Orebeck	Orebeck Benefice: Pastoral Contacts		
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	annkember58@gmail.com		
LAY READER	Martin Crane	07824 835493	
ELDERS	John Adams	07789 746910	
	Mary Baker	01728 685807	
	Jackie Clark	01728 723623	
	Jane Woodbury-Eggins	0 1728 746667	
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WEB SITE ADMIN	mickgowar51@gmail.com		
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Orebeck Benefice: Churchwardens				
Brandeston	All Saints	Mary Baker	01728 685807	
		Chris McArthur	01728 901333	
Kettleburgh	St Andrews	Persephone Booth	01728 723502	
		Jim Duckham	01728 724398	
Easton	All Saints	Peter Bennett-King	01728 747370	
Parham St Mary's		John Bradfield	01728 724481	
		John Adams	07789 746910	
Marlesford	St Andrews			
Campsea Ashe	St John the Baptist	Glenys Fear	01728 747177	
Hacheston	All Saints	John Bradfield	01728 724481	

Benefice website: www.orebeck.org

Contacting Rev. Ann

Rev'd Ann serves on a 0.6 basis, and her normal working days are Saturday to Wednesday midday.

Outside of those times please leave an answerphone message or email which she will attend to as soon as possible, or in an emergency please contact one of the Benefice Elders or Churchwardens.

Orebeck Benefice News (OBN) will be emailed monthly to all who request it, and printed copies will be available at each church.

To be added to the mailing list please contact: peter.marett@ hotmail.co.uk

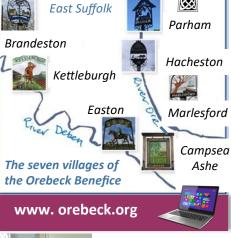
Please send items for inclusion by the 20th of each month to: peter.marett@ hotmail.co.uk

Orebeck Benefice News October 2025









From Rev'd Ann:

On Sunday 18th October we celebrate the Feast of St Luke the Evangelist

- author of Luke's gospel and the Acts of the Apostles. Luke was a physician so on this festival it is traditional to have a service based around healing.

Healing, in its deepest sense, does not refer solely to physical cure. There are of course miracles, when people have been cured of physical illness and disability. We should never discount the miraculous, even if we don't experience it ourselves. However, in a Christian sense, healing is also to do with wholeness - about returning to God and putting right our relationship with Him so that his love, mercy and grace can fill our lives and help us to be the people he longs for us to be. cont....



Harvest Thanksgiving

Campsea Ashe	Sunday 12th	11 am	
Followed by a bring and share lunch			
Easton	Sunday 12th	2.30 pm	
Followed by tea and cake			
Kettleburgh Sunday 19th 5.30 pm			
Followed by supper in the village hall			
Any donations of <u>unperishable</u> items for			

the food bank will be gratefully received.

	Benefice Calendar: October 2025			
1	Wed	5 pm Compline at Marlesford		
2	Thu			
3	Fri		Sunday 5th October	
4	Sat		•	
5	Sun	Trinity 16 11 am Benefice Holy Communion at Kettleburgh		
6	Mon	4 pm Prayers at Kettleburgh		
7	Tue			
8	Wed	5 pm Compline at Marlesford	Sunday 12th October:	
9	Thu		9.30 am Holy Communion at	
10	Fri		Brandeston	
11	Sat		11 am Harvest at Campsea	
12	Sun	Trinity 17	Ashe followed by bring and share lunch.	
13	Mon	4 pm Prayers at Kettleburgh	2.30 pm Harvest at Easton	
14	Tue		followed by tea and cake.	
15	Wed	5 pm Compline at Marlesford	6pm Evening Prayer at	
16	Thu		Marlesford.	
17	Fri			
18	Sat			

So much pain and hurt in our lives is caused by the gap between what we long to be and who we actually are. The healing process, it seems to me, begins with acknowledging who we are then recognising that God loves us and is always with us. From this comes a facing up to our own failings and weaknesses but also a sense of peace. From here we can learn to hold up everything to God and ask for forgiveness, help and healing.

Allowing God into every part of our lives, however dark and painful, is how we begin to heal and that always begins with prayer. Healing can also come through loving and being loved, through fellowship with others and by connecting with the natural world. For me, most especially, healing means being released from fear and learning to live life to the full, wherever we find ourselves and whatever happens to us. This can only be done with God's help.

	Benefice Calendar: October 2025			
19	Sun	Trinity 18	Sunday 19th October	
20	Mon	4 pm Prayers at Kettleburgh	9.30 am Holy Communion at Marlesford	
21	Tue		11 am Holy Communion at Parham	
22	Wed	5 pm Compline at Marlesford	5.30 pm Harvest at Kettleburgh	
23	Thu	Wed 22nd 7 pm Book Circle,	'	
24	Fri	Station House, Campsea Ashe		
25	Sat	9.00 –11 am Benefice Big Breakf	fast Sunday 26th October	
26	Sun	Bible Sunday	11 am Benefice Holy Communion	
27	Mon	4 pm Prayers at Kettleburgh	at Easton	
28	Tue		Saturday 26th October	
29	Wed	5 pm Compline at Marlesford	Benefice Big Breakfast at	
30	Thu		Hacheston Village Hall	
31	Fri		The Next Benefice Holy Communion	

During these very unsettling times, it would be easy to succumb to fear. But God is calling us to a fuller life. We need to trust in him, place our burdens on to him and ask for his strength and grace to accept where we are and who we are.

The process of healing is not always easy and might well be painful as we face up to some truths about ourselves and our situations. However, God wants us to be healed, to be released from fear and walk with him into a new day where, we can be certain, he will never let us go.

Go well. Ann Cast all your anxiety on him because he cares for you.

1 Peter 5:7

The Next Benefice Holy Communion Service will be at 11 am on 2nd November at Brandeston

