



The Messenger

**Holy Innocent's Church Gt. Barton
Messenger Newsletter
March 2022 Issue 15**

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

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March 2022 Parish Letter

Ashes to Ashes

On March 2nd, we mark Ash Wednesday in the Church.

To receive the ashes upon our foreheads, to mark us now at the beginning of Lent is a sacred and holy act, thick with meaning and resonance. The ashes and oil mixed together retracing the cross placed upon our heads at the time of our baptism – these are ashes of the Palm Crosses we held aloft last year, immolated and reduced to component parts. Some of the substance of those crosses was freed into the world as gas and light and heat, leaving behind the very stuff of death with which we now will receive.

“remember you are but dust, and to dust you shall return”, the priest will say as the Cross is traced upon you.

But, we remember the promise of our baptism, as that same cross is received – “Christ claims you for his own.” And we remember, if we belong to Christ, we belong to the Resurrection – we seek to tread in the footsteps of the Master, denying ourselves and taking up our own cross, that we might, as the oil on our heads symbolises, be anointed by our lives *lived for Him* for a glorious eternity, one that redeems even the substance of death, the ashes, that we take with us.

For you know what God can do with ashes, with dust, right? What God can do with the seas of atoms and particles and sub-atomic particles? Even when life seemingly leaves the stuff of flesh and bone and blood, when it becomes part of the good earth once again?

God bonds and weaves it together, brings it all once again into relationship with each other, makes it good, makes it part of creation, full of potential, full of the love of God, each particle and substance that becomes the ashes and dust of what once was, it remains, it continues, it goes on.

That ash reminds us what is alive will die, but it also reminds us that the cross leads to the tomb, from which, just like Christ, we will be resurrected.

In a time when I have said the words, “Ashes to ashes, dust to dust” more often than I have been comfortable with, the promise in those smudges of ash means more than ever.

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

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 one's 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.

Saints Through the Year 2022



St Perpetua & St Felicity – 7th March

St Perpetua and St Felicity were early third-century African martyrs, who had great significance for the early Church. Vibia Perpetua was a married noblewoman of Carthage, and Felicity her personal handmaiden – a slave. They and their companions were imprisoned as they developed their faith in Jesus Christ, Perpetua’s father trying to get her to recant her belief, but she was baptised before being imprisoned, along with her fellow Christians. After the guards are bribed, she is allowed to move to a better portion of the prison, where she nurses her child and gives its charge to her mother and brother.

It was there that Perpetua had a vision in which she climbed a great ladder. At the foot of a ladder is a serpent, which is faced first by Satorus (possibly a priest) and later by Perpetua herself. The serpent does not harm her, and she ascends to a garden paradise. At the conclusion of her dream, Perpetua realizes that the martyrs will suffer.

It was the Roman authorities who had imprisoned them, and their status as Christians condemned them to the public arena, to be mauled by wild animals. The slave Felicity, who was pregnant, gives birth to a daughter – it was thought that she would not be permitted to suffer martyrdom with the others, since the law forbade the execution of pregnant women, but she willingly goes to the arena with Perpetua and the others

They survive the tortures that were inflicted upon them by the sadistic Roman gladiators and various wild animals, and were then taken to be executed by the sword. Before this, Perpetua and Felicity exchanged the Kiss of Peace, an ancient Christian greeting wishing peace upon the receiver, and affirmed their faith in Christ, the Son of God.

The *Historia Augusta*, the book from which the account of these saints comes

from, says of Perpetua's death, "But Perpetua, that she might have some taste of pain, was pierced between the bones and shrieked out; and when the swordsman's hand wandered still (for he was a novice), herself set it upon her own neck. Perchance so great a woman could not else have been slain (being feared of the unclean spirit) had she not herself so willed it"

Like much of the stories of Christian Martyrs, it is unpleasant reading – however, the account inspired Christians with courage in the face of the direst of circumstances, and is often seen as an example of Christian love, shared between Perpetua and Felicity in front of the baying crowds of the arena, a final testimony to the love of Christ in the midst of chaos.

