# Contact

PARISH NEWS OF THETFORD, CROXTON, **CLOVERFIELD, KILVERSTONE** 

**December 2025 FINAL EDITION** 



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by Peter Herbert

From the Christmas carols, with their 'tidings of comfort and joy', to the Christmas cards wishing us a 'Merry Christmas', the encouragement to enjoy a very happy Christmas is everywhere at this time of year.

The adverts on the TV suggest that we can discover it through family, food and

fine presents. I think there's some truth in that: precious time together, special food and gift-giving (and receiving!) are all lovely ways to celebrate the birth of Jesus two thousand years ago, and they may (or may not) give us that warm, Christmassy glow.

But joy is not necessarily the same thing as happiness. It's something far deeper than a fleeting feel-good moment; something we can know at the core of our being even when the rest of life isn't so great. As the angel announced to the shepherds that first Christmas night:

'Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Saviour has been born to you; he is the Messiah, the Lord.' (Luke 2:10-11 NIV)

At the heart of Christmas is the coming of God himself as our Saviour and Lord. It's not a promise of an easy life. But it is good news that brings true, deep joy for those who will accept it: all around the world, down the ages, and on into eternity.

We'll be celebrating this joyous news in our many special services and events: from crib services and Christingles to candlelit carol services and our Community Carol Service (which takes 'Joy to the World!' as its theme for this year). Why not come and join us?

However you choose to celebrate – a very Happy Christmas to you all!

From the Editors

We would like to wish all our readers a Very Happy Christmas and a
Peaceful & Prosperous New Year

#### ST. CUTHBERT'S, THETFORD



Every Wednesday 10.30 a.m. Holy Communion

DECEMBER 2025 SERVICES Sunday 7th 10.30 a.m Morning Worship

3.30 p.m. Community Carol Service see page 7

14th 10.30 am. Holy Communion

21st 10.30 a.m. Morning Worship 6.30 p.m. Carol Service

24th Christmas Eve 3 for 3.30 p.m. Christingle Service 11.30 p.m. Midnight Communion

Christmas Day 10.30 a.m. All age Christmas Celebration

28th 10.30 a.m. All Age Service

ST. ANDREW'S, KILVERSTONE



**DECEMBER 2025 SERVICES** 

Sunday 21st 3 p.m. Carol Service

Christmas Day

9 a.m. Christmas Communion

#### **ALL SAINTS' CROXTON**



DECEMBER 2025 SERVICES Sunday 14th 6 p.m. Carol Service

21st 10.30 a.m. Crib Service 24th Christmas Eve 10 p.m. Holy Communion

# CLOVERFIELD COMMUNITY CHURCH



#### **DECEMBER 2025 SERVICES**

Sunday 7th 10.30 a.m. Holy Communion

14th 10.30 a.m. Morning Worship

**21st 10.30 a.m.** Morning Worship (No Messy Sunday because of Saturday event) see page 11

Christmas Eve 3 p.m. Crib Service see page 11

Christmas Day 10.30 a.m. Service at St. Cuthbert's

28th No Service at Cloverfield

#### **GRACE CHURCH**

Carol Service Sunday 21st December 4 p.m. at the Arts' Centre.
Carols old & new, a talk on the heart of Christmas and with festive refreshments!

#### **Betty Buckingham**



We were sad to hear of the death of Betty Buckingham on November 14th and extend our condolences to all her family.

Betty had been a member of St. Cuthbert's for many years and often spoke of when she taught in the Sunday School. She was generous in her support

of church events and a contributor to the Samaritans' Purse Appeal, knitting hats and scarves for the Shoeboxes.

She was always friendly and cheerful, with a very positive and optimistic outlook on life. Even as she got older and had several bad falls she never complained, but made light of her problems. Eventually she became unable to attend services and we missed her warm smile and greeting.

A celebration of Betty's life will be held at the Abbey Chapel at West Suffolk Crematorium at 10.30 a.m. on December 3rd. Andy, David and Lesley would be pleased to see anyone who is able to attend.

Saturday 6th December 5 p.m. to 7 p.m.
St Cuthbert's Church



Want to get creative this Christmas?

Sign up for our Christmas crafternoon!

Open to all young people in year 6 and

upwards, there will be crafts to make, a chance

to think more about the first Christmas and why

we're still celebrating today, and of course,

enjoy some festive snacks!

