, and I pray for strength to carry on.

When I say, "I am a Christian," I'm not bragging of success.
I'm admitting I have failed and cannot ever pay the debt.

When I say, "I am a Christian," I'm not claiming to be perfect.
My flaws are all too visible, but God believes I'm worth it.

When I say, "I am a Christian," I still feel the sting of pain.
I have my share of heartaches, which is why I cry His name.

When I say, "I am a Christian," I do not wish to judge.
I have no authority; I only know I'm loved.

Author unknown

Faith is the capacity to trust God while not being able to make sense out of everything. - *James Kok*

More people fail for lack of encouragement than for any other reason. - *Anon*

Small opportunities are often the beginning of great enterprises. - *Demosthenes*

Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind. - *Dr Seuss*

The most productive nightmare of all time?

1600 years ago, Europe's top scholar was an Italian called Jerome; he loved the works of Cicero. One night he dreamt that he had died, and reached the gates of heaven. The gate-keeper spoke to him: *'Who are you?'*

"Christianus sum." replied Jerome. *"I'm a Christian."*

"No." said the gatekeeper. *"You're not a Christian. You're a Ciceronian!"* He went on to explain: *"You see, here in heaven we judge people by what they were most, when they lived on earth. And you dedicated everything to the classics and the works of Cicero. So, we judge you not to be a Christian, but a Ciceronian. You cannot enter."*

Jerome woke with a start, and made his resolve. Not only did he begin truly to follow Christ, but he bent his academic ability into translating the Bible into the common language of Europe, Latin. It took him years. His translation became known as the *Vulgate* version.



That Bible served Europe for a thousand years. With the Bible's message becoming the foundation of European civilisation, its culture became united. Once we take Christianity and the Bible out of Europe - and all that we would be left with is a collection of squabbling, heathen tribes. It's time for Europe - like Jerome - to be woken up again.

In praise of olive oil

Olive oil is surprisingly good for you. It has been found to be able to ward off chronic disease and to boost your brain health. So, when those ancient Greeks praised it as an aid to staying young and healthy, it seems they were right.

While the Mediterranean diet can include up to four tablespoons of olive oil per day, a recent study at Harvard has found that even just half a tablespoon of olive oil per day helps protect your heart and brain from disease. It may even slash your risk of Parkinson's or Alzheimer's by 29 % and cancer by 17%

Olive oil is packed with monounsaturated fats, and even has anti-inflammatory properties, which have been compared to Ibuprofen. The best way to eat it? Add it as a dressing to your salads. Frying with it can degrade some of its properties.

How to have a 'more healthy' heart

Gratitude may help you recover more quickly from a heart attack. So says a study by the University of California, who examined gratitude as part of an outlook that involves appreciating the positive aspects of life, and often goes hand in hand with spirituality.

It was found that people who have a life attitude of being grateful are also likely to have a better mood, better sleep, less fatigue, and lower levels of inflammatory biomarkers related to cardiac health. Researchers said they were surprised to find that gratitude accounted for such beneficial effects. As one scientist put it, "It seems that a more grateful heart is indeed a more healthy heart."

How can you express gratitude in an easy-to-remember and daily way? Why not bring back the habit of pausing to say a simple grace of thanks before each meal? And why not take a few minutes to say your prayers before bed each night?

PARKINSON'S^{UK} CHANGE ATTITUDES, FIND A CURE, JOIN US

THETFORD PARKINSON'S CAFÉ

All Parkinson's sufferers and their partners/carers are welcome to chat,
share information and maybe make new friends

Tuesday 9th September 11a.m. in the Methodist Church

The Parkinson's nurse will be with us

All Welcome

For more information please contact Rachel Woods

Tel: 07796 958 404, email: rwiad2@gmail.com

Using the English language...

If **lawyers** are **disbarred** and **clergymen defrocked**, doesn't it follow that **electricians** could be **delighted**, **musicians denoted**, **cowboys deranged**, **models deposed** and **dry cleaners depressed**? Likewise, **bedmakers might be debunked**, **bulldozer operators degraded**, **organ donors delivered**, **software engineers detested**, and **underwear manufacturers debriefed**? And won't all **composers** one day **decompose**? On a more positive note, perhaps we can hope **politicians** will someday be **devoted**...

Golf

A clergyman was an avid golfer. One Sunday was perfect for golf and the minister could not resist the temptation. He rang and said he was too ill to attend church, drove 30 miles to a golf course, and began to play. But an angel watching the minister was quite perturbed. He went to God and said, *"Look at the minister. He should be punished for what he's doing."*

God nodded in agreement as the minister teed up on the tenth hole. He swung, the ball sailed through the air and landed right in the cup, 250 yards away - a perfect hole-in-one. The minister was overjoyed. The angel turned to God and said: *"Begging your pardon, but I thought You were going to punish him."* And God smiled. *"Think about it; who can he tell?"*

All in the month of September

200 years ago, on 27th Sept 1825 the world's first public railway opened. It was the Stockton and Darlington Railway in north-east England.

150 years ago, on 3rd Sept 1875 Ferdinand Porsche was born. He designed the Volkswagen Beetle and founded the Porsche car company.

100 years ago, on 8th Sept Peter Sellers, actor and comedian was born. Best known for the Goon Show, and as Inspector Clouseau in the Pink Panther film series. (Died 1980.)

90 years ago, on 3rd Sept 1935 British driver Malcolm Campbell set a new world land speed record of 301.13 mph in *Bluebird* at Bonneville Salt Flats, Utah. First person to break the 300mph barrier.

