

BRANDESTON AND KETTLEBURGH PARISH NEWSLETTER OCTOBER 2020

Priest-in-Charge: Rev Graham Hedger Tel: 01473 737280 Mob:07388117656 Email: revgrahamhedger@outlook.com

Churchwardens: **Brandeston:** Alison Molyneux 01728 685244 / Mary Baker 01728 685807 **Kettleburgh:** John Bater 01728 723532 **Elder:** Jackie Clark 01728 723623

From the Reverend Graham

Harvest celebrations in our churches will be muted this year. With restrictions on singing hymns, whether indoors or outside. Instead, the well-known hymns will be sung in our hearts as we celebrate the harvest home. Despite the vagaries of the British weather, we still have a harvest to be thankful for. I hope that in many and different ways we will give thanks for all the hard work of farmers, and all those involved in food research, production and distribution. Our Zoom service on **4th October** will be a special service to celebrate harvest. Why not join in?

One of my favourite harvest hymns can be sung throughout the year. It's first line is 'Great is thy faithfulness' and the hymn celebrates, come what may, the faithfulness and loving care and provision of God. Mindful of the Covid regulations which make the gifts of fresh produce difficult, and the pressures many foodbanks are operating under, this year we are asking for financial gifts that can be passed on. There are two food banks operating in our area. If you are unable to attend a harvest service in one of our churches then you could give direct to a food bank. Here are the details:

FIND (Families in Need): Donations by cheque should be made payable to 'FIND (Families in Need) Ltd.' with a covering note stating whether the donation is for the central fundraising account, foodbank or rough sleepers support. Please send cheques to the FIND office: FIND (Families In Need) PO BOX 1029 Ipswich, IP1 9XJ

Or go to their website to make a donation direct; <https://www.findipswich.org.uk/support-us>. In East Suffolk, LCC Foodbank: Sortcode 40-52-40, Account no: 00031694.

Services for October

Our regular pattern of church services continues to be a Zoom service at 9:30am. If you would like to join please contact Bill Clarke bill78@btinternet.com.

At 11:00 am each Sunday we also have a service of Holy Communion somewhere in the benefice. In addition, we hold occasional services such as morning or evening prayer in churches following the traditional Book of Common Prayer (BCP) and a mid-week service of Holy Communion twice a month in Hacheston on a Wednesday, again using the Book of Common Prayer. Our Taize service on YouTube continues each month and we are very grateful to Wendy and Alister Gourlay for all their efforts to produce this.

4	9.30	Zoom Morning Service (Harvest)	
	11.00	Holy Communion	Campsea Ashe
11	9.30	Zoom Morning Service	
	11.00	Holy Communion	Parham
	3.30	Evening Service for Harvest	Kettleburgh
14	10.00	Holy Communion (BCP) Harvest theme	Hacheston
18	9.30	Zoom Morning Service	
	11.00	Holy Communion	Easton
	11.00	Morning service for Harvest	Parham
	4.00	Taize YouTube	
25	9.30	Zoom Morning Service	
	11.00	Holy Communion	Hacheston
28	10.00	Holy Communion (BCP)	Hacheston

Harvest 2020 in Kettleburgh

We are not able to hold our usual harvest celebrations, but will be marking this festival with a special Zoom service at 9:30am on 4th October. Contact Bill Clark – bill78@btinternet.com for an invitation.

There will also be a service at Kettleburgh Church at 3:30pm on 11th October.

With current guidelines, there is restricted seating at church. If you would like to come to our Harvest Evening Prayer please contact Jackie Clark – 723623 – jwc51@btinternet.com

If you would like to make a harvest contribution, this year we are suggesting donations to a local foodbank.

Details of the Waveney Foodbank, based in Eye, are available online at <https://waveney.foodbank.org.uk/>

ANNUAL CHURCH MEETINGS ST ANDREWS KETTLEBURGH

The PCC at St Andrews Church, Kettleburgh will hold its annual meeting this year on Thursday 8 October at 2pm in church. With restrictions on meetings and social distancing requirements due to Covid-19 still in place, this meeting will be brief and all safety guidelines will be adhered to. You are welcome to attend, but please contact Jackie Clark – 723623 – jwc51@btinternet.com first to ensure we have room to seat you safely.