Join us at St Cuthbert's Church, Well Street, Thetford where a warm welcome awaits. Come by yourself or bring a friend along too. No need for parents/carers to stay.



Rod & Margaret Back, Gerald Bass, Anne Benion,
Jenny & Tony Bird Joyce Doubleday, Sue Goldsmith,
Ros Groom, Peter & Caroline Herbert, Decia & Colin Orbell,
Sandra Phillips & Marie MacKinnon, Jean & Malcolm Rolph
Peter & Audrey Thomson, Graham & Nicola Aylett

All of whom are making a donation to their church instead of buying and posting individual cards.





To make a donation please put it in an envelope marked "Christmas Greetings" and leave it in the donation box church In Thetford please make cheques payable to "Thetford PCC"

#### 'Joy to the World!' Community Carol Service



**Sunday 7th December, at 3.30 p.m.** in St Cuthbert's, brings another special Community Carol Service, held in partnership with the Mayor of Thetford.

With the theme of 'Joy to the world!' we will celebrate Christmas with well-known carols, musical contributions from

community groups and readings from community representatives. Refreshments will be served afterwards.

We warmly welcome everyone from across our community as we draw together to celebrate this special time of year.

### A Huge "Thank you" to Jean Rolph



On Sunday 19th November at St Cuthbert's we said a huge "thank you" to Jean Rolph as she stepped down after many years of sterling service as a Lay Reader in our benefice. We have been wonderfully blessed by Jean's penetrating and practical sermons, and her thoughtful and uplifting leading of our worship.

Jean spoke of the privilege it has been to serve in this way over the years, and gave all the thanks to

God for the opportunities and enabling he has given her. As a token of our gratitude to Jean for all she's done, we presented her with a vase and floral arrangement.

We wish Jean and Malcolm a very happy 'retirement' as Jean hangs up her Reader's blue scarf.

#### Peter Herbert wishes "Farewell to 'Contact' ... Keep in Touch!"

As readers will know, sadly this edition of 'Contact' magazine will be the final one in its august history. We wave farewell with gratitude for the way that it has kept us all informed, inspired and entertained down the years.

Particular thanks go to everyone who has contributed to the magazine during this time: those who have contributed articles, advertised in 'Contact', helped with the printing, folding and stapling, distributed magazines, collected subscriptions and managed the advertorials over the years, and to the editors who have masterminded everything. A special note of thanks goes to Decia and Colin Orbell, who have been assisting with 'Contact' for 35 years – and for most of that time as editors.

As we look to the future, there are various ways in which you can stay in touch with all the news, stories and events across the Thetford Team Ministry. Those of you who are already in our database should have received an email in recent days, inviting you to check your mailing preferences and to subscribe to our regular team-wide news emails. If you haven't received such an email, but want to sign up for the mailings, then please visit thetfordteamministry.org.uk/emails.

Also, keep an eye open for our new bi-monthly printed newssheets available at St Cuthbert's, All Saints' Croxton, St Andrew's Kilverstone and in Croxton village – as well as the monthly Cloverfield News at Cloverfield Community Church.

Finally, keep an eye on our website (thetfordteamministry.org.uk) and Facebook page (ThetfordTeamMinistry) for up-to-the minute news and announcements.

**From the Editors:** Thankyou to all who have expressed their disappointment that this will be the last edition of "Contact". It is good to know that many people have enjoyed reading it. We would like to echo Peter's thanks to all who have been involved in its production and distribution - far too many to mention individually by name. If you are one of the helpers, please accept our thanks.

We have enjoyed producing it, but after 35 years we feel it is time to stop. We have relied on selling advertising space in the past to help with the cost of production, which would have meant a commitment for another whole year. We felt we could not do that.

"Contact" had existed for many years before we became involved. We were first aware of it when it was being produced by the Clergy; in 1981 the editor was the Rev Paul Oliver. Later, Harold & Benita Plant took over and did all the compiling and the printing on a very primitive and messy (by today's standards) Gestetner printer

We first became involved about 1990 when Chris Hedges (husband of Rev Anne Hedges, a member of the Team at that time) was editor. We soon took over full responsibility.

