



# St Helen's Church

Ashby-de-la-Zouch

FAITH — LOVE — COMMUNITY



# Parish Magazine

September 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

**Website: [www.sthelensashby.net](http://www.sthelensashby.net)**

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For more regular updates, find us on Facebook: St Helen's Church Ashby De La Zouch

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

Hello everyone,

September is an interesting month. Even its name carries a little reminder of change. The word comes from the Latin *septem*, meaning “seven.” This is because in the ancient Roman calendar September was the seventh month of the year. It is now the ninth, but the old name stayed with us! A small reminder that things change, even when we don't always change the names we give them!



And September certainly feels like a month of change. Summer begins to loosen its grip (especially this year). Mornings are cooler, evenings draw in, and the first signs of autumn appear in the trees and hedgerows. Holidays come to an end, schools begin again, and familiar routines return. For some, September brings excitement and new beginnings. Others may feel it brings a sense of loss as summer passes and a different season of life begins.

Change is part of life, whether we welcome it or resist it. Our towns change too; people move away, new people arrive. Buildings and businesses come and go; children grow up; familiar faces become memories. Yet, somehow, a town can remain recognisably itself through all these changes.

If change is part of life, is this why the Christian faith speaks so often of God's faithfulness? We live in a changing world, but we don't have to face that change alone. The writer of Hebrews reminds us: “Jesus Christ is the same yesterday and today and for ever.”

That doesn't mean that God is distant or unmoving. Quite the opposite. The Bible shows us a God who walks with his people through changing circumstances. A God who meets us in new beginnings and stays with us through endings. But God's constancy is not an absence of movement. It's the assurance that wherever the journey takes us, he remains faithful.

There is a beautiful thought in Lamentations: “His compassions never fail. They are new every morning; great is your faithfulness.” New every morning — and yet faithful. That's something worth holding onto as

September begins.

The seasons will change, our circumstances will change, and we will change too. But God's faithfulness does not depend on everything around us staying the same.

So, as we move from summer into autumn, let's embrace September. Embrace the endings it brings but remember that change also brings new possibilities. And whatever this new season holds for each of us, may we know the presence of the God who is with us in every season.

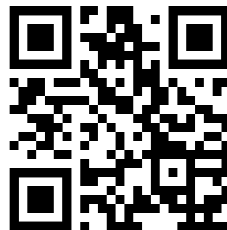
Grace & Peace

**Andy Smith**

## **ASHBY YOUTH FOR CHRIST**

*If you would like to sign up for regular updates either follow this link <http://eepurl.com/dvVqri> or email [helen.davis@yfc.co.uk](mailto:helen.davis@yfc.co.uk). Alternatively you can scan the QR code.*

*Thank you for all your prayers and support.*



### **Summer outdoor activities:**

This summer we offered, for the first time during the holidays, a schedule of outdoor activities to local young people. Rock Climbing, paddleboarding, ghyll scrambling and Mountaineering were enjoyed on dates throughout August and these were all excellent opportunities to forge stronger connections with (and between) some of our young people. During our outdoor adventures we also had the privilege of seeing them receive and demonstrate courage and determination. If you know of any young people, or local youth groups, who might like to take advantage of our outdoor activities offer in the future, please do get in touch as this would help to shape our planning for the school year ahead.

Regular youth clubs will be continuing from the week commencing 7th September. Sk8ers runs on Mondays from 6-7pm. Rock Solid runs on Fridays from 7-8.30pm. Both meet in the coffee lounge at Ashby Baptist Church. Football (age 16+) is from 5pm on Wednesdays, meeting at Ivanhoe Astro Turf.



## **ASHBY JOY**

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

The group has continued to meet throughout the summer for our weekly Thursday sessions. We have enjoyed a few more socials than usual, to celebrate birthdays, engagements and the imminent arrival of a baby and to introduce a few new faces. These have included a session of pottery painting, sports on the Bath Grounds and a trip to the pub.

From September we will be beginning a new and ongoing series, inviting more 'mature' Christians from the local area to come and join us for evenings of discussion and fellowship. Topics have been selected, covering a broad range from climate change to relationships to worship to women in the bible. If anyone reading is particularly keen to join us for this, please contact the parish office to be put in touch.

