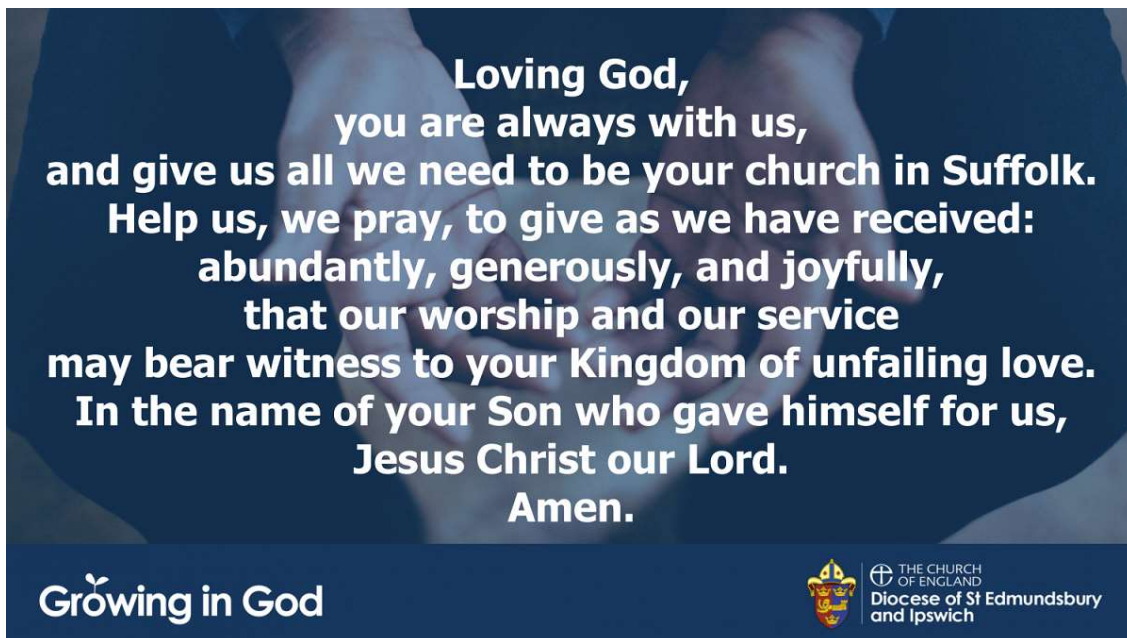




Thursday 8 October 2020

[Printable version](#)

# Growing in God



## Bishops' Call to Prayer and Generosity

Bishop Martin and Bishop Mike have written to every benefice calling for a time of prayer and generosity. The Bishops are asking everyone to join them in praying the words of the prayer (above) at every service, physical or online, until All Saints Day on Sunday 1 November.

The Bishops are calling on parishes and individuals to consider the pressing financial needs of the Church at this time.

Speaking in his Presidential Address at Diocesan Synod on Saturday 3 October, Bishop Martin acknowledged that the coronavirus pandemic had hit hard, at every level:

*"This has been a time of global convulsion. As others have said, we are facing not one but three pandemics: the coronavirus, environmental destruction, and racism. This is a time of upheaval, and however much we may look back longingly wanting things to return to how they were, the world is never going to be the same again, and nor will we.*

*"Churches dependent on plate income have not all recovered what they did not receive for several months; halls have been closed so rental is lost; and there have been no summer fetes and other fundraising events, although I have picked up some wonderfully creative ways parishes are raising funds."*



Bishop Martin expressed his passionate belief in the work of the church throughout Suffolk and how it is more needed now, spiritually and practically, than ever, challenging all churches and their congregations to respond.



Bishop Martin leads us all in a prayer for generosity.

The full Presidential Address, Synod Report and Prayer are available to download here:

[Presidential Address text](#) | PDF

[Presidential Address video](#) | YouTube

[Synod Report](#) | Weblink

[Prayer as a PowerPoint Slide](#) | PPX

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**Information and guidance for churches during the Covid-19 pandemic is being updated. Please visit the Church of England page [here](#) and the Diocesan guidance page [here](#) for the most up to date information.**

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## **World Mental Health Day**

Saturday 10 October

In the same way that we would rest or seek help with physical health problems, we all feel low at times and need support when our mental wellbeing suffers. Poor mental health and low mood impacts everyone - your friends, your relatives and you. It does not discriminate.

