

Mardle Musings with Maurice

Many years ago I was cycling through Woodbastwick when I noticed the Old Forge was still working. The blacksmith was making a beautiful wrought iron gate. He'd nearly finished when I got there. In fact all he had to do was make the little catch so the gate would shut properly. I watched him look about for a suitable bit until he bent down and picked up a mucky, unimpressive little piece that had been thrown up the corner under a bench. With a few bangs with the hammer and tongs it was the right shape and fitted perfectly. And that got me thinking. That little bit of metal can be just like you or me. We can feel we don't fit, don't have a place, or have been discarded. But in the right hands we can be just as useful and important as that gate catch. Without it the gate wouldn't have worked kept the smallest of dogs in. A good reminder that in God's hands we find our place and purpose.



FROM THE REGISTERS

Baptisms

22 June Mulbarton Fia Fiske
27 July Mulbarton Lyda Bodily

Funeral and Burial

25 June Mulbarton Veronica (Ron) Lea-Cox

Church Funeral

24 May Bracon Ash Alison Riches
21 May Mulbarton Helena Smith

Crematorium Services

29 May St Faith's (Mulbarton) Lindsey Davies
4 June St Faith's (Mulbarton) Colin Harris

Burial of Ashes

29 June Hethel Terry Jennings
23 July Bracon Ash Margaret White

Weddings

15 June Mulbarton Paul Forkes and Vikki Stradling
6 July Mulbarton Samuel Richards and Kate Fuller

Church website <http://www.mulbchurch.org.uk>

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This month's editor: Chris Carter

Articles included in Mardle do not necessarily reflect the views of the church leadership

MARDLE

AUGUST/SEPTEMBER 2024

Mulbarton Benefice newsletter



FOLLOWING JESUS

Sharing the journey

WITH THE VILLAGES OF MULBARTON,
FLORDON, BRACON ASH AND HETHEL

FROM THE RECTORY

Email: adrian@mulbchurch.org.uk
(Regular day off Friday)



Taking Stock

Over the last few weeks, our Sunday readings have been leading us through the early days of the kingdom of Israel, from the great prophet Samuel anointing the first king, Saul, through to the greatest king, David establishing his rule in a palace in Jerusalem. There is an interesting detail that sticks in my mind from early in David's career as king...

One of the first things David did as king was to "rescue" the Ark of the Covenant, that contained Aaron's staff, a golden candlestick and the tablets of stone with the ten commandments. It was a disaster, because of the way the Ark was handled. So then David sent it away to Obed-Edom, where it stayed for 3 months. During that time old Obed was so blessed that David thought he would try again to recover it and bring it to Jerusalem. So he fetched it, and brought it back to Jerusalem, leading the way in person, with dancing and joy and being very careful to handle the Ark properly this time. We are told in 2 Samuel 6:13 that when the bearers had taken six steps, David made a sacrifice to the Lord. Some believe this was every six steps, for the whole journey! Why six? There is a parallel with the six days of creation, and then stopping to rest and look to God.

Whatever the case, a principle we could take from this is the need to keep on stopping. Regularly. Rhythmically. Checking in with God. Maybe checking in with one another too. Taking care to respect and honour the gifts God gives, to handle them well. Not assuming that we know the way, and doing the whole journey before we take stock and realise we were heading in the wrong direction. but stopping frequently enough to be agile, and to change direction as often as we need to. I am sure there is something in this. For each of us personally, and also in our shared life.

So, with that in mind, this summer, we have another opportunity to gather at Harvest House, to look up, and to take stock. Are we still heading the right direction? How has our progress been? Are we handling our gifts well? Please do join me!

Benefice Vision Meeting - 7:30pm, Wed 21st August, Harvest House

Last summer, all in the benefice were invited to Harvest House to think about where we were and where we were going. 31 people gathered, with all four villages represented. We considered: changes that we could anticipate locally and further afield; hopes and fears; finances, volunteering; prayer & witness; church buildings; expanding our work beyond Sundays; and things for PCCs to consider. It was really useful being able to listen to one another, pool ideas, take stock, and generally navigate rather than drift - and it has led to several changes in how we've done things over the last year.

So, this summer, we will meet again, review how we have done since then, and take stock again, with a view to setting some aims for the coming year. All welcome. Ideas welcome. If there are specific topics you would like us to do some preparatory thinking about, then please do get in touch with me.

