

# Trinity 8, 21st July 2024

in the Rutland Water Benefice



**Worship this Sunday in church:**

11.00am      Benefice Holy Communion      North Luffenham

Do join us!

The Church of England regular Sunday online worship is at  
<https://www.churchofengland.org/news-and-media/church-online>

# Let us pray . . .

for Bishop Debbie , other church leaders, including Archdeacon Alison and Rural Dean Jane, as they support the Benefice in the months ahead

for the new government to govern well for the good of all, for democracy to be respected and valued here and worldwide

for our parishes as plans are being put in place for recruitment of new clergy for this Benefice and for church life in the coming vacancy, giving thanks ministers able to serve here in the vacancy. Give thanks for all who enable the life of our church communities: churchwardens, PCC s, service leaders and all who come to church each week

for peace and justice urgently needed in Ukraine, Gaza etc. and all working for peace, justice + reconciliation

for all who are sick, those who treat and care for them here and abroad

for school children and all who teach them as the end of the school year arrives

for the recently baptised and for couples marrying in the Benefice this year, including Gilly + George (17th August, Ridlington)

for people approaching their final days, all who care for them and those grieving for Kathleen Shotbolt, Jacob Duarte, Margaret Gover, Victoria Enderson and John Boddington



# Everyone is welcome in the churches of the Rutland Water Benefice!

Children and young people, older people and everyone in between  
Single people, couples of all sorts and families . . .



## Breakfast Church

9.30am on 3<sup>rd</sup> Sunday of each month  
at the Community Centre in North Luffenham



People of all ages are welcome  
Come to enjoy a simple breakfast and learn about Christian faith  
together.

In the summer months we often meet outside too . . . 

(However, no Breakfast Church in July 2024)

## Manton All Age Worship

9:30am on the 2nd Sunday of each month  
Half hour interactive service led in parts by our  
team of young leaders



Refreshments served afterwards

~ All are welcome ~



Crafts



Activities

All Age Church

St Peter's, Empingham

on the 4<sup>th</sup> Sunday of each month at 9.30am

An informal service for all

**EVERYONE WELCOME!**

(moving to a different service pattern—  
please consult people in Empingham)



# **COFFEE AND CAKES**

**St Peter's Church**

**Every Wednesday**

**10.30 am – 12.00 noon**

**All welcome!**



**Whatever is going on  
in Ridlington . . .  
. . . and why?**



A new type of exercise class?  
A black and blue day?  
Or something else . . . ?



Answer on page 8



## How is your Parish doing in moving towards reducing carbon emissions?

Here are 2 steps every parish could take:

### Complete the Energy Footprint Tool and take the first steps to carbon net zero

Carbon net zero is a pledge that the whole of the Church of England has signed up to achieving by 2030. The Energy Footprint Tool is a great way of monitoring your church building's carbon usage and energy efficiency and an essential way of the Diocese monitoring its whole carbon footprint, and seeing where we can help.

Please take some time to upload your figures for 2023. There are several different ways to do this so you can pick which is easiest for you, and if you need help just email [environment@peterborough-diocese.org.uk](mailto:environment@peterborough-diocese.org.uk) and Jo Ormston will be happy to help guide you.

### Eco Church - A Rocha UK's award scheme for churches in England and Wales



Once you've completed the Energy Footprint Tool, take the next step and register your church with Eco Church, an amazing award created by A Rocha UK. It is completely free of charge for parishes to use and the survey and resources have been created to help equip and guide churches in their environmental journey. All actions taken, both little and large, count towards a prestigious Eco Church Award at Bronze, Silver or Gold level. Across the Diocese there are currently 48 churches registered with Eco Church, with 14 already having received their bronze award and six, their silver. Register your church today.

Some of our parishes have signed up for this and Ridlington is one of the 6 silver award winners. . .

Can you join them?

## from Peterborough Diocesan News 17-7-24

Dear Friends,

Sitting around a firepit at Launde Abbey last week, the leader encouraged us to share stories. I was joining the ordination retreat and accompanying those who were to be ordained as priests and deacons. Whether it was the cool evening breeze, the beauty of the landscape, the flicker of the fire, there was something in the atmosphere, and I dare to suggest it may have been God's hand at work, that allowed each person to speak of moments of significance in their faith journey.



