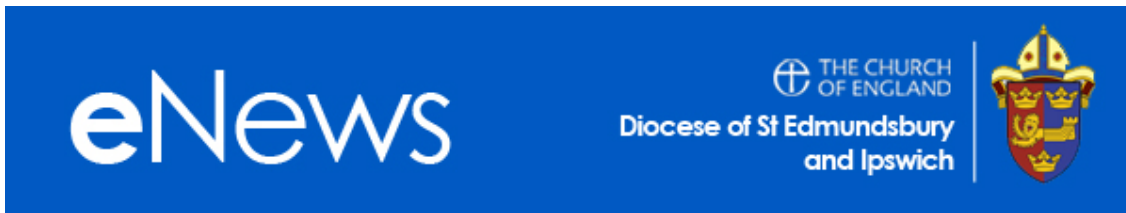


Our regular round up of news and forthcoming events from our diocese

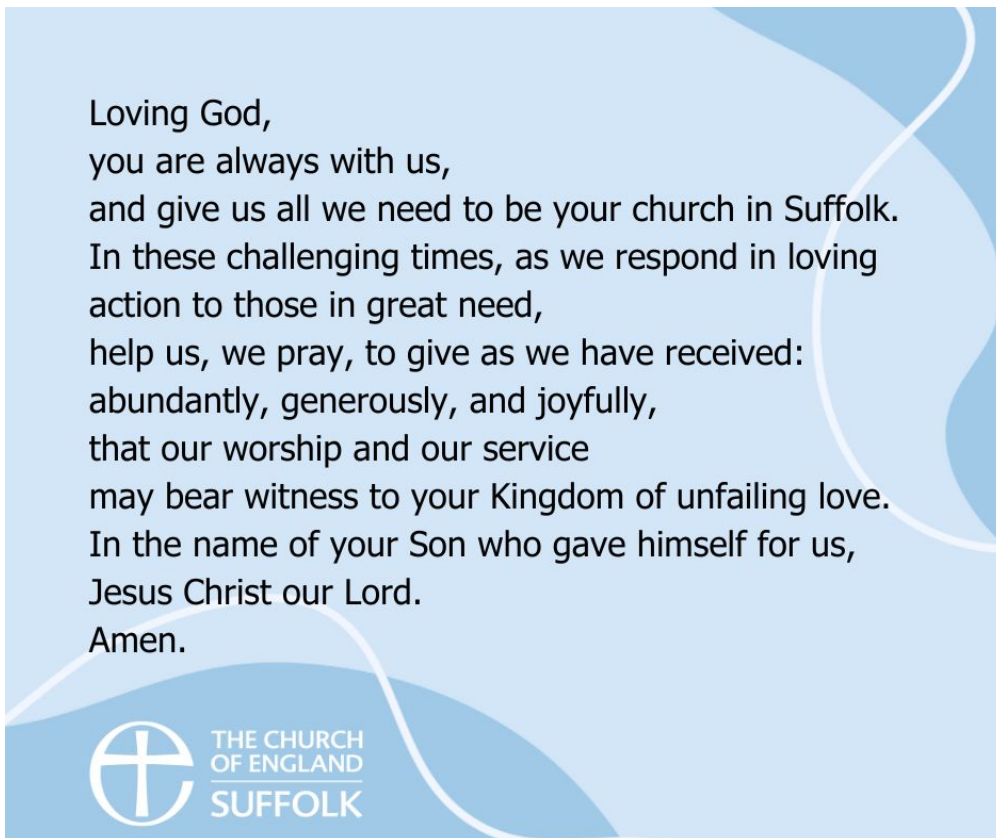
[View this email in your browser](#)



**Thursday 27 October 2022**

## Growing in God

We pray that for the time ahead we will be able to care for those in great need in our communities and make the necessary provision for those who lead us in our worship and our service. We are therefore asking, as we have done once before, to pray this prayer in every service until All Saints' Sunday, 30 October.