Then the magazine was professionally printed by the late Gary McGinty, a member of St. Cuthbert's congregation, who ran his own printing business. In those days electronic transfer of material was not immediately available, which meant taking hand-written or typed items to Gary who would deal with the layout of the magazine. The printed sheets still had to be collated, stapled and folded

When Gary retired we decided to take on the whole production, since we had computer facilities to handle the set-up process and a photocopier in church for the printing. although the collating, stapling and folding had to be done manually and we are grateful for the effort that Gerrit Kroon and his late wife Monica put in to achieve that, helped later by others like Margaret Pope and Sylvia Richens. A few years ago we acquired a photocopier that prints, collates, staples and folds the magazine. That made the printing easier in some ways, but was more time-consuming.

Café Cuthbert at St Cuthbert's Church is open every Friday 9a.m. to 1p.m. and

**Saturday 10-00a.m. to 2-00p.m.** 

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.



# CLOVERFIELD NEWS Operation Christmas Child

Thank you to everyone who contributed to our shoebox collection throughout the year. Carol and Heather did a sterling job of collecting items to pack throughout the year meaning that the church sent 193 shoeboxes. During collection week we heard some lovely stories, one lady had intended to catch the bus from across town to deliver her boxes but because it was raining she got a taxi. Thankfully our lovely volunteers were able to give her a lift home. One man delivered 10 boxes which his wife had packed and she was already buying items for next year. A lady from Chapel Green School, Old Buckenham also delivered 10 boxes which the children had put together after learning about the shoeboxes and poverty across the world in their RE lessons. In total 309 boxes were collected on Tuesday 18th November. This too was a moving experience as one of the collectors explained how he was exploring faith and that his son has been fighting a brain tumour for 5 years, prayer was offered.



#### Beetle Drive

This has become an annual event and great fun for all ages. There were some familiar faces but also some newcomers to Beetle. It is always entertaining to see how some people end up moving all around the room according to how successful they are at drawing a beetle. Thank you to everyone who donated puddings and raffle prizes for the evening. £366 was raised towards church funds.



#### Murder Mystery Night

We are so grateful to **David and Maggie Williams** for organising two performances of this on Saturday 8th November. Across the day 80 people attended and by all accounts the brain matter was tested as guests tried to work out who had committed the murder.

There was also an opportunity to learn more about shoeboxes plus a raffle. After the expenses taken for insurance, costumes etc. for the Encore Theatre Group around £680 was raised to be split between the church and the shoebox appeal. Thank you to everyone who came along to enjoy the event and to help raise such a wonderful amount of money for church funds.

#### Shauna Peacock



December is here again! Our thoughts turn to the baby born in a manger who came to bring Light and Hope to our world. Our Carol Service will be on 14th December at 6pm – a service for everyone of all ages when we can join together to sing and listen to the most wonderful story we shall ever hear! After the service there will be time to get together to enjoy plenty of chatter and mulled wine and mince pies!

Christmas is also a time to remember all those loved ones who have gone on before who still rejoice with us 'but on another shore and in a greater light' – we think especially of those who will have their first Christmas without a loved one.

After Christmas and before the New Year is a time for thank you letters! Thank you to so many people who help in so many different ways to keep All Saints' going – you know who you are – THANK YOU!

A Joyful Christmas and a very Happy New Year!

Diana Goucher

#### **The Wrong Gift**

A young couple began to assemble a special Christmas gift they had bought for their children. They had bought a kit for a tree house, but it didn't make sense. Then they realised that the materials were for a sailboat, so they wrote to the company to complain. The company's reply was brief: "While we regret the inconvenience this mistake must have caused you, we are more concerned about the man who is out on a lake somewhere, trying to sail your tree house."

#### Who was the Real Virgin?

A ten-year-old, under the tutelage of her grandmother, was becoming quite knowledgeable about the Bible. Then one day she floored her grandmother by asking, "Which virgin was the mother of Jesus? The virgin Mary or the King James Virgin?"

#### KILVERSTONE NEWS



Our village is in mourning for the passing of our lovely *Lady Kay Fisher*. She will be missed by us all. Some of us have known her since attending her wedding to Patrick in 1977.

She was a very kind and gracious lady with a great love for her dogs and would usually have a story about of how naughty they had been.

Lady Kay was always very welcoming to new residents of Kilverstone always making time for a talk with anyone she met whilst walking her dogs. She was a great supporter of St Andrew's Church and the wider Thetford community

We will all miss her	gentle presence and	lovely smile.

We would love you to join us for our Christmas services

Christmas Carol Service 3p.m. Sunday 21st December.

Tea coffee and mince pies following the service.

