



Bury St Edmunds Methodist Circuit

Newsletter October 2024



Yvette Vinyard ©

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Dear Friends,

“All is safely gathered in” we may well find ourselves singing at our Harvest celebrations and after harvest our minds turn towards the autumn colours and the shorter days of winter. I was surprised, however, when talking in mid-August to a friend who is a farmer, to hear that, for him at least, all was already safely gathered in, even though most churches would not be celebrating harvest for another month or so.

Maybe as a result of global warming, or maybe because of a change in the type of wheat, harvest is getting earlier in Britain, but for most of us this fact passes unnoticed. We are now able to buy all manner of produce throughout the year in our supermarkets – red berries flown in from America in the depth of winter and green beans frozen and shipped from Thailand or Africa. In what we buy and eat, the passing seasons are no longer as obvious as they once were.

Yet, in church we still mark the seasons and to me that seems very important. The book of Ecclesiastes reminds us that ‘there is a season and a time for everything under the sun’ and as we mark this in church it seems that we acknowledge the need for special times to make us aware of our different spiritual needs. In worship we have times for thanksgiving, times for reflection and renewal, times for sorrow and times for joy.

These are traditionally marked by the changing liturgical colours, purple for Advent and Lent, white for celebrations such as Christmas and Easter, red for Pentecost and green for the seasons between. In this way the church gives a sign that each day is a special time for drawing close to God and marks the seasons as they change.

This marking of the seasons gives us permission to take time out to remember God in different ways. In our busy world where everything is available 24/7 we sometimes forget to stop, to take stock and to say 'sorry' or 'thank you' for the events in our lives. In a world where every day is the same it is difficult to find the time and space to do things differently - perhaps this is why in the book of Exodus there is so much guidance about Sabbath rest and festivals to mark the seasons.

God is with us throughout all time and Jesus is the same yesterday, today and always, but as we prepare for Autumn and Winter, let us take time to give special thanks to God for the changing seasons and what they teach us about his love.

Blessings.

Revd Ruth Ridge.



A VISIT TO EAST ANGLIA METHODIST HERITAGE CENTRE

When we entered the building at Wighton we were warmly welcomed by Elizabeth Bellamy and back to our childhood in Methodism!

Mary and I took a trip to Wighton to visit the East Anglia Methodist Heritage Centre. The building is a copy of Bradfield, but on a smaller scale. There is a round window above the door together with a half moon of glass. The windows are the same shape, but they have coloured glass down each side . The pews have been skilfully used to support display boards with so much memorabilia.

All stages of our Methodist life were here from the baptismal bowl, Junior Church together with the hymn book, MAYC rallies in the Royal Albert Hall and Youth club events.

Display cabinets held crockery from churches with the name around the rim. I have a distant memory of china like that used when we had the celebration tea and presentation after the Sunday school anniversary. There were several busts of John Wesley among the exhibits. Old circuit plans and documents were well researched.

The harmonium was still in good working order when I played it, but I had forgotten how much leg power was needed to create a sound. Now I have electric bellows on the pipe organ!

There are ambitious plans for the building adding a new structure to house documents of interest. Also the toilet will be repurposed to accommodate a wheelchair.

We met a village resident who had worshipped here all her life, although she was very sad when the chapel closed in 2019, she now pops in regularly to chat to visitors , a dear lady.

We rounded off our day at Blakeney where it was very windy, but we heard and saw the first pink foot geese arriving from Iceland.

It was a very special day filled with happy memories of our Methodist childhood.

Anne Southgate, Bradfield Methodist Church



The Martins Care Home



We are very thankful to the local churches in Bury St Edmunds for the support we get from them. The ministers and supernumerary ministers from our

Circuit, the Baptist Minister as well as the clergy from the cathedral, who take it in turn to share Holy Communion with our residents. This usually happens on a Tuesday morning at 11am. The residents always look forward to seeing the ministers coming in.

On the remaining days we have morning prayers. I prepare a PowerPoint with all the prayers, hymns and readings, so that all the residents can follow along.

Last month we organised our very own Olympics. It was one of the sunniest days of the year and the members of staff as well as the residents took part. The Friends of the Martins were present to ensure that everything went orderly. I did take part in the sack-race, egg-and-spoon race, as well as the three-legged race. Needless to say, I tumbled over in two of the races and came last. However, it was the taking part that mattered, and we amused the residents who looked on for these events.