Storytelling has a long tradition, especially sitting round fires. When we tell stories, we draw people into a place of openness and wonder, listening to different experiences and even different cultures. Our imaginations are taken to new places and we can put ourselves in someone else's shoes for a moment. Our horizons are widened and we are brought closer in fellowship.

Jesus told many stories – he spoke of things familiar to help people understand the Kingdom of God – and spoke in ways that encouraged people to ask further questions. 'The Kingdom of God is like a mustard seed, a man who scatters seed on the ground, a woman who loses a coin and searches the house for it...' Perhaps you know many of these stories, perhaps you only know a few, but each time we read them we are able to gain insights into the nature of God and are filled afresh with wonder and awe. Jesus shares his story and we too can share ours. I wonder how we can find those firepit moments when we, too, can sit and listen to others and dare to say something of our own experience of God's love in our own lives.

You will see my invitation to our celebration of 30 years of Women's Ministry in this edition of PDN. I look forward to welcoming you to the Cathedral in September where we can share the stories of women's ministry in our Diocese and celebrate the impact that ministry has had on our lives and our communities.

With best wishes

+ Debbie

The Right Reverend Debbie Sellin (Bishop of Peterborough )

### **What's been going on in Ridlington . . . (from page YYYY)**

Ridlington PCC applied to the Community Giving Fund for a grant to defray the costs of establishing a “pollen bar” - seeking to establish planting in the churchyard so that a pollen source would be available for the majority of the months of the year. By increasing pollen for insects we hope to increase the number and types of birds and bats frequenting the churchyard.

As part of our work as an Eco Church we have undertaken an annual “bio blitz” for a number of years so can see how the management of the churchyard affects biodiversity and having established a base line we can take steps to improve biodiversity.

And I heard on Sunday that swifts have been seen in church, 2 years after having installed swift nesting boxes on the north side of the church. How gratifying that the ideas and work to implement them is bearing fruit and being enjoyed by swifts!

Congratulations Ridlington!

## Portrait of His Majesty The King

All Church of England places of worship are eligible to receive a free official, framed portrait of His Majesty The King. You may wish to display this portrait or keep it in readiness for use on state occasions.

**To receive a portrait you must apply no later than 15 August 2024.**

**(also from Peterborough Diocesan News 17-7-24)**

## Support for parishes from the Diocese

A team from the Diocese came to Empingham on 17-6-24 and spoke about ways they can help us. Most of our parishes were represented.

Here are a few notes I made (but no guarantees my slow left-handed scribble is fully accurate) :

‘Context: we face challenges with finding volunteers, finances, buildings

There are also many good things going on in the churches of the Diocese

Parish Share: this has been level for 4 years; about 80% of the amount requested is being paid; the Diocese is using reserves but cannot do so for many more years

Working together, there are many areas Parishes and the Diocesan support staff are addressing the challenges through different areas, e.g.

Communications—sharing encouraging news

Being transparent about financial challenges

Encouraging generosity

Measuring the impact of initiatives

Generous Giving team has been helping parishes install electronic giving machines, which typically receive about £100/month. Having a QR code let people give from their phones was mentioned too.

For a fee of typically £25/month the Diocese will undertake the bookkeeping aspect of the Treasurer’ role.

The teams focussing on Mission, children/young people, communications, finance, vocations etc. are all available to help PARISHES. Take home message: ask

engage

create a plan

—

USE US!’

# News from the Foodbank, early summer 2024

## The headlines

In the last 12 months (1st April 2023 - 31st March 2024) the Rutland Foodbank received 820 referrals requesting emergency food parcels for households across Rutland struggling to get by on low incomes. This is a 15% increase in the number referrals compared to the previous year, as more and more people struggle to afford essentials such as food.

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- The referrals were residents living in 305 households across Rutland.
- 121 (15%) of the referrals were for new households who had not previously been helped by the Rutland Foodbank.
- Of concern, 446 (57%) of the parcels were provided to households which included children.
- Nearly 27% of the parcels were provided to those in work but struggling to afford food, this was a 7% increase compared with 2022-23.
- The levels of need were particularly acute in January 2024 which was the busiest month for Rutland Foodbank, with 82 emergency food parcels provided by volunteers.
- Nearly 40% of households only needed to be helped once during the year but there were some that needed more emergency help. In all we sent emergency food parcels to 1189 adults and 850 children, not forgetting their household pets.
- Ingredients for over 43,000 meals were distributed.