### **Christians Against Poverty debt centre says "people are in quicksand" amid rising utility bills**

The cost-of-living crisis is hitting families harder than ever before, says the chairman of the Suffolk Coastal debt centre. The centre launched in August 2018 with the aim of helping those in debt reach the point they will be debt free in up to five years. It is one of a number of centres in Suffolk working in partnership with national charity Christians Against Poverty (CAP). The service's trained and authorised debt coaches hold private, one-to-one



meetings with clients to understand their finances and that enable CAP nationally to contact their specific creditors to find a way to clear the debts – securing interest freezes and debt moratoria.

However, Rev Nic Stuchfield, chairman of the Suffolk Coastal Debt Centre, says it is getting increasingly difficult to help clients find a solution that balances their finances.

*"Back in the beginning, I would say for around 75% of people we could find a*

*budget to pay off their debt without write-off in five years. Now, with the increases in utility bills, food prices and transport costs, we are finding very few of our clients are able achieve this and to come up with a budget that works. In fact, with many we find it is not possible to come up with a budget in which income exceeds expenditure even after their debt has been written off. People are in quicksand – even if their debts are written off, they still cannot break even,"* he said.

To combat this, the Suffolk Coastal Debt Centre is also running courses in Life Skills and Money (i.e. financial education) to give people early advice on how to manage their finances and plan for the future with the aim of stopping people getting too deeply into debt. The first eight-week CAP Life skills is now underway, with additional CAP Money sessions for adults, secondary school and primary school pupils on the way. It has also set up a Debt Centre Relief Fund for people to contribute to. This enables those who can afford it to donate their £400 energy price subsidy to Debt Centre users who cannot afford to heat their homes.

[To read the full article please visit our website here.](#)

To find out more about the services of the Debt Centre and course information in your area visit: [www.capuk.org/get-help](http://www.capuk.org/get-help).

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## Diocesan Secretary Diary

When I became Diocesan Secretary and started visiting Anglican churches, my wife and I thought we would go to them all, ticking them off a list as we did, that was before we realised there were close to 480! I have written about some of my visits here, and I'm sure I'll do it again.

I really want to reflect here on both visiting new churches and being at home. In the last few weeks I have been back at Ipswich International Church (IIC), where I usually worship. It's great to talk to friends, feel part of the community, and have the sense of familiarity that gives. It was good to be part of the work of ministry too, teaching the kids, and preaching in another Elim church we work in partnership with. Even leading 6 am prayers was sort of a pleasure, (although the alarm at 5.30am certainly wasn't!)

This sense of community and belonging is vital to our wellbeing. We all need a place to feel at home and a place to belong.

And as I have been to a whole range of events in the diocese, from Sunday services to Synods, top-up shops to the Cathedral, Growing Leaders training to Deanery organiser meetings, I think the one thing that stands out is that feeling of community, the belonging, the sense of home. Where else can we be where we are with such a diverse range of people but still feel as one?

The more I meet with other Christians and go to other churches the more I realise that I'm actually at home in them too. That IIC is not my "home" church but that all of the church is my "home" church. We have way more in common than that which divides us, and we are one church and one people. As Paul says in Romans 12, *"in Christ, we though many, form one body"*.

### Gavin Bultitude



### Suffolk Cost of Living Surviving Winter Appeal 2022

The 12<sup>th</sup> Surviving Winter Appeal this year has been widened and will now help Suffolk people, with a three-pronged focus on 'fuel, food and support'.

With many people already facing problems due to rapid increases in the cost of living, this year the annual appeal has been extended and renamed 'Suffolk Cost of Living Surviving Winter Appeal'. Grants to help pay for fuel will be available as before, (to people of all ages), some food projects will be supported, and local charities, which are themselves facing huge challenges, could also be helped. The Appeal is a joint initiative by Suffolk Community Foundation, Citizens Advice Ipswich, and Suffolk councils' Warm Homes Healthy People.

