

The Messenger

Holy Innocents Church Gt. Barton Messenger Newsletter Apríl 2023

Our on-line magazine can be found on our website: http://themessengergtbarton.suffolk.cloud

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April 2023 Parish Letter from Fr Ben

"Joy is not the same as being happy. Happiness, as they say, is fleeting. We can find many things in life that make us happy — indeed, the pursuit of happiness is the raison d'être for many of us. But these things tend to fade away as quickly as they arrive, leaving us once again unsatisfied and wanting for more. And so we seek happiness in many kinds of gratification, some of it healthy but some of it not — we chase after better experiences, better friends, better sex, better food, better health, better homes, better cars, better houses, better technology...

The great comedian George Carlin said trying to be happy by accumulating possessions was like trying to satisfy hunger by taping sandwiches all over your body! He also said, "We have multiplied our possessions but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living but not a life. We've added years to life, not life to years."

Happiness is indeed fleeting. But joy is different. Joy remains with us. Joy holds onto our spirits and is almost impossible to remove. Joy can be that feeling when you remember seeing your child for the very first time. The beholding of the beauty of creation, when you breathe in the air and feel the warmth of the sun on your face. The sound of waves lapping over your toes on the beach, the feel of sand between your toes and that feeling of being alone but not alone. The joy of being together with your love, bodies entwined in the mutual feeling of desiring and being desired – a physical and spiritual sharing of each other.

And joy is the faith in the Trinity that knows us and loves us, no matter who we are, what we have done or what we will do. That we have a creator God who became nothing so as to give us everything. That sort of joy cannot be assailed.

"The fullness of joy is to behold God in everything. God is the ground, the substance, the teaching, the teacher, the purpose, and the reward for which every soul labours." said Mother Julian of Norwich.

If this does not cause us to express our unassailable joy – to Rejoice! – then all we have is sandwiches and Sellotape..."



We meet once a month on the second Tuesday of each month at 2.30pm.

Our thanks to Sheila and Vonnie for their craft card making activities in our March meeting. Most enjoyable!

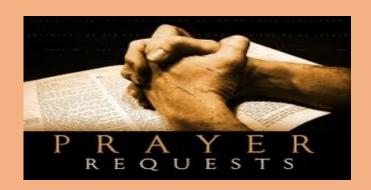
The World Day of Prayer service on 3rd March was well attended and raised £126.40 for designated charities connected with this event. We thank Montana Nursing Home staff for hosting this service.

We look forward to hearing about the life of a churchwarden with Tim Frost being our speaker on 11th April.

This will be held in the Gt Barton Institute.

Daloni Peel will be our May speaker to be held at the Rock in Thurston.

Contact Jill Rood on 01359 231647 for lifts or further information.



Prayer Chain

We all need others to pray for us sometimes. If you would like our prayer team to pray for you this week, please send your prayer request to (Kathy Drakes: email: kathy@drakesfamily.org). Requests are only shared confidentially between the vicar and the prayer team.



Great Barton and Thurston Benefice Services April 2023

Sunday 2nd April:

Palm Sunday

Holy Communion (BCP) at St Peter's at 8.30am

Benefice Sung Eucharist at Holy Innocents at 10.30am

Choral Evensong at Holy Innocents at 6.30pm

Thursday 6th April:

Maundy Thursday

Benefice Holy Communion at Holy Innocents at 7.00pm

Followed by 1hr Vigil at Holy Innocents.

Followed by 1hr Vigil at St Peter's.

Friday 7th April:

Good Friday

Benefice Short service at Holy Innocents at 10.00am.

Followed by Walk of Witness with Freedom Church Incl refreshments.

