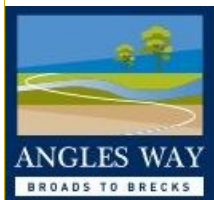


## Peter's walking again



Earlier this year I heard that a school-building project near Lusaka, Zambia (where we visited in 2018) is short of about £5000 to build three classrooms and an office in a nursery school educating children from the 'compounds' there: the poorest of the poor. With a very big birthday looming, possibly terminal if Psalm 90's strictures come about, I wondered if I could tackle an other sponsored walk. Thus the Angles Way 90 at 80

was born. Starting at Hopton-on-Sea (where the Norfolk Coast Path ends), I will pick up the Angles Way long distance path and follow it along the Waveney Valley to Thetford; 90 miles in 4½ days, obviously hoping for sponsorship with all proceeds going to buy building materials for Mission Direct's Kiine School project.

Cathy and I know the need, the set-up, the organiser, how the (self-funding) volunteer teams from UK get to go and we know that 100% of donations are used to buy building materials etc. It's an incredibly efficient way of giving. If you'd like to know a bit more and possibly to donate, please visit <https://www.justgiving.com/page/peter-nicholls-3> or point your device at the QR code.

Peter



## FROM THE REGISTERS

### Funerals (Mulbarton unless otherwise stated)

6 Jan 2025 Elizabeth HEDGES (burial only)  
 3 Feb 2025 Jack KEMP (at crematorium)  
 6 Mar 2025 Ian LONG  
 17 Mar 2025 Roy FROST  
 27 Mar 2025 Jeanie UNDERHILL  
 30 April 2025 Alfred (Alf) BARNES (at Bracon Ash)  
 9 May 2025 Steve KITTLE

### BURIAL OF ASHES

26 Feb 2025 Brian BURGESS

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

Rector: Rev. Adrian Miller: 01508 571167 - [adrian@mulbchurch.org.uk](mailto:adrian@mulbchurch.org.uk)

This month's editor: Chris Carter

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

# MARDLE

## JUNE/JULY

## 2025

Mulbarton Benefice newsletter



## FOLLOWING JESUS

*Sharing the journey*

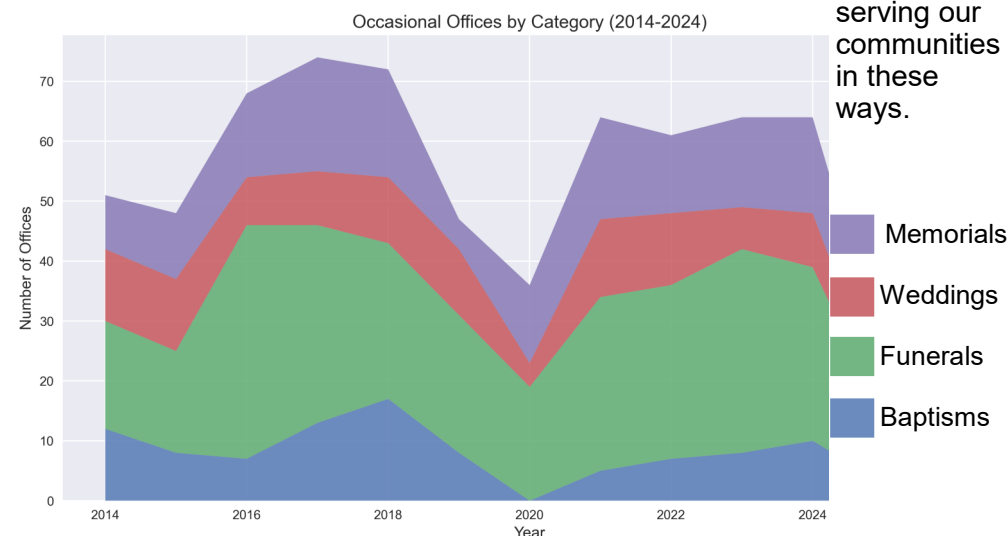
WITH THE VILLAGES OF MULBARTON, FLORDON, BRACON ASH AND HETHEL

## FROM THE RECTORY

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



It is that time of year when we review and report. A big part of my work here has been funerals, weddings and baptisms. Altogether, we have had 450 of these events, bringing in £86,000 income to the churches, during my time in post. Of these, I have conducted 354 (200 funerals, 75 weddings and 79 baptisms). Looking at the trends over the last ten years, we see an obvious dip in 2020, an increase in funerals, and a decrease in weddings. The charts show numbers of services and memorial applications, as well as fee income, by year. We don't know all the reasons for changing trends, but we know we will always do our best to continue



serving our communities in these ways.