Over 31,300 kg of donated items were sent out across Rutland.

As always, if you have any questions or comments, please get in touch.

Kind regards, Ali Wainwright, Chair of Rutland Food Bank

36 Melton Road, Oakham, LE15 6AY (next door to Domino's Pizza)

Tel 07582 783363

[info@rutland.foodbank.org.uk](mailto:info@rutland.foodbank.org.uk)

[rutland.foodbank.org.uk](http://rutland.foodbank.org.uk)

[facebook.com/rutland.foodbank](https://facebook.com/rutland.foodbank)

# Rutland Foodbank Wish-List Summer 2024



UHT milk (semi-skimmed or whole)  
Baked beans (YES we are running low!), tinned spaghetti, macaroni cheese  
Tinned meats, tinned pies, tinned vegetables  
Noodles, pot noodles, pasta, rice sachets  
Tins of rice pudding, custard and fruit  
Crackers, crispbreads, crisps and cereal bars  
Loo rolls, non-bio washing pods/tablets  
Shampoo, deodorants, shaving foam, razors

**IMPORTANT**



**Please note we cannot accept over the counter medication, fresh, homemade, open packs, out of date foods or alcohol**



Registered Charity in England & Wales Number 1158460

07582 783363 or email us [info@rutland.foodbank.org.uk](mailto:info@rutland.foodbank.org.uk)

36 Melton Road, Oakham, LE15 6AY (next to Domino Pizza)

We are open to receive donations Mon-Fri 10.00 – 12.00

Ali Wainwright, chair of the Foodbank writes

“we had more referrals during last year than the previous year and are helping over 300 households across the county who are struggling in food poverty.”

Thank you!

## The Ultimate Sound Bath Experience Awaits...

As part of our Tides of Discovery series in association with new exhibition Monsters of the Sea we are delighted to be hosting 'Immersed' by The Gathering Sound on Saturday 3rd August, 7pm.

'Immersed' is the extraordinary creation of visionary composer Richard Leigh and features internationally renowned violinist, David Le Page, founding member of Voces8, Rachel Parkes on vocals and the ancient, ancestral tones of Earthdance.

Relax in an underwater sound world where beautiful whale song emanates from gongs and singing bowls. The violin's notes mimic the gentle ebb and flow of the ocean, while Rachel Parkes' crystal clear vocals drift like a soothing

Earthdance completes the aquatic soundscape with deep, resonant vibrations on giant gongs and ancestral sounds that echo the tranquil rhythms of the sea.

This is a completely unique experience not to be missed and a must for anyone keen to try something a little different!

Tickets selling fast, book yours today! Concession rate for children, students and low-income. £28.50/£20 (+ booking fee) including refreshments.



Dive into the secrets  
of the deep at

# Monsters of the Sea



15th July to 1st September 2024

**FEATURING**  
Mesmerising animatronic displays  
Interactive, hands-on activities  
Educational talks and lectures  
Family friendly workshops



# What's On in July Oakham Centre

<b>Monday 1st</b>	Drop-in Session 17:30-19:30
<b>Tuesday 2nd</b>	Drop-in Session 10:30-12:30
<b>Wednesday 3rd</b>	Craft Cafe (Papier Mache) 15:00-17:00
<b>Thursday 4th</b>	*Cancelled* Tai Chi Drop-in Session 13:00-15:00
<b>Monday 8th</b>	Drop-in Session 17:30-19:30
<b>Tuesday 9th</b>	Drop-in Session 10:30-12:30 Gardening Group 12:30-14:30
<b>Wednesday 10th</b>	Craft Cafe (Watercolour Bookmarks) 15:00-17:00
<b>Thursday 11th</b>	Drop-in session 13:00-15:00 Mindfulness and Meditation 15:10-16:10
<b>Monday 15th</b>	Drop-in 17:30-19:30
<b>Tuesday 16th</b>	Drop-in 10:30-12:30 Rutland Morris visit to the Garden 12:30-13:30
<b>Wednesday 17th</b>	Craft Cafe (Papier Mache) 15:00-17:00
<b>Thursday 18th</b>	Tai Chi 11:00-12:00 Drop-in Session 13:00-15:00
<b>Monday 22nd</b>	Drop-in Session 17:30-19:30
<b>Tuesday 23rd</b>	Drop-in Session 10:30-12:30 Gardening Group 12:30-14:30
<b>Wednesday 24th</b>	Craft Cafe (Papier Mache) 15:00-17:00
<b>Thursday 25th</b>	Drop-in Session 13:00-15:00 Mindfulness and Meditation 15:10-16:10
<b>Monday 29th</b>	Drop-in Session 17:30-19:30
<b>Tuesday 30th</b>	Drop-in Session 10:30-12:30
<b>Wednesday 31st</b>	Craft Cafe (Aboriginal Painting) 15:00-17:00



