



Thursday 6 August 2020

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Growing in God

Information and guidance for churches during the Covid-19 pandemic is being updated this week including advice on face coverings. Please visit the Church of England page [here](#).

Do's and Don'ts - Latest Government Guidance

At your place of worship Communal worship or prayer can be attended by more than 30 people but only if the venues used can safely accommodate larger numbers in a way which complies with COVID-19 secure [guidance](#). It is important that risks are managed sensibly. In line with wider [Places of worship guidance](#) you should:

- Do - Follow the mitigations that places of worship have put in place, for example using booking systems, changes to entrances and exits or staggered arrivals.
- Do - Continue to broadcast services online for those who need to stay at home or are able to mark the event at home to avoid large gatherings.
- Don't - break social distancing (two metres between households, or one metre with mitigations, if two metres is not possible), and especially avoid touching people outside of your household.
- Don't - interact socially outside of your household, or the group (of two households) that you went to the place of worship with.
- Do - If you can, you should also wear a face covering – you must wear these if you travel on public transport or visit a shop.
- Do - Make sure you provide contact details to the place of worship to support the NHS Test and Trace service designed to track and help prevent the spread of COVID-19.
- Don't - use shared areas for ablutions – wash at home, unless in an emergency.
- Do - Remove communal resources. Single use alternatives should be removed after use and disposed of by the worshipper.
- Do - Make sure only you touch your belongings.
- Do - Take home personal items brought in to aid worship.
- Do - Speak into a microphone to lead devotions or sermons to avoid shouting.
- Do - Avoid sharing microphones between different speakers.
- Do - Use a plexi-glass screen in front of a single individual raising their voice or singing.
- Don't - No one else should sing, shout, or raise their voice, beyond that one individual behind plexi-glass.

News from St Edmundsbury and Ipswich Mothers' Union by Linda Ginn

We are now a virtual group of Mothers' Union members (*no longer the institution, but the movement, the members*), embracing change. Just when we all needed support the most, social distancing was forced upon us. In its place we still have our MU bond of connection with one another. Our 'bubble' is now the mission-field! – we have more time to pray, to read our Bible, to study and to learn new ways of doing things. There's time to stop and notice and listen to nature, God's creation.

In July - through our international Wave of Prayer - the 'whole world' was focusing on the needs of our diocese – our members, clergy and families. And at the other end of the spectrum, individuals and small groups continue to come together through our Prayer Chain and soldiering on. During Covid, we have quietly been "doing" - actively engaged in volunteering and helping..

- Food Banks – providing and delivering to the less well-off in our neighbourhood.
- Making scrub bags (laundry bags) for our local nursing and care homes
- Sewing face masks, and knitting prayer shawls, twiddle muffs, hats for seafarers, and bonnets for neonatal babies.
- Created "Bags of Love" for those self-isolating (- a tea bag, coffee bag, a small pack of tissues, a KitKat bar and a hand-written prayer card just for them)
- Maintained telephone contact, and shared together in praying for the worldwide work of MU through Midday Prayers on the Daily Hope telephone line.
- Organised the making of cards for those in our prisons
- Sent toiletries and vouchers to the Women's Refuge, including craft materials to restock the children's activities during the long days of no schooling.
- Our 'Away from It All' holidays are helping to meet the needs of locally disadvantaged families - and nationally MU is arranging for breaks for our NHS Key-Workers and others.
- 'Spring cleaning' has provided us with the opportunity to find Christmas presents for our I-Chameleon shop Halesworth in the autumn – a major fund-raising event
- Produced an excellent e-book – a Book of Comfort available at (<https://bit.ly/3dC8Nln>), and St Andrew's Rushmere produced a hard copy of "Prayers from the Heart – talking to God" and distributed *Favourite Verses* to inspire and encourage

In these difficult times when money is tight, and all charities are struggling financially, a call went out to members with an Urgent Appeal to help raise £1,000,000 – our members responded by digging deep into their pockets.

Together we are stronger, "empowered by the Holy Spirit, united in prayer and worship, and in love and service we reach out as God's hands across the world". Through the Mothers' Union – small local groups of often older Christian women (and men) who have a deep, unswerving faith and a commitment to regularly praying for our local clergy and community. In practical ways we demonstrate our calling to show *Christian care for families* by building hope and confidence.

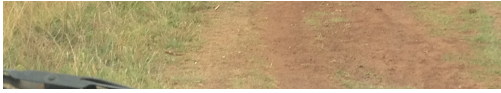
Post-Covid our mission-field now centres on our bubble "when two or three are gathered together...."

Our website continues to inspire and keep us abreast of current issues please visit www.musuffolk.org.

