

Thursday 5 January 2023

The Cost of Living Crisis | Gavin Bultitude, Diocesan Secretary

The cost of living crisis continues to have a significant impact on many in our communities, and as winter continues and the weather is forecast to get colder, the decision of 'heating or eating' will become a harsh reality for many. There is so much going on in churches across the diocese already; warm spaces, top ups shops and pop up shops, little pantries, support and signposting. Further details are on our website [here](#) setting out the main sources of help and advice listed by theme to make it easier to find. There is so much happening that this is not, and never can be, a totally comprehensive list.

Another good starting point is Citizens Advice covering the whole county with a wide range of information on housing, benefits and employment, and can also offer a source of more specialist advice and knowledge if this is needed. Details of how to contact them can be found on our cost of living webpage and we are planning a joint webinar with in February.

A significant alteration in government policy is to the Local Welfare Assistance Scheme, this provides cash help to those in need and is administered by Suffolk County Council. Previously people had to go through a trusted partner, usually a voluntary sector organisation or social housing provider, to access funds but under the new policy people can apply directly to the Council for financial support. More details are available [here](#).

Citizens Advice are skilled in helping people apply, and there is also a helpline provided by Suffolk County Council, details on the above weblink.

I would be delighted to hear what you are doing locally, if you have anything we can share to celebrate good practice and encourage others, please email me at

Gavin.Bultitude@cofesuffolk.org.

Growing Younger Sunday - 29 January 2023

As 2023 rolls in, you may be wondering on how best to grow your congregations in the new year, and what you can do to encourage growth. It is known that churches that offer programmes for children and teenagers are much more likely to grow than those that do not.

Growing Younger Sunday aims to embed growing younger (0-25 year olds) in the diocese by viewing everything through the lens of children and young people and providing ideas,



information and support to areas or groups that seek it, to support their long-term success and development of discipleship.

The Growing Younger team is led by [Matt Levett](#), Youth and Young Adults Officer, and [Hilary Wordsworth-Sewell](#), Diocesan Children's and Families' Officer, both of whom provide events and opportunities for young people and children to connect with church and they will soon be releasing new resources for Growing Younger Sunday on our website.

Mental Health Wellbeing

As a church and nation we are increasingly concerned about people's mental health wellbeing. The national Church is promoting two Christian organisations to help local churches resource themselves to be able to support people in their communities which you might like to follow up:

1. The Sanctuary Course is an 8-week small group resource to support churches to develop mental health awareness. Ready to use and of high quality, the course creates safe spaces to open up conversations. Each session is accompanied by a film that features the story of a Christian with lived experience of a mental health challenge, along with the insights of church leaders, theologians and mental health professionals. Free to download from Sanctuary Mental Health Ministries [here](#)
2. Renew Wellbeing helps churches provide café style spaces of welcome and inclusion, in collaboration with local mental health teams, to support mental wellbeing. The approach is one of affirming that "It's OK not to be OK" and emphasises prayer, presence, and partnership. Renew Wellbeing is ecumenical and 65 parishes within the Church of England already have an established centre or are in the process of planning to set one up. Further information, including a brief introductory video, and information on how to take things further, is available at: www.renewwellbeing.org.uk/ .

Events

Ukrainian Christmas Eve

Friday 6 January 2023, 5.00pm - 7.00pm

St Edmundsbury Cathedral, Bury St Edmunds IP1 1LS

You are warmly invited to join us for a Christmas Eve event in support of the people of Ukraine. It is a perfect opportunity to spend time with family and friends as well as experience the Ukrainian way of celebrating Christmas. We are happy to invite Ukrainian families, host families and guests from across the Suffolk Community. The event will begin with the Ukrainian Liturgy and Blessing of the Bishops and continue with the Nativity Performance "VERTEP" and Ukrainian Christmas Carols.

Plough Sunday Cathedral Service

8 January 2023, 3.30pm

St Edmundsbury Cathedral, Bury St Edmunds IP1 1LS

St Edmundsbury Cathedral will mark Plough Sunday with the blessing of a tractor and plough. Choral Evensong takes place in the Cathedral at 3.30 pm, which will include prayers led by the Agricultural Chaplain, Graham Miles. Following the service, clergy and congregation will make their way out to the Norman Tower where the plough will be located. This year, the plough is very kindly being provided by the Euston Estate. Everyone is welcome to join the service and blessing.

