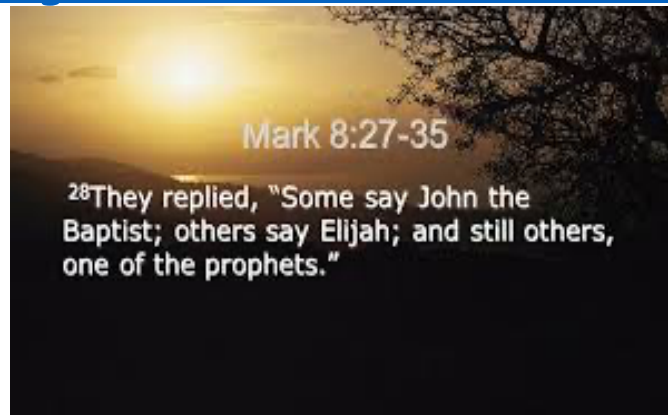


The Benefice of  
Holy Innocents, Great Barton & St Peter's, Thurston

[www.greatbartonandthurston.org.uk](http://www.greatbartonandthurston.org.uk)



**Sunday 15th September**

**10.30am: Proverbs 1: 20-33. James 3: 1-12. Mark 8: 27-end**

**6.30pm: Isaiah 44: 24-45.8. Revelation 12: 1-12. Psalm 119: 105-120**

**Readings from NRSV Bible please.**

**COLLECT**

**Lord of creation,  
whose glory is around and within us:  
open our eyes to your wonders,  
that we may serve you with reverence  
and know your peace at our lives' end,  
through Jesus Christ our Lord.**

**Amen**

**Rev'd Ben Edwards**

**email [revdbenjaminedwards@gmail.com](mailto:revdbenjaminedwards@gmail.com) or call 07771 925491**

**Ben's time off is Friday pm and Saturdays.**

**Churchwardens**

**Holy Innocents Gt.Barton**

**Tim Frost 01284 787442 or 07840 249448**

**Angela Pearce 01359 230395**

**St Peter's Thurston**

**Pat Sadler 01359 230865 or 07552 234443**

**Margery Ashford 01359 231007 or 07443 414622**

**Reader: Kathy Drakes. Email [kathy@drakesfamily.org](mailto:kathy@drakesfamily.org). 01284 787746**

## Services for this week

### Sunday 15<sup>th</sup> September:

Together Family Church at TPA, 10.00am

Benefice Communion (CW) at Holy Innocents, at 10.30am

Choral Evensong, at St Peter's, at 6.30pm

### Wednesday 18<sup>th</sup> September:

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

## Services for next week

### Sunday 22<sup>nd</sup> September:

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

Benefice Service Harvest Festival at St Peter's at 10.30am.

### Wednesday 25<sup>th</sup> September:

Holy Communion (CW) at Holy Innocents at 10.30am

## Praying for our Benefice

### We pray for;-



- Jane's brother Jon, Alexander, Mary Gould, Ian Baxter, Hayley, Cathy McQueen, Maureen and Peter, David & Pat Sheppard, Roger and Pat Boyes, Noreen Reeve, Deidre and Derek Caley, Kathleen Sewter, Jill Cooper, Rev'd Derek Hill and Charles Gorer.
- We pray for Princess Catherine and her family as she continues her recovery
- We pray for those who have died recently and those who mourn the loss of a loved one.
- We also remember all those whose anniversaries fall at this time. May they all rest in peace and rise in glory.
- In a world filled with violence and conflict, we pray for peace.
- We pray for all who are sick, physically, and mentally. May they be surrounded with God's love.
- We pray for all those who are struggling with the cost of living.
- We pray for all the people in our parishes of Great Barton and Thurston. May they be aware of neighbours in need.
- We pray for ourselves that we may show loving kindness to everyone.
- We pray for the hungry and give thanks to those who donate to food banks.