Public Health at Suffolk County Council is supporting different groups of people by providing tailored mental health programmes. The courses enable you to learn how you can help raise awareness and reduce stigma about suicide as part of our Suffolk Life Saver campaign. Each year, around 60 people in Suffolk take their own lives. To tackle this, our aim is to get more people discussing the subject of suicide, challenging myths and pointing to support available. Please find more information and booking details [here](#).

We do know that if you are struggling with your mental health then suicidal thoughts can occur. There is help available for everyone via the App [www.stayalive.app](http://www.stayalive.app). In addition there is a link to the Church of England mental health reflections on our website [here](#).

To mark World Mental Health Day, John Gillett, a Mental Health nurse who works for Walton Parish Nursing in Felixstowe, will feature on Radio Suffolk this Sunday sharing news about Parish Nursing Ministries UK.

## **Choral Evensong Cathedral**

Sunday 11 October, 3.30pm

Choral Evensong will be open to worshippers again at St Edmundsbury Cathedral, for the first time since March. Anyone wishing to attend must pre-book a place by emailing [Cathedralinvitations@stedscathedral.org](mailto:Cathedralinvitations@stedscathedral.org) by Saturday lunchtime.

Evensong is drawn almost entirely from the Bible. Its primary purpose is to proclaim the wonderful works of God in history and in the life, death and resurrection of Jesus Christ. Its secondary purpose is to evoke from the worshipper a response of praise, penitence, prayer, and obedience. Much of the English of the service is the language spoken and written by our ancestors more than four hundred years ago. It may sound old-fashioned but its meaning is not out of date.

Choral Evensong and other services throughout the week are also livestreamed via the Cathedral's Facebook page <https://www.facebook.com/stedscathedral>

## **Legacies are a lifeline for our parishes**

Church of England parishes receive over 4,000 legacies each year - gifts to finance mission projects, maintain beautiful church buildings and grow faithful communities. These gifts make a real difference to the future work of the Church - as regular giving often concentrates on maintaining the existing mission and ministry.

In this webinar, you'll find out why gifts in wills are so important and how to run a simple legacy campaign in your church. We'll guide you through the free resources available to help you and answer your questions. For booking details please click the links below:

[Thursday 15 October 2.00pm](#)  
[Tuesday 3 November 11.30am](#)

## **CAP Sunday**

Sunday 11 October 10.30am  
Live streamed

Christians Against Poverty (CAP) are hosting CAP Sunday on 11 October. St John's Church, Ipswich is holding a service celebrating the work of CAP and the Suffolk Coastal

Debt Centre, as well as introducing Karen Storer, who after training will become the new Debt Centre Manager. The service will be live streamed via the St John's website [here](#). The service will include a testimony about the work of CAP, provided by CAP itself, an interview and welcome for Karen and biblical teaching on the inspiration for our missional work in the area of Debt. Please invite your congregation(s) to join the service as it happens (or afterwards) via the St John's website. Or you could use elements of the service after the event to highlight the work of CAP and the Suffolk Coastal Debt Centre in church meetings or worship.

The Debt Centre only really works with the co-operation of Churches across our large catchment area and we want to work with you more and more closely. For more information about CAP please visit their [website](#) or call them on 0800 328 0006.

### **Change Management workshop led by Kathy Wilson**

Thursday 15 October 2020 – 10am – 3pm

An introduction to managing change within a church context, with a focus on cultural change and business change. The workshop will explore the importance of vision combined with the practical process of bringing that change about, while praying and seeking God's will throughout.

We are currently in a society where everything is changing rapidly around us, including the way in which we have fellowship and worship. The process of change can cause unease and anxiety and this workshop will give a prayerful and practical introduction about how to manage culture and process change effectively, in a way to maximise a positive outcome.

There will be regular breaks built into the day, including a time for lunch. All bookings for this workshop are through [Eventbrite](#) and you will be emailed the Zoom link to the email address you register with. For further enquiries please contact [Nina.Seaman@cofesuffolk.org](mailto:Nina.Seaman@cofesuffolk.org).

### **A Foundation in Christian faith-based Coaching**

Thursday 29th October 12.15pm – 1.15pm

KingsCompass is a UK-based online coach training practice with a mission to equip Christians with a Christian faith-based approach to coaching and coaching conversations. 'The Christian Coach Toolbox Online' course begins on 9 January 2021 and is an opportunity to develop a scripturally grounded approach to coaching for discipleship, ministry or professional life. For those with no previous coaching training there's an introductory course 'Ordinary Conversations for Discipleship'. To find out more, or to join a Zoom taster, please visit KingsCompass [here](#) to find out more and to register email: [training@kingscompasssthechristiancoachacademy.org](mailto:training@kingscompasssthechristiancoachacademy.org).

