



50p

St Helen's Church

Ashby-de-la-Zouch

FAITH — LOVE — COMMUNITY



Parish Magazine

June 2026

PARISH DIRECTORY

General inquiries: in the first instance, please contact the parish office.

Parish office: parishoffice@sthelensashby.net // 01530 411607

Community Heritage Building, 4 Church Yard, South St, LE65 1AA

Opening times: Monday, Wednesday, Thursday & Friday 10am - 1pm

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Street Pastors contact	Chris Lewis	07828 463368

St Helen's Church is part of the **Ashby Churches**

Alliance Church	07753 679147
Ashby Baptist Church	01530 413721
Ashby Congregational	01530 563301
Ashby Methodist Church	01530 412298
Holy Trinity	01530 412339
Our Lady of Lourdes	01530 412237

Donations can be left in the boxes at the back of St Helen's Church, in the porch of Holy Trinity or the Congregational Church, or at any of Ashby's Co-ops. Thank you to everyone for the continued support.



FROM THE MINISTRY TEAM

Dear friends

It is now just over three years since I started ministering with you across the Flagstaff Team. The thing I remember most vividly about the welcome service that evening was walking down from the Rectory through St. Helen's churchyard, hearing the bells and seeing the beautiful large orange poppies alongside the paths. What a beautiful welcome that was, as well as, of course, meeting lots of lovely people. Those poppies spring up year on year and remind me of that evening but are also commented on by many who walk through our churchyard.



On Trinity Sunday (31 May) we enter into what is known in the Church's year as 'ordinary time'. The liturgical colour for this season is green which reflects all that is around us of God's abundant creation. It is a time to notice the beauty of our surroundings and, here in North West Leicestershire, we are greatly blessed with some lovely places to see and to explore.

In our busy lives, it can be easy to ignore or simply miss what is around us and not take time to stand and be still. I am very poor at being observant about physical details. Last year I did a course training me to become a Pastoral Supervisor for ministers, in particular. Two of the skills we were encouraged to use are 'noticing' and 'wondering', so we notice something in what someone says, how they say it or their body language and we wonder about what that might mean for them – encouraging them to explore and delve deeper into what is going on in a situation. I realise that I have had to train myself to do the noticing before I do the wondering!

At our Café Church in Breedon in May, I spoke about Julian of Norwich – someone who spent many years in solitary prayer in a cell in Norfolk. One of

her most famous meditations is around a hazelnut. She has a vision of this hazelnut lying in the palm of her hand which she sees as symbolizing the fragility of all creation. Julian observed three fundamental truths about this little thing. The first is that God made it, the second is that God loves it and the third thing is that God preserves it. All of creation, however small and seemingly insignificant, is held in the palm of God's hand.

We so often fail to notice either the small things of life or where God is present because we make ourselves too busy and put pressure on ourselves by cramming more and more things into our lives or by the endless distraction of phones and other devices.

May this summer, this ordinary time, give us opportunity to breathe, to stop, to notice and to see God at work in our lives so that we may live closer to Him, be more attuned to Him and be better equipped to serve Him.

**With my prayers and best wishes
Sue Field**



(In May, we held a triple birthday celebration after church for Shân, Rev. Sue and Elaine— many happy returns!)

ASHBY YOUTH FOR CHRIST

If you would like to sign up for regular updates either follow this link <http://eepurl.com/dvVqrj> or email helen.davis@yfc.co.uk. Alternatively you can scan the QR code. Thank you for all your prayers and support.



Rock Solid

In May, our search for 'lost sheep' was blessed with fine weather and lots of fun. Our Yr11 Apprentices hid whilst the rest of the group - the shepherds - sought them. We thought a little about the absurdity and tragedy of the lost sheep who hides from the shepherd. We admitted that we are as daft and self-destructive ourselves.



Sk8ers

Some weeks sk8ers are inclined to engage in creative activity. The picture above shows a painting they contributed to. It is on show as part of the Ashby Art Festival. As they make things they are listened to by caring, praying adults. This service is powerful and it allows them to know God's presence as they are alongside his body, the Church.



