

### Information for the Parish of Hellesdon St. Mary's, St. Michael's and St. Paul's

#### Rev Louise Alder writes ...

Remembering - a lot of what we do each day of our lives is based around remembering. Remembering to get something out of the freezer for dinner, remembering to take medication, remembering to put the bins out, remembering to post a birthday card - having remembered the birthday first! I could fill a whole page with a list of things we need to remember. Then there is the remembering that we do to call to mind happy events. I always say at the end of a wedding "enjoy the rest of the day; make some memories to share in the years ahead". We also call to mind memories of loved ones who have died, memories of past experiences that have shaped us into who we are - all an important part of remembering.



This month as we come together on Remembrance Sunday, 100 years after the Armistice, we will be remembering the many thousands who gave their lives in the service of their country and the many more whose lives were changed forever by the events of that war. Earlier this year I visited the National Memorial Arboretum, a place of remembering with over 330 memorials dedicated to various armed forces regiments, conflicts, voluntary groups, and Emergency and civilian services.

The memorial that has stayed with me is the "Shot at Dawn" memorial for 309 British and Commonwealth soldiers who were shot at dawn during WW1 following a short trial at which no real defence was offered for desertion, cowardice, casting away arms, disobeying lawful orders, striking an officer or sleeping at their post. The memorial consists of 309 human height stakes each bearing the name of someone who was shot at dawn, gathered around a statue of a soldier blindfolded with his hands tied behind his back. Today it is recognised that many of those "shot at dawn" were under age when they volunteered and that many more suffered Post Traumatic Stress Disorder. This, alongside clips of the film "They shall not grow old", that has been directed by Peter Jackson, in which old film footage from WW1 has been cleaned up and realistically coloured, seems to have changed in my mind the stories into real people - a son, a brother, husband, nephew. It is my hope that, thanks to the research of the Hellesdon Historical Society, at our Remembrance Sunday Service we will share in some of the stories of local men who gave their lives.

Remembering sits right at the heart of our Christian Faith. It is an instruction from Jesus - "Do this in remembrance of me", our Holy Communion / Lord's Super / Eucharist / Mass. Jesus tells us to break bread and to drink wine together and in doing so to remember the breaking of His body and the shedding of his blood to set us free.

Remembering is important; in fact I would go as far as to say it is a vital part of being human. It is about care, compassion, justice, restoration, love and much more. As you journey through November with its points of Remembering - All Saints, Remembrance Sunday - allow that sense of remembering to run over in to your own life, remembering all that is and has been good in your life and give thanks to God for all that you have been blessed with.





## Toilet Twinning Harvest 2018 raised

**£1030**



Following a conversation with a representative of the Toilet Twinning charity we have “twinned” our toilets with:

2 church blocks in Lusaka, Zambia, Africa

1 School Block in GhorGaween, Shughnan District, Afghanistan, Asia

1 Latrine in Fizi, South Kivu, Democratic Republic of Congo, Africa

1 Latrine in Keeru, Muyanje, Kabale District, Uganda, Africa

1 Latrine in LungMuDam, Ptao, Kachin State, Myanmar, Asia

1 Latrine in Bombiti Mbaki, Lobaye, Central African Republic, Africa

1 Latrine in Tistung VDC, Makawanpur, Nepal, Asia

Look for the certificates being placed in our toilets with this information

Thank to you all of you for changing lives and building communities.

### **Mothers' Union**

2:30 pm  
St. Paul's Church

**Tuesday 13<sup>th</sup> November**

**Speaker: Mrs. F. Wilkins-Jones**

### **St. Paul's Wives Fellowship**

2:00pm  
St. Paul's Church

**Wednesday 7<sup>th</sup> November**

**Speaker: Pat Akers**  
*The Short Story of Tea and Coffee*

### **Prayer Triplets**

As you meet together to pray this month, please consider the following:-

All those affected by the Indonesian Tsunami.

Our community outreach of “Open Doors”.

Coryn Stanforth as she continues her training.

## Parish Services

Sunday 4<sup>th</sup> November  
10:00 am  
St. Paul's  
Holy Communion



Sunday 11<sup>th</sup> November  
10:50 am  
St. Mary's  
Remembrance Service



Sunday 2<sup>nd</sup> December  
10:00 am  
St. Mary's  
Advent Holy Communion



Sunday 30<sup>th</sup> December  
3:00 pm  
St. Mary's  
Holy Communion -  
a quiet service of reflection for the  
end of the year

Sunday 6<sup>th</sup> January  
10:00 am  
St. Paul's  
Holy Communion

## Service of Light and Remembrance

Sunday 4<sup>th</sup> November 3:30 pm at St. Mary's

A reflective service of music and readings remembering those we love but can see no longer.



## The Psalms

### Psalm 119: 89 - 96

Your word, O LORD, is eternal; it stands firm in the heavens.

Your faithfulness continues through all generations; you established the earth, and it endures.

Your laws endure to this day, for all things serve you.

If your law had not been my delight, I would have perished in my affliction.

I will never forget your precepts, for by them you have preserved my life.

Save me, for I am yours; I have sought out your precepts.

The wicked are waiting to destroy me, but I will ponder your statutes.

To all perfection I see a limit; but your commands are boundless.

## Advent Course - "Heralding the Coming King."

I will be running an Advent Course on Wednesday 21<sup>st</sup> November, 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> December at 11:00 am following after the mid week Holy Communion. In order for there to be good group conversation there needs to be a minimum of 5 people in the group. If it is your intention to attend, please let me know before the first session.



If you are going to be coming to the first session then it would be helpful if you have read Matthew 1: 1-25 and Luke 1: 1 - 25 before hand. Each week there will some reading to do in advance just to familiarise yourself with the passage we will be looking at together.

Thank you.

*Rev. Louise*

## Daily Advent e-mail reflections

"Embrace the Middle East" is running a series of daily reflections during Advent. The idea is to lead people through 25 moments of stillness this December as we consider a different scripture about peace each day.

You can sign up for your daily reflection at [www.embraceme.org/advent-reflections](http://www.embraceme.org/advent-reflections)

The e-mails will include discussion points, perfect for small groups to reflect on together as well as individual use.

Let me encourage as many of us as possible to make use of this free resource.

*Rev. Louise*



## Men's Breakfast Saturday 1<sup>st</sup> December

9:00 am  
The Oaks, Cromer Road

Please bring a friend or a neighbour!



## St. Mary's Christmas Coffee Morning

Saturday 1st December  
10:00 am to 12:00 pm

The next edition of "*Wosgowunon*" will cover December and January.

Please let me have any items you would like included by Sunday 25<sup>th</sup> November. My e-mail address is [andrewjcossey@gmail.com](mailto:andrewjcossey@gmail.com)

*Andrew Cossey*