

Mulbarton Community Pantry

A massive **THANK YOU** to all who pop items in the drawers in the church porch to help feed the hungry here in our community.

These drawers are used regularly so what you give is making a big difference. But they often stand empty at weekends.

Could you help by popping a few items in when coming to church?
Or when passing?

If it is easier you can make a financial donation to the church, referenced Community Pantry, and items can be bought on your behalf that way. Or feel free to bring a bag of stuff to The Rectory and I can pop things in for you.

Items that are popular—tinned potatoes, mashed potato, pasta, pesto, pasta sauces, rice, baked beans, tinned veg and fruit, soups, tea, coffee, squash, crisps, biscuits, cereals, tinned meat or fish, crackers, jam, marmalade, shower gel, toothpaste.

But as a rule of thumb, if you would eat or use it, then so will someone else.

Bless you for your kindness.

Sarah

FROM THE REGISTERS

Burial of Ashes

2nd July	Mulbarton	Lynda Flegg
30th August	Flordon	Sean and Brian White
9th September	Mulbarton	Cynthia and David Ladbrooke

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

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

MARDLE

OCTOBER/NOVEMBER
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)



Your Data - Your Choice!

You will find in the centre of this Mardle edition a pullout form for you to complete. Please do that and return to Sarah at the Rectory. Without your consent to be in touch, we will have to remove your contact details from our records, and you might miss important communications.

It has been a few years since we last did a full round of privacy forms. It is important that we don't leave it for longer than five years, and that when we do renew all the forms, we make sure everybody has an opportunity to state their preferences about how we hold and use personal information. We don't want to lose touch with you, and some things require you to give your consent.

One interesting area is the "prayer chain", referred to as such from the days when it was a chain of praying people, each link in the chain passing the prayer item on to the next link, and everybody in the chain knowing their place in it. Back in the days when we relied on the telephone to communicate! Today, we have a WhatsApp group, where items for prayer are shared and messages disappear after 90 days. Often the needs shared are about medical issues that might arise.

This is important in terms of data protection, because two areas of personal data that have extra protections in law are religious and medical. So, if we are sharing personal data about someone's medical condition on a Christian prayer group, which reveals a certain religious affiliation, then we have to be doubly careful about it. For this reason, we are legally required to gain consent. To make this easier we will produce a separate single item consent form, just for giving consent to information for prayer being shared. If you would like to pray for someone and share specific details, make sure you ask for this form first. These single use prayer forms will be at the back of church or available on the website.

In practice, we have a policy of requiring written consent from whoever is being prayed for, for whatever information is shared on the WhatsApp group. Parents may give consent on behalf under 13s, but may not once their child reaches adulthood. For those 13-17, both the teenager and the parent must give consent.

If we do not have written consent, which sometimes happens in an emergency situation, then our policy is to invite prayer using generalised anonymous terms, e.g. "please pray for someone who is having major emergency surgery this afternoon following a traumatic incident". It is important that we do stick to this policy, not only in the "Prayer Chain" group, but in all the ways we might share news about others for prayer. It is a privilege to be part of a loving and supportive community that cares and wants to pray, and wonderful that we have so many who will stand by us, and those we love, at times of need. The data protection and privacy side of things just makes sure that we are safe and in control of what is shared about us.

As well as that particularly sensitive area, the full form covers all the bases of how we as a group of churches store and use your data. We retain your data until you ask us to remove it from our records or we do this complete renewal of privacy forms, whichever happens first. Thank you in advance for engaging with this, and thereby honouring and respecting the right we all have to privacy.

We look forward to receiving your completed forms in due course, but by **Sunday October 12th** latest please, and if you know anyone else who would appreciate one, please do pick up a form from the back of church. Thank you.
Adrian

News from Hethel Church

Summer cream tea season is over - we're pleased to have blessed, I'm guessing, 150+ people this summer. Gratitude to all our bakers, servers - and customers! The churchyard has been mown and looks tidier if somewhat bare.



The tower project has inched forward ... and stopped again. My mistake: I didn't query an assurance of "we'll be back after your event on 14th September" – any date in the future is, of course, "after the 14th September"!



