

The Messenger



Holy Innocents Church Gt. Barton Newsletter

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

Church Officers

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

Fr Ben's Thoughts for May

If you've been on Facebook for any length of time, you'll know that it can be a mixture of amusement and cringe to see those Facebook Memories pop up. It can also be an interesting journey into our past selves – to see where we have changed and grown, and also to see things that are the 'same as they ever were'.

The picture attached to this article came up today. I drew this 12 years ago, when I was experiencing a really rough time in my life. Looking back, I can recognise that I was most likely in the grip of depression, and this doodle was my way of expressing the experience I was having. There were many things in my life at that time that made me feel as if I were assailed by invisible forces, and every little twist of life I then attributed to this feeling that the universe had it in for me.

Many of us have similar periods in our lives, when it seems as if life is determined to kick us about like a football. And depression can creep up on us, or even hit us like a huge wave crashing over us, seemingly out of nowhere. We don't often realise it at the time, but it is likely that we are experiencing medical depression. If you are feeling this level of despair, do please seek help. There is help available via your GP, or you can use the resources at <https://www.suffolkmind.org.uk>, who can signpost you to help.

Thankfully, I came through this rough time, with the help of my wonderful wife, family, friends and my faith – knowing that, even though it did not feel much like it, God was with me through the darkness. It was only when I came out the other side and could look back that I saw that God was with me, giving me the tiny amounts of strength that I needed to do the things that would help me. To encourage me to exercise, to go for walks in the countryside and find healing in the peace and the wind and the beauty of nature; to give me enough energy for that evening with friends, or to make that phone call; to give me the nudge I needed to be in the right place at the right time to listen to others speaking about their experiences and to find I wasn't alone.

These are all small things which, bit by bit, can help us move through those darker times into the light. They may not be the whole picture, we may need additional help, and we may not feel like doing any of them, but exercise (especially outdoors) and being with others can be some first steps of self care when we begin to feel a loss of hope or joy in our lives.

Reach out to others if the picture seems familiar to you right now. Reach out to others if you recognise any of these experiences or feelings – they may not be able to dispel them, but they may be able to signpost you to

places where you can get help. But they might just pop round to see you, or go on a walk with you, and journey with you as, “when you are going through hell, keep going.”



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

200 Club Draw for March 2024

The draw was made at the Luncheon Club in the Village Hall, on the Friday 12th April 2024.

£100 Margaret Adams (197)

£25 Alan Gates (231)

Tim Frost

Administrator

Wednesday 1st May:

Holy Communion at Montana at 11.15am

Sunday 5th May

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

Sung Eucharist at Holy Innocents at 10.30am

Wednesday 8th May:

Holy Communion (CW) at Holy Innocents at 10.30am

Thursday 9th May: (Ascension Day)

Ascension Day Communion (CW) St Peter's at 7.00pm.

Sunday 12th May:

Sung Eucharist at St Peter's at 10.30am

Evensong at Holy Innocents at 6.30pm

Wednesday 15th May:

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

Sunday 19th May: (Pentecost: Whit Sunday)

Together Family Church at Thurston Academy at 10.00am

Holy Communion (CW) at Holy Innocents at 10.30am

Evensong at St Peter's at 6.30pm

Wednesday 22nd May:

Holy Communion (CW) at Holy Innocents at 10.30am

Sunday 26th May (Trinity Sunday)

Holy Communion (BCP) at Holy Innocents at 8.30am

All Age Service at St Peter's at 10.30am

Wednesday 29th May:

Holy Communion at St Peter's at 10.30am

(CW Common Worship, BCP Book of Common Prayer)



Prayers of Love and Faith

"From December 2023, The Church of England has authorised special prayers of blessing to be offered to celebrate same sex

Lest we forget

As part of the commemoration of 80th anniversary of D- Day on 6th June 2024.

**The church of Holy Innocents will deploy “Tommy”.
For 4 days from Thursday 6th until Sunday 9th June. To enable those who wish to do so, to pay their respect to those who never returned home.**



Our next meeting will be on Tuesday 14th May at 2.30pm in the Institute at Gt Barton.

