

Thursday 4 February

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Growing in God

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.

By way of reminder, the central team normally based at the Diocesan office is at work, remotely for the time being, in accordance with the new regulations. There are a couple of the team on-site, checking post and so on. If you wish to contact us, you can:

- Telephone 01473 298500 and wait for the end of the voice message at which point Alison Barker (Administrator Business Support), will pick up your call
- Visit the [website staff directory](#) for our email addresses and mobile phone contact numbers
- Email dbf@cofesuffolk.org.

A group of schoolchildren had the surprise of a lifetime when a BBC Radio 1 DJ and superstar musician dropped in on their virtual music workshop.



Pupils at Sproughton Church of England Primary School were taking part in their normal Key Stage Two music workshop on Friday when Radio 1 breakfast host Greg James and singer-songwriter Rag'n'Bone Man made a surprise appearance.

Jane Stalham, Headteacher of the school which is a member of the St Edmundsbury and Ipswich Diocesan Multi Academy Trust, said: "I'm an avid listener of Radio 1 and I heard Greg James wanted to find a primary school music teacher and we have a fabulous, enthusiastic one here in Holly Milgate. She has been offering remote music lessons and remote singing workshops which have been a real mood lifter for everyone during the lockdown. The sessions are extremely popular. Mrs Milgate then spoke to BBC Radio 1 and they agreed we were a great fit for what

they wanted to do."

From there, the station arranged for a surprise guest to 'Zoom bomb' the Key Stage Two music workshop. The children and Mrs Milgate joined in a rendition of This Little Light of Mine with Rag'n'Bone man before he answered their questions.

For the full story please click [here](#).

Telling your story: If you have a good news story you would like to share in eNews or on our website please do email communications@cofesuffolk.org. We offer a series of resources to help you engage positively with the press - visit our 'Howto?' page on our website [here](#) to find out more.

40 Days of Kindness and Radio Suffolk



This Lent, join people all over Suffolk in simple acts of community kindness from phone trees to thank you surprises and help with practical issues which arise for people under Covid-19 restrictions. So much has been cancelled... but in Suffolk love has not been cancelled. For support in your local acts of kindness go to www.light-wave.org/lent

Could you be one of 12 people featured on Radio Suffolk? As part of our 40 Days of Kindness campaign we are looking for 12 people who are willing to share their story. Are you setting up a phone tree to build relationships? Showing appreciation to key workers? Raising money for a good cause?

Or have you benefitted from the kindness of others and you want more people to know what a difference kindness makes? If this is you and you wish to participate do please get in touch with Sally Gaze at light-wave.community@cofesuffolk.org

How Covid-19 is affecting Kagera

The Covid-19 pandemic is hitting our link Diocese of Kagera hard. The Tanzanian government has not released figures about infection rates or deaths since last May, but reports from neighbouring countries make it clear that the disease is rife in the region. And the economic impact is severe in Kagera, where the majority of people are subsistence farmers.

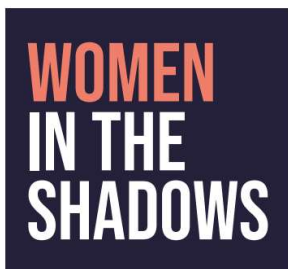
We hear that prices of basic foodstuffs have risen sharply – the price of cooking oil, for example, has risen by nearly 50%. Because borders are closed, farmers can no longer trade with their neighbours in countries like Rwanda and Burundi. So there is no extra money coming in to pay for school fees and basic necessities.

Churches are doing their best to support their people and encourage precautions such as handwashing and reducing physical contacts. But churches themselves are struggling with much reduced incomes from their parishioners.

Through all this they continue to pray for us as we do for them.

The Bishops' Lent Appeal is more vital than ever before. Supporting key workers (farmers, doctors and priests) in Kagera, so that they can continue to help their local communities and encourage self-sufficiency. The Appeal includes 40 days of challenges to help you raise money. To find out more, donate, download resources and to get involved please visit our website [here](#).

Women in the Shadows



This new resource launched by The Clewer Institute focuses on how women and girls can become trapped in sexual exploitation, forced labour and county lines drug smuggling and what life is like for them beyond slavery. It also explores how we can support victims as they recover from the trauma and build resilient communities where modern slavery is noticed and cannot thrive.

This five week course including short films is now available on the website [here](#) along with supporting materials and reflections written by a range of Clergy friends who are all deeply committed to combating modern slavery in the UK.

