

## FROM THE REGISTERS

### Baptism

1 Dec Mulbarton Kit Ari Lomax

### Burial of ashes

25 Nov Mulbarton Helena Louise Smith

### Funeral and burial

2 Dec Flordon Margaret Bullen

### Funeral and Cremation

16 Dec St Faiths Marie Duffield

At Home with God: Experiencing faith in families.  
Worship Together, Pray Together, Play Together

Family is at the heart of faith formation so join us at **Norwich Cathedral** for an exciting day as families gather together to worship, pray and play; exploring and experiencing family faith practices through a programme of pick 'n' mix seminars and activities for children, young people and their grown ups.

**Saturday 26th April 2025 at Norwich Cathedral**

**Cost – £10 per family** Head to [www.DofN.org/AtHomeWithGod](http://www.DofN.org/AtHomeWithGod) to find out more.



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

## FEBRUARY/MARCH 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](mailto:adrian@mulbchurch.org.uk)  
(Regular day off Friday)



As I write this, we are over 3 weeks into this new year, 2025, a year of new things, new discoveries, new self-respect, new challenges, new building developments in our churches, new lifestyle patterns, who knows what new things? This issue shows that there is lots we can engage with in the days ahead of us, as we seek to find the new things that are right for us this year.

One new thing for us is “The Bereavement Journey”, which we are running in Bracon Ash Village Hall. Seven participants joined 3 facilitators for an evening which struck an important chord. For me, particularly striking was the notion of how important connection is for us people. We spend our lives forming bonds or attachments, and we have equally as many separations or losses through life. It struck me just how core these are to our sense of self. It was good to notice the bonds that have been most important and helpful, those that have been less helpful; and the losses that have been impactful for good or ill. And having noticed our own attachments and separations, the evening underlined for me just how healing and necessary it is to share the journey with others, to support and be supported, if we are to process, understand, move forward (and sometimes even find meaning) in the difficult or traumatic losses.

Every blessing as you journey on into your new things, and as we support one another in our processing and forward movement.

## **PCC Updates**

**STOP PRESS!!** Great news for all PCCs - we just heard the VAT recovery grant scheme for listed places of worship is being extended beyond this year, which will help immensely with big projects planned in Hethel, Bracon Ash and Mulbarton.

### **Mulbarton—13 Jan; next meeting 12 Feb 2025**

We noted the 5-yearly architect inspection was due this year and hoped that Denis Tuttle would do one more for us (he has since agreed to!). We reviewed the porch food pantry, new blinds and broken air-con, as well as wedding and funeral fees and finances. We agreed to review our spending priorities, as we finished another year over £10,000 short of budget, missing our full parish share by about £12,500. We do have about £40,000 restricted funds for the internal redevelopment of the church building, and hope we will get sufficient grants to cover the rest, with a total estimate of £150,000. The diocesan advisory committee has been sent all the details and we await initial guidance. We had a long and positive discussion about the Community Choir memorandum and how best to strengthen our links there, and continue to partner with the choir in its great community work.

### **Bracon Ash—9 Jan; next meeting 9 Jan 2025**

Financial situation was reviewed and things appear balancing. We were nearing the end of the faculty process for the next round of building work (Faculty now granted!), and grant applications soon to be underway. We discussed safeguarding issues and noted points of fabric repairs and maintenance. The PCC agreed to investigate A Rocha and EcoChurch awards.

### **Hethel—7 Jan; next meeting 18 Feb**

The tower work is now fully funded, but when it happens depended on the bat survey (bat survey found a nesting pipistrelle, so not until warmer weather!). We reviewed past and upcoming events. We attended to safeguarding matters, agreeing to produce a benefice survey later in the year for all church members.

### **Flordon—14 Jan; next meeting 29 Apr 2025**

We noted thanks to those who had helped maintain the churchyard. We set actions to top up gravel on the path in spring and to consult about how to use the Parish Council churchyard grant. The porch work is complete, with £495 VAT grant to recover before that scheme ends in March. We collected £154 for Hebron Trust and Mercy Ships from carol singing. We noted success of recent events, and planned annual meetings and upcoming courses.