Meetings are at 7.30pm for an 8 o'clock start on Thursday evenings @ Ashby Baptist Church.

**Emily Darlington**

## **A WEEK AT KEPPLEWRAY**

This year, as previously, I enjoyed a week away, volunteering as a group leader at Kepplewrays— a Christian holiday for young people aged 11-15yrs, run by CPAS.

Throughout the week we enjoyed a schedule of outdoor activities including hill walking, scrambling, rock climbing, paddleboarding, kayaking, ghyll scrambling and archery. An action-packed week for sure, with plenty of opportunity to enjoy the beautiful scenery of the Lake District.

This year's theme was 'Spiritual Bootcamp'. Each evening all the young people and leaders gathered together for a time of sung worship and teaching as we thought about how we train for the mission of following





Jesus. Several of the young people we took from Ashby then brought some genuine and thoughtful questions to our times of group discussion afterwards as we all digested what we had learnt. Please do keep praying for all the young people present as they continue to explore a faith in Jesus back in their home towns, but particularly for the five young people from Ashby as they continue to attend church youth groups throughout the year.

**Emily Darlington**

## CHILDREN AND YOUNG PEOPLE

In August, members of our Priest Room Gang enjoyed a trip to the Phoenix Children's Foundation in Packington. A lovely time was had, meeting their ponies, donkeys, horses, reindeer, tortoises, rabbits, peacocks, pigs and hens. There were so many animal friends to be made! Bessie, from the charity, made us very welcome and we found some time to celebrate a recent birthday whilst we were there. We look forward to welcoming the donkeys to St Helen's at Christmas!



# THE BENEFITS OF LIVING SIMPLY

I was asked by Andy Smith to choose a hymn at this year's "Hymns and Pimms" service. After some thought I picked Graham Kendrick's "Beauty For Brokenness".

With my interest in wildlife photography and the natural world, then I am particularly upset when I see water companies pouring raw sewage into our rivers and the decline in sea birds as a result of overfishing and global warming. So the following verse jumped out at me.

*"Rest for the ravaged earth  
Oceans and streams  
Plundered and poisoned  
Our future, our dreams  
Lord, end our madness  
Carelessness, greed  
Make us content with  
The things that we need"*

However I was also struck by the second half of the verse, which chimed with some recent research showing that you were more likely to be happy if you committed to voluntary simplicity.

A study at the University of Otago took more than a thousand New Zealanders of average age 45 yrs and average income around £30,000. Despite advertising and influencers telling us that making lots of money and being able to buy luxury goods was the route to happiness, this research shows the direct opposite. A materialistic approach to life did **not** lead to more happiness - and nor did it lead to the sustainable consumption necessary for our planetary health.

People who adopted a sustainable lifestyle and resisted consumerism had a greater sense of happiness and wellbeing. This group of people also tended to be involved in things like community gardens and lending platforms, and maybe this sense of community involvement and relationships led to a



greater sense of fulfilment and meaning in life. “Brother, Sister, let me serve you” comes to mind here.

One of the authors of the study, Prof Rob Aitken said “In a world where billionaire weddings are treated like state occasions and private yachts are the new status symbols, voluntary simplicity offers a quiet, powerful counter-narrative — one that values enough over excess, connection over consumption, and meaning over materialism.” It seems as though research has confirmed what Graham Kendrick already knew when he wrote,

“ Lord end our madness, carelessness, greed. Make us content with the things that we need”

Spread the word. Our children and grandchildren ( and politicians) desperately need to hear the message !

**Martin Vaughan**

**St Helen's Church & Community Heritage Centre**

# Pause for Paws

9:30am to 11:30am  
First Saturday of  
the month St  
Helen's church  
(west door of the  
church)

Refreshments will  
be provided

4 Church Yard, Ashby-de-la-Zouch, Leics, LE65 1AA

[Facebook.com/sthelensheritage](https://www.facebook.com/sthelensheritage) [www.sthelensashby.net](http://www.sthelensashby.net)

## FROM THE ALBUMS

The Rectory garden was one of many taking part in Ashby Open Gardens. July's soiree saw us wowed by the musical talents of several members of the St Helen's community. Colton Ross was baptised, joining the St Helen's family.





