

REACHING OUT

from the Cockfield Benefice

Church of England Parish
Churches serving the villages of:
Bradfield St Clare, Bradfield St
George w Lt Whelnetham,
Bradfield Combust, Cockfield,
Felsham, Gedding, Gt
Whelnetham & Stanningfield



March 2025
Issue 124

From the Rector's desk:

It will soon be Lent! I can't quite get my head round this - as it only seems five minutes since we were celebrating Epiphany. This year, we are invited to Ash Wednesday services at other benefices in our deanery. There will be a 10am service of Communion and imposition of ashes at Lavenham, and one at 5pm at Elmswell. This follows the successful Ascension Day service held at Lavenham last year. I hope that you will be able to get to either of those services which start this 40-day period of prayer, fasting, and self-examination leading up to Easter.

Lent is also a time to recognize sin and to seek a renewed relationship with God. This and other aspects of Lent can be very encouraging or uplifting. For example, joining a Lent group or course, or being part of an existing home group in the benefice, where passages of the Bible can be explored and used to help us in our everyday lives. Meeting with others during the week in such a way helps us to grow closer together, and closer to God.

During Lent we can abstain from certain foods or drink, or simply give up treats or luxuries (which will probably be good for our waistlines and general health). Or we can give to charity - the Kagera Lent appeal is always a good one to give to! Or we can simply pray - spending more time with God is always a good thing, as are our conversations with good friends. We wouldn't want to go a week without speaking to our best friend - so why do that with God? God loves to hear us, and we know that the Holy Spirit is always there to help and encourage us in our prayer life.

If you feel that you would like to do something this Lent, and can't quite decide what, then do feel free to speak to me or to Rev Richard, we are always willing to help if we can. I shall be thinking about what I will be doing through Lent (it will probably involve reading a book), as well as leading a daytime Lent group (please let me know if you'd like to come - starting Monday 10 March at 2pm)

However you decide to approach Lent may it be fruitful, and may God bless you in your endeavours,
with every good wish

Sharon

Rev Canon Sharon Potter
Rector, Cockfield Benefice

revsharon2@gmail.com, tel: 01284 828599 or 07825 086063

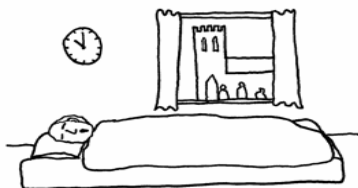
LENT



LENT IS A TIME FOR QUIET
REFLECTION AND CONTEMPLATION



IT IS A SEASON OF ABSTINENCE
AND FASTING



SOME CHRISTIANS GIVE
SOMETHING UP DURING LENT



OTHERS CHOOSE TO CARRY
OUT ACTS OF PENANCE

CartoonChurch.com

If you would like to submit an article for Reaching Out, please either email to Sharon at revsharon2@gmail.com or let her have a written copy by 21 March for the April issue. We value anyone's opinion or reflection!

Village Friends (our over 65's friendship group)

The March Village Friends meeting will take place on **Thursday 20 March** at Felsham Village Hall, from 2-4pm. This month Rev Richard Stainer will be giving us a talk on his latest trip to Kagera. Please let Canon Sharon know if you'd like transport. Contact her on 01284 828599 or 07825 086063, or email. revsharon2@gmail.com.



Big Green Challenge for March



The climate crisis is having a serious impact on our health globally. These planetary changes are happening far too quickly for people and animals to adapt. Not only are they making our health more vulnerable, but dramatic changes to the climate means that viruses, bacteria and parasites can spread more easily, and to places they have never shown up before.

