



The Messenger

Holy Innocent's Church Gt. Barton

Messenger Newsletter

January 2022 Issue 13

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

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January 2022 Parish Letter

Rev'd Ben Edwards

A young man, freshly graduated from college, went to see the wisest rabbi in the city. When the rabbi answered his knock, the young man said, "Rabbi, I want you to teach me. I want to learn the wisdom of our people."

The rabbi smiled and said, "You're much too young for that. Come back in ten years and maybe then we can begin."

But the young man was not about to wait. He said, "Give me a chance. I've studied hermeneutics and semiotics, deconstructionism, and symbolic logic. I can do this. Test me."

"All right, all right," said the rabbi, who grudgingly admired the youth's determination. "Come in and sit down, and I'll ask you a question." The young man did, and this is the question he was asked:

Two men climb down a chimney. At the bottom one man has soot on his face, the other doesn't; one man washes his face, the other doesn't. Tell me, which man washes his face?

The young man's face brightened, and he said at once, "The man with the soot on his face!"

The rabbi shook his head. "No, no. It was the man without the soot on his face. He saw the soot on his friend's face, assumed that he must be dirty also, so he went and washed. Now run along and come back in ten years."

"You can't send me away after just one question," said the young man. "I was just warming up. Ask me another."

"Very well," said the rabbi, and this is the second question he asked the youth:

Two men climb down a chimney. At the bottom one man has soot on his face, the other doesn't; one man washes his face, the other doesn't. Tell me, which man washes his face?

The young man paused a moment, then said, "The man without the soot on his face."

The rabbi frowned a bit. “Don’t try to be clever. No, it was the man with the soot on his face. He could taste it on his lips, and feel it in his eyes, so he went and washed.”

“Okay, okay,” said the young man, putting up a brave front, “I got the hang of this now. Just one more question, please.”

The rabbi sighed. “As you wish. Here’s your third question:”

Two men climb down a chimney. At the bottom one man has soot on his face, the other doesn’t; one man washes his face, the other doesn’t. Tell me, which man washes his face?

There was a long pause, while the youth furrowed his brow and made inarticulate sounds of frustration. Finally, in a voice robbed of all its former confidence, he said, “The man without the soot on his face...but for some other reason...?”

The rabbi strode to the door and opened it. “Go away, go away, will you? No, they both washed their face. How can you climb down a chimney and not get soot on your face?”

Life isn’t black and white. Often there are no easy answers. Sometimes there is more than one correct answer. It is a wrestle, a struggle, a process. The same goes for God. God is not a mystery we cannot understand, God is a mystery that we can endlessly understand, layer by layer, bit by bit, uncovering more, understanding more, confirming more, ruling out more. Let us approach our common lives together in this way too – never looking solely for absolutes, but for everything that lies between them too. Because that is where the divine lies – in a journey, not a destination.

May your year be full of the joy of God that flows through all things, and may we all hope and pray for God's guiding hand for our year ahead. Happy New Year, one and all!"

INFORMATION ON UPBEAT

Upbeat was started in 1995 by a group of local cardiac patients to provide support for those in the community who have had heart attacks, heart surgery or suffer from other heart related problems and their Carers. We are based at Long Melford and in Bury St. Edmunds.

The group provides exercise opportunities, coffee mornings and arrange social events. Exercise is currently provided in Bury St Edmunds on Monday and Wednesday mornings at The Newbury Centre, St Olaves Road, Bury St. Edmunds. We are soon to

relocate next door to the brand-new Newbury Community Centre in Lyle Place.

The other session is on Tuesday mornings at Long Melford Old School Community Centre. All sessions are under the instruction and supervision of specially trained instructors. We are working under Covid rules at the moment. Since the pandemic our classes have been reduced to two sessions per morning, but we hope in the future to get back to opening on three mornings in Bury and one in Long Melford. We have the support of a Cardiac nurse at every session who is available for advice or a regular blood pressure check. There is an important need for support for the carers of patients and they are included in all of our activities.

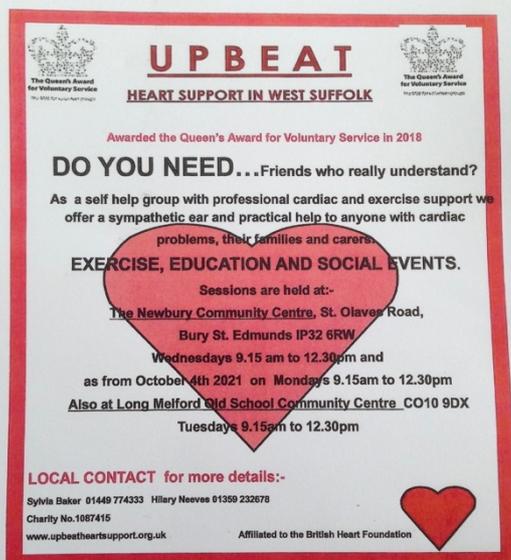
We hold social 'coffee and chat' drop-ins weekly at our morning exercise sessions at Bury St Edmunds and Long Melford and fortnightly at a separate venue on Thursday mornings in Bury St Edmunds. Our cardiac nurses are available to give advice on every exercise morning.