Benefice 1hr At the Cross at St Peter's at 7.00pm with projected images

Sunday 9th April:

Easter Communion (CW) at Holy Innocents at 10.30am

Easter Communion (CW) and Together Family Church at St Peter's at 10.30am

Wednesday 12th April:

No Service

Sunday 16th April:

Holy Communion (BCP) at Holy Innocents at 8.30am

Benefice Holy Communion at Holy Innocents at 10.30am

Wednesday 19th April:

Holy Communion (BCP) Holy Innocents at 10.30am

Sunday 23rd April:

Benefice Holy Communion (CW) at St Peter's at 10.30am Choral Evensong at St Peter's at 6.30pm

Wednesday 26th April:

Holy Communion (BCP) at St Peter's at 10.30am

Sunday 30th April:

Benefice Holy Communion at Holy Innocents at 10.30am Festival of Philip & James

(CW Common Worship, BCP Book of Common Prayer)

Holy Innocents Going Wild

Over, a short period of time, Holy Innocents church in Great Barton have been steadily building up their resources for birds and wildlife in the churchyard. This includes a variety of boxes for small birds, as well as three barn owl boxes, two tawny owl boxes, and with a little owl box still to come. A total of eight feeders are also managed to make sure all the flock are well fed!

The wildflowers in the ancient part of the churchyard are also encouraged to grow, with the contractor being very sympathetic whilst cutting the grass to leave areas for them to flower and seed before cutting. The development of a wildflower area is also planned, with 1200 square metres being set aside in the green burial area of the churchyard to be left uncut until the autumn. Mark Prina, ecologist from Rocha, visited to confirm that reversion had taken place, as this was originally farmland. Mark also agreed to return in the spring to catalogue the wildflowers that already exist in that area. Through this it is hoped to encourage wider diversity, with bees, butterflies and more small birds.

In addition to this, various piles of branches are left for nesting birds and small creatures to make a home. Rotten wood is left for insects to colonise, likewise ivy on trees and headstones is left. Some wild fruit trees are also present. Corrugated sheets may also be put down soon to encourage slow worms. A bee orchid appeared last year. There is also a possibility in the future for swift boxes to be installed in the bell chamber.

All in all, a positive result for the environment.

Easter Sunday

Join Together Family Church

9th April for crafts, song, Easter Garden making,

Hot Cross Bun_fest AND an Egg Hunt!

Celebrate EASTER with us!



St Peter's Church. Thurston 10am for 1030am







200 Club Draw for February 2023

The draw was made at The Luncheon Club in the Village Hall on March 10th

£100 Alex Reeve (219)

£25 Tiz Tiffin (233)

Tim Frost Administrator

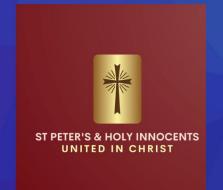


EASTER SUNDAY SERVICE AT HOLY INNOCENTS CHURCH GREAT BARTON

9th April at 1030am

CELEBRATE THE RESURRECTION OF CHRIST WITH US!







VISIT TO RHS GARDENS WISLEY

Join our Coach excursion on Thursday June 15th 2023 to RHS Wisley and enjoy the beautiful gardens and all they have to offer, the garden centre and other retail opportunities as well as a variety of eateries.

We will travel by Mulleys coach with WC facilities and will depart at 7.30am from Gt Barton Village Hall where parking is available, returning from Wisley at 4.30pm.

The cost of COACH ONLY will be £32.50, and you will then purchase your own entry tickets on arrival. [RHS members free]

To book and pay for your place on the coach please contact either.

Mary Edwards. Email: mary.windrush@yahoo.com

Or

Sarah Robinson. Email: spandj@icloud.com

Coronation Weekend

Coronation Fish and Chip Supper

Great Barton Village Hall
Arrangements by Holy Innocents Parish Church.

All ages welcome.

Reservations for Coronation Fish and Chip Supper

Date: Friday, 5 May, Great Barton Village Hall

When: Doors open at 5:30 for 6:00 delivery.

Menu: Fish and Chips: £7.50

Chicken and Chips: £6.50

2 Sausage and Chips: £4.30

1 Sausage and Chips: £3.30

*Please mention special dietary needs on your reservation form. *

**Ice creams may be purchased on the night. **Coffee, tea, and squash complimentary.

For a reservation form please visit our website at: http://themessengergtbarton.suffolk.cloud/

For more information Linda Scoles 01359 230392



From a Gardeners Notebook, April 2023

At the time of writing, 14th March, my Sweet pea seedlings are doing well The flowering currant is showing leaf. The season is already on the starting line. Drop the cold wind and warm the mid-day temperature and life will be going by strides very shortly.

As Easter approaches this months article is for the flower arranger. Easter falls on the 9th April, so nearly into the second week of the month. Will we have daffs and other items in our gardens to decorate the church and home, or will we have to buy flowers? A very popular flower at Easter is, of course, the lily. Here are one or two facts and points of interest on this particular flower.