Events

Living in love and faith

Saturday 20 February 10.00am – 12.30pm

Bishop Martin and Bishop Mike host the next of their popular training mornings, all from the comfort of your own house, by Zoom. They will be discussing the recent Church of England resource "Living in love and faith" exploring the resources provided and considering Christian teaching and learning about identity, sexuality, relationships and marriage. To book please visit <https://living-in-love-and-faith-2021.eventbrite.co.uk>. Enquiries please contact Lesley Steed on 01473 298510 or email lesley.steed@cofesuffolk.org.

'Run with Joy' Exploring Benedictine Wisdom for Contemporary Living

Explore key themes in the Rule of Benedict and spiritual practices that help you deepen your life of faith, in community with others. These courses will run on Zoom: Tuesdays (from 23 February) 7.15pm -9.00pm and Thursdays (from 18 February) in Lent from 4.00pm – 5.30pm.

If you have any questions please email jutta.brueck@cofesuffolk.org. Booking links at www.light-wave.org/lent. Please book early as spaces are limited.

Living Faith in Suffolk Basics Course

Starting 23 February 2021 7.00pm to 9.00pm

Through Lent Bishop Mike and Barbara Hill (Deputy Warden of Readers) will lead this online course for people who are involved in, or considering, any kind of ministry, whether local (e.g. Lay Elder ministry) or national (e.g. Reader ministry or ordination), as well as those interested in looking more deeply at expressing their faith. The course consists of five sessions: Being Disciples : Being Called : Working Together : Sustaining Ministry : What now?

The courses will run on Zoom: Tuesdays (from 23 February) 7.00pm - 9.00pm visit: <https://lfi-basics-20210223.eventbrite.co.uk> for more information and to sign up to attend the whole course.

Radical Faith: Inspirational Christians Lives for Challenging Times

St Edmundsbury Cathedral will be hosting a series of speakers during Lent looking at five inspirational Christian lives for today's challenging times and circumstances. Speakers include The Revd Fergus Butler-Gallie author of 'A Field Guide to English Clergy' and Liz Dodd, journalist, and home news editor of the Tablet. Full details of the topics and speakers can be found on the cathedral [website](#).

For more information and the Zoom link, please email michael.robinson@cofesuffolk.org.

Labours of Love

This is a flexible downloadable resource for running a Lent course locally. It is designed to support small groups who want to reach out with kindness and partnership in their local community and is ideal to include people exploring faith. The bible-based discussions are fun and help participants to make the link between practical service in their community and living faith. Supported by St Edmundsbury Cathedral and the Lightwave Community, this course also draws on ancient Benedictine wisdom on how prayer and work are important in forming a Christian rhythm of life. Download and enjoy at www.light-wave.org/lent

Webinars on getting to net zero carbon: A series of webinars designed to support and equip you to reach the Church's ambitious "net zero carbon" emissions target; everything from forming your team to putting solar panels on your roof, and including low cost 'housekeeping' actions which can pay back quickly. Dates and booking details are available [here](#).

Free webinars to help your church encourage giving and grow

generosity: The National Giving Team are offering a series of free webinars on ways to encourage giving through online, contactless and legacy giving as well as webinars on gift aid, giving reviews, buying smarter and discipleship resources. For all dates and booking details please visit: www.churchofengland.org/resources/building-generous-church/webinars-and-training

National Churches Trust webinars: A range of training for grants support, maintenance issues and tourism. The first workshop will be on 10 February and will explore the benefits of tourism, focusing on the post COVID-19 landscape for tourism and how churches could financially benefit from welcoming visitors. To book this webinar please click [here](#) or visit their website [here](#).

Developing Online Church Services - free webinars: A new series of webinars, looking at different ways your church can use digital communications to keep connected with those who attend your services and events, as well as reaching out and caring for those in the local community around you. You can book onto a session and watch the webinar as a recorded session at a time to suit you. All bookings and download links are available here: www.churchofengland.org/resources/digital-labs/digital-labs-webinars

Notices

Email scams: A treasurer has been targeted by an email scam, purporting to be from their vicar and requesting immediate payment from the PCC bank account. Fortunately the treasurer was vigilant and did not authorise the payment. Please double check any email addresses of correspondence received, especially when it is related to requests for confidential information or payment of funds, and always ensure that you follow robust protocols before authorising any payments.

Vacancies

[Diocesan Director of Ordinands and Vocations](#) | Closing date: 8 February 2021



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Our mailing address is:

Diocese of St Edmundsbury and Ipswich
St Nicholas Centre, 4 Cutler Street, Ipswich
Suffolk, England IP1 1UQ
United Kingdom

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