### **Annual 'Home for Good' Sunday**

Sunday 1 November 2020



40,000 children and young people come into the UK care system every year. Some need a temporary home and some with need a forever home. How can we respond as individuals and churches to this need?

Can you help by joining together with churches across Suffolk in highlighting the work of local charity Home for Good: Suffolk. Their

annual Home for Good Sunday is a great opportunity to raise awareness of how we can all respond to supporting these vulnerable children. A video and prayer resources will be shared with all those who take part.

If your church is interested please email Melissa [suffolk@homeforgood.org.uk](mailto:suffolk@homeforgood.org.uk)

### **PCC Tonight Training Evening**

Tuesday 3 November, 7.00pm

You and your whole PCC is invited to consider How's your PCC doing, whether it is focused, fun and fruitful or a little different? Building on the popular 'PCC Tonight resource', CPAS, an Anglican evangelical mission agency, is running an online event to clarify the purpose and place of PCCs and explore some common dysfunctions. You will also be introduced to material you can use to help shape the life of your PCC back at church, including guides on how to do a PCC meeting on Zoom. The lead speaker is



James Lawrence, Leadership Principal at CPAS.

Cost: Just £4 per person - bring your whole PCC! Book your place [here](#). For other courses and services offered by CPAS please click [here](#).

## Rediscovering Prophecy with Bishop Mike and Ceri Harris

Saturday 14 November, 10.00am – 12.45pm

By Zoom



A taster workshop in developing a healthy prophetic culture in the local church. Jesus said that his followers would "hear his voice." The apostle Paul tells us to "eagerly desire the gift of prophecy."

*So how do we learn to listen, and what does it mean to listen together?*

Join us in learning to listen and in building a prophetic culture that is healthy and wholesome in our churches. Remember, prophecy is a gift to encourage and we all need that!

Ceri Harris leads Accessible Prophecy in the UK. Accessible Prophecy helps local churches grow a healthy and mature prophetic culture. Ceri writes, "*Learning to recognise and gain confidence in using this gift has been an important part of my journey. It's always been*

*there, but identifying it and intentionally leaning in to it has been and an important part of God's calling. I am delighted to help others discover and gain confidence in the prophetic in the way that I have been helped.*"

To sign-up to this free workshop please visit: [www.rediscoveringprophecy.eventbrite.co.uk](http://www.rediscoveringprophecy.eventbrite.co.uk)

## Bishops' teaching morning

Saturday 28 November 10.00am - 12.30pm

Mark's Gospel - the earliest, punchiest, shortest of the gospels and the one which has centre stage for the Sunday readings for the Church's year from Advent 2020 to 2021. Bishop Martin and Bishop Mike will be taking a look at the distinctive nature of this gospel, considering how Mark portrays Jesus and highlighting some of the major themes and characters Mark emphasises... all from the comfort of your own house, by Zoom. Free of charge, but please register on Eventbrite: <https://bishops-teaching-morning-nov-2020.eventbrite.co.uk>

## Remembering and Remembrance



Help those in your community to join in with remembering the fallen, regardless of whether or not they can be at a physical Remembrance Sunday or Armistice Day service this year. The Church of England team has produced a series of resources to help clergy and lay leaders prepare for All Saints' Day, All Souls' Day and Remembrance in 2020. This includes downloadable and printable resources, liturgies and prayers, and digital plans. Please click [here](#) for details.

Remember to add your church's services and events to [www.AChurchNearYou.com](http://www.AChurchNearYou.com) to help others in your community remember with you.

Use the 'Remembrance' tag, and if your service will be online, use the 'Live stream' and 'Recorded service'.

## Comfort and Joy

This year the Advent and Christmas theme reflects the current Covid context and we hope that Comfort and Joy will better enable us to reflect where the country is and will be by



the end of this year.

Comfort and Joy holds together the hope that Christmas will bring joy and celebration after a uniquely difficult year with an acknowledgement that – for those who have lost loved ones or livelihoods, or who are potentially still not able to be together with loved ones – it may be the Church's role, both nationally and locally, to provide consolation, rather than assume everyone will be ready to join in jubilation. A full suite of materials is available please click [here](#).

**Comfort and Joy webinar** Join this webinar to find out more about the plans for the Church's 2020 Advent and Christmas campaign, focusing on how your church can make the most of the content and resources. There will be an opportunity for Q&A

throughout (with two dates available) please click [here](#) for details.