**Gather25—in partnership with YouVersion, Life.Church and Christians around the world, a day to come together, encouraging and challenging us to seek intimacy with God every day.**

[www.bible.com/videos/47172-be-part-of-gather25](http://www.bible.com/videos/47172-be-part-of-gather25)

**Sat 1st March @HarvestHouse**

**Details follow but in the meantime do ask Bev and Patrick for more**

## **News from Hethel Church**



First up, news about the **tower**, good and not so good. The good is that we have raised the necessary £50k to get the bell back in service and the tower woodwork made safe. Less good is that hibernating bats have been discovered, which means that work will pause until 1 April (All Fools Day!). Of concern is that it is possible that the government VAT-relief scheme for churches will end on 31.3.25, which could increase the costs by £10,000. The scaffolding will remain in place (with extra hire costs, alas) and as many materials as possible procured so that VAT relief can be obtained on at least part of the overall bill. A couple of grant schemes have not yet reported back and four "VAT heroes" have offered £500 apiece to plug the gap (more welcome!), if it comes to that. Some of us have written to Ben Goldsborough MP and DCMS. The loss of this scheme would also affect Mulbarton's and Bracon Ash's development plans so more letters or emails would not go amiss.

**Tea, toasted teacakes and crumpets** were popular on 12 January. As no building work will take place until April, we can stick with our plans for **9 February and 9 March. 1.30 to 4.30** for good company, hot drinks, a warm church and lashings of butter and sweetness.

**The Bereavement Journey** is a 6-week 'course' for those feeling the pain of loss, recent or long ago. It starts in Bracon Ash and Hethel Village Hall on 21st January. It's possible to join one week late (on the 28th), but no joining after the 28th January [thebereavementjourney.org](http://thebereavementjourney.org) for more info, or speak to Rector Adrian or Peter Nicholls.

Shalom,  
Peter

## How to be a greener Christian #17



As I write, wildfires rage in Los Angeles. “Wildfires are an early example of a positive feedback loop in the climate system: emissions cause warming, which causes fires, which release yet more emissions. We call it a climate emergency, because it is one. And, even if we take rapid climate action now, there is nothing at all to stop

symptoms like this getting more extreme for at least a few decades until the world reaches ‘net zero’ emissions.” Berners-Lee (How bad are bananas?, 2020) goes on, “Climate change usually affects the poor disproportionately. However, in 2019 some of the worst [fires] took place in California ... A reminder, if any was needed, that no one is immune from global warming.” Current estimates (bound to rise) of the LA losses are between \$150bn and \$250bn. As dramatic, Australian bushfires in 2019 accounted for 2% of the world’s carbon footprint; what will that percentage be for the LA fires in 2025?

Heating costs go sky-high at this time of year. If you have ‘wet’ central heating, you probably have thermostatic radiator valves (TRVs) and may run up and down stairs to turn off bedrooms during the day and on an hour before bedtime. Smart radiator valves (SRVs) are controlled by an app and programmed to control temperature in each room throughout the day. We have some TADO ones, which have extra features like open window detection (which will close the valve). You can also electronically lock them, so no one can turn a control up beyond its programmed level (no more family wars over TRV settings!). They’re not cheap, but over time could save you a lot of CO<sub>2</sub>e and money. A full Which? report is at <https://bit.ly/smartvalves>. You can’t see the individual reviews as a non-member, but ask me if you have a specific query.

Many need a hub, which lets you control the boiler as well. But a wi-fi driven device (no hub) could control the rads while the existing boiler timer switches the boiler as desired and to match the programme for the valves. Won’t let you turn the heating on when you’re an hour from home after a weekend away, though! A cheaper energy-saving device is a saucepan lid! To halve your cooking energy costs, put the lid on and boil gently - the water temperature and so the cooking speed is just the same as boiling full throttle.

Practice with smoked tofu goulash (<https://bit.ly/tofugoul>)!

Peter Nicholls



## Thank You from Vivienne

I am sincerely hoping that by the next edition of *Mardle* I will have moved from Mulbarton to Wymondham

Once I started there were so many memories and thanks in my mind!

For your love, support, prayers and fellowship/friendship since I moved here in 1998 with Izzy at a most troubled time of our lives.

I have been in house and bible study groups, was lay chair of the PCC and the Deanery and numerous subgroups, young peoples’ groups, managed the youth worker, various committees, etc over those years. It has given me enormous pleasure. If I have been able to serve it was a privilege, but I am sure I received so much more from all of you in so many ways especially at times of illness. There are times when I am not sure I would have survived without you all.