## **PCC Updates**

### **Mulbarton—9 Apr 2025**

We approved the accounts and fabric report for 2024, ahead of APCM. We noted that all DBS checks across benefice are complete, and that we were making progress on safeguarding compliance for all activities. We reviewed Harvest House performance, and noted bookings up by £1000 compared to this time last year. Admin hours may need revising. We noted a lot of outstanding actions. We need adult volunteers to support the YOMMY youth group. Review of the Equality Policy was postponed until we had had more opportunity across the benefice to consider the implications of LLF liturgy trials in the Church of England. On finances, we noted that we are closing the gap in the budget deficit. Nevertheless, the budgeted income of £65,000 remains lower than the expenditure budget we would like to achieve (c. £85,000). We are therefore working hard on agreeing spending priorities, so that the £65,000 we receive can be best spent.

### **Bracon Ash—1 May 2025**

We approved the accounts and fabric report for 2024, ahead of APCM. We actioned all outstanding safeguarding tasks. We noted to appoint a new architect. We expressed condolences to Heather and family. Alf's funeral had been very well attended. We also heard news of the death of Ros Wade, organist for many years, and her wishes for a funeral at Bracon Ash.

### **Hethel—28 April**

We approved the accounts and fabric report for 2024, ahead of APCM. We actioned all outstanding safeguarding tasks. We noted the successful Bereavement Journey course, and reviewed other past events (tea & crumpets; Easter events), and discussed forthcoming events (beating bounds, bell inauguration, "Wild at Hethel", cream teas).

### **Flordon—29 Apr 2025**

We approved the accounts and fabric report for 2024, ahead of APCM. We actioned all outstanding safeguarding tasks. We noted two new people coming onto the new electoral roll. We discussed a new contractor working on maintaining the churchyard, and noted thanks to the parish council for their assistance.

## **APCMs 2025**

	<b><u>Mulbarton</u></b>	<b><u>Flordon</u></b>	<b><u>Bracon Ash</u></b>	<b><u>Hethel</u></b>
<b>APCM:</b>	Wed, 28 May	Wed, 21 May	Thu, 22 May	Tue, 20 May

## **News from Hethel Church**

Progress on the tower and bell is painfully slow. The insect-chewed floor has been removed and that's about it. Plans are still there for a grand reopening and the first sound of the bell for many decades but I've no idea when. The church is still usable but during the week the loo is out of bounds.



Meanwhile we will Beat the Bounds on Sunday 25 May (2.30 from church). Always an enjoyable wander (about 2 hours at a gentle pace) around bits of the boundary of Hethel and Bracon Ash, with convivial company and a stop here and there to pray for God to prosper all the activities of the parish. Naturally there's tea and cake in church at the end (and the loo will be open!).

7 - 15 June 2025 is "Love your Burial Ground Week/Churches Count on Nature" when hundreds of church communities take part in a nature count to monitor and celebrate the biodiversity in churchyards. On Saturday 7th at Hethel, Dr Anne Edwards BEM (who knows everything about everything natural world) will lead *Wild about Hethel*. Starting at 2pm, Anne will give a short intro talk to gear up the team (that's you if you're there) to survey the churchyard, which should be on song by early June, for life of any sort. Around 3.30 we'll break out and wander around wild Hethel's fields, woods and old claypits starting to survey more widely. And at 4.30? You've guessed it: tea and cake. We're hoping to make 2026 Hethel (village)'s Year of Biodiversity and inspire the local community to monitor, record and report wildlife throughout the year. Anne said that a similar project in Hethersett was a very popular exercise. So 7 June is a taster of what's to come.

The start of the Cream Tea season just squeaks into this edition of Mardle! Sunday 27 July, 2pm-5pm. Irresistible! And then every Sunday afternoon until (and including) 31 August.