We then had a wellie throwing competition, as well as a hoop-over-the-cone and beanbag throwing. One member of staff didn't realise that the wellie had to be thrown as far as he could, so he reached for the skies to the hilarity of the residents.

It was a day filled with fun and rounded off with a most beautiful buffet prepared by our kitchen staff. Even the dog of the administrator joined in as she kept fetching the wellies which had been thrown.

If ever you feel that you would like to befriend one of our residents, then please get in touch with me. There are residents who have no family and who will welcome a visit or a phone-call. My number is 07555 271735. You can also become part of The Friends of The Martins. We meet a couple of times a year and help with the Christmas Fayre, The Easter Raffle as well as with the Summer Fayre. Please, do give it some thought. Or why not become a monthly donor of the Friends Fund? The monies raised is all spent on the residents. Once a week some residents go out on the rickshaw.

We hope, once the kitchen in Trinity is finished, that we can take some of our residents to the coffee mornings on Wednesday mornings. Each month several residents go to the dementia café, organised by Ipswich Town, and is held at the football ground.

We endeavour to give our residents the best we can in order that they can have a good quality of life.

Francis Carr
Chaplain at The Martins



What's going on in the garden?



From Ecclesiastes 3

*For everything its season, and for every activity under heaven its time:
A time to plant and a time to uproot.*

Hello again.

The quote from Ecclesiastes seems apposite as we enter into autumn. I have been harvesting fruit and vegetables, and my cotoneaster and pyracantha are covered in berries which will be enjoyed by the birds who visit my garden. My runner beans and cucumber are almost finished, so I will be uprooting them and into the compost bin they will go.

I mentioned before that I love planting new bulbs each autumn, so I will be adding to daffodils, crocus and tulips that I already have. Alliums are glorious when in flower and really make a show. I am also planting irises and, hopefully, my garden will be full of colour again next year. At the same time, lift and store the more tender summer bulbs such as gladioli.

This is the time of year to cut back perennials that have finished flowering, which makes the garden look tidier and discourage diseases from attacking the old growth. It is also the time when you can split those large clumps which have just become too big, and if you have empty spaces in your border that need to be filled, then dividing perennials is one way to do that! When planting new herbaceous perennials, by preparing the ground first with organic matter plus bonemeal which will give them a good start as they settle in.

You can extend your flowers by deadheading. My roses still have buds coming into flower, as does the cosmos. Sedum is in flower not along with Japanese anemone and with the berries there is plenty of colour in the garden to enjoy.

Rake up leaves which have begun falling; they make wonderful compost or can be used as a mulch. This is the time of year when you can really add to the compost bin with the leaves, the vegetable plants that have now finished and some material that has been pruned. If, like me, you make jams and chutneys, again you will have plenty of vegetable trimmings for your compost bin.

If you have made compost and it is well-rotted then use it to improve the soil. If you have a crop rotation system, then you should be able to incorporate compost into at least a third of your vegetable garden each year which will do it a power of good. One of my fellow allotment holders, when he has cleared his allotment in the autumn, then covers the cleared ground with a layer of horse manure left to over winter and then is dug in at the beginning of spring. It acts a mulch over the winter suppressing weeds and is a great soil improver as he prepares the ground for his spring sowing!

In the vegetable garden it is time to clear the ground and start preparing the cleared area for next year's crops. However, you should cut down the tops of Jerusalem artichokes to ground level. Artichokes can be invasive – like potatoes, just the smallest tuber left in the ground will grow and so the roots should be harvested regularly. Asparagus fern should be cut down and then the crowns top dressed with well-rotted farmyard manure or garden compost. You may, of course, have vegetables that you will harvest over the winter – Brussel sprouts, leeks, and parsnips.

Just keep an eye on them and remove the old yellow leaves from cabbages, cauliflower and Brussel sprouts. Earth up celery for the last time. Spring cabbage can be planted out now as can onion sets and garlic. Lift mint and parsley for winter use – take a few roots of each, remove yellowing leaves and place them in small pots of compost on a windowsill to provide fresh herbs throughout the winter. Basil needs to be brought indoors or alternatively, harvest the leaves and freeze in ice-cube trays.