Lilium hybridum 'Cv'

A beautiful trumpet shaped flower, usually with several blooms to each stem. The flower comes in many shades and colours. The overall length of flower and stem is about two to three feet. Most varieties are not fragrant – but Star Gazer and Casablanca have a strong perfume, (not liked or appreciated by everyone). The stem of the flower should be given a diagonal cut when conditioning (preparing) it. The surface area will be larger, therefore drinking more water; also it will not be flat on the bottom of the bucket. Add flower food to the water, if desired, and allow the flowers to drink for 24/48 hours in a frost free shed or garage before putting them into an arrangement. When working with lillies be careful or the stamens and pollen, because they can mark the petals or anything else they come into contact with. The professional florist must always be mindful of a brides dress.

Lastly, handle with respect and care because the blooms can be knocked off the main stem. Remember to visit our two churches and see the fantastic efforts of our own community: symbolism is depicted in many of the displays.

Prompt points for the garden: Cuckoo time again! Feed those roses, don't forget. Sow runner beans in pots under glass, sowing in the vegetable patch too. Did you know that we now buy more vegetable seeds than flower seeds? Not veryone buys their vegies from the "big four"!

Happy Easter, happy flower arranging and happy gardening

Mary

One of my favourite things.....

is my new Air Fryer. Well, at least I <u>want</u> it to be one of my favourite things. I have had it for three weeks, and I admit it is not yet anywhere near being a favourite thing. I thought it would be, and I still have hopes that it will be; but it isn't yet.

I know, on health grounds and electricity cost savings that an Air Fryer is an outstanding appliance, but I put off buying one because I have very little kitchen counter or storage space. Where was I to keep it? Finally, falling back on my tried and true assurance that if I want something I will find room for it (this has worked successfully for furniture, clothing, plants, guests, friends, and children), I purchased one.

I unpacked it with excitement and high hopes. But THERE WERE NO INSTRUCTIONS FOR COOKING ANYTHING IN THE PACKAGING. There was a booklet with drawings and tiny pictures of the front of the machine, and many warnings in several languages, but nothing to say how to prepare or cook anything at all. I had some lovely chicken joints all ready, but I couldn't just experiment with poultry, could I? A person can get sick by eating uncooked chicken, after all.

My dear friend, Betty, who knows nearly everything, has had an Air Fryer for some time now, and she swears by (not at) hers. Betty cooks many of their meals in it - meat, fish, you name it - with potatoes (parboiled), and veg, too. Sure 'nuff, she was just AFing their dinner when I rang. She explained how to prepare the chicken, then added that she was doing her veg at the same time. What a good, cost-saving idea, I thought.

I followed her instructions about cooking the chicken and the timing carefully (if you want to know, ask Betty), but remembered just in time to add the beautiful sprouting broccoli (£2 treat from Tesco). I checked the chicken a couple of times to be sure it was cooking properly. Finally, plate ready and salivating from hunger, I opened the drawer to black smoke and a nasty smell. The beautiful broccoli was dark brown and crumbled to dust when I touched it. Maybe I wasn't supposed to cook it for the same amount of time as the chicken? OK, that is just common

sense, but really, how am I supposed to know that without a recipe? When should I have added it? How did Betty learn how to cook a whole meal at a go? And-----how do I get rid of the awful smell every time I use the blasted thing?

Never mind. My daughter, Stacy, has saved my bacon, as they say. She sent me <u>The Essential Air Fryer UK 2023 Cookbook. 1001 Days</u>

<u>Affordable and Crispy Recipes</u> (Crispy Recipes?) <u>using UK</u>

<u>measurements incl. Dinners, Sides, Lunch, Breakfasts & More.</u>

Helpfully, there are multiple recipes to suit every occasion. Each and every recipe is clearly titled "Air Fryer....Recipe", as in "Air Fryer Bacon and Egg Breakfast Sandwich Recipe", "Air Fryer Fried Chicken Recipe", or "Air Fryer Cajun Po' Boys". (I think I may skip that one.) I haven't cooked anything from the book yet, because I am enjoying reading it, but I have learned how to get rid of the smell. That must be a problem for other cooks, too, if there is a printed solution. (Betty might have told me that, if she was really a friend.)