Peter

## How to be a greener Christian #19

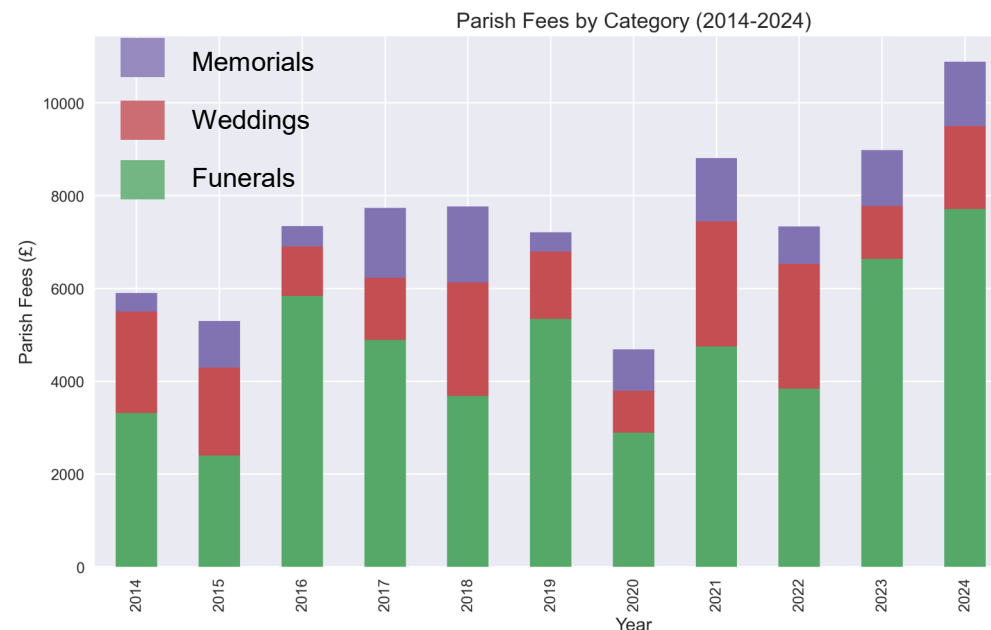
David Attenborough's latest film, *Ocean*, launched on 8 May - his 99 th birthday! The publicity says it "takes viewers on a breath-taking journey showing there is nowhere more vital for our survival, more full of life, wonder, or surprise, than the ocean ... Attenborough shares why a healthy ocean keeps the entire planet stable and flourishing." Track it down!

Which prompted me to dig around for other media to help us understand climate change, biodiversity and action. Check earth.org's list of the 21 Best Environmental Films to Watch in 2024 at [bit.ly/envfilm](https://bit.ly/envfilm) or The Guardian's 15 must-see films about the climate crisis ([bit.ly/climfilm](https://bit.ly/climfilm)). Via the Church of England Environment Bulletin I came across Low Carbon Higher Power podcasts at [bit.ly/lowC-hiP](https://bit.ly/lowC-hiP). Sign up to get the monthly bulletin yourself at [bit.ly/cofeenvbull](https://bit.ly/cofeenvbull). **Should keep you going for a while!**

Would summer be the same without swift 'screaming parties' overhead? This is something that would be truly missed if we lost these amazing birds that are now listed as an endangered species. I watched an excellent online presentation in which Caroline Spinks, Norwich Swift Network, gave insights into these birds and how we can help to look after them in Norfolk. Wilder Communities—Making room for swifts is both fascinating and helpful: watch it at [bit.ly/swiftpres](https://bit.ly/swiftpres). The BBC's Darren Bett writes that this is the driest start to spring since 1956, in case you hadn't noticed! Perhaps head to [bit.ly/rhsdry](https://bit.ly/rhsdry) for the Royal Horticultural Society's suggestions for drought-resistant plants?

Don't forget to check out Hethel Church's Wild about Hethel event on Saturday 7th June, led by Dr Anne Edwards from the John Innes Centre (see page 11 of Mardle). For tea? Chard (perfect spinach equivalent) is growing like mad in my garden. Chop an onion and soften in oil. Add 2 garlic cloves and quarter to half a red chilli, both finely chopped, plus 2 tea-spoons garam masala. Cook for 2 minutes. Add a 400g can of chopped tomatoes, ditto of chickpeas and 300ml vegetable stock. Cook for 20 minutes until rich and thick, then add 2 large handfuls of washed, shredded spinach or chard. Once wilted, serve with some warm crusty bread. My mouth is watering as I type!