Fruit is plentiful now – the trees are laden with apples and pears. Strawberry beds should be cleared of yellowing foliage and old runners, blackberries, blackcurrants and other hybrid fruits should be pruned; should you want to increase your fruit bushes, then now is the time to take hardwood cuttings by taking a shoot about 30cm long and cutting it just above a bud. Cut off about 5 cm of the soft growth at the tip and trim the base just below a bud. Dip the base in rooting hormone and then place them in a slit trench; they should have rooted by the autumn next year.

Please remember the wildlife that visit your garden. The berries are plentiful at this time of year for the birds and other wildlife, but extra help can be given using bird feeders with a variety of foods to choose. Alternatively, you can make a bird cake using seeds, nuts, cheese, bacon rind and suet. Hedgehogs will eat tinned cat food – bread and milk are not suitable and bear in mind that they may have made your pile of pruning, twigs and logs into a nest for hibernation.

Jane Brooker.



NEWS FROM NORTHUMBERLAND AVENUE

We still meet for Sunday Worship at 10.30am with around 15-20 in the congregation each week. All are welcome to join us. Tea/Coffee and Cake/Biscuits are served after the service.

In July, Rachel & Sam welcomed the newest addition to their family, baby Alfie. Also, Mukami & Richard welcomed baby Zephan in August. Both families are doing well.

Sadly, on 31st July 2024, our oldest church member Joan Harris passed away just 3 weeks short of her 101st birthday. Rev John Fulton led the funeral service at West Suffolk Crematorium on 4th September. Joan will be fondly remembered and sadly missed by us all at NAMC.



On Saturday 14th September was the Suffolk Historic Churches Sponsored Ride and Stride, where we welcomed 16 riders and striders to our chapel. The weather was a wonderful 18C with blue skies! Huge thanks to Susan C for

completing the event on her mobility scooter. Also thank you to Sue F, Rosemary, Rachel, Clare and Sarah for signing in the riders and striders throughout the day, and to little Robin for waving and cheering everyone on whilst baby Alfie slept through it all!!



At the time of writing, we are preparing for our Harvest Festival Service led by Rev Ruth Ridge on Sunday 29th September. We are busy collecting produce for display in the chapel and donations for Gatehouse.

The 'Guardians and Tiddlers' baby and toddler group still meets every Thursday 1pm - 3pm during term time. We have around 5 families that meet regularly with us each week, and of course more are welcome! (Please use the rear entrance, ring the bell and someone will welcome you in)

C.A.M.E.O 'Come And Meet Each Other'

Our chapel is open the first Wednesday of each month for tea/coffee, cake and chat. All welcome. (Please use the rear entrance, ring the bell and someone will welcome you in)

Forward notice:



GUARDIANS & TIDDLERS

Baby & Toddler Group
Newborn - Preschool

£1
PER
FAMILY

THURSDAYS
1PM - 3PM
(TERM TIME ONLY)

The Methodist Church
Northumberland Avenue
Bury St Edmunds
IP32 6NA



Ixworth Methodist Chapel



TEA AND TALK

Wednesday October
9th

at 2.30 pm

You are invited to a special
TEA AND TALK afternoon on
Wednesday October 9th 2.30 pm
at the Chapel, to hear Robert
talk about his 640-mile Bike Ride
on behalf of the Methodist
Charity, Leaders of Worship and
Preachers' Homes.

A word on behalf of the Trinity MC Stewards:

At Trinity we have been getting used to having one or two LAs each quarter. LOCAL ARRANGEMENTS SERVICES:

The Methodist church website defines a Local Arrangement as a service of worship where there is no allocated minister or local preacher available to take responsibility for leading worship. As a Local Preacher I am not supposed to organise or lead such worship, as I should be free to be planned elsewhere, but I am happy to support or advise if asked. When an LA is planned at Trinity, I am always happy to be in the congregation if I am not planned elsewhere, and often do feel a real sense of God's presence there (and also if I may have sat in on the early planning stages).