Welcoming and friendly sessions open to all adults, free of charge. Take a break and look after your mental health this month at Pepper's - A Safe Place.  
Why not try something **\*NEW\*** this month? #haveago  
Based at 2A High Street, Oakham, LE15 6AL  
[www.peppersasafeplace.co.uk](http://www.peppersasafeplace.co.uk)  
07714503556, [info@peppersasafeplace.co.uk](mailto:info@peppersasafeplace.co.uk)



## Rutland Neighbourhood Mental Health Café

Drop in support for when you're struggling to cope



Thursdays, 5.30pm - 8.30pm  
Sundays, 4pm - 7pm

Pepper's - A Safe Place  
2A High Street  
Oakham, LE15 6AL

Free transport is available

Email: [nmc@peppersasafeplace.co.uk](mailto:nmc@peppersasafeplace.co.uk)

Neighbourhood  
Mental Health  
Cafés



# July 2024

	<b>7th July</b> Trinity 6	<b>14<sup>th</sup> July</b> Trinity 7	<b>21st July</b> Trinity 8	<b>28th July</b> Trinity 9
<b>Edith Weston</b>	9.30am Holy Communion			
<b>Empingham</b>		9.30am Holy Communion		<i>(no 9.30am All Age Church as summer holidays)</i>
<b>Lyndon</b>	11.00am Holy Communion	<i>9.30am Morning Prayer</i>		
<b>Manton</b>		9.30am All Age Church		11.00am Holy Communion
<b>North Luffenham</b>	9.30 am Holy Communion		11.00 am Benefice Holy Communion	
<b>Pilton</b>	11.00am Holy Communion			
<b>Preston</b>	11.00am Prayer & Praise	11.00am Holy Communion		<i>5.00pm Evening Prayer</i>
<b>Ridlington</b>	9.30am Morning Prayer	9.30am Holy Communion		<i>9.30am Morning Prayer</i>
<b>Whitwell</b>				
<b>Wing</b>	9.30am Morning Prayer	<i>9.30am Morning Prayer</i>		9.30am Holy Communion

## Churchwardens and others: your local source of information:

Edith Weston	(Judy Needham	01780 720609)
Empingham	John Haward	01780 460502
	John Archer	01780 460106
Lyndon	(Jill Mayhew	01572 737594)
	Clare, Lady Conant	01572 737275
Manton	Anne Cowan	01572 737503
N Luffenham	Janet Whittaker	01780 721216
	Patrick Woods	01780 721872
Pilton	Libby Gilman	01780 720758
	Caroline McAlpine	01780 722007
Preston	(Kay Waterworth	01572 737339)
Ridlington	Debra Thatcher	01572 823910
Whitwell	Mary Bell	01780 450205
	Tony Godwin	07906 134316
Wing	Alice Hill	01572 737516
	David Wood	01572 737465

## Keeping in touch

To join or leave the distribution list for readings + other information from church, please email Rev'd Jo Saunders

Or join the Rutland Water Benefice Facebook Group

The most recent **magazine** can be found online via the Benefice website.

07946  
237223

## You are welcome to call or email:

Rev'd Pippa Madgwick and Graham Madgwick will lead their final Sunday service here on Sunday 21st July, then remain in the area on after the wedding on 17th August .

For weddings and funerals: contact the Rural Dean, Rev'd Jane Baxter  
01572 822717

For baptisms: contact Rev'd Jo Saunders, noting these will only be possible in a regular Sunday service    07946 273223

Lay Reader: Caroline Simmonds