One highlight was the Queen’s Jubilee when we mobilised the village and got the brazier/beacon on the church tower, another was the Mulbarton ‘Olympics’. Such fun and community. Such happy lasting memories. Izzy sends her love and thanks too. She was always reassured about me with all of you looking after me! You live out the Christian life as we are instructed. I feel I will always be quoting my church family in Mulbarton. You changed my life and that of many others.

Please stay in touch. When I have my new contact details, I will let you know. I am keeping my email and mobile phone the same. I will be back regularly you can be sure!

Blessings, thanks and Shalom  
Vivienne

## Lent Course 2025

The small groups in the benefice will be using a Lent resource from “Work of the People”, using poetry as a springboard to help us reflect on our Christian journeys over five sessions.

<https://www.theworkofthepeople.com/film-series/forty-days>

Both small groups will be using the material. Only the Monday group has space available for others to join, so please let Rachel or Stewart Burchell know if you would like to join them.

If you would like to be involved in a daytime group using this material, please do get in touch with me. It would either be Wednesday or Thursday, 11am-12:30pm.

Adrian

## Ethical Christian #8

### Veganuary: Plant Milks

Have you begun your year trying out Vegan? I haven't, but we are frequently reminded how a carefully chosen vegan diet does have such good health and environmental benefits. However, I do mainly use plant milks in my porridge and drinks, and it's a simple change that can benefit our planet too.



Which plant milk is 'best'? Well it seems **soya, pea** and **oat** milk are the most environmentally friendly plant-based milks, with remarkably low impacts compared to cow's milk, when you consider resource use and emissions per litre. Almond fares well on land use and carbon, but non-organic almonds are linked to higher amounts of water and pesticide use, so if you like almond, go for certified organic.

When it comes to which brand, there are a few pointers. Buying from a vegan company is a good way to ensure their environmental impact is much reduced than non vegan. Also, think about packaging - is it reusable (glass) or a recyclable carton? We know plastic bottles often end up in landfill. Try to avoid brands owned by Big dairy brands as they often feed animals soy which might be linked to Amazon deforestation.

As for high scorers on the Ethical Consumer comparison table **ReRooted, Oato, Overherd, Sproud** and **Plamil** are high scorers (with the latter often available in health food stores and the others online.) **Mighty** is in the green too and can be bought from supermarkets - it's my go to at the moment. Ones to avoid: Oatley and Plenish don't fair well, but at the bottom are Arla Jörd and Alpro - where your money will ultimately fund their mega-dairy owners, Arla and Danone.

As always if you want to explore in more depth these issues, I cannot recommend Ethical Consumer membership enough or happy to chat with you about what I am learning from them too! Anyway, must go and make myself a Green Matcha Latte with my oat milk :)

Rachel Burchell

## Can you help The Community Pantry?

As hard as it is to believe, even here in Mulbarton, some people are struggling to make ends meet and have really appreciated **The Community Pantry** in the church porch.



To date we have helped families facing health crises, or unexpected redundancies, and a number of individuals, some who work, some retired, some with complex health needs. There are others who visit that we don't know about. But what we do know is that the Pantry is being well used, is helping and being treated with respect by those who visit it. Having somewhere local for local folks has been a real help, especially to those who do not have transport and who find accessing Food Banks a challenge. It is also immediately available, and accessible 24/7.

**We are so GRATEFUL to those who have donated items but the need is growing.**

Perhaps you could help?

\* If you are able to give any items at any time that would be wonderful.

\* If you are able to give items on a regular day, that is even better, as we can coordinate our efforts to try and ensure the drawers are never empty for those who visit.

\* If getting items to the church porch is too hard but we could arrange for someone to collect from you, or you would like to gift some money towards items being bought on your behalf, please get in touch.

Here are items that are always popular

**Tea, Coffee, Hot Chocolate, Squash, Longlife Milk or Juice. Sugar, Soups, Cereal, Biscuits, Crisps, Cakes with long shelf life. Pasta, Rice, Noodles, Mashed Potato, Tinned Potatoes. Tinned Meats, Vegetables, Pasta, Fruit, Puddings, Custard, Baked Beans**

**Jars of Pasta Sauce, Jams, Marmalade**

**Toiletries— Shower Gel, Toothpaste, Toilet Rolls**

Thank you so much Mulbarton for your generosity so far, and thank you in advance for the help we can give to those in need amongst us.