If you are a heart patient and are interested, please come along to one of our sessions, have a cup of tea with us and see what we can offer. You would be most welcome. For more information, please call

Chairman, Tel: 01449 774333

Treasurer Tel: 01284 747238

Hilary Neeves, Secretary, Tel: 01359 232678



Saints Through the Year –

St Anthony of Egypt Feast Day 17th January

St. Anthony of Egypt, also called St. Anthony the Great, was a religious hermit and one of the earliest Desert Fathers, and is considered to be the founder and father of organized Christian monasticism. His rule of life (or book of observances) represented one of the first attempts to codify guidelines for monastic living.

Anthony began to practice a life of severe discipline and abstinence at the age of 20 and after 15 years withdrew for absolute solitude to a mountain by the Nile called Pispir (now Dayr al-Maymūn), where he lived from about 286 to 305. During the course of this retreat, he began his legendary combat against the Devil, withstanding a series of temptations famous in Christian theology and iconography. About 305 he emerged from his retreat to instruct and organize the monastic life of the hermits who imitated him and who had established themselves nearby. When Christian persecution ended, he moved to a mountain in the Eastern Desert, between the Nile and the Red Sea, where the monastery Dayr Mārī Antonios still stands. There he remained, receiving visitors and, on occasion, crossing the desert to Pispir. He ventured twice to Alexandria, the last time (c. 350) to preach against Arianism, a heretical doctrine teaching that Christ the Son is not of the same substance as God the Father.

Anthony's spiritual combats with what he envisioned as the forces of evil made his life one long struggle against the Devil. According to St. Athanasius, the bishop of Alexandria, the Devil's assault on Anthony took the form of visions, either seductive or horrible, experienced by the saint. For example, at times the Devil appeared in the guise of a monk bringing bread during his fasts or in the form of wild beasts, women, or soldiers, sometimes beating the saint and leaving him in a deathly state. Anthony endured many such attacks, and those who witnessed them were convinced they were real. Every vision conjured up by Satan was repelled by Anthony's fervent prayer and acts of penitence. So exotic were the visions and so steadfast was Anthony's endurance that the subject of his temptations has often been used in literature and art, notably in the paintings of Hiëronymus Bosch, Matthias Grünewald, Max Ernst, Paul Cézanne, and Salvador Dalí.

Anthony's life gives us an example of someone who knew the value of solitude, silence and time alone with God – but also someone who knew that even in that silence we often struggle against our own humanness. He said, 'They who sit alone and are quiet escape from three wars: hearing, speaking, seeing: but there is one thing against which one must continually fight: that is, one's own heart'. It is in the silence that God works upon our souls best, and by the example of Anthony and his pioneering of the monastic life, we can be instructed to retreat from time to time into silent time with God too.

The Messenger.

The current version of the Messenger has been going for a year, both in printed form and on-line. New people have been added to the list of those requiring a printed copy, and I am often asked how much is it?

It is our intention to continue to offer the Messenger in printed form free of charge, but should you feel inclined to contribute, we would welcome an annual donation, if you so wish, to help with the cost of paper and printing.

Thank you

Tim

The poem (A poem for Christmas Day) on page 7 was written by Charles Gorer. Charles also read the poem at our Christmas Day service in Holy Innocents.

A POEM FOR CHRISTMAS DAY

If our memories recall a past where innocence prevailed
And cling to images of bells that
Brightly summoned us to prayer and carols sung from lamplit pews,
When we were young and strong,
Could we be wrong?

Did we abhor the stable door was all that opened
On a night that every inn was closed
To those whose faces did not fit? Did we invent a narrative to sit
Where conscience looked the other way?
Do we today?

The lamps that shine on busy streets ignore the shadows in between;
So too we sometimes turn our backs on facts
Our world would rather went unseen: the old, the cold
The minds that wander in between the light of day and darkest night.

Our world is changing. We struggle with the challenges we face.
Sometimes are not embraced by images which once gave comfort and sustained
Our faith.

Within our shrinking world new strangers must be welcomed in,
And we must offer solace where we can,
Provide a refuge, cushion age, share more:
Be not remembered only for a barely open stable door.

But let us on this day sing out: a child born to give us hope, to grant us joy.
Among the shadows there is light which beckons from a distant hill.
It guides our path. It always has. It always will.

Great Barton and Thurston Benefice Services

January 2022

Sunday 2nd January:

Eucharist (CW) at Holy Innocents, Great Barton at 10.30am

Naming of Christ and Patronal Festival.