ASHBY JOY

Ashby JOY is a group of people in their 20s &30s from various local churches, who meet weekly for fellowship and study.

Ashby JOY is continuing to grow and meets every Thursday at Ashby Baptist Church at 7.30pm.

Most recently, we have been progressing through 'Practicing The Way'- a series of video sessions about spiritual formation. The session on Sabbath, and learning what this can look like within daily life, was particularly refreshing.

Our itinerary over the next few weeks is as follows:

Thursday 4th– Practicing The Way session 7

Thursday 11th– retro games night

Thursday 18th– themed presentation/discussion

Thursday 25th– social

SOAPBOX SUCCESS

A big congratulations are in order for William Fraser, who came second in the Juniors races at the recent Soapbox Derby in Ashby. Well done Will! We look forward to hearing of more motoring success in the future.



EXHIBITION WEEKEND

At the start of May, the 'We're In Stitches' group hosted an exhibition weekend which included many items of their own work and a musical recital. The weekend brought in excess of 260 people into the church building.



CELEBRATING 150 YEARS OF THE MOTHERS UNION

2026 marks 150 years since Mothers' Union was founded in the small parish church of Old Alresford, Hampshire, by Mary Sumner - a home-educated young vicar's wife with a powerful vision. She dreamed of women, regardless of class or status, coming together in faith to support one another and strengthen family life within the church.

From that small flame of an idea, a global movement was born. Today, 150 years later, Mothers' Union has grown to around 4 million members in 84 countries, working to improve the lives of individuals, families, and communities around the world. At the heart of all we do is our belief that faith and compassion can transform lives.

Let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (Matthew 5:16)

And shine a light is what our members do. At Mothers' Union Leicester we plan a holiday for ten disadvantaged families from Leicestershire every year, collect gifts and Easter Eggs to support children whose parents are in prison, donate baby and new Mum supplies to Baby Basics Leicester, knit teddies for Women's Aid Leicester and other charities, and donate food items to support local charity Saffires in their work caring for Women who sell sex in Leicester. We speak out against injustice and strive to raise awareness of Modern-Day Slavery and Gender Inequality and pray for all of these issues.

All of our work is guided by our three core pillars of transformation:



Our global programmes include literacy and savings groups, parenting and resilience training, and domestic abuse awareness campaigns. These initiatives are rooted in local communities - we listen first, then respond with practical, faith-led action. Every day, globally, our members carry out thousands of quiet acts of service that bring hope and healing.

Mothers' Union today reflects the diversity of the modern world. We are a movement that continues to evolve, welcoming people of all backgrounds and identities. While we are a women-led movement, men are welcome to join! 150 years of courage, care, and community, and we're just getting started – so why not join us?

As we celebrate 150 years of courage, care and community, we're looking to the future. There's a place for you here.

Here are some of the events taking place nationally and locally that you might be interested in:

- There are still tickets available for the **National MU Anniversary Service at St. Paul's Cathedral** in London on the **10th June** – *they are hoping to live-stream this service and we will endeavour to put the link in the church newsletter nearer the time.*
- Within the diocese we are holding a **Teddy bear's Picnic on the 28th of June in Coalville**, where we have both an outside and inside option available to allow for the British weather! Drinks will be provided, but please bring your own picnic.
- On the **5th of June**, we are going to meet at Christ Church Coalville to cheer on Deb Lee, a Trustee from York diocese, who is cycling from York to St Paul's Cathedral.
- **Diocesan 150th Anniversary Service at Leicester Cathedral – 3.30pm Sunday 9th August**

To find out more about what's happening near you or how to become a member, visit www.mothersunionleicester.org.uk