90 years ago, on 15th Sept 1935 the Nuremberg Laws were passed in Germany. Jews were no longer classed as German citizens, and the Nazi flag was adopted as the national flag of Germany.

80 years ago, on 2nd Sept 1945 V-J Day (victory over Japan Day) took place. Representatives from Japan signed the formal instrument of surrender on board the US battleship *USS Missouri* in Tokyo Bay.

80 years ago, on 19th Sept 1945 the Nazi propaganda broadcaster William Joyce (Lord Haw-Haw) was sentenced to death by a British court after being convicted of treason. He was executed on 3rd January 1946.

70 years ago, on 4th Sept 1955 Kenneth Kendall became the first newsreader to appear on screen in the UK, reading the *BBC TV News*.

70 years ago, on 21st Sep 1955 Britain annexed Rockall, an uninhabited granite islet in the Atlantic, to prevent the Soviet Union from placing surveillance equipment there to spy on Britain's secret nuclear missile tests.

70 years ago, on 22nd Sept 1955 ITV ended the BBC's monopoly.

70 years ago, 26th Sept 1955 Bird's Eye fish fingers went on sale in UK

40 years ago, on 9th to 11th Sept 1985 the Handsworth Riots fuelled by unemployment and racial tensions took place in Birmingham.

30 years ago, on 3rd Sept 1995 the online auction site eBay was founded

20 years ago, on 12th Sept 2005 the evacuation of all Israeli security forces and Israeli civilian settlements from the Gaza Strip was completed. Israel had occupied the Gaza Strip for 38 years.

Silverthreads Club for the over 60s



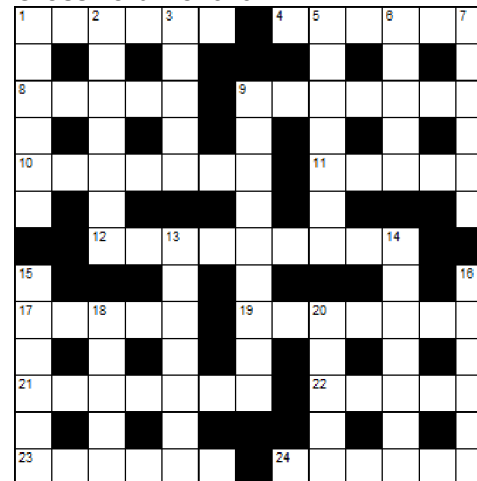
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Crossword No. 379



Across

- 1 Time French composer got to tour (6)
- 4 Some take correct path ensuring arrival at city. (6)
- 8 Padre got cut (5)
- 9 During big freeze Bede expired like James' father Matt 4:21 (7)
- 10 Rep more like ancient ruler (7)
- 11 Ugly English nude is Grace (5)
- 12 First religious pictures constructed from sacred writings (9)
- 17 Some lush rubber plant (5)
- 19 He's a bad sort- becomes embarrassed (7)
- 21 Fish eats ladies up - that's daft (7)
- 22 Mounted group get perturbed (5)
- 23 Detest upsetting a helot (6)
- 24 It produces smoke screen somehow (6)

Down

- 1 Sorted out the top place for burning Isa 30:33 (6)
- 2 So a prop is put in place. That's concerning (7)
- 3 Rodney almost got back to where Saul sought medium 1Sam 28:7 (5)
- 5 Ben missed unbeatable sort of display (7)
- 6 Finished over (5)
- 7 Money obtained from cooking hot leaks (6)
- 9 Path Ezra had initially constructed. God told Elijah to go there 1Kings 17:9 (9)
- 13 Some shrub Bishop thought was awful (7)
- 14 Pushes East to determine Pauls' detination Acts 18:19 (7)
- 15 It's helpful for us to mix fuel (6)
- 16 Newsman rioted dreadfully (6)
- 18 Starts to realise her occupation demands answer. She did when Peter knocked Acts 12:13 (5)
- 20 Sailor to employ insults (5)

Solution to Crossword No. 378

Across: 1 Riches, 4 Covers, 7 Soul, 8 Damascus, 9 Strangle, 13 Add, 16 Craftsmanship, 17 Odd, 19 Sentinel, 24 Cellmate, 25 Wise, 26 Slight, 27 Recede.

Down: 1 Rest, 2 Courtyard, 3 Sudan, 4 Camel, 5 Vase, 6 Round, 10 Altos, 11 Gamin, 12 Ennui, 13 Ashbelite, 14 Dope, 15 Echo, 18 Dwell, 20 Exact, 21 Their, 22 Flog, 23 Mede.

Crossword compiled by Colin Orbell

Stretch and Pray restarts on September 10th

Thereafter on Wednesdays 9:30 - 10am
in St. Cuthbert's Church

An opportunity to use our bodies doing some light exercise
while focusing on God and praying.

More information from susie.bratby@thetfordteamministry.org.uk

Which milk is best?

Plant-based milk, including soya milk, oat milk and almond milk, have soared in popularity in recent years. But how do these compare with cow's milk

A recent report from the nutritional experts who advise the government says that vegan milk is not 'nutritionally equivalent' to cow's milk.

The Scientific Advisory Committee on Nutrition (SACN) and the Committee on Toxicity of Chemicals in Food, Consumer Products and the Environment has also warned that the vegan alternatives to cow's milk often have a higher amount of sugar. The report suggests that nutritional concerns might be "lessened" if people instead go for the unsweetened soya, oat and almond milk drinks, and if those drinks were to be fortified with vitamin A, riboflavin, vitamin B12, calcium and iodine at similar levels to those found in cow's milk, and also with vitamin D.