Here at Trinity, Church Stewards facilitate the use of LAs but that doesn't mean the stewards have to provide each one: for example, we may ask one or other of our House Groups to do this and the Worship Leader can become part of it, too.

It can be daunting to wonder what we can - figuratively- place upon the altar before God? In Bible month we saw in the book of Genesis how Abraham was ordered to prepare a place of sacrifice and place his son Isaac on the altar and was prepared to do this awesome and worrying task but he is stopped by God's angel and shown a ram caught up in a bush which he can take and sacrifice instead. In his gratitude for not having to give up his own son Abraham says: "This place will be called 'the Lord will provide' ". (Chapter 22, v. 14). Perhaps this should be the motto when we are tasked with preparing a Local Arrangements service.

Often in life we can look upon a task either as a worry or as an opportunity. A Local Arrangement can be the opportunity to bring a congregation of those whom we know well into a closer understanding of what it means to make an act of worship, through a simple act of sharing. The worship can be as simple or as complicated as we like - but by making our byword “the Lord will provide” then the means, the inspiration, the Spirit, will be there.

On the practical side we use many resources available to us; Local Preachers and Worship Leaders will all have experience in this. Then, we can take a look at the Methodist Worship Book which has a number of formal services set out to follow. There is “Roots” magazine (and online) and material on the Methodist Church website. Hymns in our hymn books can make helpful prayers when read aloud. Importantly, individuals bring their own personal experiences and material that means something special to them.

A Local Arrangement can be as simple as a “Songs of Praise” style service or as formal as a set service from the Worship Book or anything in between. But the service and its planning can often be a source of joy and encouragement rather than anxiety as we learn from one another.

Embracing the occasional opportunity for an LA service with our congregation often brings pleasure and something different for them to contemplate. It also undoubtedly brings relief to those of the Circuit staff who make the Plan quarter by quarter to be able to fill all the appointments..

Josie Keys (for the Trinity Methodist Church stewards)



Harvest Arrangements at St John's Church, Sudbury



Poetry & Puddings Evening
Saturday 12th October at 4pm.



Please bring a poem, or a pudding or cheese,
& contact
admin@stjohns-sudbury.co.uk



Sunday, 13th October

All Age Worship at 10.30am



led by Rev. Julie Minns

Gifts of tinned and dried food for Storehouse

Foodbank will be gratefully received.



Monday 14th October (during their morning session) we will also welcome our

Playbox children to a short service and to 'Find
The Mice !'



Light a Candle to remember



*A service for all who have lost loved ones.
A chance to remember and reflect.*

The service will be held at:

St John's Methodist Church.

On

Sunday 3rd November at 3pm.

All welcome

OLD NEWTON METHODIST CHURCH

Community Lunch



Our next lunch will be on

Tuesday, 1st October

12.15pm – 1.30pm

Do come and join us to enjoy a good lunch in great company. ***Please note that we have had to change the lunch to a Tuesday this month to fit in with our helpers' work schedule.***

We'd love to have you with us!



Tuesday 15th October
Old Newton Methodist Chapel
10.45 – 12.00

**Do join us for coffee and nibbles and lively chat
– a great opportunity
for meeting up with old friends and making new
ones.**

Sunday 6th October
Bradfield Methodist Church

What3Words: deeper.brightly.mural

**5:30 pm Bring and Share Tea followed at 6:30 pm
by Circuit Eco Service**

All welcome.
**Service includes presentation of Long Service Certificate to
Local Preacher Andrew High.**
Please car share where possible.

OLD NEWTON METHODIST CHURCH



CRAFT CIRCLE

Our Craft Club meets in the Chapel Hall on the third Tuesday of each month. It is a very friendly group of folk who enjoy meeting together to practise familiar crafts and learn new ones.

There is also plenty of time for chat and tea drinking. You would be most welcome to join us. You don't need to be expert at any craft – it's all for fun and friendship.

Our next meeting will be on

Wednesday, 16th October at 2.00

when Bridget will be showing us how to make creations from willow.

If you would like to join us please phone Liz Kearsley 01359 272617 for more details or just turn up on the day.



Important Invitation

The third and final Circuit Day for this year will be held on **Saturday 5th October at Bradfield Methodist Church in the morning from 10:30 am to 3:30 pm. Please bring a packed lunch, drinks kindly provided by our friends at Bradfield.**

Plan for the day:

In the morning we will review and final edit the work done last time in preparation for calculating our Circuit Carbon footprint.