*"Across the county there are many wonderful food projects, large and small, and this year the Appeal will give grants to help some of those providing food to meet the increased demand we know they are seeing. We also want to help other smaller Suffolk charities who offer essential help and enable people to be self-sufficient, but are themselves facing challenges with stretched budgets,"* Melanie Craig, the Chief Executive of Suffolk Community Foundation explained. *"We are very grateful for the support of the Suffolk Building Society who are a donation point for us."*

In 2021/22, the Appeal raised nearly a quarter of a million pounds and provided warmth and other vital financial advice and support to over 1800 households across Suffolk.

*"Our challenge now is to ensure that this year's appeal is our most successful yet. As always, we encourage people to hold on to their Winter Fuel Payment and other cost of living support if they need it to stay warm and well this winter. However, in the long held 'Don't Need it, Donate it' spirit of this appeal, we ask that those who can make a donation,*

*perhaps from their Government's Winter Fuel Allowance, donate it to the Appeal,"* Melanie added.

The latest local data shows the sharpest rise in fuel poverty in Suffolk that we have witnessed for some time. Despite local and national government support, it is estimated that a further 20,000 households (75,000 in total) are now struggling to meet their living costs and heat their homes as winter approaches.

**If you would like to receive individual support** from the Suffolk Cost of Living Surviving Winter Appeal, wherever you are in Suffolk, please contact Citizen's Advice Ipswich on 01473 298634.

**To donate to the Appeal**, donate online by visiting [www.suffolkcf.org.uk](http://www.suffolkcf.org.uk), telephone 01473 602 602 (during office hours), visit any branch of Suffolk Building Society to make a payment over the counter or fill in the coupon in today's newspaper and send a cheque.

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### **Cathedral to open warm space this winter**

St Edmundsbury Cathedral is opening a warm space to the public following increases in energy prices and growing inflation.

The warm space is located in the diocesan library at St Edmundsbury Cathedral and will come furnished with comfortable chairs, free tea and coffee, an opportunity to charge electronic devices and desks available for those wishing to work in a warm environment. There will also be board games and jigsaw puzzles available. It will be open to all who need it on Thursdays from 10.00 am – 3.00 pm and will be overseen by two members of cathedral staff or volunteers. The warm space will open for the first time on Thursday 3 November.

According to the End Fuel Poverty Coalition, 3.2 million households were in fuel poverty in England in 2020. Fuel poverty is determined when a household is unable to afford to heat (or cool) their home to an adequate temperature. In 2022, with the rising costs of fuel, this number is set to hit 7 million. In England a household is considered to be in fuel poverty when they are living in a property with a fuel poverty energy efficiency rating of band D or below, and once they spend the required amount to heat their home, they are left with a residual income below the official poverty line.

Cold homes can lead to a variety of health conditions and in extreme cases, death. According to the Institute of Health Equity, sickness linked to cold, damp homes cost the NHS more than £2.5 billion a year.

Revered Sarah Geileskey, Assistant Priest at the St Edmundsbury Cathedral, has been instrumental in setting up the facility. She said, "As individuals we cannot solve the cost of living crisis so it makes sense to work together and to share what we have. In becoming part of the national network, the Cathedral is sharing this particular 'warm space' into which we hope you will bring and share with others your company, your advice, your support and encouragement. A warm welcome, a cup of tea: the simplest things will make a huge difference this winter."

You can find other warm spaces near you by visiting sites like:

<https://www.warmwelcome.uk/> and <https://warmspaces.org/>

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## Christmas Planning

Don't forget that we have many useful resources for everyone to use for Christmas on the diocesan website - this includes the national campaign, Follow the Star, and our diocesan resources for Inspiring Angels. This page is being updated regularly, so do take a look if you haven't done so recently! [Click here](#) for the full Christmas page.

You still have a few more days to order your angel wings, which are available in 3 sizes. The order form for these can be found [here](#).

