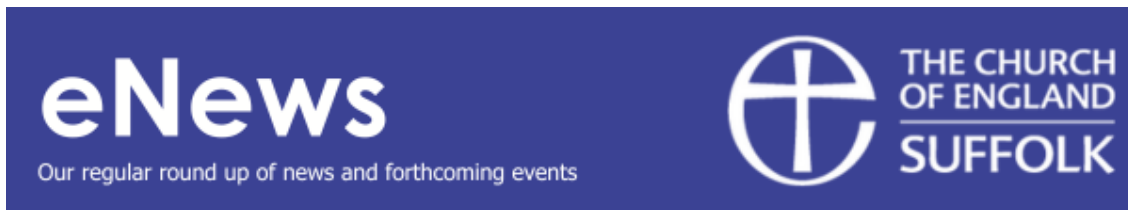


Thursday 19 October 2023



Diocesan Synod - Saturday 14 October

Diocesan Synod was held on Zoom on Saturday 14 October, Bishop Martin started Synod with a thank you to the Revd Canon Jonathan Alderton-Ford who is retiring from Synod after 34 years - possibly a record! Bishop Martin also particularly thanked the Revd Canon Dave Gardner, who will retire in December, for his dedicated service since 1991 and he acknowledged Dave's incredible contribution to the life of this diocese. Bishop Martin asked Dave a few years ago what was the main factor or special ingredient that enabled parishes to grow and Dave's immediate reply was "The clergy". Bishop Martin re-affirmed that he will strive to retain the numbers of stipendiary clergy and continue to increase the number of self-supporting clergy in this diocese - "Clergy are key" he said. This set the tone of the Synod which was largely focused on 'Clergy Care and Wellbeing'. Bishop Martin's presidential speech highlighted reasons why clergy wellbeing means making sure our structures and organisation are supportive of clergy, both in the Diocese and the wider Church of England, they must support clergy and not undermine or demoralise them. Bishop Martin said that at the heart of it, clergy must be supported as they lead sacrificial lives as they serve the church and the world. To listen to the full speech please click [here](#).

Following a discussion in small groups, the Synod voted to adopt the Church of England's Covenant for Clergy Wellbeing. Key points are:

- The Church of England is part of the One, Holy, Catholic and Apostolic Church, worshipping the one true God, Father, Son and Holy Spirit. It professes the faith uniquely revealed in the Holy Scripture and set forth in the catholic creeds, which faith the Church is called upon to proclaim afresh in every generation.
- In its formularies, the Church of England recognises that God calls some to serve as deacons, priests and bishops to build up and equip the whole People of God.
- Conscious that such a calling is both a privilege and a demand, we commit together to promote the welfare of our clergy and their households.
- We undertake to work together to coordinate and improve our approach to clergy care and wellbeing so that the whole Church may flourish in the service of the mission of God.

Detailed presentations and videos are on our website [here](#).

Schools providing mental health support for pupils

DMAT, our Diocesan Multi-Academy Trust, is celebrating after securing a third year of mental health provision across its 21 schools. DMAT has commissioned the YMCA Trinity Group for the last two years to support pupils with their mental health. The Trust is now delighted to announce it has received additional funding from the Eastern Counties Educational Trust (ECET) to secure its services for a third year.

A recent NHS report revealed one in six young people now have a mental health issue, the equivalent of five pupils in a class of 30.

Jane Sheat, CEO of DMAT, said: *"We are delighted to be working for a third year with YMCA Trinity Group to support our pupils' mental health. As a Trust, we are very aware of the social and emotional issues affecting some pupils and are confident that trained YMCA therapists have really helped over the last two years. We are keen to help pupils to address some of the mental health issues which have worsened since Covid. This will enable pupils to do well at school and to develop skills for life. We are grateful to the ECET trust for a generous grant which has funded this work for the last two years and now into a third year. Therapists will continue to work in hubs across Suffolk, supporting our 21 MAT schools and the work they do to promote children's wellbeing."*

Read the full story [here](#).