The afternoon session is to prepare and help display items that will be used in Bradfield's decorations for Harvest. ***(The Circuit Service will be held there on 6th October)***

We also need to discuss and plan the best way forward in the next year.

RSVP to artwisestella@gmail.com

Useful Links: Check your carbon footprint: Churches and businesses

[The Collaborative Carbon Calculator for Churches, Synagogues, Charities and Small Businesses • 360°carbon.org \(360carbon.org\)](#)

Personal carbon footprint calculator [Measure – Reduce – Offset • footprintr.me by Climate Stewards](#) Website for information and support for the Climate and Nature Bill (formerly the CEE Bill)

[Climate and Nature Bill - Back the CAN Bill Campaign \(zerohour.uk\)](#)

Please note: [Rally for the Climate and Nature Bill Tickets, Wed, Nov 27, 2024 at 5:30 PM | Eventbrite](#)

The **LOAF** acronym relates to our food choices and is used to help us make environmentally friend diet choices. I think it is also wise guidance for life generally. **Every little thing we can do in the direction of these ideals is helpful and matters in protecting the earth, its creatures and its people.**

L	O	A	F
Local	Organic	Animal friendly	Fairtrade
<p>This means transporting ourselves, our food, the goods we buy as little as possible. We ask ourselves “How far has this come to be with me?” Can I switch to a more local alternative? Or, can my travel be done in environmentally careful ways?</p>	<p>We are hearing more about the importance of good healthy soil. Nature is self-replenishing. Trying to restore soil artificially with fertilizers is carbon heavy and polluting of water courses. Letting nature do it’s thing, composting, mulching, grow your own, no dig gardening are all vitally important and regenerative farming is growing in importance and popularity. Of course, this brings complicated decisions because animal husbandry is good for the soil!</p>	<p>In food terms, this relates to vegetarian or vegan diets. It also reminds us to care for all creatures, from the smallest to the greatest on land or in the sea or sky. All have their part to play in the great network of creation and that includes looking after the environments that house and feed them.</p>	<p>Again we see that there are no simple answers where environmental decisions are concerned, as Fairtrade goods have generally travelled a long way!</p> <p>But this section also reminds us of the worldwide human network and our dependence on producers in other lands, along with our responsibility to care about their lives and wellbeing.</p>



Clive and I travelled by narrowboat from Huntingdon to Ely recently, blessed with blue skies and warm breezes. The water was gentle and relaxing, and I was only too aware of the very different experience of the people of Central Europe as elsewhere, Storm Boris made its devastating way through Poland, Romania, Hungary, Slovakia, Czechia, Austria, Germany, and Italy. Chad has also experienced massive floods which have also impacted Cameroon and Nigeria.

Back in Cambridgeshire, we drifted through lush and abundant countryside which brought about the following reflection:

Give and take

Nature demonstrates her excess in abundance, flowering, generous fruiting, seeding, berrying, supporting life. Nature has shown us how to give excessively.

So how come we have misunderstood the lesson? We have turned “Excess” into consumption, having, using, taking, gathering up and storing.

And our misinterpretation, our turning of “giving excessively” into “taking excessively”, has upset the balance. We have given back a bad lesson for a good one, forcing nature into other excesses – rainfall, storms, droughts, fires, losses, sea levels, temperatures, destructive powers.

Can we be generous enough now to care excessively?

Stella Davis

Induction and Welcome service of the Rev'd Robert Sheard. Christchurch LEP

On Saturday 21st September following the morning session of representatives Synod at Downham Market, Jason, Francis and I set off to Needham Market to attend the Induction and Welcome service of the Rev'd Robert Sheard.

The church at Needham Market known as Christchurch LEP had been in my pastoral care for the last seven years. For two years I shared ministry there with the Rev'd Mary Playford (URC) and then for five years I was in sole pastoral care. As an LEP (Local Ecumenical Partnership) the constitution states that the ordained ministry should alternate. So, after long discussions with the URC Moderator and their Synod it was agreed that Rev Robert Sheard would have pastoral charge for at least the next five years. Rev Robert Sheard already has care of Stowmarket, Debenham, Stowupland and Mendlesham URC churches.