Following Jesus, sharing the journey,
Adrian

PCC Updates

Mulbarton—5 June; 3 July; next meeting 7 August

We agreed to buy Bibles for school leavers and new Reception classes again. We approved an upgrade to audiovisual technology in church, which is mostly complete. We have continued to expand the EcoChurch and FairTrade focus, have attended to safeguarding training needs and tightened up our policy review processes. On finances, we have had some interest in the treasurer position and are exploring best options. The big reordering project has moved forward to design stage with architect, ready for a faculty application, and fundraising. We have thought about new outreach initiatives to make use of the unique building in the community, and to help those in need. The General Election Hustings was well received, with about 100 live on the night and 500 viewing online, and a very well organised and peaceable event. The churchyard path is now complete, and we are working on eco-friendly weedkiller, bird boxes, a bike rack and new bench, as well as maintaining conservation areas, and planning for future burials. Harvest House tenancies are due for annual renewal now, with both upstairs rooms now exclusively let.

Bracon Ash—5 June; next meeting 10 September

We agreed to loan the church organ to the patron for use in a charity concert, and reviewed the state of finances and fabric. We attended to routine matters of safeguarding, health and safety, policies and training needs. We agreed to place a plaque on the noticeboard in memory of David Westgate, former churchwarden and his wife, after her passing. We set a date for Harvest celebration—6th Oct.

Hethel—22 May; 19 June; next meeting 2 September

There was no change to church officers following the annual meeting. Grant applications have been in full swing, with three grant providers making an award towards the bell restoration project. We planned events to make connections with local people, to make good use of the building, and to further our Eco values. We discussed the new benefice Equalities policy in some detail, and requested a slight amendment, which is going to the other three PCCs.

Flordon—28 May; 24 July; next meeting TBC

A short meeting was held after the Annual Meeting, at which the same four people were appointed again to the Church Council. We are in vacancy for churchwarden and secretary. We completed all safeguarding training, and are in discussion with Parish Council about churchyard maintenance processes.

Taking all these areas into consideration, the best buys recommended by the Ethical Consumer are **Odylique (85)** and **Organii (70)**. Organic and non nano brands also advanced are **Neal's Yard (68)**, **Badger (73)** and **Shade (73)**. Of more widely available brands **Nivea (33)** and **Eucerin (33)** are fairly good options and received EC best rating for palm oil and environmental reporting. (bracketed numbers are from the Ethical Consumer score table).

Companies to avoid are **Boots (Soltan)** and **Superdrug (Solait)** brands receiving many negative marks across multiple categories.

That's it for this Mardle, but whatever you do, do wear some sunscreen, but now hopefully, you have some areas to think about for the one you choose.

Rachel

MONDAY NIGHTERS

We are a small, and friendly, group that meets fortnightly for fellowship and one off studies thinking about the Christian life and our experience of it.

Obviously we meet on Mondays at 7.30pm and usually finish by 9/9.15pm. We rotate around different people's houses in the group that have capacity or want to host - but there is no expectation or necessity for this. As two of our members feel led to return to a more local church fellowship, our numbers have fallen and we are keen to welcome a few new members.

If you are interested, do contact us with any questions or let us know and we will let you know when we restart in the Autumn. Love to see you .

Rachel and Stewart Burchell (roo3471@gmail.com; 07403 858695).

HETHEL NEWS

The **Cream Tea** season starts at Hethel Church on **Sunday 28 July**. From **2pm to 5pm**, enjoy a home-made scone, butter, jam and clotted cream with your personal teapot (or cafetiere). Weather permitting, sit in the churchyard and enjoy the sound of singing birds, chirping insects and lovely people.



We're open every Sunday in August (4, 11, 18, 25) and 1st September. Before you go, wander the swathe and enjoy the plants and bugs up close or make it a meditative, labyrinthine prayer walk.

Then on **Sundays 8 and 15 September**, we'd love your help with the **annual mow and drag off**. A regime we've been following for 35 years now, which is why the churchyard is full of wildflowers. It's good fun, you can go at your own pace and to match your own strength. Not only that, the tea and cake in the middle is free!

Peter Nicholls

GOOD NEWS PAPERS

Do please take a copy of the latest Good News Paper, there is a bundle in each of the churches .

ALSO copies of the latest UCB Word For Today Devotionals for anyone to take a copy and enjoy the daily readings and/or sign up for your own copy to be delivered free to your door if you'd like or contact me and I will add you to their mailing list.