#### Christmas Day Communion at 9 a.m.

Thanks to everybody for the unfailing effort put into producing the Contact Magazine. The end of an era

Wishing you all a happy Christmas and a healthy new year

Caroline Hughes

# Archbishop Designate, Sarah Mullally, sets out her hopes for the Church

Shortly after the announcement of her nomination as the next Archbishop of Canterbury, Bishop Sarah Mullally delivered an address at Canterbury Cathedral, reflecting on her calling, the challenges facing the Church, and her hopes for its future.



Rooted in her early vocation as a nurse and shaped by her ministry in London, she spoke of "washing feet" as a guiding image of Christian service, and of finding hope in the quiet faithfulness of churches, chaplaincies, and communities across the Anglican Communion.

She addressed the Church's responsibility in safeguarding, the need to confront power dynamics, and the importance of standing against hatred and antisemitism.

She said she would seek to be "a shepherd who enables everyone's ministry and vocation to flourish," and expressed her desire to nurture confidence in the Gospel. "Held fast by the Lord's hand," she concluded, "please pray for me as I will pray for you."

#### Solution to Crossword No. 38

Across: 1 Christmas tree, 7 Agnes, 8 Light, 9 Lei, 10 Australia, 11 Editor, 12 Joshua, 15 Vacancies, 17 Via, 18 Chase, 19 Again, 21 Saint Nicholas.

**Down: 1** Carol services, **2** Sun, **3** Misuse, **4** Salerooms, **5** Regal, **6** Extravagances, **7** Alibi, **10** Adornment, **13** Haven, **14** Divali, **16** Coati, **20** Ash.

# Micah's Message look forward to the child born in Bethlehem by Lester Amann

Why is the news so full of depressing stories? Why can't they report some good news for a change? Indeed, our world is always full of troubles, and we may wonder if better times will ever come.

Similar comments might have been directed at many of the Old Testament prophets who nearly always said negative and gloomy things. The people of Micah's day had many problems. They were surrounded by warring nations and peace in their time was unlikely.

It was Micah's task, as God's messenger, to tell the people how it was and how it was going to be, no matter how painful the facts. Micah was deeply concerned with the social ills of his day and spoke out against false prophets who were leading the people into contrived hopes and errors.

Micah was quite forthright. He announced that God would punish the people for their sinfulness and their enemies would overcome them. Micah came with bad news and there seemed no end to his reprimands and denouncements.

But in the desert was an oasis. Amidst his descriptions of imminent pain and suffering, Micah looked forward to a time of peace with freedom from injustice, fear and war. Micah delivered God's promise that from Bethlehem there would come a ruler to free them from their oppression. Their Saviour would come. (Micah 5:2)

Of course, Micah's hearers did not understand about the Babe at Bethlehem, but they were told to stand firm in their faith no matter what troubles or disasters would befall them. They were to look forward to their deliverance, whenever that would be.

Amidst Micah's attack on the deplorable actions of leaders and the nation's wrong values and behaviour, he gave hope that God was with them in the failures and difficulties. Only God could take them through their troubles to a place of peace.

Micah's message still stands for us today. God wants us to mend our wilful ways; to correct bad attitudes and behaviour; to strive for heaven's values of justice, peace, equality, love and harmony.

As we approach a New Year, we would do well to respond to Micah's words: What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God. (Micah 6:8)

#### 25<sup>th</sup> December - Where did Christmas stockings come from?

No one is really sure, but a story is told of St Nicholas, a bishop who lived in the 4<sup>th</sup> century, who may have started the custom by accident. St Nicholas was of a wealthy family, and of a generous heart. As Christmas approached one year, he wanted to help a poor family whom he knew, but he did not want them to know it was him. So, he climbed up on their roof on Christmas Eve and dropped some coins down the chimney.



The next morning the coins, to the great surprise of the family, were found in the stockings of the ladies, who had hung them to dry by the fire the night before. Every year after that they put their stockings out, in the hope that some more money would fall into them. They told the story of this amazing appearance to their friends and neighbours, and the custom caught on.

#### 25th December - Why was Jesus born in a barn?



Our pretty Christmas cards do not do it justice – the stable that Jesus was born in would have been smelly, dirty, and full of mess. So why did God not provide something better for His beloved Son? Why let Joseph and Mary scrounge around until they ended up in a smelly stable?