Our speaker will be Clare Thomas from the Diocese. She will bring the M.U.Enterprise stall with her. Do come along and join us.

**Thank you,
Gill Flower**

**(01359231718)
Great Barton and Thurston Mother's Union**

On 9th April, Kathy Drakes led our service, and gave us a fascinating, informative, and surprising tour of Jerusalem and Gaza. Kathy and Chris have been there twice in recent years, and found the Palestinians, in particular, warm and welcoming hosts, sharing what little they had, and happy to have foreigners visit.

She showed us the forbidding walls that surround all of the areas of Jerusalem that are important to the 3 main World Religions and explained the obstacles to gaining entrance through the guarded gates



Bury Town Pastors

...Town Pastors and
Prayer Team members
URGENTLY needed

**Please prayerfully consider applying.
Town Pastor training starts on:
Saturday 11th May 2024**

**Please download an application form from our
website: www.burytownpastors.org.uk
or contact Jo Copsey 07870 340344 or 07594 334215**



**Pilgrimage to Istanbul, the seven churches of
revelation and Cappadocia 2-12 or 14 may 2025**

**Next year the Revd Mark Hunt is leading another pilgrimage to the
beautiful and ancient land of Turkey where we will immerse
ourselves in the historical and spiritual world of the first century AD,
first in fabulous Istanbul, then touring the seven churches of**

VOLUNTEER HELP REQUIRED

Due to increasing popularity the Meeting Point Community Cafe, held each Wednesday at Gt. Barton Church Institute, require additional help between 10.30am and 2pm on a rota basis to assist with serving light lunches, tea and coffee to mostly senior citizens from the surrounding area.

Lunch and tea/coffee will be provided.

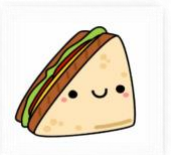
Please contact Betty Holdgate on 01284 788196 if you could spare a little of your free time.

The 23rd Gardener

**Old Humphrey is our gardener
Him we do not want
He sows destruction in places that were green
He leads me up the garden path
For his entertainments sake
Even though I walk through the orchard
In the shade of the evening
I see no fruit**



At The Church Institute,
The Street,
Great Barton



THE MEETING POINT COMMUNITY CAFÉ

OPENING TIME:
EVERY WEDNESDAY
11.00AM – 1.30PM

LUNCHES SERVED FROM 12.00 NOON

All Welcome!
A Great place to meet up with friends for lunch or to
relax and enjoy a Tea or Coffee with a slice of Cake.



Come and join us for FREE
Tea and Coffee.

We serve Homemade
Cakes, freshly prepared
hot lunches to order.



One of my favourite things...

is baking. I have always loved making desserts - and eating them, too.

When I was 6 years old, I learned that I had the Mumps by sneaking an early morning Brownie with Walnuts before breakfast. Wow! Did biting into that walnut hurt! For years I thought that pain, fever and two weeks off school was my punishment for taking that Brownie when I knew better.

Desserts were a big part of our daily diet: cookies, cakes, pies, cinnamon rolls, all home-made - yummy. We all worked hard, with plenty of exercise, so weight gain was not a problem. Quantity was very important, as there were six of us, and constant extras, neighbours or family, who just stopped in whenever they liked for coffee and a visit, which would have been embarrassing if we

Please, join the action #standwithUkraine

Saturday 1st June 2024

Angel Hill 11:00-12:00

International Children's Day



When the whole world protects children, russia keep killing and kidnaping them from Ukraine

Great Barton Film Night

The film for May is The Great Escaper 2022 cert 12 on Saturday May 18th



Doors Open 7.00pm for a 7.30pm start. Cost £4

Teas, Coffees and Ice Creams On Sale

Great Barton Village Hall

St Peter's Church News



Can you help?

The Treasurer at St Peter's Thurston is retiring after many years of service.

We are now looking for someone to take over this role. The treasurer will be an integral part of our team and will be supported by St Peter's PCC.

If you have experience and would like to know more, please contact the following people.