Peter Nicholls, 15.5.25



## THANK YOU FROM JILL WRIGHT



This is the first chance I have had to say to everyone via Mardle a huge **THANK YOU** for the lovely book of memories, an envelope stuffed full of cash, and cards from all the benefice, plus the beautiful plant and chocolates from Church @ Hanover. I really was gob-smacked when I opened the envelope and read the comments in the book.

I shall miss being an AWA as I loved planning and taking services, but when the time came for renewal I decided after much thought and prayer to resign in protest at the way many bishops, I believe, are conniving to take the CofE down a path that may please the culture in which we live but I believe leads us away from God's plain commands, creation and will for his people. We are reminded at the start of 1 Corinthians, in chap. 1 verse 2, that *all* Christians are called to live out our new identity as a holy people, serving a holy God. I pray our churches and PCCs will bear this in mind in all deliberations.

From the bottom of my heart THANK YOU, and I am still around, just not up front

Jill

## Eco Church

What's new with the Eco church crew? So just a couple of events for all to join in:

### ● Churches Count on Nature Week June 7th - 15th

A great opportunity to show our churchyard is welcoming to all as well as identifying what nature is present and contribute to a National database celebrating the variety of wildlife and living organisms that exist in our grounds.



We will be having a drop in event on **Sunday 8th June between 2—4pm**, but with guided identification sessions if you wish to join too.

There will be lots of identification guides for you or bring your own.

Alternatively you may want to download iNaturalist onto your phone and log this way. All the details about this app and how to set it up and record are here:

<https://www.caringforgodsacre.org.uk/about-recording/add-your-records/>

### Guided sessions:

**2.30pm. Wildflower identification walk with Heather**

**3.15pm Gravestones walk including looking at mosses and lichens on them with Jill**

Refreshments will be available in the church - if anyone would be willing to help with providing some homemade delights for this, do contact Rachel (07403858695; roo3471@gmail.com) or to help out.

Also a children's art activity will be available throughout the afternoon - creating a collaged postcard of nature you love. Love to see you there, and do invite others that might be interested.

If you can't make it on the date, do drop in during the week and use the app or physical recording forms which will be available in the church porch.

● Advanced notice for the annual mow and grass clear of the conservation area - **it will be on Saturday 9th August**. Mowers will come from 9.30am and rakers 10am.

Refreshments will be available of course for all the hard working crew. Save the date and hopefully it will be another lovely community event as last year.

Rachel

Secondly, have a look at the data from Oregon (<https://bit.ly/oregonDWDA>) in regard to reasons for choosing to die (page 14), excerpted below. It is notable that anxiety

Characteristics	2023		2022		1998–2021	
	(N=367)		(N=304)		(N=2,176)	
End-of-life concerns <sup>5</sup>						
Losing autonomy	336	(91.6)	261	(85.9)	1,976	(90.8)
Less able to engage in activities making life enjoyable	324	(88.3)	265	(87.2)	1,961	(90.1)
Loss of dignity <sup>6</sup>	234	(63.8)	183	(60.2)	1,494	(73.0)
Losing control of bodily functions	171	(46.6)	133	(43.8)	953	(43.8)
Burden on family, friends/caregivers	159	(43.3)	133	(43.8)	1,050	(48.3)
Inadequate pain control, or concern about it	126	(34.3)	95	(31.3)	599	(27.5)
Financial implications of treatment	30	(8.2)	18	(5.9)	108	(5.0)

about pain or pain control is a factor for only one- third of people, significantly lower than “burden”. (For me, this data challenges the compassion’ position that many hold and raises all sorts of questions about unintended consequences – “collateral damage” as Rebecca Paul MP put it today – and also about how concerns can be faced down by better/more adequate end-of-life care.) Thirdly and finally, we all need to recognise that an argument in the workplace or at the school gate which begins “the Bible says ...” is unlikely to cut much ice. Having found our position, we need to be able to argue it logically and reasonably in terms that the secular mind can grasp. This should be possible because God’s guidance is for no other reason than for human creatures to prosper! So we should be able to find anticipated benefits of our position, or likely consequences of doing the opposite. The seven ‘Characteristics’ in the table are likely to be the headlines of arguments raised for or against assisted dying. How would you relate your Christian position to each of these?