ALL SAINTS' BRANDESTON

A short annual meeting for All Saints' will be held in the church on Thursday October 22nd at 7.30pm. All are welcome to attend. We have plenty of space!

All Hallows or All Saints



Towards the end of October, in the church's year we enter into the season of remembering. **All Hallows or All Saints** (November 1st) being the day when we remember those who have served God in the past and also the triumph of Jesus over death. We have churches within the benefice dedicated to 'All Saints'.

The following day is **All Souls**, when we have traditionally remembered all who have died.

Remembrance Sunday in November completes the cycle of events. In the usual course of events we aim to hold services on all these days. This year the act of remembering loved ones will be even more poignant, as many families have been unable to hold funeral and thanksgiving services involving all their friends and family due to Covid 19 restrictions. We are still working on how we might use All Souls Day within the benefice to help people continue on their journey of grief and recovery. There will be more in the November magazine.

Graham

BISHOP MIKE

On 1st November we are very pleased that Bishop Mike will be preaching at the **Holy Communion Service in St.. Andrew's, Marlesford**. This will be at 11.00am.

In order to follow all the rules on social distancing we ask that anyone who wishes to come contacts any of the following to reserve a place.

Revd. Graham Hedger – revgrahamhedger@outlook.com phone: 01473 737280.

Nan Waterfall – nanwaterfall@gmail.com, phone:01728 747038

Carol Cooke – cooke299@btinternet.com phone: 01728 747625

Requests will be dealt with on a "first come, first served" basis and please indicate if there is more than one person in your group.

Remembrance Sunday 8th November

There will be guidance nearer the time about how we can or cannot do the services! Working on the assumption that we will be maintaining social distancing etc this means that traditional services inside some of our churches may be difficult. Therefore, where possible we may need to hold the services outside at memorials.

There will be a short outdoor service by Brandeston war memorial at 10.45 On Sunday 8th April.



September's KGT Lottery Draw -

1st prize Claire & Paul Norman

2nd Prize Rob Booth

Brandeston 100 + club

September Draw

We are catching up with the monthly draws that we missed during lockdown.

Here are the latest winners:

June

1st prize £25 Jenny and Ian Harvey

2nd prize £10 Michael Cousens

July

1st prize £25 Pat and Darryl Morgan

2nd prize £10 Julia and Will Elson

Pastoral Support

Although we are unable to visit, members of the Ministry Team and others are available at the end of the 'phone to listen or to pray with you.

Canon Graham Hedger 01473 737280

Canon Deirdre Parmenter 01728 748145

Jackie Clark 01728 723623

Carol Cooke 01728 747625

Jane Slade 01728 723707

The Deadline:

Articles for the November 2020 edition by October 25th to janebaldwin325@gmail.com or post to Jan Baldwin, Priory Barn, Brandeston IP13 7AU. Thank you.

All our parishes are sharing their parish magazines on- line from now on. The format will be in 'Word' and A4 size. This will be easier to print to give a copy to neighbours who would like to read it but do not have access to a computer.



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

We continue to live in uncertain times and this summer has certainly been very different. One of the things which I have missed the most is being out and about and meeting so many members of the local community at the annual village fetes and community events.

Since the onset of the COVID-19 pandemic, a great many of our businesses have been impacted – across all sectors. With the hospitality industry being greatly impacted, I've been especially impressed to see so many examples of businesses adapting and innovating to offer new services supporting our rural communities. For example, during the forced closures of lockdown, a number of pubs across Central Suffolk and North Ipswich have adapted to offer pop-up grocery stores or take away dining.

These pop-up shops and take away dining outlets proved incredibly popular with local residents, meaning that they didn't have to venture too far from home to shop locally and source top quality, local ingredients. Now that lockdown has eased, many of those businesses who had adapted are continuing to offer the add-on services and customers are continuing to support them, valuing the important contribution they make to the local community.