Their Collect Prayer is thus:

“Holy God, who gave great courage to Perpetua, Felicity and their companions:
grant that we may be worthy to climb the ladder of sacrifice
and be received into the garden of peace;
through Jesus Christ your Son our Lord, who is alive and reigns with you,
in the unity of the Holy Spirit, One God, now and forever. Amen”

LIVE FOR TODAY

Plan for tomorrow but live for today,

Then it won't be a crime if your plans go astray.

Life is for living; it is not a game,

There are the no rules stated, no two days are the same.

Live by your conscience be aware of your soul,

Give more than you get and make that your goal.

Friendship and loved ones are worth much more than wealth,

Understanding and sharing, and with luck your good health.

Then when your plans disappear in thin air,

You will still have today, and a joy you can share.

Linda Scoles
One of my favourite things.....

are big sporting events.

In High School we were allowed to watch the Baseball World Series during lunch and between classes. Jim and I both loved American Football. I still watch as much of the Super Bowl as I can stay awake for.

I played Softball (baseball with a larger, supposedly softer, ball), ran long distance Track (slowly), and defeated all comers for 3 years with my cousin in Badminton. I also raced on the Ski team. I could ski any mountain happily - until there were flags marking a course. Then I went to pieces, and spent most of every race repeatedly picking myself up from the snow to resume the run to the bottom of the hill and last place. I had to finish the course by going through every gate, however long it took, to win a point for the team.

Jim had a fierce need to win, and once wiped out a whole Volleyball team, his own side, in an effort to get the ball over the net every time. He played on the Gt. Barton Bowls team, and won the Club Championship his first season, but retired permanently in horrified disgust half-way through the second season because he'd been beaten by a woman! One of Jim's proudest moments was bowling out an Essex County batsman. The very embarrassed professional swore Jim had bowled a googley (maybe the wrong spelling), but that didn't matter to Jim or his elderly amateur team at all.

I love the Ashes series, Six Nations Rugby, Snooker, Tennis at Wimbledon, and follow the World Cup, too. But best of all are the Olympics. Summer Olympics are the biggest, and very exciting, but the Winter Olympics are my favourite.

My Dad was a Ski Jumper. All four of us kids grew up skiing. Winter was our time for playing, because the rest of the year we were working on the farm.

The Winter Olympics feel personal. I can thrill to the sound of the downhill racers, envy the balletic performance of slalom skiing and ice skating. I am in awe of all the world's superb athletes who throw themselves off the mountains, around track or rinks in search of a medal. I didn't have their talent, nerve or drive, but I certainly enjoy their efforts.

For two weeks every two years, I am immersed in the emotion and excitement of world-class athletes. Beijing 2022 has been a great Olympic Games.

Roll on 2024 - only two years to wait.

This Poem was written by Charles Gorner.

Charles also read the Poem at Holy Innocents at our Candlemass service

A Poem for Candlemas

As all the world took refuge from the scourge
Which took the lives of old and young alike,
Which left our churches empty,
Songs unsung,
We clung to faith.

And now again we sing as in the past.

Once more, with all mankind,
Our voices rise to Thee and Thine,
To offer up our prayers of thanks.

Midway between the shortest day and vibrant equinox of spring,
Comes Candlemas;
Bright festival of light for our delight.

The feast that celebrates the Presentation of Our Lord.

Red berried holly all is gone, and too
The bright lit Christmas trees that pleased us all and
Teased small children with their promises of fat, wrapped gifts.

He rewards us in His name, as we rejoice anew.

Our eyes reflect the fresh lit candles in our midst as

We behold the brilliant wonder of His promised bliss

United in this wondrous place:

In *Holy Innocents* – our cherished space.

Charles Gorer

2022



MARCH 2022

We meet once a month on the second Tuesdays from 2.30pm.

Thank you to Sheila for February's meeting which was craft themed and thoroughly enjoyed by all.

Our MARCH meeting is a little different. For Thurston ladies its World Day of Prayer Service on Friday 4th March 2.30pm in The Rock.

Also, for Gt Barton Ladies, the World Day of Prayer will be held in Holy Innocents at 2.30pm.

This year it has been compiled by the England, Wales, and Nth Ireland Committees.

Our APRIL Meeting is in St Peters church 2.30pm when we shall be hearing about Joy's 60 years as an Organist.