Next up is **Harvest Thanksgiving** on 12th October at 11am, which will flow into a delicious **Lunch** at around 12.30. My three-dimensional (thick, allowing contours in the bowl) home-made soups were praised a couple of years ago, together with freshly baked bread, organic butter, organic cheese, vegan alternatives, home-made cake and garden fruit.

What better way to celebrate the food bounty that we have in this country? And, at the same time, support Tearfund's Harvest Appeal for Nepal - find out more at <https://bit.ly/tfund25>. You can pay as much or as little as you want for your lunch from zero upwards - please book your tickets at <https://bit.ly/hvst25> not least so that we can cater appropriately!

Then there's **Remembering Loved Ones** on 2nd November at 3pm. An excellent opportunity to 'take a moment' to remember someone that you love but see no longer. Valued by those recently bereaved and equally by those - all of us - who have treasured memories to rekindle and to thank God for. As well as thinking about coming yourself, is there a neighbour, a friend or a relative who might like to come with you? Reach out and invite them. Tea and cake afterwards, of course!

Peter Nicholls

How to be a greener Christian #21



Just back from our main break in Perpignan, SW France, the rail booking site tells me that the carbon emitted is 2.8kg for the high-speed run from Paris, not bad for well over 500 miles. For context, this is less CO₂ emitted than

Mulbarton to the city and back in a small car! That is because mass transport is so much more efficient and because the electricity the trains use is nuclear-generated. Contentious I know, but dealing with relatively low amounts of nuclear waste is likely to be a smaller challenge than dealing with an overheating planet running out of control. The greenest solutions are, of course, the fully renewables, but sun, wind, hydro and tidal fluctuate so there is a need for a steady base layer; that can meet demand if those other sources are low.

“Let the same mind be in you that was in Christ Jesus” wrote Paul to the Philippian Church (2.5). That must be our aspiration, 24/7. But what was my mind when I bought a gilet / bodywarmer in a French hypermarket under a bit of time pressure: £15 for a reversible, ie two for the price of one, garment in attractive colours, edged with orange? Later, I checked where it was made and what of: China and polyester respectively. What kind of labour conditions are necessary to produce for that end price? And Which? magazine has just published a report on microplastics, what they’re doing to us and to the environment. “8 Swaps you can make to reduce your exposure” includes swap natural fibres (in) for synthetic fibres (out). I fear I’m accused by ethics (sorry Rachel) and planet care. Thorough going Christian living is demanding!

Food on the go tips: the continental Relay chain have some good options. For example, three types of chickpeas in one bowl; nice. This side of the Channel we like LEON, who, though not fully egg/vegan, have plenty of V options (naturally fast food is their strapline). There’s an outlet at Kings Cross station and at many other locations - apart from East Anglia! Best of all, take your own, but that can be tricky on a long trip.

See you in November!

Peter Nicholls, September 2025

Mardle Musings ~ seen, held and loved.

We, like many other families this September, faced the challenge of setting off to Uni to leave our anxious but excited young adult there and head back home without them. After a few weeks of sorting, gathering, checking off lists, coping with emotions and uncertainties, we set off to York with the car rammed full and tissues to hand. It is in so many ways a natural step but my heart has been oh so tender.



And so, standing in an unfamiliar room, in an unfamiliar house, in an unfamiliar city where our child is going to make their home, feeling so adrift, I was filled with a peace and joy I cannot explain to see a tree just outside the window. It is a little thing, but it meant so much. You see the views from The Rectory windows are tree filled, all the way round, and in that moment, it felt that a bit of ‘Mulbarton green’ was right there, to bring a touch of our home to this new one. I had a deep sense that the earth and all in it is, indeed, the Lord’s. And knowing the sense of groundedness that tree would gift, He had arranged for that tree to be there. I felt seen and held and loved.

However you need to hear it, wherever you need to see it, whenever you need to know it this Autumn, may that message find its way to you too —that you are seen, held and loved.

