



# **The Messenger**

**Holy Innocents Church Gt. Barton  
Messenger Newsletter  
March 2023**

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

## **Church Officers**

<b>Churchwardens</b>	<b>Tim Frost</b>	<b>01284 787442</b>
	<b>Angela Pearce</b>	<b>01359 230395</b>
<b>Verger</b>	<b>Linda Scoles</b>	<b>01359 230392</b>
<b>PCC Secretary</b>	<b>Jane Dalton</b>	<b>01284 788613</b>
<b>Treasurer</b>	<b>Kathy Drakes</b>	<b>01284 787746</b>

## **March 2023 Parish Letter**

**If there is a zeitgeist, a defining spirit or mood of this particular period of history as shown by the ideas and beliefs of this time, it is a zeitgeist rooted in fear. Fear is an especially useful tool in politics and the manufacture of consent. It is a powerful tool of propaganda that can be used to cut off sections of the public from the alternative views of any particular policy. Appeals to fear seek to build support by instilling anxieties and panic in the general population.**

**We are all susceptible to the appeal to fear, the effect of which leads us almost inevitably to consenting to various courses of action that may have previously been beyond our better judgement. Some of the modern examples of these appeals to fear will be familiar – we may still be in their clutches.**

**Some of them we carry with us because we believe them to be reasonable and wise. We all quite rightly fell to the appeal to fear of the Covid 19 virus – this is how the lockdowns were able to be observed as well as they were. However, this fear was used to good advantage by those who wished to profit from that fear - £37 billion was given to the flawed Test and Trace scheme. £4 billion was given to companies to provide PPE which turned out to be useless. Our fears were well justified, but the fear drove people to make bad decisions under the pressure.**

**We have been subjected to campaigns of fear of migrants and refugees to this country – we have sadly been encouraged with words of fear by our own government, Home Secretary Suella Braverman referring to refugees as an ‘invasion’, inflammatory language designed to instil fear so as to manufacture consent for extreme and dehumanising policies, such as shipping refugees to Rwanda as standard practice.**

**Fear of difference – the increasing rhetoric surrounding transgender people, that they are somehow a danger to society, contributed to the tragic murder of 16 year old trans girl Brianna Ghey, simply because of who she was.**

**All of these appeals to fear weave a narrative to all those that hear them – that what we have, our resources, our way of living, our health, our**

**freedom, our identities, our world as we know it will be taken away from us.**

**And so we worry. We worry about our health. We worry about the foreigner. We worry about not having enough. We worry about change. And can any of you by worrying add a single hour to your span of life? We worry about all of these things chiefly because we are *told* to worry about them. And who tells us we should worry about them? And how do we hear that we should worry about them?**

**The Bible says, in various ways, ‘Do not be afraid’ - many times! - Do not be afraid!**

**Christians put their trust in God. Because anxious, worrying people can be divided and controlled by forces other than God. Fearful people can be divided and then taught to fear each other. Fearing each other leads to conflict, segregation, isolation and destruction. I quote a wise person who said, ‘Fear leads to anger. Anger leads to hatred. Hatred leads to the dark side’ – Yes, I know this was Yoda from Star Wars, but it also happens to be true!.**

**Wherever we are made to feel fearful about our future, wherever we are led to worry about the latest thing that we’re told to be afraid of, stop. Lift your hearts and minds and souls to God, cast your worries and anxieties into God’s hands, where you are nestled in the protective embrace as of a mother enveloping her children in loving and gentle care. Let go of worrying about tomorrow, with its phantoms and dread portents imagined by the worm-tongue whispers that meet our ears. And know that, with God, all shall be well and all shall be well, and all manner of things shall be well.**

***The Rev'd Fr Benjamin Edwards  
Vicar of Great Barton & Thurston***



## **MOTHERS UNION**

**We meet once a month on the second Tuesday from 2.30pm**

**Our February meeting had visitors Amanda and Clare from Diocesan MU in Suffolk who bought their Stall of goods to purchase. Amanda gave us a very interesting talk. Thank you, ladies!**