News from Kagera from Chris and Anji Dawkins - Kagera Link Co-ordinators



"We had the most uplifting and reenergising weekend in Lweru, a four-hour drive away. There's been very little rain and the land is parched and the hills are steep - within 30 minutes we dropped from 6000 feet to 4000 feet. There were stalls at the side of the road with adults and children selling vegetables, holding out eggs, honey and roasted maize - trying to earn a little money from passing vehicles. We arrived in Muleba and were warmly greeted by Bishop Godfrey. Godfrey had stayed with us

in Suffolk in the week before the Lambeth conference, and it was lovely to see him again on his home turf/sand. A packed weekend programme of visits to local churches had been arranged, some were small and wattle and daub, some were being built with brick, and the church in Runazi, as is often the case, is a new church that is being built surrounding the old one and they are raising the money to add the roof! We visited the Mothers' Union office where they demonstrated their equipment for making communion wafers which are sold to churches, making them a little income. We also visited the Diocesan Secondary School at Katoke, and on the way back we stopped to look out over Lake Victoria - what a beautiful sight - a really inspiring weekend all round".

Follow the Star: Join the Song



Follow the Star: Join the Song – highlights how singing can help draw us closer to God and each other through the journey from Advent to Epiphany. In the story of the first Christmas, the shepherds are astonished to find the night sky filled with countless voices singing God's praise. One of the key elements of the Join the Song campaign is to invite choirs and singing groups of all ages to learn and sing a new version of The First Nowell. Find

out more [here](#). All the free downloads are on www.achurchnearyou.com, Resource Hub, which now includes the downloadable music tracks to help choirs of all ages and stages learn and perform the carol. In addition the hub has logos, poster templates, social media graphics, different music tracks, web banners and more.

Suffolk Carols

Advertising and support for your community carol singing this Christmas: 'Suffolk Carols' is a joint initiative from Suffolk Sounds Radio and Lightwave to promote carol singing in all sorts of venues, strengthen community and raise funds for local charities. It's really easy to take part: any community carol-singing event between 4 and 24 December can join in. Customisable carol sheets will soon be available [here](#) and please use the Suffolk Sounds backing track if you haven't got musical accompaniment. This is a great opportunity to join with your community to sing carols and raise money for a good cause - whether in the pub, village hall, school or a care home there are many great places for community carol singing! Please visit 'Suffolk Carols' [here](#), and register your event and the charity you are raising funds for and this will be advertised on Suffolk Sounds radio programmes and via the Suffolk Carols Facebook presence. There will be opportunities for a radio interview about your event and a limited number of carol singing events will be featured in a Suffolk Sounds Programme on Christmas Eve/Christmas Day.

Events

FEATURED EVENTS:

Edmund Lecture with Dame Barbara Woodward DCMG OBE: POSTPONED

Friday 20 October, 6.30pm

St Edmundsbury Cathedral, Bury St Edmunds IP31 1LS

Unfortunately, this event has been postponed. Due to the situation in Israel and Gaza, Dame Barbara Woodward is needed in New York for UN Security Council work. This means the Edmund Lecture will be postponed and will not take place on Friday 20 October. We apologise for any inconvenience caused, but hope you understand the reasons for this postponement. A new date will be announced.

TRiM 2023 - You are not alone

From 10.00am Tuesday 21 November to 1.30pm Wednesday 22 November

High Leigh Conference Centre, Lord Street, Hoddesdon EN11 8SG

This year's short residential conference on Theological Refreshment in Ministry focuses on Pastoral Supervision, and will be led by the Revd Dr Jane Leach. Jane is Principal of Wesley College and broadcasts regularly on Radio 4's 'Thought for the Day'.

Jane has been at the forefront of promoting a system of structured reflective supervision for leaders in the church. This seeks to provide a regular safe space to explore creative approaches to demanding issues in pastoral ministry, and has proven to increase ministers' well-being, reduce anxiety, increase trust and bring clarity in ministry.

TRiM is open to ministers, priests, local preachers and Licensed Lay Ministers from all of our participating churches. Places are £130 for fully inclusive board and the conference. For more information or to book, please [click here](#).