*To get in touch contact Sarah on [sarah@mulbchurch.org.uk](mailto:sarah@mulbchurch.org.uk) or call 01508 571167*

## Benefice Bring and Share Brunch and Prayer Saturday Feb 15th 10—11.30am @ Harvest House

Join us for our next Brunch and Prayer, a chance to gather and pray together for the things coming up, the people on our hearts, and our life, work and witness across the Benefice. Please let Sarah know if you can bring something brunchy to share (croissants, fruit, pot of jam, crumpets etc) so she can fill any gaps.

Thank you.

01508 571167

[sarah@mulbchurch.org.uk](mailto:sarah@mulbchurch.org.uk)



## Mardle Musings

Looking on at the world stage where leaders seem to posture arrogantly and strut around in shows of power, I found these words from Jeff Lucas 'Life with Lucas' study notes a real encouragement. We have been thinking about the city of Ephesus and how early Christians lived out their faith there.



“Come for an imaginative walk with me around Ephesus as it was in Paul’s day. Coming ashore, we’re greeted by a breath-taking sight. The broad column-lined street that sweeps up towards the magnificent stadium is flanked by a gymnasium and other sports facilities. As we take the road north, we come to the temple of Artemis, one of the 7 wonders of the ancient world—the largest building in Greek architecture. Supported by 127 pillars, 37 of which were sculpted and overlaid with gold, this was the first building to be made entirely of marble.

The city is bustling with commerce and creativity and celebrated as the marketplace of Asia. Silversmiths operate prosperous businesses. Scholars scurry past us, headed to the library of Celsus. Then we visit the temple dedicated to the worship of Domitian, the Roman Emperor. His statue was 4 times life size: he was depicted as being like Zeus, the ruler of all the gods. The city emanates a sense of raw power, affluence and education.

As followers of Jesus we can feel overwhelmed when we look at the state of the world, and acknowledge we feel powerless as tyrants rule and the media often misinforms.

As we’ll see, the Christian message created a social revolution in this proud city. Let’s be fully confident in the gospel—Jesus has the power to change cities, nations and the human heart “

And my own prayer from this—Lord, replace arrogance with compassion, posturing with attentiveness, power plays with humble kindness, in the hearts of those who lead and in mine. Amen  
*Sarah Miller*

## Eco Church

We are in the process of meeting early this year, so nothing to report yet on this year’s events and ways you can be involved with making our church, our lives, community and world greener and fairer, though there is exciting progress on getting an Environmental Policy up and going for the church (thank you, Heather!) - watch this space.

On Thursday 20th February it is the **World Day of Social Justice** set up by the UN General Assembly back in 2007 to remind the world of the vital necessity of social development and social justice for maintaining or creating peace and security - the need of which we are so aware of in our current times.

Maybe we all could pause and think about the issues in our own community where social justice or development is hampered or does not exist, reflecting on Isaiah’s words: *Learn to do good; seek justice, correct oppression; bring justice to the fatherless, and please the widow’s cause,*” (Isaiah 1:17). Maybe we could pray specifically for social justice in our own communities and country, as well as the world. Maybe we could take the opportunity to take our concern to the next level and become involved in one of the many organisations that promote social justice or social development in our society. Whatever we do, we remember justice is not an add on to our faith - it is integral, and always for those who are oppressed and undermined.

18th March sees **Global Recycling Day**



and 21st March to 6 April is the **Great British Spring Clean.**

Hopefully after Eco church has met we will have something ready to address both these dates and remind us of our constant stewardship of this wonderful world. Watch out on Social Media and Email.