The Church of England's Carbon Emissions Report Webinar

17 January 2023, 12.00pm, Zoom

The Church of England's Carbon Emissions Report for 2021 has been released, and this webinar will give you the highlights. It will also explain what is in- and out-of-scope of the Church of England's Net Zero Carbon target, and how we approach measurement using the Energy Footprint Tool for churches and the wider Energy Toolkit for other buildings and travel. To book your place, please [click here](#).

Messy Masterclass - Messy Church Goes Wild

19 January 2023, 7.30pm to 9.00pm, Zoom

This 90-minute training session on Zoom will give an overview of the Messy Church Goes Wild movement – why we're doing it, how it relates to the Messy Church values and what the Bible says about caring for creation. To book your place on the session please [click here](#).

PCC Workshop - Parish Banking

24 January, 10.00am - 11.00am, Zoom

We would like to help our volunteers in parishes to feel more connected and supported by the diocese, and so invite you to join us for a series of topic-based Zoom meetings facilitated by diocesan staff. These will be available to PCCs (treasurers, churchwardens, administrators and clergy). Diocesan staff and parish 'experts' will share information and knowledge in these sessions in the format of a short presentation or Q&A format, both followed by your questions. If you have any questions or do not receive the zoom link before the meeting, please contact julie.podd@cofesuffolk.org. To book your place please [click here](#).

Exploring the New Testament

Wednesdays 11, 18 and 25 January and 1 and 8 February and 1 and 15 March 2023 at 7.30 - 9.30pm

Earl Stonham Village Hall, Forward Green IP14 5HJ

Led by the Revd Canon John Parr, Exploring the New Testament takes a story-shaped approach to the heart of Christian faith. This seven-session course is for those on the AOP pathway, licensed ministers such as Lay Elders and LLMs, and anyone else who wants a fresh perspective on the New Testament. The course is an invitation to picture the impact of Jesus as a series of layers. Each layer tells its own story, with the story of Jesus at the

centre. Each layered story belongs to a bigger story that continues into the present and can only be approached through the other layers – which makes interpreting the New Testament an unending, challenging experience.

The course is free of charge, for further details and to book please click [here](#).

Youth Work Essentials Training Course

Tuesdays January 10, 17, 24, and 31, February 7, 21, and 28, and March 7, 14, 21, 7.30pm - 9.15pm

Earl Stonham Village Hall, Forward Green IP14 5HJ



Join this innovative new 10-session course for volunteer youth leaders that increases your skills and confidence about work alongside young people. It's great for churches looking to start youth work or for those 'already volunteers' looking to gain some more skills and confidence. We can even tailor sessions to suit you and your needs! Please contact Matt on matt.levett@cofesuffolk.org to find out further details or book [here](#). The course costs £20 pp - CMD grants are available for licensed and commissioned ministers. Apply

to lesley.steed@cofesuffolk.org.

Enhancing Pastoral Ministry - Refreshed!

Wednesdays 11 and 25 January, 1 and 8 February, and 1 and 15 March 2023, 7.30pm - 9.30pm

Earl Stonham Village Hall, Forward Green IP14 5HJ

A six-session course led by the Revd Stuart Batten and guests for people who are involved in pastoral care (for example, Readers, Lay Elders, clergy, pastoral visitors) as well as those interested in a deeper understanding of this ministry. Cost is £25 for the whole course, but free to those who undertake this as initial training as an Elder or part of the Auxiliary Ordination Pathway. CMD grants are available to LLMs and clergy, please contact Lesley Steed at lesley.steed@cofesuffolk.org. To book your place on this course, please [click here](#).

Engaging All Ages in Worship workshop and service

19 February 2023

St Edmundsbury Cathedral, Bury St Edmunds IP1 1LS



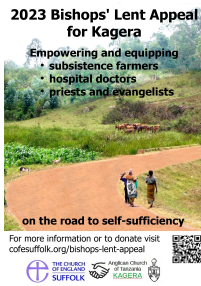
Join the Engaging All Ages in Worship workshop from InHarmony. The workshop with Sara and Sam Hargreaves runs from 2.00pm - 4.00pm and is open to any adults or teens involved or interested in leading services and worship for a range of ages. Explore how you can include a range of ages, spiritual styles, learning modes and all the senses in gathered worship. Followed

by an hour worship service at 4.30pm, ideal for families, putting into practice ideas from

the workshop. Tickets cost £10 - CMD grants are applicable to those who are eligible. Find out more: <https://stedscathedral.org/events/engaging-all-ages-in-worship>

2023 Bishops' Lent Appeal for Kagera

22 February 2023



the climate crisis.