**Our next MU meeting is on Tuesday 14<sup>th</sup> March in the Institute when Sheila and Vonnie will be crafting cards for Easter with us.**

**We so enjoyed their last visit that we invited them to return!**

**Please come along to the World Day of Prayer meeting at 2.30pm on 3<sup>rd</sup> March (Friday) in Montana Care Home chapel which is a lovely place to hold this service. YOU WILL NEED TO WEAR A MASK. There is a separate advert in the Newsletter and Messenger for this event. We have only one space left for a reader if you wish to be involved.**

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

## **BANGERS & BINGO NIGHT**

**It's on!**

**18 March, in the Church Institute, 6:00 for 6:30.**

**£10 for adults, children under 12 free.**

**Draw prizes needed.**

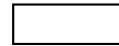
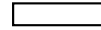
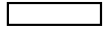
**Caller, with laptop, needed to run the Bingo machine.**

**Ring Molly Lumley (01284) 787621 before 15 Feb. to register your interest.**



## WORLD DAY OF PRAYER

Service Organised jointly by Gt Barton and  
Thurston Mothers Union



**Friday 3 March 2023 at 2.30pm**

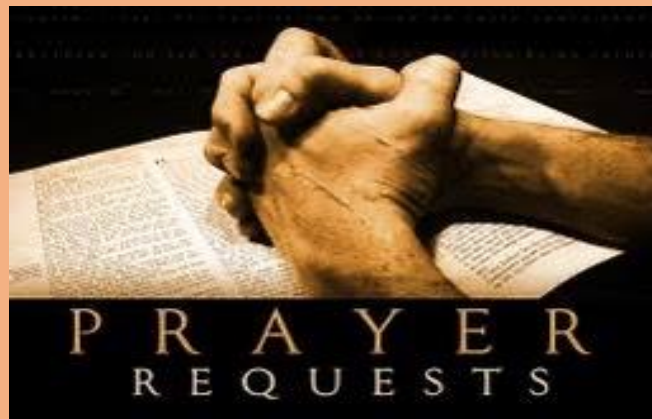
**Montana Care Home Chapel, East Barton Road, Gt Barton  
IP31 2RF**

A women led, global, ecumenical movement

**Prepared by the Christian women of TAIWAN**

[wwdp.org.uk](http://wwdp.org.uk)

Anyone is welcome to this service which is in the form of prepared booklets, and we shall be using a CD for the hymns and local Taiwanese music. There is a collection envelope inside the booklets which can be used to gift aid your offering if relevant. If a lift is required, please contact Jill Rood on 01359 231647.



### **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](mailto:kathy@drakesfamily.org)). Requests are only shared confidentially between the vicar and the prayer team.**