## St Helen's Church & Heritage

4 Church Yard, Ashby-de-la-Zouch, Leics, LE65 1AA

# Hello Heritage Open Day

Saturday 12<sup>th</sup> September

10 am – 3 pm

### ‘Ride & Stride’ & A Rare Chance to See ...

A display of 18<sup>th</sup> Century Bibles & our  
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## OUR WORSHIP IN SEPTEMBER

|                                                | am                                 | pm                        | Wednesday                                                                        |
|------------------------------------------------|------------------------------------|---------------------------|----------------------------------------------------------------------------------|
| <b>1<sup>st</sup> Sunday</b><br>6th September  |                                    | <b>6pm</b><br>Soiree      | 1st Wednesday– 2nd<br>BCP Holy Communion<br>10.30am<br>In Church                 |
| <b>2<sup>nd</sup> Sunday</b><br>13th September | <b>10.30am</b><br>Holy Communion   |                           | 2nd Wednesday–<br>9th<br>Holy Communion<br>10.30am<br>Prior Park                 |
| <b>3<sup>rd</sup> Sunday</b><br>20th September | <b>10.30 am</b><br>Morning Worship |                           | 3rd Wednesday–<br>16th<br>Morning prayer<br>10.30am<br>In Church                 |
| <b>4<sup>th</sup> Sunday</b><br>27th September | <b>10.30 am</b><br>Holy Communion  | <b>7.30pm</b><br>Compline | 4th & 5th<br>Wednesday– 23rd<br>& 30th<br>Holy Communion<br>10.30am<br>In church |

### Regular activities:

- Monday mornings      - Little Fishes 9.30 - 11.30am during term time
- Mondays                - Pilgrim group
- 1<sup>st</sup> & 3rd Wednesday - We're in stitches – 2 till 4pm
- Thursdays            - Morning Light– 8.45am
- 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**

**Friday 4th September– Messy Church– 4.15pm– Heritage Centre**

**Saturday 5th – Castle & Church tour– 2pm**

A combined tour of Ashby Castle and St Helens for about an hour, starting at the castle at 2pm. English Heritage members are free, others need to pay for entrance to the castle, but you can use your ticket all day.

**Sunday 6th – Soiree — 6pm**

Join us for a service of choral evensong led by St Helen's choir, followed by refreshments and a recital of music performed by Jeremy Kimber and Sue Field- 'Music for Two Pianos'. Admission is free with donations gratefully received towards the costs of the evening.

**Saturday 12th– Ride and Stride– all day**

Church will be open to welcome walkers and cyclists (etc) participating in this year's ride and stride. Funds raised go to Leicestershire Historic Churches Trust.

**— Hello Heritage Open Day—see poster for details**

**Sunday 13th– Holy Communion with visiting speaker from Open Doors– 10.30am**

**Saturday 25th— Beetledrive– 6pm in the heritage centre.**

Contact the parish office or see weekly notices for more information.

**Tuesday 29th– Heritage Talk– 7.30pm.**

Admission is £4 on the door which includes light refreshments. See poster for more information .

**Sunday 6th October– 3.30pm– All Age Harvest Festival**

**- 6pm Soiree with music for saxophone, oboe and piano**



# GARDENING TIPS FOR SEPTEMBER

In the past, September has usually been cooler and windier than August. We definitely need regular rain following the severe drought in July and August. Also, the days are becoming noticeably shorter. Officially it's the start of Autumn and so we can see the garden planting slowing down. There is still lots to do in the fruit and vegetable garden but not so much in the coloured flower areas. That is not the case if you are redesigning or starting a garden from scratch.

Hopefully, you will be gathering the fruits (and vegetables) of your labour whilst getting out to start planting Spring-flowering bulbs for next year. Bulbs make a lovely Spring display when planted in containers or in borders, especially Snowdrops, Daffodils, Crocus and Hyacinths.

There are lots of other jobs to do in the garden this month. If you have a pond, then it is best to spread a net over it in order to reduce the amount of Autumn debris (mainly dead leaves) entering the water. Clean out the greenhouse, plant nursery and cold-frames ahead of Autumn sowing and growing. Continue watering on hot days (ideally with a watering can). Start to reduce the frequency of house plant watering. You can reduce your indoor watering even more if you have Succulents.