Marina. Local contact for UCB

E—mail chrismarinacarter@gmail.com

How to be a Greener Christian

... is largely taking a break this issue. But you might like to cheer yourself up with a bit of old election-related news, especially if you're inclined to think that your vote doesn't make a difference. Chris Skidmore was the Tory's "net-zero tsar"; he resigned as an MP in January of this year in protest at Tory plans to grant more oil and gas licences. In a Guardian article published two weeks before the election, he wrote:

"I have decided that the Labour party is best placed to achieve economic growth and the green industrial revolution. Net zero is one of its five key priorities, and for this reason I will be voting Labour at this election.

Labour's policy platform is sensible and mainstream. And as I found from speaking to thousands of people across the country during my Net Zero review, it is what the public wants and what business needs."

Encouraging, but let's monitor progress, pray and do what we can to ensure rhetoric becomes reality.

Many kids enjoy cooking (if our 11-year-old grandson and 13-year-old granddaughter are anything to go by), so why not get experimental on a wet summer's day? Randomly in Waitrose today (other supermarkets are available!), I picked up their freebie 'Weekend' newspaper with some easy-looking - I've not tried them out - vegetarian recipes. Like Black bean and avocado eggs; Caponata pasta; Griddled harissa halloumi with pomegranate, courgette and mint; and Caramelised pepper, aubergine and chickpea pasta with basil. The recipes are online as well. Up to you whether you include their special (and expensive) supplement. It's the best time of year to be using ingredients like aubergine because their carbon footprint is so much lower if grown outside under the summer sun.

Peter

Ethical Christian #6 Sunscreens



Maybe it's wishful thinking or maybe I'm lulled into a sense of hope with the weather as I write this, and that we will get some summer, so I'm going to talk about sunscreens.

Even if we're not having the best summer, UV light is still out there and we all know that it has been conclusively proven that sunscreen protects our skin from burning, aging, and cancers caused by the sun's UV rays. Yes, we can use clothing to cover up; parasols and limit our time outdoors to reduce harmful effects but we still want to be outdoors to get our Vitamin D and enjoy the warmth. So this is an important area for us all, but the sustainability and health issues associated with sunscreens may not be so well known. Slip, slap, slop for a very brief sojourn into sunscreen matters.

At a basic level we want to look for sunscreens that are organic, as this reduces environmental impact by avoiding harmful chemicals that some sunscreens contain. Also, ones that are cruelty free - the Leaping bunny logo means it has not been tested on animals anywhere in the world.

No, no's are SPF rating less than 15, as the NHS advises 15 and above to be adequate blocking UVB rays. Avoid anything that does not have a UVA rating too (amount of ultraviolet light protection: either 5 star system or UVA inside a circle).

Then there are lots of issues surrounding whether nanoparticles are used (because of the fears surrounding their impact on the body); chemicals that might contribute towards killing coral reefs; microplastics policies or not; use of palm oil and policies regarding it; use of non plastic packaging; tax avoidance and vegan options too.

If you want to know more about brands, your particular brand and their position relating to these areas, or place in the Ethical Consumer table (and if they have a green, orange or red rating) do ask me. However, I won't write about all these issues here, as I'd need a whole Mardle!

Cont'd overleaf ...

Holiday club 13th -15th August

I'm very pleased to share with you that we are running a holiday club with 40 children at the school this year.

We have a very able team of volunteers (but can always use more) who would appreciate your prayers for stamina, wisdom and oodles of fun. Good weather would also be great as we are using the outdoors a lot for our theme of creation.

The team is made up of Lynne L, Sue M, Patrick T, Adrian M, Alice L, Jill W, Rachel W, Sarah S, Gabriella R, Tom and Becky T, and Fran K and myself.

We are currently collecting the following resources:

Conditioner bottle lids-as in the photo. These need to be transparent as they are forming the top of our working lighthouses!!

Toilet rolls

Empty and clean glass jars-think jam!

Small empty plastic water bottles.



These can be delivered to 49 Southern Reach and left on the doorstep if we aren't in or given to a member of the team..

Please be praying for the children and their families to be touched by Gods love for them as we look at His amazing creation.

Thanks

Bev

TRAIL THOUGH OUR ECO - FRIENDLY CHURCH YARD

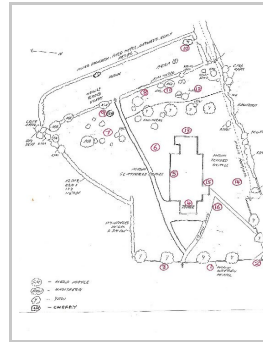
A Church Trail, incorporating history and natural history was 'launched' at the Open Gardens event and is now also available at :-

<https://www.mulbartonhistory.org.uk/churchyard-tour/>

If you prefer to follow it on your smart-phone! Do take a look and encourage others you know to walk the walk.

