

Saturday 13th September 9am-5pm

The annual bike/walk/drive sponsor day takes place September 13th across a number of churches in Norfolk. All of our churches will be open for visitors to sign in, and enjoy light refreshments, as participants take various routes across the county.

Can you help?

If you would like to **participate** and raise money for your church by walking, cycling or driving around as many churches as you can, sponsorship forms will be available at the back of the churches soon.

Could you **volunteer** for an hour or two to **sit in church** and help sign folks in and offer refreshments?

Please speak to your church warden if you can, or in Mulbarton, please speak to Sarah sarah@mulbchurch.org.uk Thanks so much.



FROM THE REGISTERS

Baptisms

2 May	Bracon Ash	Benjamin Lewys Peabody
29 June	Mulbarton	Hattie Louise Carrie Hyde

Burial of Ashes

3 May	Bracon Ash	Ann and Michael Cook
14 June	Mulbarton	Jean Hannah Hornsby

Funeral and Burial

21 May`	Mulbarton	Brenda Rose Woolnough
24 June	Mulbarton	Terrence (Terry) Burchell

Service and Cremation

20 June	Bracon Ash	Rosalind (Ros) Mary Wade
20 June	Mulbarton	Rosemary Watkinson

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

Rector: Rev. Adrian Miller: 01508 571167 - adrian@mulbchurch.org.uk

This month's editor: Sarah Miller

Articles included in Mardle do not necessarily reflect the views of the church leadership or all members of our church family.

MARDLE

August/ September
2025

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)

A Season to Breathe

As summer settles in and we move from the vibrant feasts of the church year into the quiet steadiness of Ordinary Time, I find myself reflecting on what it means to follow Jesus in the everyday. Festivals lift us. Ordinary Time grounds us. May this season give you space to breathe, to notice, and to journey and grow.



You'll find in this edition glimpses of God at work: joyful baptisms and thoughtful farewells; celebrations of nature's diversity through Wild Church and our moth count; reflections on sustainable living and the soul-lifting joy of music and dance. These are not grand spectacles—but they are sacred acts in the shared rhythm of our lives.

I've also been pondering recently Dietrich Bonhoeffer's warning that "stupidity is a more dangerous enemy of the good than malice." It's not about intelligence, but about a refusal to listen, to think, to reflect, to truly connect with compassion to the world around us. In contrast, Christ invites us into the light of truth—into courageous clarity, loving discernment, and hopeful action. Ordinary Time, in that sense, is extraordinary. It's when we quietly learn wisdom and compassion, together.

Let's keep walking, listening, and learning side by side. Whether you're raking a churchyard, sitting over tea, or dancing in your kitchen—God is with us, in all of it, helping us to make the difference for the good.

With every blessing,
Adrian

Safeguarding

If you are concerned that someone you know is at risk of being abused, or is being abused, or presents a risk to others please seek advice.

Local People to Contact for Help or Advice:

Rev Adrian Miller (Rector): 01508 571167
Lynne Lambert (Mulbarton)
Janet Negal (Flordon)
Alice Lince (Hethel & Bracon Ash)

safeguarding@mulbchurch.org.uk (will deliver to all 4 benefice contacts)

Diocese of Norwich Safeguarding Advisers:

Sue Brice and Peter Sayer:
safeguarding@dioceseofnorwich.org
01603 882345

Further Regional Support:

Local Authority Social Services (Multi Agency Safeguarding Hub for Children and Adults): 0344 800 8020
Harbour Centre (Sexual Assault Referrals in Norfolk): 01603 276381
Leeway Helpline (Norfolk domestic abuse charity): 0300 561 0077
NIDAS (Norfolk Integrated Domestic Abuse Services): 0300 561 0555
NIDAS Text Advice Service (SMS): 07860 063464

Specialist National Helplines:

NSPCC: 0808 800 5000
Childline: 0800 1111
National Domestic Violence Helpline: 0808 2000 247
Samaritans: 116 123
Stop It Now: 0808 1000 900
Family Lives: 0808 800 2222
Action On Elder Abuse: 080 8808 814
MACSAS (Minister and Clergy Sexual Abuse Survivors): 0808 801 0340
NAPAC (National Association for People Abused in Childhood):
0808 801 0331

IF THERE IS IMMEDIATE RISK OR DANGER PLEASE CONTACT
THE POLICE ON 999

(see church websites for more details)

News from Hethel Church



John's gone! The Hethel bell, that is. But, I'm afraid, that's all there is to report. The builders "are waiting for the right timber for the silence chamber floor" and don't seem able to progress until. If you do a Bible search on "patient" and "patience", it's surprising how many references turn up! For example, Paul wrote to Timothy, "And the Lord's servant must not be quarrelsome but kindly to everyone, an apt teacher, patient, correcting opponents with gentleness." (2 Tim 2.24–25). While under the heading "Marks of the True Christian", Romans 12.12 includes "Rejoice in hope, be patient in suffering, persevere in prayer." These times are all good for character development and witnessing a loving way to others, while fending off questions from friends about when the job's going to be finished!