So, I am hopeful that my new healthy and cost saving machine will become one of my favourite things....some day soon. Possibly? Maybe.

With love, Linda



Meeting Point

The start of the New Year will be an opportunity for a visit to the Meeting Point Community Café at The Institute, Gt Barton.

We now hold Meeting Point every Wednesday from 11.00am to 2.00pm. We welcome everyone to join us for a tea/coffee, or you can also enjoy lunch, which is prepared and served to you by our lovely volunteers.

Revision of Electoral Roll - 2023:

Our Electoral Roll is a list of the Holy Innocents community (subject to eligibility); inclusion gives us a right to vote in certain meetings and stand for elections. It is a way of being part of the church family. Any lay person who is baptised, over 16 years of age and residing within the Holy Innocents parish or who has worshipped with us here for more than six months, can join the Roll. Each year the Roll is updated and so those new to the Holy Innocents community and eligible are warmly invited and encouraged by the Vicar Rev'd Fr Benjamin Edwards to join. Notice is hereby given that the revision of the Holy Innocents Electoral Roll shall take place from 9th April to 23rd April. Application forms can be obtained from the Church Electoral Roll Officer. This year we are only revising the Roll again, so those already on it will remain on it, and they should **not** complete a new application form. (The six yearly full renewal took place in 2019). The revised Roll will be presented at the APCM on Tuesday 9th May 2023. Any questions to Peter Robinson, Electoral Roll Officer (admichurch64@gmail.com or 07814 946841).

Storehouse.

Please remember to support this cause, particularly at a time when rising prices have badly affected the most needy among us. Goods and donations for Thurston can be left at No 31, School Rd, Thurston, Jill Rood theroods@waitrose.com), donations for Great Barton can be left at Holy Innocents church or with Tim Frost at 2, Diomed Drive, Great Barton.

Friends of Thurston Library

Thurston Library on Norton Road is open for all children and adults in Thurston and the surrounding area

Come and join the Library: we'd love to see you and it's free for all the family

Opening Times

 Monday
 Closed

 Tuesday
 2pm – 6pm

 Wednesday
 10am – 1pm

 Thursday
 2pm – 6pm

 Friday
 10am – 1pm

 Saturday
 10am – 3pm

 Sunday
 10am – 3pm

Like to be involved with the planning activities and events with Friends of Thurston Library? Pick up a leaflet in the Library or contact Richard Fawcett: Thurstonlibfriends@gmail.com

Home Library Service

If you or someone you know is having difficulty getting to the Library to select books, then Carol, our friendly Home Library Service Volunteer will do that for you. She will visit once a month with your books and return any you have finished on your behalf. Get in touch with Ellie on 01359 235048 to find out more or to sign up for this fabulous service!

DiscoveReads is back!

DiscoveReads is our programme to help you find new and exciting reads and get you talking about books. With a selection of six great books, recommended by readers across Suffolk, over the next 3 months we will be focussing on getting your views on these 6 titles, whether as a book group or an individual reader.

As part of this project, we have two events:

Event 1 Desert Island Books 7pm - 9pm day Friday 14 April

A free event. Bring along the one book you couldn't live without - for a read, discussion, and a mini quiz.
Refreshments provided! Call Ellie at Thurston Library for more details.
Book your place by visiting the Library desk or calling during opening hours.

Event 2 Esther Freud, the author 7pm - 8pm Friday 9 June
We'll be talking about her book Mr Mac and Me on. Tickets £5 from the Library, or visit the Thurston Library webpage. More details to come.

In the Library during the week

Saturday

Knitting Workshop

Every Saturday 10.30am - noon. Free. Ever wanted to learn how to knit? Join us for this weekly session for beginners. Or you may have a project on the go and need some assistance – just come along.

Ancestry Club

Who do you think you are?

10am – noon 1st & 3rd Saturdays Everyone welcome! No expertise needed: friendly help is at hand on from 10am – noon. Email Jayne at thurstonancestry@gmail.com

for more information.
Tea & coffee of course!
And a good natter!
You will be made very welcome.

Sunday Lego Club

The Lego Club meets every Sunday from 10.30am - 2.30pm.