Perhaps because the King of Kings being born in a foul stable is a perfect picture of redemption. Jesus came from glory into a world filled with the dirt, filth and darkness of sin. And Jesus was not put off by darkness in the least – instead, He came to be the Light of the World. Thank God for His unspeakable gift. No wonder the angels sang "Glory to God in the highest, and on earth peace, good will toward men." (Luke 2:14)



#### THE THETFORD SINGERS

will also be gathering for their Annual Charity Carol Singing

**VAVAVAVAVAV** 

in King St. outside the West Door of St. Cuthbert's Church

on Saturday 13th December from 11 a.m.

#### All in the month of December

**75 years ago,** on 25<sup>th</sup> Dec 1950 the Stone of Scone, the coronation stone of British monarchs, was taken from Westminster Abbey in London by four Scottish students. They transported it to Scotland but broke it. It was later returned to London and used in the coronation of Queen Elizabeth II. Since 1996 it has been kept in Edinburgh Castle, with the agreement that it will be transported to Westminster Abbey when needed for coronations.

**70 years ago,** on 1<sup>st</sup> Dec 1955 African American civil rights activist Rosa Parks refused to give up her bus seat to a white man in Montgomery Alabama. This violated the city's racial segregation laws, and led to the Montgomery Bus Boycott (5<sup>th</sup> to 20<sup>th</sup> Dec 1956) and the birth of the modern American civil rights movement.

**70 years ago**, on 20<sup>th</sup> Dec 1955 Cardiff was proclaimed capital of Wales.

65 years ago, on 9th Dec 1960- first episode of Coronation Street on ITV

**60 years ago,** on 22<sup>nd</sup> Dec 1965 Richard Dimbleby, journalist and radiotelevision broadcaster, died. The BBC's first war correspondent, he was one of the greatest figures in British broadcasting history. Father of the TV presenters David Dimbleby and Jonathan Dimbleby.

**40 years ago,** on 2<sup>nd</sup> Dec 1985 Philip Larkin, poet and librarian died.

**30 years ago,** on 22<sup>nd</sup> Dec 1995 the British 'rogue trader' Nick Leeson was jailed for six and a half years in Singapore for fraudulent financial dealings which had led to the fall of Barings Bank.

**30 years ago**, on 8<sup>th</sup> Dec 1995 Head teacher Philip Lawrence was stabbed to death outside his west London school while trying to protect a student who was being assaulted by a gang of youths.

**30 years ago**, on 15<sup>th</sup> Dec the European Council announced that the new European currency would be called the Euro

**10 years ago,** on 19<sup>th</sup> Dec 2015 Jimmy Hill, football player, manager and host of the BBC football TV series *Match of the Day* (1973-88) died.

#### Jane Austin - still loved 250 years later

It was 250 years ago, on 16<sup>th</sup> December 1775, that novelist Jane Austen was born. Over 30 million copies of her books have since been sold – 7000 in her lifetime.

She was the second daughter and seventh child of the Revd George Austen, rector of the village of Steventon in Hampshire. Two of her brothers became clergymen, two were Admirals in the Royal Navy and the other inherited substantial estates in Kent and Hampshire from a distant cousin. Neither Jane nor her sister Casssandra, with whom she was very close, ever married.



Jane had a sincere Christian faith which deepened as she got older and is reflected in her novels. She had sympathy with hands-on evangelicalism and a desire to abolish the slave trade, which she refers to particularly in *Mansfield Park*.

She lived at Steventon for 25 years and then moved with her parents and sister to Bath. Her father died in 1805, and they moved to Southampton and then Chawton in Hampshire, less than 20 miles from Steventon, where they had a cottage — now a Jane Austen museum. This cottage was where she devoted herself to writing, revising her first three novels and composing another three.

But it was here that she fell ill and died in 1817 – probably from Addison's Disease. She had been published only anonymously in her lifetime, and her style was not immediately appreciated, though its comments on the world of the landed gentry, to which she belonged, quickly became popular – as did her wit, irony and her realistic plots.

She is now more popular than ever, with a flourishing Jane Austen Society which has worldwide membership, plus numerous film and TV adaptations of her work.

There are some gaps in what we know about her private life, mainly because her sister Cassandra destroyed most of her letters.

The epitaph by her brother James on her tomb in Winchester Cathedral praises the "extraordinary endowments of her mind".

#### 25th December - Why the world was ready for Christmas

Ever wonder why Jesus was born when He was? The Bible tells us that "when the time had fully come, God sent forth His Son..." The Jewish people had been waiting for their Messiah for centuries. Why did God send Him precisely when He did?