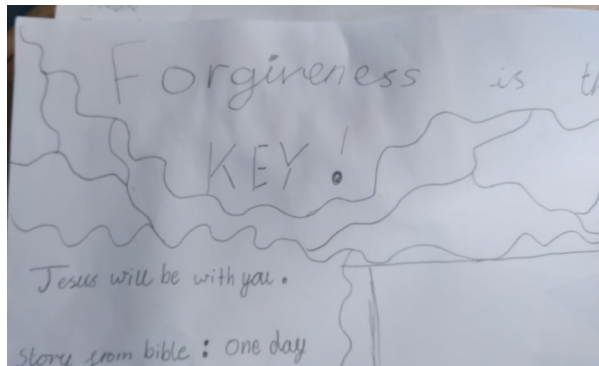
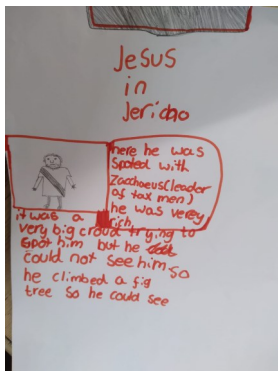
Article sourced by Eileen Barradell

CHILDREN AND SCHOOLS



The theme of our most recent messy church was 'living stones' and making sure all the children and their families knew that they are the precious living stones of the church. They also very much enjoyed making a cardboard church which was then displayed in our church building.

We also recently welcomed some more children from Willesley Primary School, thinking about Zaccheus.



Liz Smith

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GARDENING TIPS FOR JUNE

As we come to the end of May, we have been fortunate that the days have been generally warm, the evenings wet and there has been no sign of a late frost.

The longest day of the year is in June and the extra warmth and light encourages plants to put on a wonderful burst of growth. However, this extra light and warmth also means weeds will sprout up from nowhere. Therefore, keep on top of them by regularly hoeing them, especially in dry conditions.

We have had a very warm end to May after a great deal of rain earlier, and luckily, we have not had a late frost (to date). This means that you can plant out bedding and seed-raised plants but remember to keep them moist during dry weather.

Continue to earth up potatoes but keep the compost of container potatoes moist. Also take care not to overwater as this compacts the soil, squeezing out the oxygen and thus preventing the development of the tubers.

Sow seeds of herbs now, including Coriander, Dill, Parsley, Chives and Basil. Also, don't forget to bring the tender herbs back inside later in the year if you want a continued supply.

Pinch side shoots from your tomatoes and remember to start feeding them once the first truss is setting fruit. If you are growing strawberries then peg down the runners once your crop is nearing the end if you wish to create new plants for next year. Always water potted Blueberry plants with rain water rather than tap water as the lime content of tap water reduces the acidity of the soil over time.

This is a safe time to prune shrubs which have already flowered such as Spiraea, Choisya, Camelia, Deutzia and Philadelphus. Take out unwanted

branches and reduce the leading shoots to make the shrub bushier. I also prune the bottom of the shrub to lift the canopy which allows more light, and air in and this benefits any plants growing around the base of the shrub.

You either like them or hate them – wood pigeons! At this time of year the garden is visited frequently by these birds. Unfortunately, they love to eat the new growth of brassicas. When young, the brassicas (not the pigeons) need to be physically protected by mesh over a frame. The same goes for strawberries and other soft fruits. Pigeons (as well as blackbirds) like to peck at new growth on young onions and garlic which results in them being lifted out of the soil. The ones that are scattered around need to be replanted and then growth will continue (until it happens again!).

Keep an eye out for vine weevil as the larvae feed on plant roots particularly those kept in pots. Remove the adults (a black scaly beetle) from leaves immediately. Also look out for woolly aphids on Lupins and fruit trees. They should be removed with a soapy water spray.

As the weather becomes warmer, pond weed can quickly get out of control if left alone. The warmer temperatures will make fish more active and so now is the time to start feeding them daily,

Lastly, Alison and I are opening our garden to visitors as part of the Ashby Open Garden Scheme on Saturday the 4th of July and Sunday the 5th of July from 11am to 6pm. We are not doing refreshments this year. However, we will have wrapped sweets and bottled water available. We have lots of seating outside (some undercover) which you can take advantage of. We would love to see you all. Children are welcome as we will have, “Name the Gnome”, and quizzes (with prizes) for them to enjoy.