**Great Barton and Thurston Benefice Services**  
**March 2023**

**Wednesday 1<sup>st</sup> March:**

**Holy Communion at Montana at 10.30am**

**Friday 3<sup>rd</sup> March:**

**World Day of Prayer TBC**

**Sunday 5<sup>th</sup> March:**

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

**Sung Eucharist at Holy Innocents at 10.30am**

**Wednesday 8<sup>th</sup> March:**

**Holy Communion (CW) at St Peter's at 10.30am**

**Sunday 12<sup>th</sup> March:**

**Sung Eucharist at St Peter's at 10.30am**

**Evensong at Holy Innocents at 3.30pm**

**Wednesday 15<sup>th</sup> March:**

**Holy Communion (CW) Holy Innocents at 10.30am**

**Sunday 19<sup>th</sup> March:**

**Holy communion (BCP) at Holy Innocents at 8.30am**

**Together Family Church at St Peter's Mothering Sunday at 10.00am**

**Holy Communion Mothering Sunday (CW) at Holy Innocents at 3.00pm**

**Wednesday 22<sup>nd</sup> March:**

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

**Sunday 26<sup>th</sup> March:**

**Together Family Church at Gt Barton Primary Academy at 10.00am**

**Holy Communion at St Peter's at 10.30am**

**Evensong at St Peter's at 6.00pm**

**Wednesday 29<sup>th</sup> March:**

**Holy Communion (CW) at Holy Innocents at 10.30am**

*(CW Common Worship, BCP Book of Common Prayer)*

# **Churchyard Matters**

**Dear Parishioners**

**May we please draw your attention to the way the churchyard is used, what is permissible and what is prohibited.**

**For safety reasons:**

**No glass containers please. If placed on headstone they fall over and break. Broken glass is then hidden in the grass and poses an injury hazard to others. Also, in winter, the water in the container freezes causing expansion - the glass breaks resulting again in an injury hazard. The Churchwardens reserve the right to dispose of any glass containers found in the churchyard.**

**Loose headstones will be made safe, and where possible relatives informed.**

**No plastic flowers should be placed on graves. Silk flowers are permissible.**

**Care of the Churchyard:**

**Always leave a watering can with water in it if there is no place to hang it. It then won't blow away!**

**Put wreaths, oasis, flowerpots, and paper in the grey bin. Only compostable flowers in the brown bin. Dog litter only in the grey bin. All Crosses to be removed once a headstone is in place.**

**Please be respectful of other graves. Do not encroach on the grave of others loved ones by putting too many flowers, flower boxes and objects around your loved ones grave. Please respect the tradition and serenity of these places of rest, keeping adornments to a minimum and in keeping with the surroundings.**

**Thank you for your cooperation.      Churchwardens**

*One of my favourite things....*

is happening right now. We are beginning to open again after a long period of forced isolation. I can feel the eagerness of most of us to return to what used to be our "normal" lives. We will never regain the lost time and will mourn the loss of relatives and friends; but we can meet together and enjoy our favourite activities now without undue worry or anxiety. What a joy.

Meeting Point Community Cafe is open every Wednesday and growing in numbers every week. Bingo is back on the calendar - 18 March - ring Molly to book: (01284) 787621.

Plans are well under way for our church to participate in the Great Barton Coronation celebrations in May by staging a Fish and Chip Supper on May 5th in the Village Hall for 80 diners of all ages. Information and Reservation Forms will appear in March in the Village Newsletter, on the Church Website, and copies will be left in the church and the Church Institute as well. Get your reservations in early so you don't miss out.

What else? Who knows. Maybe a BBQ. Maybe Men's Breakfast. Maybe something completely new. Do you have an idea? Would you volunteer to help? Please do volunteer to help. It's fun.

With love, Linda.

### **200 Club Draw for January 2023**

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

**£100 Ann Fisk 116)**

**£25 Luke Atwell (245)**

**Tim Frost**

**Administrator**



**Coronation Weekend**

**Coronation Fish and Chip Supper**

**Friday, 5 May 23**

**Great Barton Village Hall**

**Arrangements by Holy Innocents Parish Church.**

**All ages welcome.**

**Look for details in the April edition of The Messenger**

**Also on our website:**

**<http://themessengergtbarton.suffolk.cloud>**

**Dear Parishioners,**

**Many of you will be aware and some will have seen, that three of the stained glass windows in Holy Innocents have been removed for restoration and repair. They will be away a few months.**

**I wish to express my thanks on behalf of The PCC to all who contributed to make the work possible. In particular, to The Friends of Holy Innocents' for their considerable offer to support our fund raising efforts.**

**The removal of the windows suggests to me, that it is likely all the stained glass windows were removed during WWII, for safe-keeping, as evidence shows significant rendering was necessary on reinstalling. Also, two of the cartoons were repositioned incorrectly. These will be rectified once repair has taken place.**

**Once again, thank you! I for one will be pleased to see them back and looking more glorious than before.**

**Tim Frost  
Churchwarden**

**Re: Pilgrimage to Umbria & Marche (3<sup>rd</sup> – 8<sup>th</sup> June 2023)**

**Please find attached the draft proposed itinerary which includes flight times from Heathrow with British Airways and package inclusions. This package is priced at £865 with full details in the itinerary.**

**At this stage, I am circulating the itinerary to know if you are interested in joining this pilgrimage. There are limited single rooms available for this package and will be released on a first come basis.**