Eucharist (CW) at St Peter's Thurston at 10.30am

Thursday 6th January:

Epiphany Choral Evensong + Jubilate at Holy Innocents Church at 6.30pm

Sunday 9th January:

Baptism of Christ, Eucharist (CW) at Holy Innocents, Gt Barton at 10.30am

Plough Sunday, Eucharist (CW) at St Peter's, Thurston at 10.30am

Sunday 16th January:

Holy Communion (BCP) at St Peter's Thurston at 8.00am

Eucharist (CW) at Holy Innocents, Great Barton at 10.30am

Sunday 23rd January:

Benefice Eucharist at St Peter's Thurston at 10.30am

Sunday 30th January:

Holy Communion (BCP) at Holy Innocents, Gt Barton at 8.00am

Eucharist (CW) at Holy Innocents, Gt Barton at 10.30am

(BCP Book of Common Prayer)

(CW Common Worship)

Please check our noticeboard, pew sheet, Facebook pages or the benefice website for any changes and updated information:

<http://www.greatbartonandthurston.org.uk>

Facebook pages:

Holy Innocents: <https://www.facebook.com/Holy-Innocents-Church-Great-Barton685807921585678/>

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



Meeting Point Community Café

Due to the current Covid 19 situation we have taken the decision to pause the Meeting Point Café on a Wednesday until further notice. This is to ensure the safety of our customers and volunteers.

We will continue to post updates on our website, please see the link below.

The Messenger website: <http://themessengergtbarton.suffolk.cloud>

200 Club Draw for November 2021

The draw was made by Rosemary Barbrooke on 22nd December 2021

£100 Angela Pearce (169)

£25 Norman Blades (147)

New members can join now before the next draw on the 10 December 2021

Holy Innocents Church Christmas Draws 2021

The case of wine was won by Jan Butler

The food hamper by Debbie Lucas

Both tickets were drawn were drawn by Rosemary Barbrooke.



MOTHER'S UNION JANUARY MEETING

This is our AGM and we are holding this on the second Tuesday the 11th January at Gt Barton Institute (its warmer!).

Please come along with ideas of how we go forward in 2022; any speakers, crafters, talented members and other suggestions most welcome.

Refreshments and cakes to brighten the January gloom!

DON'T FORGET THE BRING AND BUY STALL, this is our fundraiser.

For more information Pat is on 01284 705540 or Jill 01359 231647



From a Gardeners Notebook, January 2021

A new year, and a fresh opportunity to make your borders look more wonderful than last year. Try and extend the season as much as possible, use old and tried methods, as well as embracing new ones. There

is always something to be done in the garden, but do not forget even in the winter months to look and enjoy what you might find, a single rose struggling against the odds, or the hues on evergreens brought about by the frost and temperatures below freezing. You may prune your rhododendron and also your amelanchier. Amelanchier, like the prunus I recommended in last month's column would grace your garden if it is large enough, the blossom in spring and the autumn colours of the leaves are both wonderful.

Prompted by the mention of rhododendrons, I felt it would be a fine opportunity to tell you a little of one of our prominent plant hunters, George Forrest (1873 – 1932). Forrest loved the outdoors from an early age, and would far rather be outdoors than indoors. We all know one or two people like that! In total he made seven expeditions to find plants and bring them back to England. Sadly, he did not live to retire or write his memoirs as he died at the age of 59 on completion of his seventh trip. It has been suggested it was the strain and efforts of these quests that killed him. Explorers were captured by natives, held prisoner; some caught malaria, and so on, it was not an easy life.

Rhododendron sinogrande to England in 1913, thanks to George Forrest.

Rhododendron is Greek – rodo – rose. dendron – tree

sinogrande is Latin – sino, China grande, showy large

Forrest was also responsible for bringing *Primula vialii*, a little orchid shaped primula to our shore from his first trip to Yunnan, Southern China on the border with Burma.

As we observe our own gardens and visit others it might be nice to reflect on the efforts of our plant hunters over the centuries for our enjoyment.

“Prompt Points” Clean and service all your tools. Sterilize pots and trays, once we have pruned roses at the end of February, the race is on again!!!

Happy gardening, and every success this season. Mary

Refurbished Church Porch

Dear Members of the Parish,

We have recently completed most of the work on the south porch. The outer doors require treatment, but this will have to wait until warmer weather.

Thank you to all involved in this project to breathe new life into a tired porch. The entrance now looks much more in-keeping with the church and has a more inviting space.

A special thanks to Charles Gorer who oversaw the project and to all who donated to aid its completion.

Stained-glass windows appeal

Dear Members of the Parish,

We are now approaching the half-way mark of our target to reach £K10 towards the restoration of 3 of our stained-glass windows in Holy Innocents church.

So, a big thank you to all those who have contributed. But we are still only half-way. And I anticipate that getting the remainder in is going to need a huge effort.

For those who still wish to be identified with this appeal, contributions can be made by cash, Cheques, Direct Debit and via contactless giving within the church building, using a reader situated just inside the main church door. Payments can be made to:

Great Barton Church

Sort code: 20-16-12. Account number: 50421944. Ref: Windows.

Cheques or cash to:

Tim Frost Churchwarden 2 Diomed Drive

Angela Pearce Churchwarden 18 Barton Hamlet

Kathy Drakes Treasurer 27 Diomed Drive

If you have any ideas on helping us to raise the shortfall, please let me know.

Once again, thank you for your continued support, for *your* parish church



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

Kathy Drakes: 01284 787746 or email: kathy@drakesfamily.org

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 jwranonbuilding@gmail.com

Metcalfe, Copeman, Pettefar LLP. 01842 756100 Dawn.collier@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

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