Further information and photos can be added to the web version or to future editions of the printed version should you have suggestions or spot anything interesting.

Get in touch with the authors, Heather Wells and Jill Wright.



[Churchyard Trail :: Mulbartonhistory](https://www.mulbartonhistory.org.uk/churchyard-tour/)

Churchyard Trail - a 'Virtual' tour of the Churchyard

www.mulbartonhistory.org.uk



AUGUST/SEPTEMBER 2024

Please check church website for information and changes nearer the time

AUGUST

Sun 4 9.00am 10.00am 2.00pm	Bracon Ash Church: Morning Prayer Mulbarton Church: All Age Service Hethel Church; Cream Teas (See Page 3)
Mon 5 10.00am	Mulbarton Social Club: Community Hub
Tues 6 2.30pm	Bracon Ash Village Hall: Tea Pot Tuesday
Weds 7 2.00pm 7.30pm	Flordon Church: Flordon Chit Chat Mulbarton PCC Meeting (see Page 11)
Thur 8 2.30pm	Hanover Gardens: Mid-Week Communion
Sun 11 8.30am 10.00am 6.30pm 2.00pm	Hethel Church: Communion Mulbarton Church: All Age Communion Flordon Church: Evening Prayer Hethel Church; Cream Teas (See Page 3)
Mon 12 10.00am	Mulbarton Social Club: Community Hub
Tues 13-15 2.00pm	Mulbarton School: Holiday Club (See Page 8) Harvest House: Mulbarton Cross Stitchers Afternoon Tea (See Page 5)
Sun 18 9.00am 10.00am 2.00pm	Bracon Ash Church: Communion Mulbarton Church: Holiday Club Service Hethel Church; Cream Teas (See Page 3)
Mon 19 10.00am	Mulbarton Social Club: Community Hub
Tues 20 10.00am	Mardlers Coach trip to Bressingham
Weds 21 7.30pm	Harvest House: Benefice Vision Meeting (See Page 2)
Thur 22 10.30am	Flordon Church: Mid week Communion
Sun 25 10.30am 2.00pm 6.00pm 7.00pm	Hanover Gardens: Church @ Hanover Hethel Church; Cream Teas (See Page 3) Harvest House: Together Meal Mulbarton Church: Together Service
Tues 27 2.00pm	Mulbarton Social Club : Mulbarton Mardlers

SEPTEMBER

Sun 1 9.00am 10.00am 2.00pm	Bracon Ash Church: Morning Prayer Mulbarton Church: Wild Church Hethel Church; Cream Teas (See Page 3)
Mon 2 10.00am	Mulbarton Social Club: Community Hub Hethel Church: PCC Meeting (See Page 11) Bracon Ash Village Hall: Tea Pot Tuesday
Tues 3 2.30pm	Flordon Church: Flordon Chit Chat
Weds 4 2.00pm 7.30pm	Harvest House: Mulbarton PCC Meeting
Thurs 5 9.15am	Harvest House: Coffee and Prayer
Sun 8 8.30am 10.00am 6.30pm Afternoon	Hethel Church: Communion Mulbarton Church: Morning Worship Flordon Church: Evening Prayer Hethel Church: Annual mow and drag off (See Page 3)
Mon 9 10.00am	Mulbarton Social Club: Community Hub
Tues 10 10.00am	Bracon Ash Church: Bracon Ash PCC meet
Thurs 12 2.30pm 9.15am	Hanover Gardens: Mid-Week Communion Harvest House: Coffee and Prayer
Sun 15 9.00am 10.00am Afternoon	Bracon Ash Church: Communion Mulbarton Church: Communion Hethel Church: Annual mow and drag off (See Page 3)
Mardle Deadline-Editor Sarah Miller sarah@mulbchurch.org.uk subject line Mardle	
Mon 16 10.00am	Mulbarton Social Club: Community Hub
Thurs 19 9.15am	Harvest House: Coffee and Prayer
Sun 22 10.30am 6.00pm 7.00pm	Hanover Gardens: Church @ Hanover Harvest House: Together Meal Mulbarton Church: Together Service
Mon 23 10.00am	Mulbarton Social Club: Community Hub
Tues 24 2.00pm	Mulbarton Social Club: Mulbarton Mardlers
Thurs 26 9.15am 10.30am	Harvest House: Coffee and Prayer Flordon Church: Mid-Week Communion
Sun 29 10.00am	Mulbarton Church: Meditative Service
Mon 30 10.00am	Mulbarton Social Club: Community Hub