Businesses and consumers have adjusted and some signs of economic recovery. Our towns and villages are at last seeing increased footfall and sales are slowly beginning to recover. Although many consumers are still cautious, our businesses have gone to great lengths to ensure they are COVID-19 secure, giving consumers confidence that they can shop safely.

That said, it is important to remember that the virus has sadly not gone away, and we all have a part to play in stopping the spread of the virus whilst also supporting our local economy. Good hand hygiene is particularly important; when out and about, if you can't easily wash your hands, remember to take along an anti-bacterial hand sanitiser and wear a face covering when indoors. Keeping at least 2 metres apart from people who are not from your own household helps to protect you and others and reduce the spread of the virus.

I would like to put on record my thanks to all of those who have worked tirelessly during these recent months – our teachers, frontline public sector workers, NHS staff and community carers, along with the army of volunteers who stepped in to help deliver food

**Mobile Library 2020 dates for
Brandeston Calling every 4 weeks on
Thursdays
at The Queen PH 14:50-15:00**
22 October, 19 November, 17 December





A good walk can do wonders for your mental wellbeing.

But it's not just about the occasional one-off feel good factor. Being active has a whole range of benefits when it comes to mental wellbeing.

Walking improves:

- **self-perception**
- **self-esteem**
- **mood**
- **sleep quality**
- **reduces stress, anxiety and fatigue**

Physically active people have up to a 30% reduced risk of becoming depressed, and staying active helps those who are depressed recover.

In older people, staying active can improve cognitive function, memory, attention and processing speed and reduce the risk of cognitive decline and dementia.

The physical improvements you gain by walking can help to improve your mental health too. If you feel fitter and feel in control of your weight, your body image and confidence can increase - so it's not just the physical benefits that you'll notice when you start walking.

Discover walks near you:

- [Adnams offer downloadable walking guides](#) near their pubs at – Pin Mill, Waldringfield, Woodbridge, Butley, Orford, Snape, Aldeburgh, Eastbridge, Westleton, Walberswick, Southwold, Wrentham and Blythburgh. You can even enjoy a pint at the pub (just keep to the guidance and social distancing rules!)
- Love nature? You'll enjoy [National Trust](#) walks which take you through locations such as Dunwich Heath, Constable country, Lavenham, Long Melford and Ickworth.
- [Forestry England offer woodland trails](#) in the depths of forests across the UK. In Suffolk, you can stroll into Rendlesham Forest or head up to Thetford Forest – enter your location to discover trails near you.
- Looking for fresh sea air? [Suffolk Coast](#) have plenty of walking routes, explorer guides and heritage trails across the Suffolk coastline

Become a volunteer warden with the RNRS.

If anyone is interested in maintaining a wild- flower verge outside your house or in a lane, you might be interested in becoming a volunteer warden with RNRS. The wildlife trusts also have information on maintaining verges.

<https://www.wildlifetrusts.org/wildlife/managing-land-wildlife/managing-road-verges-wildlife> Pauline Locke

Money Matters

#ManagingDebtTogether

Covid-19 has had a huge impact on many people's lives, including financially, but if you're worried about money don't worry alone! Seek help now – the sooner the better – to find out what support is available.

Free, confidential support is available from East Suffolk's three Citizens Advice services, who can help you deal with money matters.

To talk to someone, call **0330 107 5627** or email **money matters@nescab.cabnet.org.uk**
Monday – Friday between 9.30am – 4pm.



Money Matters - Managing Debt Together
East Suffolk Council in partnership with
Citizens Advice services in East Suffolk



TO ADVERTISE in our magazine - ADVERTISING RATES Jan-Dec 2020

Advert Size	ONE MONTH	THREE MONTHS	SIX MONTHS	ONE YEAR
Quarter page	£7.00	£20.00	£36.00	£53.00
Half page	£14.00	£37.00	£72.00	£105.00

To arrange advertising please contact: Jan Baldwin on janebaldwin325@gmail.com

or Tel: 01728 684449