The service was led by the moderator Lythan Nevard and the preacher was one of Robert's colleagues the Rev'd David Rees. I was asked to lead the prayers of intercession. It was an encouraging service where Robert made a statement that he would serve Christchurch and his other churches within his care.

Blessings, Rev Rita Carr



Enhancing lives



Do you want an opportunity to enhance the lives of some very special people?

The Martins MHA Volunteer Support Group exists to do just that. We currently support the work of the Home, largely by fund-raising to provide extras to the care given to around 40 older people with a range of needs. We also have two people who play the piano for services and a team of ministers who conduct weekly Holy Communion services. Another volunteer helps in the grounds and one lady who has just retired from playing Scrabble with a group and doing knitting with them.

We fund entertainments, outings (e.g. to the Dementia Café at the Football Club, to occasional services at Trinity), provide Christmas Gifts for all residents and buy items that add a certain something to the life of the Home. Fund raising is currently done by holding three events through the year – Christmas and Summer Fairs and an Easter event with raffle etc. The group are all lovely people and it is not too onerous a job to belong to it. Plus you have the added value of getting to know some residents and feeling part of something very meaningful for them.

For many years I have Chaired the Volunteer Support Group but owing to other demands I am going to retire from the end of this year. So, we need someone to become **Chair** from January 2025 and also a **Minute Secretary** to keep track of our meetings (3 to 4 per year). Someone who is good at fund-raising ideas and publicity, a kind of **Fund-Raising Champion**, would also be an asset. We have an excellent Treasurer, Roger Drew, whose Mum used to live at The Martins, who also runs the Friends of The Martins MHA. This is a group of regular givers which is a massive help to our finances. We work closely with staff and management who are hugely supportive.

See what opportunities exist! What could you do to help? To talk about being part of this group, please contact me, Rev Val Spencer, on tel 07968 276701 or email valspencer14@icloud.com.

***The Front Cover this month is provided by Yvette Vinyard. The poem
'This World' by Mary Oliver sprung to mind:***



I would like to write a poem about the world that has in it, nothing fancy. But it seems impossible.

Whatever the subject, the morning sun glimmers it.

The tulip feels the heat and flaps its petals open and becomes a star.

The ants bore into the peony bud and there is a dark pinprick well of sweetness.

As for the stones on the beach, forget it. Each one could be set in gold. So I tried with my eyes shut, but of course the birds were singing. And the aspen trees were shaking the sweetest music out of their leaves.

And that was followed by, guess what, a momentous and beautiful silence as comes to all of us, in little earfuls, if we're not too hurried to hear it.

As for spiders, how the dew hangs in their webs even if they say nothing, or seem to say nothing.

So fancy is the world, who knows, maybe they sing.

So fancy is the world, who knows, maybe the stars sing too, and the ants, and the peonies, and the warm stones, so happy to be where they are, on the beach, instead of being locked up in gold.

****Should you have an image/painting/drawing/photo etc that you feel will be suitable for the cover of the Circuit Newsletter and you have copyrights for it, please feel free to email it to me – circuit.admin@hotmail.com****

A prayer that God's message dwell within us

Loving God,
May all that we learn
from you and alongside one another,
challenge and transform our thoughts, words and deeds.

May your message dwell richly in our hearts.
May it be treasured.
May it pour out from us in expressions of praise, proclamation and protest.

Help us to listen to all who have been marginalised
to hear what cannot be spoken.

Prepare us for the times when your message will pierce and break our hearts.

Change us as we join in your work as your body here on earth.
In the name of the One who came as Teacher, Justice Seeker and Defender of the Oppressed. Amen.

Julie Coates, Deputy District Chair, Sheffield District

***(Taken from the Methodist Church Website -
<https://www.methodist.org.uk/faith/prayer-for-the-day/>)***

Anyone wishing to submit articles for the November Newsletter please send through to the circuit office circuit.admin@hotmail.com by 16th October, we look forward to hearing your news. If you no longer wish to receive the newsletter or information from Bury St Edmunds Methodist Circuit please ring 01284 731082 or email circuit.admin@hotmail.com

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