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## ***The Joy of Knowing Pete: A book to stimulate thoughts on how we offer welcome to those with learning disabilities | Diocesan Disability and Inclusion Group***

*"The Joy of Knowing Pete: much was said, yet no words spoken"* by Hazel Morgan. This book tells the true story of Pete, a boy with Down's syndrome and profound learning disabilities who lived in Suffolk, went to school in Suffolk, worshipped in local churches (Ingham and Great Livermere) and was confirmed by the then Bishop of Dunwich. We haven't yet all read the book, but as the diocesan Disability and Inclusion group, we think it could be invaluable in helping us all and our churches to think about how we truly include those with learning difficulties. You can [find out more about the book and purchase a copy here](#).

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## Plans for Growth

We're really pleased to report that we have started to receive these from some benefices. If you have any queries about how to develop your own Plans for Growth, we are here to help – do email our Mission Project Officer [helen.prior-townsend@cofesuffolk.org](mailto:helen.prior-townsend@cofesuffolk.org) to arrange a chat. Please see the website [here](#) for helpful resources.

The Plan for Growth process is simple and straightforward but will transform the mission and ministry of your benefice as you put it in place. Once we know where God is leading you we will be able to support you as you go forward.

[Growing in God | Plan for Growth - Incumbent and PCC resources](#) | [Growing in God - Parish resources](#)





The Revd Phil Dykes on Plans for Growth

## Events

### **Children's Society Coffee Morning**

Saturday 29 October 2022, 10.00am to 11.30am

The Outside Inn, The Parrot & Punchbowl, Aldringham

Come along for coffee, cake and a chat in aid of the Children's Society. Admission £2 including coffee.

### **Praxis East Worship and Liturgy Network - Intergenerational Worship**

Tuesday 1 November, 7.00pm to 9.00pm, Online

Attend the virtual Praxis East event on Zoom to hear about a variety of engaging topics including: St Edmundsbury Cathedral's All Age Eucharist: Our First Year, Café Church as intergenerational worship, 'Worship for All' in a rural setting, Can worship ever really be intergenerational?, Amongst others. The Zoom will open from 6.45 pm to ensure a prompt start at 7 pm. Zoom details are as follows:

Join Zoom Meeting

<https://us02web.zoom.us/j/3659958344?pwd=RG9HWGpYZFRuUi9QcStMczVnbHNNZz09>

Meeting ID: 365 995 8344

Passcode: 2468

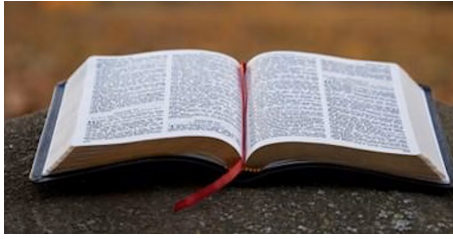
### **All Soul's Day Solemn Requiem Mass**

Wednesday 2 November, 7.30pm

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

The Eucharist will be [live streamed on Facebook here](#). Featuring Lark Valley and North Bury Team Ministry St John's Singers with guests, and David Honeyball as Organist. All are

welcome to join - followed by a party.



### ENHANCING WORSHIP – Refreshed!

Wednesdays 2, 9, 16, 23 and 30 November  
and 7 December, starting 7.30pm  
Earl Stonham Village Hall, Forward Green IP14 5HJ

A seven-session course to deepen your understanding of worship that will encourage you to live out your faith in everyday life. No matter what your tradition or preferred style of worship, this course offers an opportunity to learn from each other and the different strands of our Anglican Community. Co-hosted by Philip Banks Canon Precentor, St Edmundsbury Cathedral and The Revd Canon Dave Gardner, Director of Mission and Ministry, we want to demonstrate how we can worship together so we are inspired to witness to God's saving love to all. £25 for the whole course. (Free to those who undertake this as initial training as an Elder or Auxiliary Ordination Pathway). Booking details for the first event is on Eventbrite [here](#).