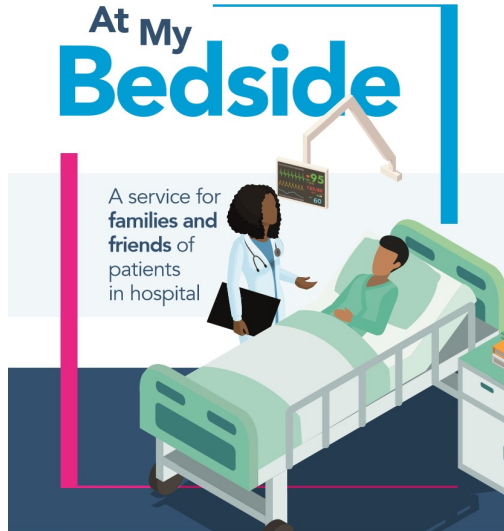
Has your holiday been cancelled? Are you isolated at home? Fed up with your own four walls?



Let us take you on a staycation safari in our link diocese of Kagera, in northwest Tanzania. You don't need a passport, vaccinations or malaria tablets. Download our booklet where we've described six walks around Kagera. We'd like you to find six walks round your part of Suffolk and imagine yourself in Kagera as you walk. Maybe you could ask for sponsors and raise some money for Kagera at the same time. Safari njema!



At my bedside



If you need some help staying in touch with a family member or friend who is in hospital, or if you have other welfare or wellbeing needs at this difficult time whilst your loved one is receiving hospital treatment, 'At my bedside' are here for you. At my bedside is a scheme rolled out by Suffolk Family Carers to support people whose loved one is in Ipswich or West Suffolk hospitals. CarersFIRST is supporting people whose loved one is in Colchester hospital. We can support with staying in touch with someone who is in hospital, general advice, family carer support, signposting to helpful services in your area and emotional support. For more information visit this [website](#) or please contact Suffolk Family Carers Tel 01473 835 477 Email hello@suffolkfamilycarers.org or CarersFIRST Tel 0300 303 1555 Email hello@carersfirst.org.uk

Pilgrimage in support of mental health charity

Revd Tom Mumford will be walking from Sudbury to Bury St Edmunds to raise money for the Kernos Centre, which provides professional counselling and support for people with emotional and psychological difficulties. On 22 August, Tom will begin his charity trek from his parish church, St Gregory's in Sudbury, to St Edmundsbury Cathedral and the abbey ruins where St Edmund's shrine once laid, walking along St Edmunds Way.

Tom hopes to offer the prayers of Sudbury both on the way, and at his destination, people can submit their prayers privately via the prayer request form on the church website www.stgregorychurchsudbury.co.uk.

For detailed information and a donate option please click [here](#).

Ride & Stride

Saturday 12 September 2020



This event is being held, adapting, as necessary, for whatever Covid-19 guidelines on the day. Even though it may feel a bit different this year, and may possibly be a smaller event than normal, the Trust has decided to go ahead with this year's Ride and Stride, as well as its sister event, Pedal and

Drive for vintage and classic cars.

Not all churches may be open and there may be no one to welcome or sign you in, but two or three people cycling together in the Suffolk countryside or walking in our towns should be perfectly safe.

Churches that usually offer refreshments may decide not to do so this year and, if a church is not manned, riders and walkers will log the name of the church themselves.

Please support this free annual event. Half your sponsor money will go to the Trust to be given in grants for church repairs, and half will go to the church of your choosing. For

further information and all sponsorship details via Justgiving please visit: shct.org.uk/ride-and-stride/

How to start a small group for outreach in your community

Saturday 19 September 2020, 9.30am-12 noon
Zoom (with Coffee and "exercise" break)



This training on Zoom will be led by Archdeacon Sally Gaze together with Laurence Singlehurst. Laurence is a sparkling speaker and expert in small group ministry, with expertise from his ministry with YWAM, Cell UK and Hope UK.

Find out how your small group can flourish through engaging in outreach together in practical and creative ways. Discover how small groups can help people to take the first steps in discipleship and then to grow in depth. Learn how the Lightwave Community in Suffolk can offer you ongoing support and help.

Tickets are just £5 per person, and CMD grants can be used to cover the cost. Bookings are via Eventbrite using this link; <https://small-group-leaders-2020.eventbrite.co.uk> or for more information please contact Nina Seaman at Nina.Seaman@cofesuffolk.org or phone 07394 559889. You will be emailed the Zoom details to the email address you book with.

Margaret Beaufort Institute

In the heart of Cambridge and part of the Cambridge Theological Federation, the Margaret Beaufort Institute educates people both within and outside of the Catholic tradition. Providing specialist theological education and diverse learning opportunities for both individuals and groups. We offer degree courses, study days, workshops, seminars and conferences that promote the study of theology, ethics, philosophy, pastoral practice, spirituality and theological reflection.

All our courses are online via Zoom this coming year, making them accessible to people locally as well as around the globe. The 2020 - 2021 brochure is now available to download online please visit: <https://wke.lt/w/s/ISYSKY>.