Fr Ben at revdbenjaminwards@gmail.com

Pat Sadler at patsadler@hotmail.com

Together Family Church

Join us for this monthly family-orientated church service and learn more about God, your family and you!

Breakfast, Songs, Crafts & Prayer

TOGETHER FAMILY CHURCH

ALL ONE IN CHRIST

Every 3rd SUNDAY
@ Thurston Primary

10am for 1030 start (40mins)



Thankful: a service of remembrance and celebration

Sunday 12 May 2024 at 3.30pm
St Edmundsbury Cathedral, Angel Hill,
Bury St Edmunds IP33 1LS

A special service of remembrance for all who have received our care during the past 40 years. It is also an opportunity to celebrate those who have made this possible and a unique time to thank everyone involved in building our legacy.

Everyone is welcome to attend and if you would like to join us, you must reserve your seat(s) by April 26, and the easiest way to do this is via a form on our website, which you can find using the QR code below. Alternatively, you can contact Supporter Care on 01284 715566



40  *years of caring*
St Nicholas
Hospice Care
A Registered Charity No. 287773



**SUFFOLK
LIBRARIES**

**WHERE
I BELONG**



**We're looking for volunteers to
help us run the Reading Quest
this summer!**

**It's a great opportunity to help children
develop their reading skills. It's fun and
rewarding!**

**For more information please speak to a
member of library staff or visit
suffolklibraries.co.uk/volunteer**



suffolklibraries.co.uk/reading-quest



**Supported by
ADVANTAGE
ANGELS
PRIVATE NURSING**

The Friends of Thurston Library

7pm

Friday 10 May 2024

**The Heart of Suffolk Distillery, Bacton
presents in Thurston Library**

A talk and a taste:

***All About
Gin***

**Including three tastings ... and a full
glass at the end of the evening**

Tickets from Thurston Library

£10



Thurston Library Lego Club for Adults



Like Lego? Like to be in at the start of a friendly, informal Lego Club for adults – 18s and over - and help decide what happens?

At 7pm on Thursday 16 May in Thurston Library we're having a chat about starting a Lego Club for Adults.



Do come along: you'll be very welcome.

So we get the teas and coffees right, it would be great to know you'll be there! Were you able to phone Ellie our Librarian at Thurston Library on 01359 235048 that would help a lot.

Look forward to seeing you.



The Moses Project and Thurston Library

Thurston Library is now a drop-off point for the Moses Project.

We will be happy to receive

- Preloved baby clothes
(size prem, tiny, newborn & 0 – 3 months only please)
- Moses baskets, sheets and blankets
- Nappies size 1 or 2
- Wipes
- Baby toiletries
- Board books
- Baby toys.

The Moses Project is a volunteer-led initiative that supports new families who are struggling to fulfil the financial and practical needs of a new baby.

The Project receives referrals from professionals working with the families and provides them with a Moses basket full of items for mum and baby.

Friday 7 June 7pm - 8pm

Kate Sawyer, author

Dystopian thriller novelist Kate, will be talking to us about her career so far and her award-winning novel [*The Stranding*](#). Including audience Q&A and book

signing.

Tickets are £5 from the library or visit

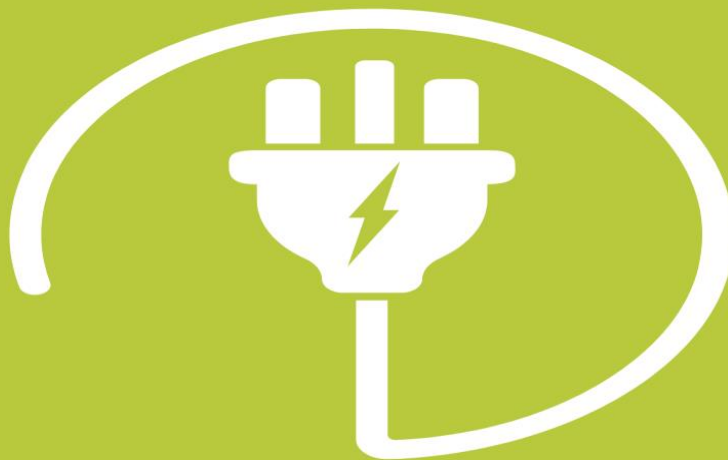
<https://www.suffolklibraries.co.uk/whats-on/discovereads-author-event-with-kate-saw>