- A 2022 review published in Nature Climate Change showed that of 375 infectious diseases studied, 218 (58%) have been aggravated by climate change.
- In 2023, the World Health Organization warned that dengue and chikungunya are now spreading far beyond their previous geographical zones of transmission. Now, half the world's population are at risk of the disease.
- Likewise, cholera is expanding its range. Increased flooding and warmer temperatures give it the ideal conditions in which to thrive.
- 'Flesh-eating bacteria' or *Vibrio vulnificus* is a mosquito-borne disease which is increasing its range thanks to climate change. The bacterium lives in sea or brackish waters warmer than 20°C and can cause vomiting or diarrhoea. *V. vulnificus* can kill one in five people it infects. Warmer sea temperatures mean that infections have risen eight-fold between 1988 and 2018 on the east coast of the US.
- The anopheles' mosquito that transmits the malaria parasite is moving into areas that have never had to tackle the disease. In a study in Biology Letters earlier this year, researchers found that anopheles mosquitoes have elevated their range by about 6.5m per year and away from the Equator by 4.7km every year for the past century. *Source: Gavi – VaccinesWork*



Gt Whelnetham Church will be holding a

Plant and Tool Sale

on **Saturday 29 March, 10.30am-12.30pm**

at the Church - refreshments will be available and a Tombola.

Proceeds will be divided between the Church and the Bury Drop-in Centre

The Bishops' Lent Appeal

The Bishops' Lent Appeal this year is for Kagera and can I urge everyone to participate? Leaflets will be in the back of churches or can be picked up from Rev. Sharon or myself. Having just returned from our link diocese I can assure you that the need is great and that every penny you donate will make a real difference to people's lives. We went to a number of wonderful projects where churches are developing new ways to raise money. We saw avocado plantations, piggeries, and beehives all established with a little help from us so that these churches can become self-sufficient. On the last Sunday I preached at a very remote church on the Rwandan border. The church was far too small and many people had to sit outside. They have laid the foundations for a new church, but need a little help to buy the materials to build the rest. Other parishes need motorbikes for their priests who are having to start walking at 4.00 a.m. to reach one of their churches in time for morning communion. The Bible College (KCTC) is looking to expand, but again needs a little help to build new toilets and a dormitory. The hospital also is in desperate need of resources.

Everywhere we went there was incredible belief that God would provide and tremendous gratitude for all that we do to support Kagera. As God's hands and feet upon this Earth I hope we can rise to the Lent Challenge to support our brothers and sisters in Christ as we have always done. Thank you.

P.S. If you want to hear more about our visit to Kagera then do come along to 6 - 7 on the 2nd March at 6.00p.m. in Felsham Village Hall.

Real Easter Eggs

The deadline for ordering Fairtrade Easter Eggs from the Real Easter Egg Company has been extended to 5th March. We need 18 eggs to get free delivery and a price reduction. Each egg costs £5.50. The 2025 design includes:

- Large 24 page Easter story-activity book
- £200 prize competition
- Super thick milk chocolate egg (150g) with a lovely creamy taste. 30% cocoa. Palm Oil free & Plastic free

Dark chocolate eggs are available at £6.50 each but we would need an order of 6 to get them at that price. Please email / phone Rev Richard or catch him in church to place your order. (richard.stainer14@mail.com, 01284 388175)



A date for your diary!



Music on a Summer Evening

Bradfield St George Church is holding a fund raising concert on Saturday 28 June in the evening in the Church.

'Angel Delight' - a flute and harp duo will be delighting us with their music!
More details to follow nearer the time.

Calling all knitters!

We have recently returned from a visit to Kagera, our link Diocese in Tanzania. Whilst we were there, we visited the hospital which is supported by the Diocese of Kagera. Compared to the West Suffolk it is very short of equipment and basic supplies but one thing that it does have in common with the West Suffolk is the need for hand knitted hats for new born and premature babies.



If you feel that you could knit one, or more, hats we can arrange for them to be delivered to the hospital as visitors from the UK go out a few times a year.

Patterns are readily available free on line, just Google 'new born baby hats' and you should be spoilt for choice. allfreeknitting.com, lovecrafts.com and knittingforcharity.com are good places to start.

It's a good way of using up odds and ends of wool.



If you don't have access to the internet just give me a call and I'll get you a pattern or two.

Thank you

Christine 01284 388175 or 07443626499

Messy Church News Roundup



Not having written in here since October, this edition covers both November's and January's Messy Church meetings.



We met in **November** when the theme was 'God Enters the World' and was based around the Christmas Story. Activities included making a nativity scene in an egg box, gingerbread people iced as shepherds, stars out of old Christmas cards, a Christmas tree that opened up and told the Christmas story and painted pebbles. There was also a pantomime camel outfit but people were somewhat reluctant to try it on! A few were persuaded, however, to everyone else's great amusement!