**I will appreciate if you would let me know by Tuesday, 15<sup>th</sup> November 2022 of your interest in this pilgrimage. After achieving the required number of pilgrims, you will be requested to complete the booking form together with a deposit to reserve your place.**

**For further details or clarification, please do not hesitate to contact me on tel. 01245 261302 or email: [joan.carvalho17@gmail.com](mailto:joan.carvalho17@gmail.com)**

**Kind regards**

**Joan Carvalho  
(Group Leader)**

**To view full details and Itinerary please follow the link to The Messenger website:**

**<http://themessengergtbarton.suffolk.cloud/blog/pilgrimage-to-umbria-and-marche/>**

**For March only  
Mothering Sunday  
Together Family Church  
Sunday 19th March 2023  
Starting at 10.00am  
For breakfast and the fun begins at  
10.30am.**

**TOGETHER FAMILY CHURCH  
ALL ONE IN CHRIST  
Songs, Activities, Prayer and  
Mayhem!**

**ALL ONE IN CHRIST in  
St Peter's Church,  
Thurston**

**TOGETHER FAMILY CHURCH**

**ALL ONE IN CHRIST**



## **From a Gardeners Notebook, March 2023**

**This month's article is on "Hedges and Trees." One or two suggestions were passed on to me by an old work colleague, a true "Suffolk Boy" and a wonderful back woods man, my thanks go to him.**

**Great Barton is an excellent area to observe as many people have planned both beautiful and practical examples.**

**Why do we plant hedges?**

**To make and mark boundaries, to enhance our properties, as wind brakes to warm planting areas, a backdrop for borders and absorb noise. (Laurels are excellent for this purpose)**

**Planting**

**March is a good time for planting. If possible, prepare the ground by digging a trench and add natural or purchased compost, work in well. Remember to put up a line to get a good straight or curved line as you wish. Plant five small trees to a metre in a "W" shape. Trim routes before planting, do not be afraid to cut back the hedge hard in its first year, as this will produce a better hedge eventually. We want the hedge to be wider at the base not leggy.**

**Now planting a tree**

**When planting a tree, a very good tip is to introduce a pipe at the place of planting then you will be able to water the routes where it is most needed. As you stake your tree, secure it about halfway up: then as the wind blows, the top, good root growth will be encouraged at the bottom.**

**In this country we have about 35 native types of trees, see how many you can think of, lime and yew two to get you started. In our own area, hornbeam is one of our natives therefore a fine example to choose for a specimen tree or hedging.**

**Enjoy the pleasures of early spring, happy planting.**

**Mary**

## **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.**



## **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](mailto:theroods@waitrose.com), donations for Great Barton can be left at Holy Innocents church or with Tim Frost at 2, Diomed Drive, Great Barton.**

**Saturday 20 May 2023**

**A visit to the ruins of Rougham Hall**  
– not to be missed! A date for your diary



**Saturday 11 March 10am – 3pm**

**Suffolk Libraries Day: Three activities:**

**Family Dog-themed Trail ... children's craft ... and 'Where's Wally in the Library?'**

We hope you will come and join in our family dog-themed trail - with or without a dog!

First, collect your trail form between 10am and 2pm from Thurston Library. There is a small charge of £1.

Then walk, scoot or cycle your way around 2 of Thurston's new housing developments, Thurston Park and Cavendish View

**7pm Thursday 23 March in  
Thurston Library**

**Friends of Thurston Library  
AGM**

Our brief Annual General Meeting followed by a musical performance from *Sprinkle, Twinkle and Her* singing duets from the Musicals - and appropriate refreshments.

A free, enjoyable evening for all Friends of Thurston Library.

**7pm Friday 21 April in  
Thurston Library**

**Posh or Not? 2**

**Yes, back to the sound of  
great applause!**

The wonderful wine tasting with the wonderful Wynn Rees.

Tickets on sale in March





## 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](mailto: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!

### In the Library during the week

#### Every Saturday

Knitting Workshop  
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. Suitable for children and adults alike. Spaces are limited to materials, so please contact the Library if you are interested. This event is part of Suffolk Libraries Be Kind in Kind initiative to support people this winter.