Rachel Burchell

## FEBRUARY/MARCH 2025

Please check church website for information and changes nearer the time

### FEBRUARY

<b>Sun 2</b>	<b>9.00am</b> <b>10.00am</b>	<b>Bracon Ash: Morning Prayer</b> <b>Mulbarton: All Age Service</b>
Mon 3	10.00am 12:30pm 7.30pm	Mulbarton Social Club: Community Hub Funeral at Earlham: Jack Kemp Eco Church Meeting @ 22 Birchfield Gardens
Tue 4	2.30pm 7.30pm	Bracon Ash VH: Teapot Tuesday Bracon Ash VH: The Bereavement Journey #3
Wed 5	2.00pm	Flordon: Chit Chat
Thur 6	9.15am	Harvest House: Coffee and Prayer
Sat 8	2.00pm	Hethel: Wedding of Hollie & Kyle
<b>Sun 9</b>	<b>8.30am</b> <b>10.00am</b> <b>3.30pm</b> 1.30pm	<b>Hethel: Holy Communion</b> <b>Mulbarton: Morning Worship</b> <b>Flordon: Evening Prayer</b> Hethel : Tea cakes and crumpets (See Page 11)
Mon 10	10.00am	Mulbarton Social Club: Community Hub
Thur 13	9.15am 2.30pm 7.30pm	Harvest House: Coffee and Prayer Hanover Gardens: Midweek Church @ Hanover Mulbarton School: Community Choir AGM
<u>HALF TERM</u>		
Sat 15	10.00am	Harvest House: Brunch and Prayer (see Page 8)
<b>Sun 16</b>	<b>9.00am</b> <b>10.00am</b>	<b>Bracon Ash: Holy Communion</b> <b>Mulbarton: Holy Communion</b>
Mon 17	10.00am	Mulbarton Social Club: Community Hub
Thur 20	9.15am All day	Harvest House: Coffee and Prayer (TBC) World Day of Social Justice (See Page 5)
<b>Sun 23</b>	<b>10.30am</b>	<b>Hanover Gardens: Church@Hanover</b>
Mon 24	10.00am	Mulbarton Social Club: Community Hub
Tue 25	2.00pm	Mulbarton Social Club: Mardlers
Thur 27	9.15am 10.30am	Harvest House: Coffee and Prayer Flordon: Midweek Communion

### MARCH

Sat 1	"Gather25" (see Page 2)	
<b>Sun 2</b>	<b>9.00am</b> <b>10.00am</b>	<b>Bracon Ash: Morning Prayer</b> <b>Mulbarton: Wild Church</b>
Mon 3	10.00am	Mulbarton Social Club: Community Hub
Tue 4	2.30pm	Bracon Ash VH: Teapot Tuesday
<b>Wed 5</b>	<b>7.30pm</b>	<b>Mulbarton: Ash Wednesday Service</b>
Thur 6	9.15am	Harvest House: Coffee and Prayer
<b>Sun 9</b>	<b>8.30am</b> <b>10.00am</b> <b>3.30pm</b> 1.30pm	<b>Hethel: Holy Communion</b> <b>Mulbarton: Morning Worship</b> <b>Flordon: Evening Prayer</b> Hethel : Tea cakes and crumpets (see Page 11)
Mon 10	10.00am	Mulbarton Social Club: Community Hub
Thur 13	9.15am 2.30pm	Harvest House: Coffee and Prayer Hanover Gardens: Midweek Church @ Hanover
<b>Sun 16</b>	<b>9.00am</b> <b>10.00am</b>	<b>Bracon Ash: Holy Communion</b> <b>Mulbarton: Holy Communion</b> <b>Mardle Deadline—editor Sarah Miller</b> <b><a href="mailto:sarah@mulbchurch.org.uk">sarah@mulbchurch.org.uk</a></b>
Mon 17	10.00am	Mulbarton Social Club: Community Hub
Tue 18	All day	Global Recycling Day (See Page 5)
Thur 20	9.15am	Harvest House: Coffee and Prayer
Fri 21	March to 6th April Great British Spring Clean (See Page 5)	
<b>Sun 23</b>	<b>10.30am</b>	<b>Hanover Gardens: Church@Hanover</b>
Mon 24	10.00am	Mulbarton Social Club: Community Hub
Tue 25	2.00pm	Mulbarton Social Club: Mardlers
Thur 27	9.15am 10.30am	Harvest House: Coffee and Prayer Flordon: Midweek Communion
<b>Sun 30</b>	<b>10.00am</b>	<b>Mulbarton : Mothering Sunday service</b>
Mon 31	10.00am	Mulbarton Social Club: Community Hub