The session was very well attended by regulars as well as some first timers. After the activities Rev Richard told the Christmas story based around the letter 'G'! Grazing, gazing and gobsmacked, Good News, glory, go and gossip. Each word had an appropriate action or sound for listeners to join in with at the appropriate time in the story.



An egg box nativity

After tea all the children went home with a Meaningful Chocolate

Company Advent calendar which includes a story book of the real meaning of Christmas.



The activities in the hall

In **January** we looked at the story of Jesus being presented in the temple to Anna and Simeon, which has come to be celebrated as Candlemas. (Luke 2 v 25 –38). Activities included making a 'blessings jar' full of heart shapes with messages on them such as 'You are loved beyond measure' from



Making the blessings jars

Romans 8 v38/9 and 'the light you shine makes this world a better place' from Matthew 5v16. There was also a picture of each of the activity leaders as a baby or small child and the families had to work out who was who! This was greatly enjoyed by all! There was also making an edible candle out of mini rolls and icing; food activities are always popular at Messy Church! There were also other activities which included candles and lights to reflect the theme of Candlemas.

Rev Richard told the story of Anna and Simeon and emphasised that all ages are valued; the very young, the old and the very old and that we can all learn from each other. The session was again well attended by both regulars and new comers.

Later this year we have some more outdoor sessions planned as these have proved very popular in recent years.

Please continue to pray for the work of Messy Church with families in our Benefice....and beyond.

Christine— Families & Children's' Minister

p.s. Christine is collecting avocado stones for next Messy Church, please leave them in the porch at Cockfield Rectory for collection, thank you !



You are invited to a fundraising talk in aid of Little Whelnetham Church

Healing the Hands of Malawi

an illustrated talk by Tony Barabas

Consultant Plastic & Hand Surgeon in the NHS Cambs. formerly of Little Whelnetham

on

The LION project:

a 5 year plan introducing hand surgery to Malawi

Saturday 8 March 2025

7 for 7.30

Bradfield St George Village Hall, IP30 0AS

Tickets £20 Including a 2 course hot meal

Bar and raffle

Available from

Jan Golding: janblof@aol.com 07768180695


Sue Smith: 01284 388311 calafell@btinternet.com

Alix Barabas: 01284 386305 alixbarabas@hotmail.com

Please advise of dietary requirements when booking.



Cockfield Benefice Services and Events - March 2025

Sunday 2 March Sunday next before Lent	9.30am Holy Communion - Stanningfield 11am Holy Communion - Bradfield St George 6pm Six2seven - Felsham Village Hall
Wednesday 5 March Ash Wednesday	This year we will be gathering as a Deanery: 10am Communion and Ashing at Lavenham or 5pm Communion and Ashing at Elmswell
Saturday 8 March	7 for 7.30pm - 'Healing the hands of Malawi' talk at Bradfield St George Village Hall
Sunday 9 March Lent 1	10am Morning Prayer - Cockfield 11am Holy Communion - Bradfield St Clare 6pm Praise & Worship - Gt Whelnetham
Tuesday 11 March	11am Holy Communion - Felsham
Sunday 16 March Lent 2	9.30am Morning Prayer - Stanningfield 10am Praise God Together - Felsham 10.30am Holy Communion - Cockfield 4pm Evening Prayer - Bradfield St Clare
Thursday 20 March	2-4pm Village Friends at Felsham Village Hall
Saturday 22 March	2-4pm Knit'n'natter at Bradfield St Clare Village Hall
Sunday 23 March Lent 3	9.30am Holy Communion - Gt Whelnetham 10am Worshipping Together - Bradfield St George 10am Communion - Gedding
Saturday 29 March	10am-12.30pm Plant and Tool Sale at Gt Whelnetham Church
Saturday 29 March	 All children welcome accompanied by parent/carer(s), 3-5pm, Venue tbc
Sunday 30 March Mothering Sunday	10.30am Mothering Sunday Service - Cockfield

A service of Celtic-style Morning Prayer is usually held every Tuesday at Cockfield at 9am and at Stanningfield every Thursday at 9am visit www.cockfieldbenefice.com for more details.