In the flower garden, continue to dead-head annuals, hanging-baskets and containers as they will go on until the first frosts. Lavender has stopped flowering by now but the spent flowers remain on the plant. Prune the flowers and stems to keep it in a compact shape for next year. Do not cut into the woody stems as they will not regenerate again.

Many perennials look tired and have brown leaves. When the frost strikes, some of them will just collapse into a brown mess. However, some remain in good shape. Sedum looks good as it fades, but plants such as Hostas can look awful, but don't remove dead foliage until they fully die. Late Summer/early Autumn is an ideal time to collect seeds for use next year but they must be kept dry.

Also, the risk of frost is getting closer and it may be worthwhile storing outside-tender plants in a frost-free place such as a conservatory or sunny porch. If placing them in an unheated greenhouse, then cover them with fleece as well as raising the plant pots off the ground so air can circulate and reduce the chance of grey mould forming.

Most of us are waiting for the lawn to come back to life after the hot weather. Don't panic as lawns are very drought resistant and will recover. However, reduce the frequency of mowing but use a lawn rake regularly to keep the fallen leaves off of the surface.

Finally, the vegetable garden is still active. You can plant onion and garlic sets to over-winter and pot up plants of Basil, Coriander, Dill and Parsley to grow them on the kitchen/porch window sill for a supply of herbs during winter. Keep picking Courgettes and Beans whilst young, fresh and tender. Dig up remaining main crop potatoes before slug damage spoils them. They do need to be stored somewhere dry and, most importantly, dark. Hessian sacks are ideal for storing them. Potatoes can go green very quickly when exposed to light, even if left in a greenhouse or conservatory for 24 hours after harvesting. However, they have to be dry before putting then into sacks otherwise they can rot.

We hope that rain will continue to fall, preferably during the night and so leaving the shortening days free to garden - WE WISH!

**Alan and Alison Cross**



## St Helen's Community Heritage Centre

4 Church Yard, Ashby-de-la-Zouch, LE65 1AA

Heritage Talks 2026 - 2027

# *Leicestershire during the reign of Queen Elizabeth II*

*R 'Bis' Bisgrove*

*Tuesday 29<sup>th</sup> September  
at 7.30 pm*

So much happened in Leicestershire during the reign of our late Queen – motorways opened, railways closed, sports teams won trophies, singers were in the charts, new councils were formed, trees were planted and polytechnics became universities. This enjoyable trip down memory lane will stimulate lots of your own recollections.

***Tickets on the door - £4 including light refreshments***



Facebook.com/sthelenschurch

Website: [www.sthelensashby.net](http://www.sthelensashby.net)

Email: [heritage@sthelensashby.net](mailto:heritage@sthelensashby.net)





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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



St Helen's Parish Office  
07565 191852 parishoffice@sthelensashby.net



Ashby Knit and Natter (We're in stitiches)  
St Helen's Church Ashby de la Zouch

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# Sunday Soirée

Choral Evensong sung by St Helen's choir  
followed by refreshments then a short recital

## Sunday 29 March

*(Different format - see event  
poster for more info)*

Music for Palm Sunday by St Helen's  
Choir and a string quartet

## Sunday 3 May

Organ recital by Chris Ouvry-Johns,  
Director of Music, Leicester Cathedral

## Sunday 7 June

Brian Humpherson's Jazz Quintet

## Sunday 5 July

Music by members of St Helen's  
church

## Sunday 6 September

Music for two pianos  
Jeremy Kimber and Sue Field

## Sunday 4 October

Music for saxophone, oboe and piano  
Corinne Marsh and Jeremy Kimber



6pm - 8 pm

Admission is Free



St Helen's Church

Ashby-de-la-Zouch





St Helen's Church & Community Heritage Centre

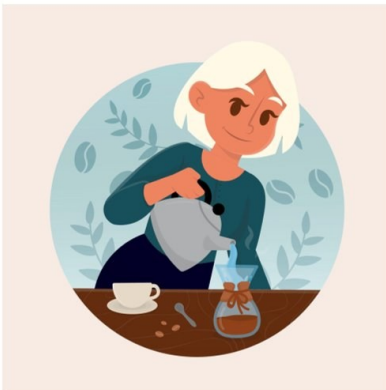
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