Alan and Alison Cross

OUR WORSHIP IN JUNE

	am	pm	Wednesday
1st Sunday 7th June		6pm Choral Evensong + Soiree	1st Wednesday– 3rd Holy Communion 10.30am
2nd Sunday 14th June	10.30am Holy Communion		2nd Wednesday– 10th Holy Communion 10.30am In Church
3rd Sunday 21st June	10.30 am Morning Worship		3rd Wednesday– 17th Holy Communion 10.30am In Church
4th Sunday 28th June	10.30 am Holy Communion	7.30pm Compline	4th Wednesday– 24th Morning prayer 10.30am In church

Regular activities:

- Monday mornings - Little Fishes 9.30 - 11.30am during term time
- Mondays - Pilgrim group
- 1st & 3rd Wednesday - We're in stitches – 2 till 4pm
- Thursdays - Choir practice – 6.30 till 8.30pm
- Fridays - Heart- warming Space 2-4pm
- Saturdays - Parish Prayers – 9.30am in the Hastings chapel
- 1st Saturday - Pause for Paws

DATES FOR YOUR DIARY

Saturday 6th June– Pet Service– 3.30pm

This will take place outside the West (Bell Tower) Door. Pets must be on leashes or in carriers for safety. There will be water bowls available. Bring a photo or a stuffed toy for remembrance. Refreshments available for all after the service.

Sunday 7th June– Evensong + Soiree– 6pm

For the first time since we began the Soirées, the recital will be performed by a Jazz quartet led by Brian Humpherson. The evening will follow the usual format of Choral Evensong, refreshments and then the recital but it will have a very different feel to it. Please do invite friends and neighbours etc to join us.

Saturday 13th June– AYFC Cream Tea Fundraiser-2pm

Ashby Youth for Christ will be hosting an Afternoon Tea in the St Helen's Heritage Centre. Tickets are £10 for adults and include free entry for one child. Tickets for additional children are £5 (up to age 11). Please purchase your tickets at the following link: <https://ashby-youth-forchrist.sumupstore.com/product/ayfcafternoon-tea>

Saturday 20th June, 7:00PM Save the date – “Connections - Midsummer Quiet Evening”

As part of our Connections programme, there will be a quiet evening on Saturday 20th June, beginning at 7.00 p.m. in the Heritage Centre, led by Andy Smith, followed by a simple service of Holy Communion in the Garden. We'll finish by 9.30 p.m. at the latest. On this evening of longest light, there will be space to pause and reflect on God's goodness in creation and in Christ. In sharing the Lord's Supper, we receive again the gift of his life—the true light that never fades. Further details will be shared nearer the time, but you may like to mark the date in your diary.

BLESS YOU

The most famous blessing, called Aaron's blessing, is found in the bible and goes like this

The LORD bless you and keep you;
the LORD make his face to shine upon you, and be gracious to you;
the LORD lift up his countenance upon you, and give you peace.

It's from Numbers chapter 6, and the words were given to Moses by the Lord. Moses then gave them to Aaron and his sons in order to bless the Israelites. Some common blessings are shorter than this, such as 'Grace and peace be with you,' or a 'God bless' instead of saying 'goodbye.'

The question arises, what exactly is a blessing? A Christian blessing is a spoken or prayed expression asking God to give someone encouragement, protection, or peace. It's understood as coming ultimately from God, not from human power. As the letters of Paul to the various churches were meant to be an encouragement to them, you see him give many blessings to the hearers.

Can I make up my own blessing upon someone? The answer is yes. A good way to do this is to take a verse from the bible that looks like a prayer. For instance, here's a prayer of St Paul, as found in his letter to the Ephesians:

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will.

Now let's suppose you're talking to Gordon, and they ask you to say a prayer for them. You can use Paul's words above, but rephrase them to sound like a blessing:

George, may the God and Father of our Lord Jesus Christ bless you with every spiritual blessing in Christ.

May you know that you are chosen in him, holy and blameless in his sight, and adopted as a beloved child through Jesus Christ, according to his

gracious will.