Sarah



Friday 3rd October

Autumn Coffee morning and Gift Sale at the Rectory

If you can let Sarah know if you’re coming that would be a help. But do feel free to just turn up.

sarah@mulbchurch.org.uk



Fair Trade Advent Calendars

I'm ordering the real advent calendars again this year. They cost £4.95. I'll pop a poster up in Church and Harvest House which explains more. Please sign up if you want one or two.

Thanks Bev Theobald

A thought for the month

Emptying Hethel Church's little wall safe is always an interesting experience. Today there was a half penny, which stopped being legal tender in 1984! And we often get foreign 'shrapnel'. Made me think how easy it is for any of us to give God just the leavings of our lives.



On the other hand, founder of the Vineyard Churches, the late John Wimber, once said, "I'm just the small change in God's pocket, and he can spend me anyhow he wants." That's total surrender.

On the second other hand, google tells me that some half-pennies can be worth £200 to collectors, so don't let's despise the value of small things or judge by the label on the outside: any and every gift of time, money or talent is precious to God.

Peter Nicholls

Assisted Dying / Suicide bill



The Assisted Dying bill has had its first debate in the House of Lords. The summary emailed by the organisation *Care Not Killing* is here: bit.ly/cnk9-25. CARE (Christian Action Research and Education) emailed thus: bit.ly/CARE9-25 - do click the "Read about the debate" button to get the tenor of what is being said. In summary, of the 161 Peers who spoke in the debate: 96 were against the Bill, 53 were in favour with 12 undecided. CARE wrote: "We believe that the more scrutiny this dangerous Bill is put under, the more Peers – and the Public – will be exposed to the dangers of the Bill, around coercion, around the impact on vulnerable people, and around the lack of high-quality palliative care", welcoming that "in a highly unusual move, the Bill will be subject to an additional Select Committee before proceeding to Committee Stage".

I've written to five Lords and had a supportive reply from one - it's not too late for you to express your views before the bill returns for debate on 7 November. Advice on how to do that is at bit.ly/Lords1 and bit.ly/Lords3.

Last but not first, in the words of Caroline Ansell, Director of Advocacy and Policy at CARE: "Please continue to pray that over the upcoming months, light will be shone on the dangers of this damaging legislation, and that those who are vulnerable will be protected."

Peter Nicholls



8th November at Harvest House

Come and share a morning of food,
fellowship and prayer as we take
time to pray for our churches and
communities together.

Please let Sarah know if you are coming and if you are bringing a brunchy thing to munch.
sarah@mulbchurch.org.uk

Eco Church News

Annual Mow and Rake

We were blessed with dry weather and a good group of people to mow and rake the Churchyard conservation area. It's amazing how many bags of grass cuttings are generated!

Much thanks to all who turned out and helped - whether physically or providing well needed refreshments.

Other News

● **Moth Count** It was great that about 40 people attended this event (from church and village) at the beginning of September. There was a total of 62 moths with a total of 10 species (see the picture of a ruby tiger moth - so gorgeous!). Much thanks to Paresh Shah for sharing their time and expertise.



● **Churchyard Management Plan** this has been updated on advice from Lucy Seey, Norfolk Wildlife Trust Wilder Communities Officer and will go to the PCC in October for approval. This contains ideas to manage our churchyard in ways that protect the natural world such as including a 3 year rotation hedgerow maintenance plan and using one of the soil heaps in the new extension to be used to create a buried log pile habitat which could attract a wider range of species.

● **Climate Action Day** This is on the 24th Oct so we are encouraging church goers to walk/cycle to church on 19th October as one way to recognise it and continue our commitment to use many small actions to make a difference. If it is not possible to walk or cycle then car sharing is another way to lessen our carbon footprint. Rachel



Ethical Christian #13

ENERGY SUPPLIERS

We have heard so much in the news about the cost of energy, and there are ongoing discussions about renewables and where they are built. Leaving aside controversial issues, renewable energy is largely seen as the way forward so I thought maybe it was time to have a look at energy suppliers and how we can be more ethical with who we use.



Questions to ask ourselves about your energy provider:

Is the company building new sources of green energy? Look for a renewable energy company that is building renewable capacity.