Cream teas are, fortunately, unaffected! (And the loo is totally available.) 2 – 5pm Sunday afternoon 27 July and then every Sunday in August. Cookies too; come yourself and bring your friends.

The **annual churchyard mow** will be on Sundays 7 and 14 September, again 2 until 5-ish. Get into a rhythm of coming to Hethel on Sunday afternoons, collect loyalty points in August and you get two free teas in September! Seriously, all help is valued to keep the churchyard a rich habitat for wildflowers, insects and all else biodiverse. Come for half an hour if that's all your body can manage: you'll get the same tea and there's usually a few free laughs as well. Tools provided but bring gloves if you need them.

Peter Nicholls, 21.7.25

Where is Sam now?

Over the last year a number of the church family have asked us about Sam and what he is doing now. I promised an update so here goes..... In June 2024 Sam completed his training at Trinity college Bristol, got married and moved to York to start his final year as an ordinand at The Belfrey in York city centre. Phew! Here is the family photo showing all the family and Hannah his new bride.



After a rewarding and exciting year Sam and Hannah were finally ordained at York Minster on 28th June 2025. Sam is now appointed as a deacon to complete his curacy at The Belfrey whilst Hannah completes hers at St Oswald's in a York suburb near to their home. The journey for Sam has not been an easy one but looking back now we can see God's hand in all of it and look forward to Him continuing to guide and direct them both in their future together. Thank you all for the part you have played in Sam's life as he grew up in the church and for your interest as he has moved on.

With Archbishop Stephen Cottrell after the ordination.



Bev and Patrick

Our Safeguarding Commitments (in a nutshell)

- ⇒ Promoting a safe and healthy culture
- ⇒ Safely recruiting and supporting workers
- ⇒ Responding promptly to every concern or allegation
- ⇒ Caring pastorally for all affected by abuse
- ⇒ Caring pastorally for all affected by allegations
- ⇒ Responding to those that may pose a present risk
- ⇒ Appointing Safeguarding Officers, and Administrator
- ⇒ Following the latest guidelines and procedures

You can find more detail about our commitments on our website or on any of our church noticeboards.

Mardle Musings ~ contemplating Glastonbury, dancing, joy and God.

I have enjoyed catching up with a number of the sets from Glastonbury on I-player. For any who might like to check what's available they are still there, but not for long. My personal favourites were Alanis Morissette and Nile Rogers and Chic. After an evening rocking out to The Ezra Collective in our front room (another recommend) someone asked if I danced to help me lose weight. My answer was a resounding 'No!'

I dance because when I hear a strong beat, a compelling base line, a funky groove, I just can't not. I dance because it brings me joy. And I dance because when I do, God never seems far away—regardless of the song, regardless of my state of mind or mood when I started, regardless of where I may actually be dancing (the kitchen is a favourite). On reflection I see that dancing is, for me, a spiritual thing. It grounds me and helps me feel God close. It lifts me above the here and now and helps my spirit breathe. When I dance I am fairly sure I hear ripples of God's laughter.

And we shouldn't need a functional, practical reason to justify doing these kind of things, should we?

So, you may not be a dancer. And Glasto may not be your thing. But what is? What grounds and connects you? What brings you joy and helps God move closer? Where and how does the twinkle of God's laughter find you? What lifts your eyes above the horizon and brings a smile to your lips as you let go and simply be? May there be plenty of it waiting for you this summer.



Sarah

Eco Church

****Annual Mulbarton Church Mow and Rake****

Saturday 9th August 10am - 12pm

This is our annual management event that is so important to promote even more wildflowers and improve the appearance of our wildflower meadows in the churchyard. We had a wonderful turn out last year from the Village and church so if you can spare some time that would be wonderful. A rake would be useful and we would advise gardening gloves as well.

There will be refreshments provided - if anyone could offer to make biscuits or cake that would be very gratefully received too. Contact Heather Wells to let her know if you can come or re refreshments: heather@mulbchurch.org.uk. Many thanks in advance.