**SUFFOLK
LIBRARIES**

**WHERE
I BELONG**

**Please feel free to use this plug
to charge your device**



Please do not leave devices unattended

**Suffolk Libraries does not take responsibility for any personal
items left unattended**

**A universal phone charger is available to borrow from the library
counter (you will need a library card)**

suffolklibraries.co.uk



By donating to Suffolk Libraries you can help us fund crucial additional services that reduce social, digital and rural isolation in our communities. For details visit www.suffolklibraries.co.uk/donate

HMRC charity number: XT34476

NEW!

THURSTON LIBRARY DROP BOX

You can now drop your books off at the library even if we are closed! Pop your books in the box at the library entrance and they will be removed from your account when we next open.

Please be aware that if they are due back that day and we are not due to open until the next, they will be classed as overdue, and charges will still apply.

Friends of Thurston Library

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

Come to Thurston Library: we'd love to see you and it's free for everyone

Thurston Library Opening Times

**Monday Closed, Tuesday 2pm-6pm;
Wednesday 10am-1pm; Thursday 2pm-6pm; Friday 10am-1pm
Saturday and Sunday 10am-3pm**

In the Library during the week

Sunday Lego Club

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

We are looking for 2 volunteers to assist with the popular Sunday Lego Club, initially to help us sort the Lego into boxes to make building easier as the pieces

have got into a bit of a muddle! And then to come along and help with running of the Lego Club.

See Ellie at the Library for more details if you are interested.

Monday

The Last Monday Book Club

7pm - 8.30pm 20 May

A monthly book club to discuss a set title.

This is not a drop-in, so if you would like more details or to join the group, please call Ellie during Library opening hours or email

thurston.library@suffolklibraries.co.uk

Simply Sing

Simply Sing is not meeting in May.

Monday 3 June will be the next time: if you like to sing, come along and join us for Simply Sing. You will be made most welcome.

For more information contact Angie Murray on 07870 383526.

Tuesday

Chat'n'Chill ...

After school 3.15pm - 5pm every Tuesday during term time.

The Last Tuesday Baking Club

Enjoy baking? Come from 12.45pm - 2pm Tuesday 28 May.

Contact Ellie in the Library for this month's theme.

Wednesday Wordplay:

Baby Bounce for 0 - 4year-olds

Every Wednesday 10.15am - 10.45am.

Bring along your babies and pre-schoolers for songs and nursery rhymes in the Junior Library.

Wednesday Watercolour Art Club



2pm - 5pm every week.

New members welcome. Just turn up!

Thursday

Twenty Minute Tales

3.45pm - 4.05pm

Weekly after school story time: term time only.

Friday

Friday Sewcial

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

Saturday

Knitting and Crochet Workshop

Every Saturday 10.30am - noon. Free.

Ever wanted to learn how to knit or crochet? 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 monthly. 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.

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!

Did you know?

Your library card gives you access to thousands of eAudio and eBooks, Newspapers and eMagazines (Pressreader) indie films, documentaries, and courses (Kanopy) and you can download and stream music (Freegal). All for free!

Visit <https://www.suffolklibraries.co.uk/elibrary>

Friends of Thurston Library

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 or 07889 427476.

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



ST PETER'S & HOLY INNOCENTS
UNITED IN CHRIST

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:

The Editor: 07814 946841 or email: beneficepr@gmail.com

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

Pest Control Services: N.J.Leonard: 07979 648857

John Ranson. 01284 788248 07770932799

jwransonbuilding@gmail.com

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

Home Support – Mrs Eden. 07557 337872 or Mrs Drewry 01638 730469 pauladrewry@hotmail.com

ELITE FENCING & LANDSCAPING 01359 221128

trevor@elite-fencing.co.uk

Ian Ball, General Builder. 01359 250697, or 07785 988191.