Many biblical scholars believe that the 'time had fully come' for Jesus



The Roman Empire c30AD

because of the politics of the time. The Roman Empire's sheer size and dominance had achieved something unique in world history: the opportunity for travel from Bethlehem to Berwick on Tweed without ever crossing into 'enemy territory' or needing a 'passport'.

For the first time ever, it was possible for 'common' people to travel wide and far, and quickly spread news and ideas. And

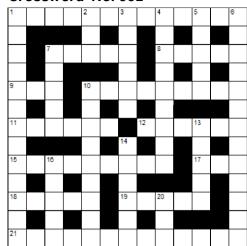
all you needed were two languages - Greek to the east of Rome, and Latin to the west and north. You could set sail from Joppa (Tel Aviv) and head for any port on the Mediterranean sea and Roman roads ran straight and true throughout the empire.

So, the Roman Empire achieved something it never intended: it helped spread news of Christianity far and wide for 400 years. After that, the Empire crumbled, and the borders shut down. Not until the 19<sup>th</sup> century would people again roam so freely. The time for Jesus to be born, and for news of Him to be able to travel, had indeed *'fully come'*.

With New Year's Resolutions in mind, heres John Wesley's rule of conduct:

Do all the good you can By all the means you can In all the ways you can In all the places you can At all the times you can To all the people you can As long as ever you can.

#### Crossword No. 382



#### **Across**

- **1** Dreadful crime shatters seasonal decoration (9,4)
- **7** Finally she sang about her fountain (5)
- 8 May miss almighty glare (5)
- 9 Garland found even in Algeria (3)
- **10** Performed as a ritual in this country (9)
- **11** Back in Polperro tide trapped journalist (6)
- **12** Yes, German house almost rebuilt by Moses' successor (6)
- **15** I scan cave from list of places to live. (9)
- **17** Students leave Roman house this way (3)
- **18** Some involved as much as ever in pursuit . (5)
- 19 A win one more time (5)
- **21** Lass in Antioch worked out identity of Christmas visitor. (5,8)

#### Down

- **1** So clerics rave about these Christmas events ((5,8)
- **2** Starts to scorch under noonday effect from this. (3)
- **3** Muse is involved in maltreatment. (6)
- **4** More upset with a loss in business premises. (9)
- 5 Describes king's awkward glare (5)
- **6** Grave taxes can result from prodigalities (13)
- **7** Some hardened criminal I bitterly dislke may have one. (5)
- **10** Make remnant do for decoration. (9)
- **13** Own Newport? (5)
- **14** Hindu festival is valid I make out.
- **16** Winter wear I put on creature like a racoon (5)
- 20 Tree like holly initially (3)

#### Solution to Crossword No. 381

Across: 1 Macedonian, 7 Rallies, 8 Rumba, 10 Noah, 11 Hosannas, 13 Greece, 15 Repair, 17 Ethiopia, 18 Elam, 21 Sidon, 22 Lebanon, 23 Fairy tales.

Down: 1 Malta, 2 Crib, 3 Despot, 4 Narrates, 5 Armenia, 6 Transgress, 9 Assortment, 12 Schooner, 14 Echidna, 16 Violet, 19 Lands, 20 Abel.

Solution to Crossword No. 382 is on page 14

PARKINSON'S<sup>UK</sup>

**CHANGE ATTITUDES, FIND A CURE, JOIN US** 

### THETFORD PARKINSON'S CAFÉ

Join others living with Parkinson's to chat, share information and maybe make new friend

Next meeting will be at the Methodist Church on Tuesday 9th December at 11.30 a.m.

For a Christmas Party with Carol Singing



#### **Stretch and Pray**

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

Of all the awkward people in your house or job there is only one whom you can improve very much. - C S Lewis

Gossip is letting the chat out of the bag. - Anon

A good example is the best sermon. - Anon

#### Silverthreads Club for the over 60s



# Every Tuesday afternoon 2 p.m. to 4 p.m. at Cloverfield Community Church

£5 which includes sandwiches, scones & lots of tea

Regular activities include Raffle, Bingo, Quiz, Guest Speakers and more

Contact Moya Brown Tel: 01842 761863 to book your place



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"After recommendations, research showed impeccable reviews and very competitive prices. You were not only totally professional and so approachable, but treated my Dad like I felt you would your own family. Wouldn't go anywhere else!" G Kent

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