Count for Nature

Thank you for those who came and supported our *Count for Nature* in the churchyard in June. It was a lovely opportunity to see what breadth of living things are present and remind us of our need to cherish and care for them. We had children drawing and collaging their favourite natural creatures and organisms, alongside some informative identification walks from Heather Wells and Jill Wright. Many thanks to them for sharing their expertise and time. Our final list will contribute to a National database to track the biodiversity of our churchyards, as well as celebrate it: together we identified 9 tree species; 5 grasses and the list will be on the church website soon so you can see what they were. Do join us again next year!



Is it made from sustainable materials? Outdoor brands are heavily reliant on synthetic fibres, which are generally not sustainable. Natural fibres are preferable, though may not be as effective as synthetics for more testing outdoor settings.

Is it the product of animal exploitation? Most outdoor gear companies rely on wool, down and leather. If you do choose products containing these materials, ensure that the brand has adequate animal welfare policies in place, such as certified down or wool, or uses recycled animal materials.

Ethical Consumer Best Buys, who all score well across most/all categories and were either PFAS free or almost PFAS free. They all offer repair services and recycle gear if it is beyond repair too: Páramo, Finisterre, Alpkit, Lowe Alpine, Patagonia and Rab (in order of scores)

Avoid: Gelert, Karrimor and Merrell score only 5/100. You may want to avoid Regatta and Dare 2b because Regatta Ltd's parent company Risol Imports Ltd donates to the Conservative Party and the Conservative Friends of Israel.

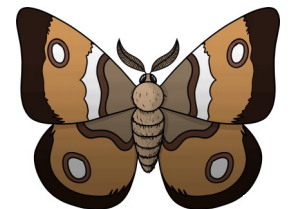
Let's continue to get out into nature and the wilds - enjoy it, benefit from it while cherishing the environment we're in by the purchases (or non purchases) we make.

Rachel

Join us for a Moth Count at WILDCHURCH

We have arranged a Moth Count in the churchyard at Mulbarton on the evening of 6th September to link with **WILDCHURCH** on **Sunday 7th September**. The church floodlights will be turned off on the Saturday evening and instead people may see a blue glow from the UV lights used in the traps.

People are welcome to come and watch on Sunday morning from around 10am when the traps will be opened and the moths identified and released.



Ethical Christian: Outdoor Clothing and Equipment

It may have been too hot for much serious hiking and walking, but maybe this is a good time before the weather cools to think about brands that provide our outdoor gear and which are doing their best to protect the environment we look to ramble, run and roam in.

Obviously the best ethical clothing and gear is that you already own, so try to make it last as long as it can. There are even a number of the brands that offer repairs (see Best Buys)



Here's your questions to ask if you are going to buy something:

Is it secondhand? Buying secondhand is nearly always the more sustainable option.

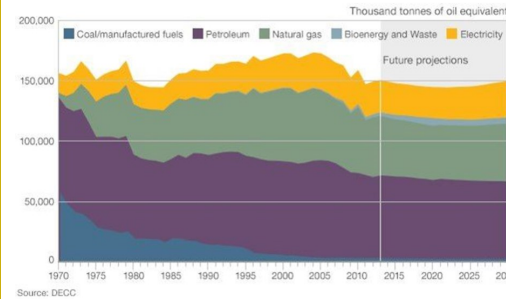
People before profit? Does the brand ensure that the workers in its supply chain are respected and paid a living wage?

Does it contain PFAS? Many brands are still using these harmful industrial chemicals for waterproofing outdoor gear such as jackets and boots. These 'forever chemicals' take thousands of years to break down and have been linked to a wide range of health and environmental harm in humans and wildlife. Recent study showed very worrying levels in our rivers <https://www.york.ac.uk/news-and-events/news/2025/research/forever-chemicals-river/> SO, opt for a brand that doesn't use them at all.

How to be a greener Christian #20

"As long as your electricity comes from a fully sustainable source, you can use as much as you like." Well no, actually.

Breakdown of energy consumption (1970-2030)



This (old, but I can't find a more recent one) graph shows that electricity accounts for about 20% of all energy consumption. It doesn't tell us that under a quarter of that electricity comes from low-carbon sources. Electricity is the main fully renewable energy, so this 20% has to rise to 80% of the total, perhaps by 2050. Although the

nation's total energy consumption has been going down gradually (between 1% and 2% in recent years), growing the electricity proportion of this by a factor of 4, especially while switching electricity generation to renewables, is a tall order.

Meanwhile I keep bumping into protests. Near Rushall a battery energy storage system (BESS) has been "indefinitely paused". 'Block East Pye Solar' have organised marches against the proposed solar farm. There's plenty of opposition to the Norwich-Tilbury 400kV transmission line, including Norfolk County Council. The populace didn't want on-shore wind turbines (think Lotus a few years ago); don't want the long pylon runs that are necessary to distribute off-shore power; and often don't want to use less energy unless it's to keep the bills down. Reminds me of Jesus: "We played the flute for you, and you did not dance; we wailed, and you did not mourn" (Matthew 11.17). Can we be brave enough to stand up for (sensible) sustainable energy developments rather than join the nay-sayers?