During Lent 2023 we are asking you and your churches to join our Bishops' Lent Appeal for Kagera. We realise that in many churches throughout our diocese wonderful work is being done to support local communities in the very difficult cost of living crisis. Through food banks, warm spaces and many more creative ways you are truly loving your neighbours. And our global neighbours need our support too. In Kagera the cost of staples like maize, beans and cooking oil has doubled in the past year. And of course these price rises come on top of the impact of

Churches across Kagera work hard to empower communities to seek their own solutions to problems. In Lent 2023 the theme of our Appeal is 'Empowering and equipping farmers, doctors, priests and evangelists on the road to self-sufficiency'.

If you want to know more or to hear about how the money from the last appeal was used, invite a speaker to your church or group. Contact Chris and Anji Dawkins at kagera@cofesuffolk.org

Preaching Matthew, with Professor George van Kooten

Saturday 25 February 9.30am to 12.30pm

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

Bishop Martin invites you to a follow-up of the November 2022 study morning 'Preaching on the Gospel of Matthew'. This session includes guest speaker Professor George van Kooten from the Faculty of Divinity at the University of Cambridge. To book your place please visit here: Bishops-preaching-Matthew-2023.eventbrite.co.uk. Please note the other Bishops' study morning dates in 2023 are 17 June and 25 November.

Living your life with God

Starting 28 February 2023, 7.00pm - 8.30pm

Zoom Lent course

Brother Lawrence wrote about how he lived his Christian life in the 1600s and his very slim work "Practicing the Presence of God" has been massively popular ever since. Through Lent, Bishop Mike (and an occasional guest!) will be offering five Zoom sessions looking at how his insights can be applied in everyday life, with plenty of room for discussion on the way. For more details and to book your place [please click here](#).

BIG Weekend

Friday 14 April 2023, 6.00pm – Sunday 16 April 4.00pm

Sizewell Hall, Sizewell, Leiston IP16 4TX

Matt Levett, Diocesan Youth & Young Adults Officer, invites you to the BIG Weekend. Organised by a team of experienced youth workers it offers young people the opportunity to come together and make new friends. Ask members of your

youth group if they would like to come along. The age range is from school years 7-13. Whilst it is Christian in ethos and focus you don't have to call yourself a Christian to be able to attend and have fun! To find out more and to sign up [please click here](#).

Notices

Grants available for help with energy costs: The Church of England has allocated £15m to support all parishes nationally with their heating and lighting costs over the winter months. St Edmundsbury and Ipswich has been given £239k of this funding. This survey is for parishes to complete an application for grant support for energy costs. The application process is open from 12th December 2022 through to midnight on 12th January 2023, with successful grants paid to parishes by 31st January 2023. To apply, please [click here](#).

How church bell ringers are trained, safeguarded and organised: A short guide for clergy, PCCs and Church officers. The Central council of Church Bellringers has launched a new guide aimed at clergy, PCCs and Safeguarding Advisors explaining the organisational structures and customs around ringing, which you can read [here](#).

Vacancies

[Human Resources and Safeguarding Administrator](#) | St Edmundsbury Cathedral | Closing date: 15 January 2023

[House for Duty Priest in Charge](#) | Wrentham Benefice | Closing date: 16 January 2023

[Music Department Administrator](#) | St Mary le Tower | Closing date: 19 January 2023

[Archdeacon of Suffolk](#) | Closing date: 19 January 2023

[Giving Advisor, Parish Resources Team \(Giving\), Full-time or part-time](#) | Closing date: 23 January

[Giving Advisor, Parish Resources Team \(Grants\) Full-time or part-time](#) | Closing date: 23 January

[Vicar | Needham Market with Badley](#) | Closing date: 30 January 2023

[Priest in Charge | Orebeck Benefice](#) | Closing date 31 January 2023

St Edmundsbury Cathedral Risk, Audit and Review Committee: The cathedral is to become a regulated charity with the Charity Commission and is changing its governance structure. This new committee will review and monitor and provide independent oversight of the Cathedral's systems of internal control, risk management and financial reporting. Further information and the application pack to become a member is available [here](#). Applications by Friday 10 February 2023. Induction and training for this new committee will take place on Thursday 23 March 10.00am to 3.00pm.

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