Is the company helping customers to reduce their energy use? This is still important as all electricity has the same carbon footprint, whatever its official grid mix.

What bonuses has the company awarded their executives?

If major fortunes have been given to those at the top during this energy crisis it has been to the detriment of vulnerable customers.

Best Buys (according to the Ethical Consumer) are 100 Green (80) and Ecotricity (72) these stand out for their contribution to renewable energy in Great Britain and score high in all categories (Climate, Conduct, Company Ethos and Green Energy Supply), while Fuse Energy (62), Co-op Energy (58), Good Energy (48) and Octopus (42) are all recommended for innovative action whether that is to tariffs, community energy generation projects or transparency.

Since Shell closed in 2023 - the major ethical no-go, no company is on the par with them, but British Gas scores poorly (15) in most categories (see above).

Obviously a whistle stop tour and not going into much detail, but at least you have some questions and ideas to guide assessing your current supplier or if you wanted a different one.

Hopefully we can all stay renewably warm this winter.

Rachel

OCTOBER/NOVEMBER 2025

Please check church website for information and changes nearer the time

OCTOBER

Thur 2	9.15am	Harvest House: Coffee and Prayer
Fri 3	10.00am	Mulbarton Rectory: Autumn Coffee Morning and Gift Sale
Sat 4	7.00pm	Flordon Church: Harvest Supper
Sun 5	9.00am 10.00am	Bracon Ash: Morning Prayer Mulbarton: All Age Baptism Service
Mon 6	10.00am	Mulbarton Social Club: Community Hub
Thur 9	9.15am 2.30pm	Harvest House: Coffee and Prayer Hanover Gardens: Mid Week Service
Sun 12	10.00am 11.00am 6.30pm	Mulbarton: Morning Worship Hethel; Harvest Service. Lunch Following (See Page 11) Flordon: Evening Prayer
Mon 13	10.00am	Mulbarton Social Club: Community Hub
Thur 16	9.15am	Harvest House: Coffee and Prayer
Sun 19	9.00am 10.00am	Bracon Ash: Holy Communion Mulbarton: Holy Communion (Climate Action Day see Page 8)
Mon 20	10.00am	Mulbarton Social Club: Community Hub
Thur 23	9.15am 10.30am	Harvest House: Coffee and Prayer Flordon: Mid Week Holy Communion
Sun 26	10.30am 6.00pm 7.00pm	Hanover Gardens: Church@ Hanover Harvest House: Together Meal Mulbarton Church: Together Service
Mon 27	10.00am	Mulbarton Social Club: Community Hub
Thur 30	9.15am	Harvest House: Coffee and Prayer

NOVEMBER

Sun 2	10.00am 3.00pm	Mulbarton: Wild Church Hethel: Remembering Loved Ones Service
Mon 3	10.00am	Mulbarton Social Club: Community Hub
Thur 6	9.15am	Harvest House: Coffee and Prayer
Sat 8	10.00am	Harvest House: Brunch and Prayer
Sun 9	8.30am 10.00am 10.30am 10.45am	Hethel: Holy Communion Mulbarton: Remembrance Flordon: Remembrance Bracon Ash: Outdoor Remembrance
Mon 10	10.00am	Mulbarton Social Club: Community Hub
Thur 13	9.15am 2.30pm	Harvest House: Coffee and Prayer Hanover Gardens: Mid Week service
Sun 16	9.00am 10.00am	Bracon Ash; Holy Communion Mulbarton: Holy Communion
Mon 17	10.00am	Mulbarton Social Club: Community Hub
Thur 20	9.15am	Harvest House: Coffee and Prayer
Sun 23	10.30am 6.00pm 7.00pm	Hanover Gardens: Church@ Hanover Harvest House: Together Meal Mulbarton Church: Together Service
Mon 24	10.00am	Mulbarton Social Club: Community Hub
Thur 27	9.15am 10.30am	Harvest House: Coffee and Prayer Flordon: Mid Week Holy Communion
Sun 30	4.00pm	Flordon: Advent Service of Light