Lay Elder training and social morning

Saturday 21 October, 9.30am - 1.30pm

Salvation Army Hall, Violet Hill Road, Stowmarket IP14 1NE

As part of our two-year cycle of training and celebrating, we are inviting all Elders to a training and social morning, with special guest speakers from across the Diocese. We are very pleased that our keynote speaker will be the Venerable Rich Henderson, Archdeacon of Suffolk. For more information and to book please click [here](#).

A Miscellany of Musics

Sunday 21 October, 6.00pm

Holy Trinity, Long Melford, CO10 9DT

Featuring Allegri's "Miserere" and Lewandowski's "Enosh", come along to enjoy the debut performance of Melford's Rossignol Consort. Tickets cost £10 and are available by calling 07932 233431 or emailing ejcobb@talktalk.net.

2023 Tower Talks: Wolsey Church and State: Faith in the Public Realm

St Mary le Tower, Ipswich IP1 3BE

Sunday 22 October, Dr Paul Cavill | Pembroke College, University of Cambridge | Wolsey's Church and State: Lessons for now? | Follows 3.30pm Choral Evensong at approximately 4.30pm

Sunday 29 October, The Rt Revd Tim Stevens | Former Convenor, Lords Spiritual | Meddling Bishops? The Church in Politics Now | Follows 3.30pm Choral Evensong at approximately 4.30pm

****Please note the corrected time.*** Please find more information [here](#).

Practical Ways to Help Your Church Build a Generous Culture

24 October, 7.00pm start (arrive at 6.30pm for tea/coffee)

Hoxne Village Hall IP21 5AN

Join the Diocesan Parish Resources Team (Julie Podd and Emma Denton) to find out more about the Parish Giving Scheme, contactless donation devices, online giving with QR codes, and grants and funding. They will be sharing details from the Anglican Giving Survey about why people give (and don't give) and suggest ways to encourage giving from both your congregation and wider community. To book email mary.lewis43@icloud.com.

Cathedrals at Night: Twilight Talks

Starting on Thursday 26 October, 6.45pm

St Edmundsbury Cathedral, Bury St Edmunds, IP31 1LS

St Edmundsbury Cathedral will host a series of Twilight Talks this winter. The talks will cover specialist subjects relating to the Cathedral building and its secrets. Tickets include a

one-hour talk, refreshments and a short tour of the Cathedral in the context of the twilight talk subject matter. The line up includes: The Revd Tony Redman, surveyor of the fabric at St Edmundsbury Cathedral for 25 years from 1991 to 2016; Horry Parsons, project manager of the Millennium Tower Project and Alison Dickens BA MCI(A), Director of Granta Heritage. Full details available [here](#).

An Adventurous Advent

Saturday 28 October, 9.00am - 12.30pm

Salvation Army Hall, Violet Hill Road, Stowmarket IP14 1NE

An invitation to all Readers, Licensed Lay Ministers, Elders and those in training - do join us as Mark Oakley leads us in preparation for An Adventurous Advent. The language of hope, promise and waiting is not evident in today's culture and our communities embrace Christmas at the beginning of December with the switching on of town lights and Christmas carol services throughout the month. The season of Advent, with its four weeks of waiting, is counter-cultural. To find out more and book your place on this event, please click [here](#).

PCC Workshops

Grants and Funding | Wednesday 1 November 12.00pm to 1.00pm | Book [here](#)

Grants and Funding | Wednesday 8 November 1.00pm to 2.00pm | Book [here](#)

Gifts in Wills | Wednesday 8 November 12.00pm to 1.00pm | Book [here](#)

Digital Giving | Tuesday 14 November 12.00pm to 1.00pm | Book [here](#)

Gifts in Wills | Thursday 30 November 12.00pm to 1.00pm | Book [here](#)