**Looking for music for Christmas?** Buiresi Consort was founded during the COVID-19 pandemic to allow people who are unable to attend worship and concerts the opportunity to experience a little bit of normality during the festive season. They are currently specialising in providing high-quality pre-recorded music for use during the uncertain months ahead. Whether you require a recording of Away in a Manger, music for entire service of nine lessons of carols, organ voluntaries or anything in between, Buiresi Consort can offer a bank of pre-recorded music along with help planning or even editing your virtual carol service. Click [here](#) for more information.

For an insight into Christmas with a difference please read this [article](#) by the Revd James Marston first appearing in the Eastern Daily Press last week.

### Community Action Suffolk (CAS) Updating COVID-19 community response contact details



If your group supported your community in the first phase of the pandemic your work was incredible and so valuable. CAS collated data about the support groups working in our communities in March/April and this is in need of updating; some groups will have closed, changed their name or have a different offer to that of six months ago!

CAS are asking that you complete the form below by **Friday 16 October 2020** so that they can update the details. Even if the group you were involved with is no longer operating – please do complete the form as this will be useful information for us and we can remove

you from the database.

[Data form](#) | Weblink

Thank you to those of you have already completed surveys and taken part in focus groups. The Suffolk Collaborative Communities Board have collated the responses and have written up the findings and recommendations and you can find the report [here](#). The Suffolk Collaborative Communities Board thanks you for everything you have been doing for Suffolk.

### Notices:

**IICSA report** The Independent Inquiry into Child Sexual Abuse, **IICSA**, published its [overarching investigation report](#) into the Church of England on Tuesday 6 October. Churches are encouraged to [read this open letter](#) from the Archbishops of Canterbury and York, the lead safeguarding bishop and the national director of

safeguarding.

Survivors of all and any forms of harm or abuse continue to be at the heart of our prayers. **Safe Spaces** is a free and independent support service, providing a confidential, personal and safe space for anyone who has been abused through their relationship with the Church of England, please visit their website: [www.safespacesenglandandwales.org.uk](http://www.safespacesenglandandwales.org.uk).

Any concerns regarding the welfare of a child or adult at risk should be referred without delay to Karen Galloway, Diocesan Safeguarding Manager: 07785 621319.

**Safeguarding Leadership training** The new Zoom courses are now listed on Eventbrite [here](#). Each course is limited to 12 participants, and with considerable demand for places, the national team will be offering places to Clergy in the first instance. It is recognised that you may be required to complete Safeguarding Leadership training in order to continue with your duties within the Church. Currently you are able to continue to work without the training. However, Clergy need to book a place as soon as possible and all other posts will be expected to attend a training event as soon as they become available for your role.

Please email any questions or concerns you have in relation to the new training to [safeguarding.training@cofesuffolk.org](mailto:safeguarding.training@cofesuffolk.org)

**Diocesan Board of Patronage** There are two lay representative vacancies on the Diocesan Board of Patronage (DBP).

The DBP is patron to 30 benefices, acting either in a sole capacity or jointly with other patrons and is involved (on average) in three or four appointments a year. The Board normally meets annually, receiving quarterly updates from the Chair and direct contact where individuals are acting for a vacancy. Outside these meetings, individual members act as the Board's representative, attending 'Section 12' meetings in vacant benefices and subsequent clergy interviews, so (in normal times) travelling and attendance at evening meetings will be occasionally required (travelling expenses can be reimbursed).

Would you be interested in this role, or do you know of someone who might be interested? If so, please contact the Revd Max Osborne (Chair) [max9@btinternet.com](mailto:max9@btinternet.com) or David Lamming [djlamming@hotmail.com](mailto:djlamming@hotmail.com); tel: 07968 791135 or 01787 210360) for more information. NOTE: Interest from prospective DBP members living in the east of the Diocese especially welcome.

**Communications Training** The Diocesan Communications Team has prepared a series of How to? guides to help parishes 'Communicate Well'. The topics covered include video conferencing, live streaming, filming from a mobile phone, social media, Facebook insights, Communication planning, marketing audits, PR and more. These are available in a easy to download format called 'Padlet' and are regularly updated, you can also share the Padlet link with others. The guides are now available on our website [here](#).

**Sunday's Bible readings** The Revd Canon Tim Jones has produced a series of Bible readings in a word search for you to use. These will be available weekly, please download [this word search](#) suitable for Sunday 11 October.

## Vacancies

[Director of Music, St Edmundsbury Cathedral](#) | Closing date 29 October 2020




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