Notices:

Parish Finance Returns

Thank you to all those who completed their annual Parish Finance Return. As a national Church, more than 70% of returns have now been submitted, but as a diocese we submitted 81%, a tremendous effort in the current circumstances. If your parish didn't manage to beat the deadline, this information is still important and valuable, so please contact Alison Barker (alison.barker@cofesuffolk.org / 01473 298500) in the first instance to discuss how we can support you to submit it.

Energy Footprint Tool

The Energy Footprint Tool [EFT] also forms part of the dataset that the National Church asks the diocese to facilitate the collection of through our support of parishes. It was formed in response to the call from General Synod in February 2019 to be able to measure the Carbon Footprint of the Church. Following this, General Synod a year later committed to the whole Church reaching 'Net Zero' carbon emissions by 2030.

The tool lies within the same online parish returns system for Statistics for Mission and Finance Returns (<https://parishreturns.churchofengland.org/>) and enables churches to see their Carbon Footprint and Energy Efficiency both simply and quickly. If a church has submitted their Mission and Finance data through the portal, much of the information

required for the Energy Tool has been prepopulated, often meaning that all that is additionally required is the energy usage/energy bills for the year. This means that most churches should be able to complete the tool in around 5-10 minutes.

The EFT is currently open for data collection for 2019 bills and energy usage. Since mid-April more than 1,200 have submitted their data nationally and 10% of churches in the diocese have done so. The tool for 2019 data collection will close in late September and we would be grateful if as many of our churches as possible could use it, so that we can gain a better overall picture of our Carbon Footprint.

Culture Recovery Fund now open to applications

Many of you will have seen that details of the administration of the £1.57bn culture recovery fund have now been (mostly) revealed. There are three funds most relevant to churches and cathedrals. There are the usual caveats; for example there are two revenue funds (one for heritage organisations and one for arts organisations) and you can only apply to one. It is important to read the application criteria for each fund in detail. Crucially the details of the £120m of capital funding have not yet been released but are expected shortly.

An overview of the three most relevant funds is included in the attached note, which represents our best understanding of the criteria. Please note the very short application windows, especially for the joint National Lottery Heritage Fund – Historic England revenue scheme, which opened on 30 June and closes on 17 August. Find out more [here](#).

New Allchurches Trust fund - Hope Beyond

Hope Beyond is aimed at enabling churches and Christian charities to meet changing need within their communities as the longer term impact of Covid-19 becomes clearer. Funding projects that will enable people, organisations and communities to flourish in life after lockdown. Grants of up to £50,000 are available, and the amount you receive will depend upon the cost of your project and level of need in your community, ranging from 10% of project cost through to 80%.

In developing the Hope Beyond programme, Allchurches Trust carried out an online consultation to better understand what our beneficiaries felt the key needs of people of all ages in their communities would be as a direct result of the Coronavirus pandemic. The Hope Beyond grants programme will, therefore, look to address these three themes:

1. Responding to the issues of loneliness and isolation exacerbated by the Coronavirus pandemic where new and/or enhanced support is being proposed.
2. Focused on growing community resilience and promoting mental and emotional health and wellbeing
3. Focused on growing technological capability and resilience and supporting those without online access to get online through training and support.

To find out more information about the programme, read the research report and apply online, head to www.allchurches.co.uk/hopebeyond.

Grants for maintenance work

The Foundation grant programme can fund small works to your church building that cost up to £10,000 (excluding VAT) with grants of up to £5,000, not exceeding 50% of the cost. Works would need to have necessary permissions and two quotes in place. Decisions are made on a monthly basis. Our final deadline for 2020 funding through this programme will be 30 October 2020, but as maintenance is so important to the condition of your building we urge you not to delay. As an idea of what we fund - the majority of our grantees require funds to repair rainwater goods, drainage, carry out small repointing and stone repairs, and small roof repairs.

If you have any questions, please contact us: grants@nationalchurchestrust.org or visit the National Church Trust [website](#).

Vacancies

[Administrator and Prayer Facilitator](#) | Inspiring Ipswich | Closing Date: 9 August 2020

[Children Youth and Family Worker](#) | Red Lodge | Closing date: Friday 7 August 2020
[Bishop's Ministry Officer](#) | Closing date Friday 21 August 2020

Part-time Youth Worker | September/October 2020 | St Matthew's Church in Ipswich | 9 hours a week. If interested please contact the Revd Nick Atkins 01473 217817 or email rector@smast.org.uk.

"If the cap fits" - an invitation to become a Sea Cadet Chaplain. The Revd Nicky Skipworth RNR, Area Chaplain for the Eastern Area of the Sea Cadet Corps, is recruiting new chaplains to the above roles, there are several vacancies at unit and district level, with most district vacancies being filled by someone who is also a unit chaplain. If you are interested please contact Nicky for an informal, non-obligatory chat (nickythechaplain@gmail.com / 07734 233742) and visit their specially designed website at www.chaplain.org.uk. Interviews are planned for Tuesday 1 September.



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