All Souls' Day - Solemn Requiem Mass

Thursday 2 November, 7.30pm

St John the Evangelist, St John's Street, Bury St Edmunds IP33 1SP

You are invited to join the Revd Ali Miller and the Revd Canon Sharon Potter for this service organised by Affirming Catholicism. This a movement of inspiration and hope in the Anglican Communion, bringing together and strengthening lay and ordained people who recognise the positive, inclusive and joyful currents in the catholic tradition of Christianity. *To add names to the list of those to be remembered at the mass, please contact 07771 593403 or email [Adrian Mann](mailto:Adrian.Mann).*

Deanery Drop In Sessions

Monday 13 November | Salvation Army Hall, Violet Hill Road, Stowmarket IP14 1NE

Wednesday 6 December | St Mary's Church, Hadleigh IP7 5DT



We will be offering a number of drop ins around the diocese to give you a chance to meet with us and tell us what you need to deliver your Plan for Growth. Each drop in will run from 3.00pm - 5.00pm, and then 6.00pm - 8.00pm. Come when you like and talk to us. If you have a specific question you can email us in advance so we know what you need – please send your emails

to helen.prior-townsend@cofesuffolk.org. There will be resources available for you to take away, as well as members of different teams present on the day: finance, DAC, buildings, giving, parish support, mission and ministry and so on.

Do come along, we are really looking forward to seeing you.

Christmas Market at St Edmundsbury Cathedral

Thursday 23 to Saturday 25 November. Doors will open from 10.00am – 4.30pm each day.
St Edmundsbury Cathedral, Bury St Edmunds IP33 1LS

A variety of stallholders from Suffolk and beyond will join to showcase their products, with some familiar faces as well as new businesses. There will be over 50 stalls and this year the market will also flow through the Cathedral Cloisters to provide an even larger shopping experience. In addition to the shopping experience, there will be daily entertainment for visitors from local schools, and the Haverhill Silver Band will join the festivities on Saturday 25 November.

Bishops' Teaching morning: The Gospel of Mark, with Professor George van Kooten

Saturday 25 November 9.30am - 12.30pm

Salvation Army Hall, Violet Hill Road, Stowmarket IP14 1NE

Bishop Martin and Bishop Mike invite you to a study morning on the Gospel of Mark with guest speaker Professor George van Kooten from the Faculty of Divinity at the University of Cambridge, who will be asking what is the genre of Mark's gospel, what is its wider context and the thrust of its argument? Book early to avoid disappointment! Free of charge, please book [here](#). Enquiries to Lesley Steed on 07485 348889 or lesley.steed@cofesuffolk.org.

The series of Bishops' teaching mornings will continue in 2024, the provisional dates are: 3 February 2024, 27 April 2024 and 23 November 2024.

Drawing near to God in Advent: prayer, postures and practices

Tuesday 28 November 7.00pm - 8.30pm, online

Bishop Mike will lead four Zoom sessions through Advent looking at aspects of prayer (e.g. praise, intercession...), Christian postures (e.g. peace, joy...) and associated practices to help us grow closer to God over Advent. These will run on Tuesday 28 November | Tuesday 5 December | Thursday 14 December and Tuesday 19 December. There will be plenty of time for questions and discussion. All are very welcome! Book [here](#).

Notices



Avocado plant looking for a new home: Bishop Martin is looking for a warm home for the 2.5m potted avocado tree from Kagera that he has nurtured the past four years. It no longer fits in his house and over the Winter it mustn't fall below 10 degrees at night, so he is looking for a tall warm greenhouse or similar space, or else he will have to cut the top off. If anyone can help, please get in touch with the Bishop's Office on 01473 252829.

Vacancies

[Net Zero Carbon Officer](#) | Diocese of St Edmundsbury and Ipswich | Closing date 2 November

[Priest in Charge](#) | Wickham Market & Pettistree | Closing date: 13 November

[Team Rector](#) | The Forest Heath Team Benefice | Closing date: 24 November

[Director of Music](#) | Woodbridge

[Priest in Charge and Archdeaconry Mission Enabler](#) | Sproughton with Burstall, Copdock with Washbrook and Belstead, and Bentley with Tattingstone

[Rector](#) | Beccles

River Church, Ipswich are recruiting various posts - all details at:

riverchurchipswich.org/vacancies

[Click here to print and share with others](#)



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