So I remind myself that walking or taking the bus is better than using the EV. That turning lights off is good for the environment as well as for my pocket. That thinking about energy when cooking (eg microwave rather than oven) helps both bills and planet. Etc.

In which case, what about a no-cook salad for summer tea?! For example, search for 'Greek salad with a twist' or 'Salad nicoise' at <https://xylaservices.com> or 'Chickpea and tuna salad' at <https://www.diabetes.org.uk>.

Peter Nicholls, 21.7.25

August/ September Diary Pages

Please check church website for information and changes nearer the time

August

Sun 3 **9.00am** **Bracon Ash: Morning Prayer**
10.00am **Mulbarton: All Age Holiday Club Service**
 2.00-5.00pm Cream Teas at Hethel (p11)

Mon 4 10.00am Mulbarton Social Club: Community Hub
 Tues 5 2.30pm Bracon Ash VH; Tea Pot Tuesday
 Wed 6 2.00pm Flordon Church: Flordon Chit Chat
 Sat 9 10am-noon Church Yard Mow at Mulbarton (p4)

Sun 10 **8.30am** **Hethel: Holy Communion**
10.00am **Mulbarton: Morning Worship**
6.30pm **Flordon: Evening Prayer**
 2.00-5.00pm Cream Teas at Hethel (p11)

Mon 11 10.00am Mulbarton Social Club: Community Hub

Thurs 14 **2.30pm** **Hanover Gardens: Mid- Week Service**

Sun 17 **9.00am** **Bracon Ash: Holy Communion**
10.00am **Mulbarton: Morning Worship**
 2.00-5.00pm Cream Teas at Hethel (p11)

Mon 16 10.00am Mulbarton Social Club: Community Hub

Sun 24 **10.30am** **Hanover Gardens: Church@Hanover**
 6.00pm Harvest House: Together Meal
7.00pm **Mulbarton Church: Together Service**
 2.00-5.00pm Cream Teas at Hethel (p11)

Mon 25 10.00am BANK HOLIDAY (NO HUB)
 Tue 26 2.00pm Mulbarton Social Club: Mardlers

Sun 31 **10.00am** **Mulbarton Church: Meditative Service**
 2.00-5.00pm Cream Teas at Hethel (p11)

September

Mon 1 10.00am Mulbarton Social Club: Community Hub
 7.30pm Mulbarton PCC: Harvest House
 Tue 2 2.30pm Bracon Ash VH; Tea Pot Tuesday
 Wed 3 2.00pm Flordon Church: Flordon Chit Chat
 Thurs 4 9.15am Harvest House: Coffee and Prayer

Sun 7 **9.00am** **Bracon Ash: Morning Prayer**
10.00am **Mulbarton: Wild Church** (and Moth Count p9)
 2-5.00pm Annual Church Yard Mow at Hethel (p11)

Mon 8 10.00am Mulbarton Social Club: Community Hub
 Thurs 11 9.15am Harvest House: Coffee and Prayer

Thurs 11 **2.30pm** **Hanover Gardens: Mid- Week Communion**
 Sat 13 9am-5pm Norfolk Churches Trust Sponsored Bike Ride (p3)

Sun 14 **8.30am** **Hethel: Holy Communion**
10.00am **Mulbarton: Morning Worship**
 2-5.00pm Annual Church Yard Mow at Hethel (p11)
6.30pm **Flordon: Evening Prayer**

Mon 15 10.00am Mulbarton Social Club: Community Hub
 Thurs 18 9.15am Harvest House: Coffee and Prayer

Sun 21 **9.00am** **Bracon Ash: Holy Communion**
10.00am **Mulbarton: Holy Communion.**

Deadline for October / November Mardle articles to Chris Carter
chrismarinacarter@gmail.com subject line 'Mardle' please

Mon 22 10.00am Mulbarton Social Club: Community Hub
 Tue 23 2.00pm Mulbarton Social Club: Mardlers
 Thurs 25 9.15am Harvest House: Coffee and Prayer

Thurs 25 **2.30pm** **Benefice Mid- Week Communion, Flordon**

Sun 28 **10.30am** **Hanover Gardens: Church@ Hanover**
 6.00pm Harvest House: Together Meal
7.00pm **Mulbarton Church: Together Service**

Mon 29 10.00am Mulbarton Social Club: Community Hub