### DOCTRINE

16, 23 and 30 November and 8, 14 and 21 December 2022, Online

Join this six-session online course unpacking the Apostles Creed so we can apply this to our own lives and draw others into a deeper experience of God. Bishop Mike has a unique way of expressing deep truths in memorable ways that make us both chuckle and think! Be prepared to be stretched! Subjects include God, Jesus, The Cross; Resurrection; Holy Spirit and Eternal Life! £25 for the whole course (free to those who undertake this as initial training on our Auxiliary Ordination Pathway). Booking details for the course are on Eventbrite [here](#).

**FAITH Empowered**  
ONE YEAR COURSE - starting November

This exciting course enables you to develop your knowledge and understanding of evangelism and mission. During ten sessions you can grow in faith by journeying together as a group, as you support one another by:

- gathering around a meal
- reflecting on scripture together
- exploring key themes and thinkers in evangelism and mission
- praying for one another.

Email sign up: [will.abbott@cofesuffolk.org](mailto:will.abbott@cofesuffolk.org)

THE CHURCH OF ENGLAND SUFFOLK  
CHURCH ARMY

### Faith Empowered

Starting November 2022

This is a one-year course exploring evangelism, with participants coming together to discuss key subjects such as how to get to know your context, what evangelism is, how to plan a missional activity and what to say when people ask big questions.

Please contact the Revd Will Abbott, Lead Evangelist, Suffolk Centre of Mission, on [will.abbott@cofesuffolk.org](mailto:will.abbott@cofesuffolk.org). For further information please click [here](#).

### PCC Workshop: Join Catherine Ross on Environmental Sustainability

Wednesday 2 November 2022, 7.30pm - 9.30pm, Online

Catherine Ross is the Open & Sustainable Churches Officer at the Church of England. She has developed the definition of net zero carbon for the Church and has created guidance such as Practical Path to Net Zero Carbon for Churches, as well as jointly running its environmental webinar programme. Catherine hopes to inspire lively debate with her topical presentation on churches and the environment. This event will be held on Zoom and the link to join will be sent out a few days before the workshop. To book a place

[please click here.](#) Please contact [Charlotte Hodgson](#) with any queries.

### **Preaching on the Gospel of Matthew - Bishop's Teaching Morning**

Saturday 5 November 2022

Salvation Army Hall, 3 Violet Hill Road, Stowmarket IP14 1NE

What are some of the recent insights on Matthew's Gospel? How does Jesus' person and work come across in this gospel? What about the parables, the sermon on the Mount and Jesus' relation to Judaism? These are just a few of the questions the bishops will address as they look at the gospel which will be used through the lectionary year 2022-2023. For more information and to book please click [here](#).

### **Evangelism Brunch**

Saturday 5 November 9.30am to 12.00pm

Great Blakenham Parish Room, Stowmarket Road Great Blakenham IP6 0LN

An opportunity to gather, eat, pray and learn together about sharing our faith in Jesus. We are blessed to have Peter James Farmer as our speaker, whose Facebook page says, *"My purpose is to make disciples, plant new churches on mission & train others to do the same."* Whether an experienced licensed evangelist, or simply curious and wanting to know more, our time together will provide space for everyone to grow in their faith, be encouraged to reach out to others, and pick up practical tips and suggestions of how to do so, both from one another and from experienced practitioners alike. Sign up [here](#).

### **PCC Workshop - Bats in Churches**

Wednesday 16 November 2022, 7.30pm - 9.30pm, Online

Diana Spencer is the Eastern Region Engagement Officer for the Church of England's Bats in Churches team and is involved with The Bats in Churches Project: a unique five-year partnership between the Church of England, Natural England, Historic England, the Bat Conservation Trust, and the Churches Conservation Trust, funded by the Heritage Lottery. The project helps address the issues that can arise when bats and churches co-exist and aims to ensure a harmonious future for both. There will be time following Diana's presentation for any bat-related questions. To book a place [please click here](#). This event will be held via Zoom and you will be sent the link to join a few days before the event. Should you have any queries please contact [Charlotte Hodgson](#).