## Benefice Events & Notice

### 8.30am Communion BCP service at Holy Innocents.

*In recent months, our 08.30 Book of Common Prayer Holy Communion service at Holy Innocents has been very sparsely attended, if at all. It does seem that this service may no longer be required at this time. Therefore, it has been decided that this service will be on hiatus for the foreseeable.*



### **Organ Recital**

by

**Matthew McVey and Joe Lewis**

**St Peter's Church Thurston**

**Friday 20<sup>th</sup> September 2024 at 7.00pm**

**(The evening includes singing of Harvest Hymns)**

**Light refreshments available**

**Retiring Collection in aid of St Peter's Church**



**Abbot Consort of Voices presents:**

***LIGHT***

***Music by Stanford, Duruflé & Others***

***Director of Music: Martyn Bagnall***

***Organist: Dan Soper***

**St Peter's Church Thurston.**

**Saturday 19<sup>th</sup> October 2024 at 7.30pm**

**Light refreshments available**

**Free admission**

**Retiring Collection in aid of St Peter's Church**



**Sunday 22<sup>nd</sup> September at St Peter's Church, Thurston.  
You are invited to bring harvest gifts, of nonperishable goods to the  
service on 22<sup>nd</sup> September.  
These will be taken to the 'Storehouse' foodbank in Bury St  
Edmunds**

## **BANGERS & BINGO**



***A Bangers and Bingo evening is planned for  
Saturday, 5 October, 6:00/6:30,  
in The Institute, School Road, Great Barton.  
£10 to include supper and Bingo cards.  
Items for the Draw are welcomed.  
Ring Molly Lumley (01284) 787621 for reservations.***

## Holy Innocents PCC

We have put the minutes of our recent PCC Meeting on our website so that everyone can see what we have been discussing.

If you have anything you would like us to discuss at future meetings, please let Fr. Ben know"

To see the minutes please follow this link to our website:

<https://www.greatbartonandthurston.org.uk/holy-innocents-great-barton/holy-innocents-pcc-minutes?stage=Stage>



### St Peter's Church Treasurer

- Are you numerate and experienced in using accounting software?

Could you manage the financial performance of our church?

- Do you have good communication skills?

If you are interested and would like to know more, please contact the following people.

Fr Ben at [revdbenjaminedwards@gmail.com](mailto:revdbenjaminedwards@gmail.com)

Pat Sadler at [patsadler@hotmail.com](mailto:patsadler@hotmail.com)



**The Mindful Life Group**  
The UK's only not-for-profit dedicated to  
older adult mental health

## **Our very popular online mindfulness course is opening for Older Adults in Suffolk**

- Designed by Clinical Psychologists
- Proven to improve wellbeing, sleep and resilience

### **Feedback from one of our previous participants:**

*'I'm an absolutely great believer in the course it really got me through...the relaxation techniques, which I still do, really helped me in quite a profound way'. JB*



Find out more at  
[the-mindful-life.com](https://the-mindful-life.com)



**Suffolk and North East Essex  
Integrated Care Board (ICB)**

**The Mindful Life Group is offering an online mindfulness course that is fully funded to support older adults (over 65) and carers or former carers in Suffolk. The course is designed by a clinical psychologist who is also a mindfulness teacher.**

**The course is based on the mindfulness-based stress reduction course developed by John Kabat Zin but has been adapted for these populations.**

**We have had really good feedback from participants, and we have found that it improves peoples' attention and memory, as well as reducing loneliness, low mood, stress, anxiety and chronic pain.**

**We currently have courses starting in October, all courses are fully online and are six weeks long.**

**Places are free but limited to around 15 per course**

**More information can be found on our website: <https://the-mindful-life.com/>**

**Just a reminder, that following the splendid refurb of our porch at St Peter's, Jigsaws are again available to be bought or swapped, at a suggested donation of £2.00**

**Thank you. Churchwardens.**

**Can you help?**

**Can you spare time once a month to help keep our lovely church, St Peter's, Thurston, clean. We desperately need helpers to join the present small band of cleaners. Any time you can give will be gratefully appreciated.**

**We would love to hear from you. Please contact Pat 07553 234443 or Margery 07443 414622**

**Many thanks**

**STOREHOUSE, PLEASE give generously at this time when so many families are relying on food banks. Thank you**

**Goods and donations for Thurston can be left at No 31, School Rd, Thurston, donations for Great Barton can be left at Holy Innocents church or with Tim Frost at 2, Diomed Drive, Great Barton.**

**Visit the following to get the latest information ;-**

**Website: <https://www.greatbartonandthurston.org.uk>**

**Facebook pages:**

**Holy Innocents: <https://www.facebook.com/Holy-Innocents-Church-Great-Barton-685807921585678/>**

**St Peter's: <https://www.facebook.com/St-Peters-Church-Thurston-1790473917903849/>**

**Please email any notices to Peter Robinson [beneficepr@gmail.com](mailto:beneficepr@gmail.com)  
or tel: 07814 946841 by **Thursday 19th September****

**Find us on Facebook**