Monday Simply Sing

7pm - 8pm 1st Monday of the month If you like to sing, then come along and join us for Simply Sing.
You will be made most welcome.

For more information contact Angie Murray on 07870 383526.

Thurston Mini Movers Early Years movement classes, ideal for toddlers and their grown-ups!

This weekly class runs every Monday from 10am - 11.30am. The last session for now is Monday 17 April. Dance East hopes to return soon.

Thanks to everyone who has supported the group.

For more information and to book, please contact zoe_ablitt@danceeast.co.uk

or phone 01473 295230.

Thurston Mini Movers is supported by Mid Suffolk District Council.

Tuesday Chat'n'Chill Tuesdays

3.15pm - 5pm

Waiting for a parent to collect you after school? Need somewhere to hang out to chat to your friends?

Come and use our side room! Please sign in when you arrive.

The Last Tuesday Baking Club

Tuesday 25 April Shortbread Get in touch with Ellie in the Library.

Wednesday Wordplay: Baby Bounce for 0 - 4year-olds



Wednesdays 10.15am - 10.45am Bring along your babies and preschoolers for songs and nursery rhymes in the Junior Library.

Thursday Twenty Minute Tales 3.45pm - 4.05pm.

After school story time.

Friday Friday Sewcial

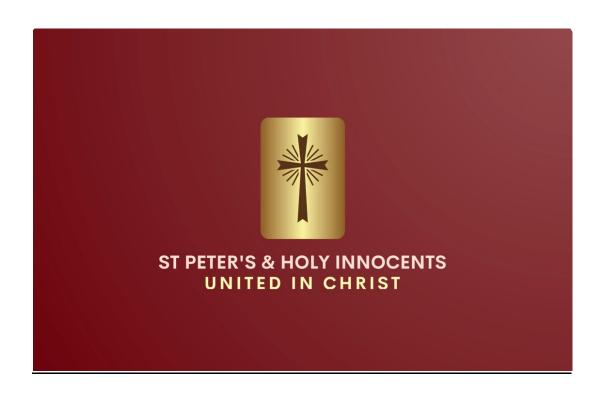


10am every Friday. Just turn up. Bring an ongoing project to work on whilst having a chat.

More Information: Please visit the Suffolk Libraries Thurston Library page www.suffolklibraries.co.uk/visit/locations-and-times/thurston-Library

Follow us on Facebook, Instagram (thurstoncommunityLibrary) and thurstonLibraryfriends.suffolk.cloud for all the latest information on our groups and activities.

Thurston Library: Norton Road, Thurston, IP31 3PB 01359 235048 Library Manager: Ellie Longman Friends Group information: contact Richard Fawcett 07889 427476



Get Involved with The Messenger

Would you like to contribute to Your Messenger? We would love to hear from you, share your favourite recipe, a funny story, your favourite holiday memory. If you would like to share something you feel will be of interest to your neighbours or anyone living in Gt Barton, please contact:

Tim Frost: 01284 787442 or email: timfr0st@yahoo.co.uk
Peter Robinson: 07814 946841 or email: beneficepr@gmail.com

The following Business Adverts are in the on-line version Supporting The Messenger.

David Martin: Vehicle Engineers. 01359 230538

admin@davidmartinmotorengineer.co.uk

Ecosweep. 01359 232335 ecosweep@live.com

FixaLeak. 01842 763165 peter@fixaleak.co.uk

Guildhall Studio. 07880 797124 jmartinzz@gmail.com www.guidhallstudio.com

John Ranson. 01284 788248 07770932799 jwransonbuilding@gmail.com

Metcalfe, Copeman, Pettefar LLP. 01842 756100 Dawn.coller@mcp-law.co.uk

Rothwells Carpet Cleaning. 01638 428060 info@rothwells.biz

Strands Hair Salon. 01359 230300 sjanef23@gmail.com

TBS Hire 01284 788122 info@tbs-hire.co.uk

The Clean Plumber. 01284 765453 justask@thecleanplumber.co.uk

The Sausage Shop. 01359 235237 kate.hitchcock@hotmail.co.uk

Home Care – Paula Drewry 079800 17043 pauladrewry@hotmail.com

ELITE FENCING & LANDSCAPING 01359 221128 trevor@elite-fencing.co.uk