### **Seeing Salvation: Art and the Spirituality of Ministry**

Saturday 19 November 2022 9.30am - 3.30pm

Salvation Army Hall, 3 Violet Hill Road, Stowmarket IP14 1NE

The saying goes: a picture is worth a thousand words. St Ignatius of Loyola recommended 'praying with the senses' as a way of going deeper into scripture and into encounter with the living God. With the help of artists Sieger Köder and Stephen Foster, Gemma Simmonds reflects on praying with images and on the spirituality of ministry in an image-conscious age. Open to all Readers, LLMs, Elders and Lay Ministers in training. Although this event is free, [please register here](#) so that we can make provision for refreshments.

### **Safeguarding Sunday**

Sunday 20 November



Safeguarding Sunday is an annual awareness-raising campaign coordinated by the charity Thirtyone:eight to give churches an opportunity to show their communities that they take their safeguarding responsibility seriously and to explore together as a church what safer places look like. The theme of the campaign this year is: "One Church, One Day, One message: Protecting Vulnerable People. Together." A prayer video will be released and includes a contribution from the Bishop of Bristol, Viv Faull, one of the Church of England's deputy lead safeguarding bishops. Churches can download the video and all the resources for free at [thirtyoneeight.org/safeguardingsunday](https://thirtyoneeight.org/safeguardingsunday).

### PCC webinars:

**Parish Share** with Gary Peverley, Diocesan Director of Finance, and Colin Firth, Deanery Organiser for Thingoe | On 9 November 10.00am - 11.30am | Book [here](#). Join Gary and Colin to find out more about Parish Share and have the chance to ask questions. Another date coming soon for second workshop.

Wednesday 2 November, 7.30pm  Book <a href="#">here</a>	Catherine Ross, Open & Sustainable Churches Officer at the Church of England.	Focusing on environmental sustainability
Wednesday 16 November, 7.30pm  Book <a href="#">here</a>	Diana Spencer, Eastern Region Engagement Officer, Church of England's Bats in Churches team.	Offering advice on bats in churches.
Wednesday 23 November, 7.30pm  Book <a href="#">here</a>	The Venerable Dr David Jenkins.	Focusing on alternative uses for churches in addition to regular worship.
Wednesday 30 November, 7.30pm  Book <a href="#">here</a>	Edmund Harris, DAC Secretary.	Presentation on faculties, the DAC and church buildings in general.

### Notices

#### Royal Mail Swap Out scheme for stamps without a barcode

From January 31st 2023 ordinary 1st and 2nd Class stamps without a barcode will no longer be valid and mail will be treated in the same way as insufficient postage - which means the recipient will have to pay the excess or refuse the item. Most Christmas stamps and special stamps will remain valid, but the standard 1st and 2nd Class and Large 1st and 2nd class must be used up or "swapped" via Royal Mail's Swap scheme. A special form must be obtained or downloaded and stamps attached to the sheet; then returned via Freepost SWAP OUT. You cannot swap stamps at the Post Office. Many parishioners will

be affected by this change so please publicise this in your churches! [Click here to download the form.](#)

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## Vacancies

[Children & Families' Worker](#) | Bridge Church

[Cook/Chef](#) | St Edmundsbury Cathedral

[Organ Scholar](#) | St Edmundsbury Cathedral

[Choral Scholar](#) | St Edmundsbury Cathedral

[Rector](#) | Lavenham Benefice | Closing date 28 October

[Vicar](#) | Needham Market with Badley | Closing date 31 October

[Youth Minister](#) | The Haven at St Thomas's, Ipswich | Closing date 31 October

[Data Analyst](#) | Diocese of St Edmundsbury and Ipswich Board of Finance | Closing date 7 November

[Priest in Charge](#) | Orebeck Benefice (south of Framlingham) | part-time | Closing date 10 November

[Rector](#) | Glem Valley United Benefice | Closing date 11 November

[Priest in Charge](#) | St Margaret's Church, Ipswich | Closing date 15 November

[Rector and Rural Dean](#) | Claydon and Barham, Great Blakenham and Henley | Closing date 5 December

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



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