#### Saturday

##### Ancestry Club

##### Who do you think you are?

Everyone welcome! No expertise needed: friendly help is at hand on 1<sup>st</sup> & 3<sup>rd</sup> Saturdays in the Library from 10am – noon. Email Jayne at [thurstonancestry@gmail.com](mailto: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

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

For more information contact Angie Murray on 07870 383526.

### Monday

#### Thurston Mini Movers

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

Thurston Mini Movers is the perfect way to nurture your little ones natural love of movement in a structured yet relaxed environment. Themes, music, props, and games are used to develop balance, coordination and imagination. This class is all about children and their grown-ups having fun and sharing the enjoyment of exploring movement together.

This weekly class runs every Monday from 10am - 11.30am.

The session includes half an hour at the end for refreshments and socialising.

For more information and to book, please contact [zos.ablitt@danceeast.co.uk](mailto:zos.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.

**More Information:** Please visit the Suffolk Libraries Thurston Library page [www.suffolklibraries.co.uk/visit/locations-and-times/thurston-library](http://www.suffolklibraries.co.uk/visit/locations-and-times/thurston-library)

### Tuesday

#### The Last Tuesday Baking Club

Tuesday 28 February:

upside down cake.

Tuesday 28 March: savoury scones.

Get in touch with Ellie in the Library.

### Wednesday

#### Wordplay:

#### Baby Bounce for 0-4-year-olds



Wednesdays 10.15am - 10.45am

Bring along your babies and pre-schoolers 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.

### Thurston Community Village Quiz

Thank you to everyone who came to the Quiz; to The Friends of Thurston School who provided the excellent refreshments and Thurston CE Primary Academy for the venue; to everyone who gave prizes and helped in so many ways. And in particular to Doug Levey for his Quizmaster skills and fun!

Follow us on Facebook, Instagram ([thurstoncommunitylibrary](https://www.instagram.com/thurstoncommunitylibrary/)) and [thurstonlibraryfriends.suffolk.cloud](https://www.facebook.com/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](mailto:timfr0st@yahoo.co.uk)**

**Peter Robinson: 07814 946841 or email: [beneficepr@gmail.com](mailto: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](mailto:admin@davidmartinmotorengineer.co.uk)**

**Ecosweep. 01359 232335 [ecosweep@live.com](mailto:ecosweep@live.com)**

**FixaLeak. 01842 763165 [peter@fixaleak.co.uk](mailto:peter@fixaleak.co.uk)**

**Guildhall Studio. 07880 797124 [jmartinzz@gmail.com](mailto:jmartinzz@gmail.com) [www.guidhallstudio.com](http://www.guidhallstudio.com)**

**John Ranson. 01284 788248 07770932799 [jwranonbuilding@gmail.com](mailto:jwranonbuilding@gmail.com)**

**Metcalfe, Copeman, Pettefar LLP. 01842 756100 [Dawn.collier@mcp-law.co.uk](mailto:Dawn.collier@mcp-law.co.uk)**

**Rothwells Carpet Cleaning. 01638 428060 [info@rothwells.biz](mailto:info@rothwells.biz)**

**Strands Hair Salon. 01359 230300 [sjanef23@gmail.com](mailto:sjanef23@gmail.com)**

**TBS Hire 01284 788122 [info@tbs-hire.co.uk](mailto:info@tbs-hire.co.uk)**

**The Clean Plumber. 01284 765453 [justask@thecleanplumber.co.uk](mailto:justask@thecleanplumber.co.uk)**

**The Sausage Shop. 01359 235237 [kate.hitchcock@hotmail.co.uk](mailto:kate.hitchcock@hotmail.co.uk)**

**Home Care – Paula Drewry 079800 17043 [pauladrewry@hotmail.com](mailto:pauladrewry@hotmail.com)**

**ELITE FENCING & LANDSCAPING 01359 221128 [trevor@elite-fencing.co.uk](mailto:trevor@elite-fencing.co.uk)**