Peter Nicholls 16.5.25

## Terminally Ill Adults (End of Life) Bill

... otherwise known as the assisted dying bill was debated again in the House of Commons today as I write (16.5.25). Adrian wondered whether I would like to give a brief resumé of groupwork in which I've been involved, so here goes. I know what I think, but it's right that we all come to our own conclusions especially on a matter of such fundamental, culture-changing significance. So here are a few resources to read and a possible way to go about it; the rest is up to you.

First, I suggest that Christian believers need to start by asking what is a Christian viewpoint. "What would Jesus do?" as the well-used wristband mantra has it. In this regard, I find Dame Esther Rantzen's accusation that the bill & #39;s opponents have & quote ; "undeclared personal religious beliefs which mean no precautions would satisfy [their concerns]" both ignorant and offensive. Ignorant because it suggests she doesn't realise that all people have a belief system that affects their decision-making– atheism is just as much an unprovable belief as Christianity, Islam, Judaism or Hinduism. Ignorant because she seems not to realise that if you believe that something is fundamentally wrong, there aren't "precautions" that would make it right. (If it's wrong to steal, there isn't a way of stealing that makes it OK!) And offensive because it accuses her opponents of something which is somehow unfair in an unspecified but targeted way. I'm glad that Jess Asato MP called her & quote "distasteful and disrespectful" .Basically I'm saying don't be apologetic for seeking your own Christian position!

I'd suggest three resources which might help you think Christianly about the issue (I've shortened the web links via bit.ly where helpful).

- You could start with Dr Ian Paul's blog post "What does Christian theology contribute to the assisted dying debate?" at <https://bit.ly/psephizo>. It's a useful summary of a lot, including some key Bible passages to note.

- There are some articles at Seen and Unseen (<https://bit.ly/seenand>). This website is a 'think outside the box' project of the Church of England.

- And CARE have lots of stuff at <https://care.org.uk/cause/assisted-suicide>, including the Topic Guide (use the menu at the top of the screen) of which I've put some hard copies in churches (ask me if you want one).

- For balance, the Dignity in Dying organisation's website has articles arguing from a Christian position. <https://www.dignityindying.org.uk/?s=christian> will get you the multipage list: scroll and choose. In there is something about the late Archbishop Desmond Tutu's pro position. (Archbishop of Canterbury 1991-2002 George Carey's pro views are also well- known.)

## Ethical Christian #11 Deodorants

Hotter weather and time to ensure we're sweet smelling and sweat free (well maybe not the latter!).

So what's important in this area of odour ousting purchasing? Hopefully we all realize that aerosols are not the best way forward as they contain volatile organic compounds (VOCs), which are increasingly contributing to photochemical smog. So using a balm, roll-on, crystal, or deodorant stick is so much better. Also, here is a real area where plastic packaging and plastic parts are commonplace so choosing a brand that uses a refillable model; subscription model or circular recycling schemes is a great move. To guide our choices three questions (Ethical Consumer magazine):

1/ Sadly 80% of cosmetic products are still tested on animals, even though the UK has banned this. A leaping bunny logo on the product ensures that animal testing does not occur for this brand anywhere in the world.

2/ Is it vegan? Many deodorants contain animal derivatives such as glycerine, lanolin, and beeswax, which are associated with animal welfare and rights issues. Opt for a vegan deodorant.

3/ Is it certified organic? This is a fail-safe way to avoid most of the nasty, artificial chemicals that are in so many deodorants which can be harmful to people and the environment.

Best Buys: Green People, Neal's Yard, and Odylique for prioritising organic ingredients.

Salt of the Earth offers refillable deodorants, and Lucy Bee has solid company policies in place. Recommended buys; Faith in Nature, Fussy, Lavera, Natural Deodorant Co., and Nuud would have all been Best Buys, but need policies discussing how they protected workers' rights in their supply chains.

Avoid: brands owned by Unilever (Dove, Lynx, Sure), Procter & Gamble (Old Spice, Gillette), Colgate-Palmolive (Tom's of Maine, Sanex), Boots and Superdrug, all of which score less than 15/100 on the ethical comparison table of Ethical Consumer.