There are blessings in the baptism of a child given by the minister. One might go like this:

*May the Lord bless and keep you.
May you grow in the knowledge of God's love and grace.
May Christ Jesus surround you with peace,
fill your life with joy,
and lead you always in the light of his presence.
And may the Holy Spirit make you strong in faith,
gentle in heart,
and faithful in love.
Amen.*

And here is a blessing that could be used in a wedding service:

*May God bless your marriage with grace that is generous,
love that is faithful,
and joy that deepens through every season of life.
May you always remember that you are chosen, loved, forgiven, and
sustained in Christ.
And may your life together become a blessing to all who know you.
Amen.*

At this point, I know what you're thinking. 'But these blessings are given by an ordained minister, and I'm not nearly holy enough to bless anyone!'

Well, think on this. When you pray for someone, you're putting an ask or a request to God, and you trust God to answer your prayer. We may not be holy enough to have any effect, but God is. Further, God has the power to act regardless of our state of faith. Jesus while on earth encouraged the disciples to put in the 'ask' by saying to them, 'Ask and you shall receive.'

I have to confess here, that I hardly ever pray out loud a blessing upon the person I happen to be with. I'm too timid, too self-conscious. However I have just noticed that certain words keep appearing in these blessings. Therefore I plan to learn a few simple blessings, just in case I meet someone who asks me to pray for them.

Here's a blessing from Teresa of Avila (1515-1582)

*Let nothing disturb you,
Let nothing frighten you.
All things are passing away:
God never changes.
Patience obtains all things.
They who have God lack nothing;
God alone suffices*

And I would add:

As he surrounds you with his loving arms.

Common kinds of Christian blessings include:

- Blessing a person.
- Blessing before meals or 'grace.'
- Blessing in church services, spoken by the priest to the congregation.
- Blessing marriages, homes, or children — dedicating them to God's care.
- Blessings from scripture, like the Aaronic blessing above.

Many Christians also use New Testament blessings, such as:

- "Grace and peace to you..."
- "The grace of the Lord Jesus Christ be with you..."

In practice, a blessing can be very simple, such as:

"May God give you peace and wisdom today."

Different Christian traditions understand blessings somewhat differently:

- Some see them mainly as prayers and encouragements.
- Others, especially in Catholic, Orthodox, and some Anglican traditions, also view certain blessings as formal sacred acts performed by clergy.

The central idea is asking for God's goodness and presence in someone's life.

Direct blessing over a person or congregation

May the God and Father of our Lord Jesus Christ bless you with every spiritual blessing in Christ.

May you know that you are chosen in him, holy and blameless in his sight, and adopted as beloved children through Jesus Christ according to his gracious will.

May you live in the riches of his grace, redeemed and forgiven through Christ, and may his wisdom and understanding guide you in all things.

May the mystery of God's will be revealed ever more deeply in your heart, and may your life bear witness to the unity and peace he purposes through Christ for all things in heaven and on earth.

To the praise of his glorious grace. Amen.

Richard Vann

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Events at St Helen's

Guided Tour of St Helen's Church -

Wednesday 8th July at 2 pm

Guided Tour of St Helen's Churchyard -

Saturday 11th July at 2 pm

Children's Workshop—

“Churchyard Detectives”

Monday 20th July from 10 am—1 pm

EVENTS ARE FREE, BUT DONATIONS ARE WELCOME

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For more information:

Website: www.sthelensashby.net

Email: heritage@sthelensashby.net



LOTTERY FUNDED



St Helen's Church
Ashby-de-la-Zouch



Sunday Soirée

7th June 6pm - 8pm

Choral Evensong sung by

St Helen's Choir

followed by refreshments, then

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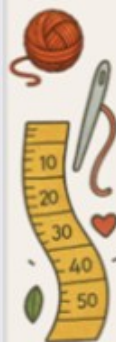
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If you'd like to contact Mo (the coordinator):
07748 157649

Or contact Anne (group leader)
she's on Instagram: @new_vintage_sewing



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St Helen's Church

Outdoor Pet Service

Saturday 6th June at 3:30pm
Outside the West (Bell Tower) Door

***Pets must be on leashes
or in carriers for safety***

***There will be water
bowls available***

***Bring a photo or a
stuffed toy for remembrance***

***Refreshments available for all
after the service***

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