Please refer to your Programme for details of future meetings.

For more information ring Jill Rood on 01359 231647

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

Great Barton and Thurston Benefice Services

March 2022

Wednesday 2nd March:

Holy Communion (CW) Ash Wednesday at Holy Innocents, Great Barton at 7.00pm

Sunday 6th March:

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

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

Sung Eucharist (Holy Communion), at Holy Innocents, Great Barton at 10.30am

Evensong at St Peter's, Thurston at 3.30pm

Wednesday 9th March:

Holy Communion (CW) at St Peter's, Thurston at 10.00am

Sunday 13th March:

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

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

Wednesday 16th March:

Holy Communion (CW) at Holy Innocents, Great Barton at 10.00am

Sunday 20th March:

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

Together Café Church at The Church Institute, Great Barton, 9.30 for 10.00am

Choral Evensong at Holy Innocents, Great Barton at 3.30pm

Wednesday 23rd March:

Holy Communion (CW) at St Peter's, Thurston at 10.00am

Sunday 27th March:

Holy Communion (CW), Mothering Sunday, at Holy Innocents, Great Barton at 10.30am

Holy Communion (CW), Mothering Sunday, at St Peter's Thurston, at 3.00pm

Wednesday 30th March:

Holy Communion (CW) at Holy Innocents, Great Barton at 10.00am

Your Recipe for March 2022



This month's Recipe is kindly provided by Sarah Robinson

CHEATS CHOCOLATE TRIFLE Serves 10

3 Double choc chip muffins

2 tablespoons of cherry or blackcurrant jam

1 can of pitted cherries in juice drained. 200gms dark

chocolate

250gms mascarpone cheese 400gms tin of custard

275mls whipping cream 75mls rum- (optional)

1 chocolate flake

Slice the muffins and spread with jam, put into the trifle bowl,

Soak with rum or juice from the cherries

Top with the cherries.

Melt the chocolate, mix the custard with the mascarpone and mix in the melted chocolate

Pour this over the cherries. Whip the cream and spread over the trifle.

Sprinkle with the broken flake and chill for few hours before serving

Very yummy. Enjoy!

200 Club Draw for January 2022

The draw was made by Rosemary Barbrooke on 22nd February 2022

£100 Claude Bridges (237)

£25 Betty Holgate (179)

Tim Frost

Administrator

From a Gardeners Notebook, March 2022

March in the Roman calendar is 'Mars, The God of War'; war on weeds for the gardener, certainly this month! Dig up any tiny Dandelions, Docks, and tap-rooted weeds. They will soon grow very large; the increase in light, day length and warmth will take care of that. I am sure that many of you will know the song 'The Rhythm of Life' from 'Sweet Charity' by Bob Fosse. I, for one think that there is a great deal of truth in the lyrics of this song; having worked close to the earth for many years. I hear, smell, and feel the season as it changes, and I know when it is March, September and October. The Robins, that keep me and the dog company in the winter, nip off, for they have other business. They return to my barrow in autumn when it is time to dig again. On a warm day we will begin to see insects, such as a Honeybee, happy to leave the hive after a long winter confinement. Don't be fooled. The month can be cruel too. Remember the old country saying, only told to me a short time ago. 'As the days lengthen, so they strengthen'.

This month's special plant is Helleborus x hybridicus, common name Lenten Rose. Two or three of these beautiful plants will certainly grace and enhance your garden, providing flowers from mid winter for many weeks. The flowers can be white, cream, pink, and a dark maroon that appears nearly black. They like partial shade and a woodland type of habitat best; well-drained, humous rich soil. Why not try? You may become hooked, or at least a fan. Try to see plants in flower so that you get the right colours. Visit a specialist nursery if you have the time.

Prompt Points. Do you remember 'The leap of light'? Watch from 14th March to 14th April to see how we fare this year.

Prune. Lots of that now! Just a few reminders to make sure that you keep busy.

Buddleia – Caryopteris. (not until the end of the month)

Choisya – shape

Cistus – shape only

Hydrangea – mop heads off

Cornus – every year, or every other year.

Time in your garden is never wasted.

Happy gardening,

Mary



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

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](mailto: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.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

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