Rachel

## JUNE/JULY 2025

*Please check church website for information and changes nearer the time*

### JUNE

<b>Sun 1</b>	<b>9.00am</b> <b>10.00am</b>	<b>Bracon Ash: Morning Prayer</b> <b>Mulbarton: All Age Service</b>
Mon 2	10.00am	Mulbarton Social Club: Community Hub
Tues 3	2.30pm	Bracon Ash VH; Tea Pot Tuesday
Thurs 5	9.15am	Harvest House: Coffee and Prayer
Sat 7	2.00pm	Hethel Church: Wild about Hethel. (see Page 11)
<b>Sun 8</b>	<b>8.30am</b> <b>10.00am</b> <b>6.30pm</b> 2pm-4pm	<b>Hethel: Holy Communion</b> <b>Mulbarton: Morning Worship</b> <b>Flordon: Evening Prayer</b> Mulbarton Church: Count on Nature (See Page 4)
Mon 9	10.00am	Mulbarton Social Club: Community Hub
Thurs 12	9.15am	Harvest House: Coffee and Prayer
<b>Thurs 12</b>	<b>2.30pm</b>	<b>Hanover Gardens: Mid- Week Service</b>
<b>Sun 15</b>	<b>9.00am</b> <b>10.00am</b>	<b>Bracon Ash: Holy Communion</b> <b>Mulbarton: Holy Communion</b>
Mon 16	10.00am	Mulbarton Social Club: Community Hub
Thurs 19	9.15am	Harvest House: Coffee and Prayer
<b>Sun 22</b>	<b>10.30am</b> <b>6.00pm</b> <b>7.00pm</b>	<b>Hanover Gardens: Church@Hanover</b> <b>Harvest House: Together Meal</b> <b>Mulbarton Church: Together Service</b>
Mon 23	10.00am	Mulbarton Social Club: Community Hub
Thurs 26	9.15am	Harvest House: Coffee and Prayer
<b>Thurs 26</b>	<b>10.30am</b>	<b>Flordon Church: Mid- Week Communion</b>
<b>Sun 29</b>	<b>10.00am</b>	<b>Mulbarton Church: Meditative Service</b>
Mon 30	10.00am	Mulbarton Social Club: Community Hub

### JULY

Thurs 3	9.15am	Harvest House: Coffee and Prayer
<b>Sun 6</b>	<b>9.00am</b> <b>10.00am</b>	<b>Bracon Ash: Morning Prayer</b> <b>Mulbarton: Wild Church</b>
Mon 7	10.00am	Mulbarton Social Club: Community Hub
Thurs 10	9.15am	Harvest House: Coffee and Prayer
<b>Thurs 10</b>	<b>2.30pm</b>	<b>Hanover Gardens: Mid- Week Service</b>
<b>Sun 13</b>	<b>8.30am</b> <b>10.00am</b> <b>6.30pm</b>	<b>Hethel: Holy Communion</b> <b>Mulbarton: Morning Worship</b> <b>Flordon: Evening Prayer</b>
Mon 14	10.00am	Mulbarton Social Club: Community Hub
Thurs 17	9.15am	Harvest House: Coffee and Prayer
<b>Sun 20</b>	<b>9.00am</b> <b>10.00am</b>	<b>Bracon Ash: Holy Communion</b> <b>Mulbarton: Holy Communion. Service with Mulbarton Community Choir</b>
Mon 21	10.00am	Mulbarton Social Club: Community Hub
Thurs 24	9.15am	Harvest House: Coffee and Prayer
<b>Thurs 24</b>	<b>2.30pm</b>	<b>Hanover Gardens Mid- Week Communion</b>
<b>Sun 27</b>	<b>10.30am</b> <b>6.00pm</b> <b>7.00pm</b> 2pm-5pm	<b>Hanover Gardens: Church@ Hanover</b> <b>Harvest House: Together Meal</b> <b>Mulbarton Church: Together Service</b> Hethel Church: Cream Teas (See Page 11)
Mon 28	10.00am	Mulbarton Social Club: Community Hub
Thurs 31	9.15am	Harvest House: Coffee and Prayer