

ST MARY'S, WEST BERGHOLT



Part of The King's Ridge Parishes

Registered Charity No.1213670

Editor: lizdixon177@gmail.com

Sunday & Easter Services

♦ 1 March—9.30am Baptism with Communion & 5pm Taize Service

♦ 8 March—9.30am Messy Church

♦ 15 March—9.30am Mothering Sunday All Age service

♦ 22 March—9.30am Café Church

♦ 29 March—9.30am All Age Palm Sunday Service with Communion

♦ 2 April—8pm Maundy Thursday Agape Meal

♦ 3 April—10am Good Friday Reflective service at St John's, GH

♦ 5 April—9.30am All Age Easter Celebration Service

World Day of Prayer—Fri 6 March



Join us for this Ecumenical service, this year prepared by the Christian women of Nigeria. **There will be a soup lunch**

at 1pm and the service will follow at 2pm. All are welcome to both.

March 2026



- ♦ Lent Study Course
- ♦ Lent Lunches
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Message from Rev Heather

Hope springs eternal

Have you ever noticed how many idioms, have the word 'Spring' in them.

For example, we might say, someone has a 'spring in their step', when they are walking energetically or with liveliness, or we might need to 'spring into action' and start doing something quickly or suddenly, when we hear an alarm bell ringing for example.

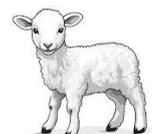
We might say that we have 'spring fever', by which we mean a feeling of restlessness of excitement felt at the beginning of spring as we look forward to spending more time outdoors. This restlessness of course, may also lead us to a bit of 'spring cleaning', and sometimes we might hear someone say, that someone is 'no spring chicken', perhaps meaning someone who is not so young as they used to be.

As Spring has now sprung, I wonder what it is about spring, that lends itself so readily to so many sayings, and I guess, there is something around the freshness and newness of spring.

Having just gone through the darkest, coldest season, with trees bereft of leaves, as Spring arrives, it feels like we have turned a corner and there is a fresh sense of hope in the air, which is sure to put a spring in our step. Our gardens and countryside are slowly being transformed as creation works its wonders, hedgerows are taking on a subtle green hue, that over the coming weeks and months will grow stronger, the spring bulbs are bravely breaking through the ground and bringing life and colour back, and soon there will be more and more lambs springing merrily across the fields.

Which reminds me of another idiom, 'hope springs eternal'.

Continued over ...



Message from Rev Heather... cont'd

In this season of spring, we are reminded that hope springs eternal, hope never dies, there is always hope. As we look around us and see so many signs of new life, our hope is renewed. And I am reminded that in Lamentations we are told, 'The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning, great is your faithfulness.' (Lamentations 3:22-23) Hope springs eternal.

I pray that as you travel through this season of Spring, with all its signs of new life and hope, that you will take hope in the steadfast love of the Lord.

May God Bless you, Heather

Lent Study Course—Tuesday Afternoons or Thursday Evenings

Our Ordinand, Dominic Sheil, has written a Lent Course for the King's Ridge Parishes called 'Trees in the Bible'. All are welcome to attend on either **Tuesday afternoons at 2pm** on 3, 10, 17 & 24 March at 143 Chapel Rd, or **Thursday evenings at 7.30pm** on 5, 12, 19 & 26 March in the hall.

Lent Lunches

Join us for our popular Lent soup lunches, with the money raised going towards Beacon House & St Helena Hospice. Dates and venues are as follows, **all at 12pm-1pm:**

- ◆ **Tuesday 3 March—John the Baptist, Mount Bures—featuring the King's Ridge Choir**
- ◆ **Tuesday 10 March—St Mary's, West Berg**
- ◆ **Tuesday 17 March—St John's, Gt Horkesley**
- ◆ **Tuesday 24 March—St Peter's, Boxted**

Mothers' Union—Tues 3 Mar @ 2pm

Join us for the next meeting of our new Mothers' Union Branch in the church hall. Meetings will be held every first Tuesday of the month and will include a short service, a speaker and tea and cake.

Compline For Lent on Zoom

Join us for this quiet, reflective service at the end of the day, every **Monday throughout Lent (2, 9, 15 & 22 March)**. Meeting ID: 833 1285 4119. passcode: 745805

Church Flowers

Some of you may have seen the General Synods support of the movement towards sustainable Church flowers. Luckily, for St Mary's we have already been putting thought into how we can find alternatives to non-biodegradable oasis and other ways to decorate the Church so we minimise single use plastics and CO2 emissions with our flowers. Further ideas are welcome: if anyone would like to talk more on this then we plan to meet at **the Church on Friday 20th March @ 2pm** to look at our existing supplies, storage capability and exchange more thoughts. Gemma

Our Team at St Mary's

Priest in Charge: Revd Heather Wilcox, RevHWilcox@outlook.com
01206 240906, mob: 07503 151715

Curate: Revd Emma Barr, 07801 659345 revenmabarr@gmail.com

Church Wardens: Peter & Caroline Finlay—pm.cmfinlay@gmail.com

Licensed Lay Ministers (LLMs):
Richard Chadborn 01206 240541, **Liz Dixon** 07914 001212 **Joy Budden** 01206 241871

LLM Emeritus: Michael Foster 01206 241022,

Evangelist: Ron Seymour, —07772 241178

Parish Safeguarding Officer: Jenny Noakes—07963 304018 or jeninoakes@aol.com

Church Administrator: Donna Luxton & Jo Russell—01206 243683, 6parishescolchester@gmail.com
Office Hours: Mon, Tues, Thurs & Fri 10am—midday

Hall bookings: Through the Parish Office—see above

Newsletter: lizdixon177@gmail.com

Website:
Stmaryswestbergholt.co.uk

Eco News

Carbon Literacy Workshop

St Mary's was very pleased to welcome Rev. Sandra Eldridge who came to lead our Carbon Literacy workshop in February. Sandra has a wealth of experience in understanding how climate change is affecting wildlife and communities across the world, and in encouraging people to take action as part of their Christian faith. The workshop was well attended by people from the King's Ridge Parishes and from other churches in the Deanery. The day was packed with useful information interspersed with quick quizzes and time for discussion. Here is a little flavour of what we learned.

What is Carbon Literacy?

An awareness of the carbon costs and impact of everyday activities, and the ability to take action to reduce emissions in four main areas:

- **Buildings**
- **Food**
- **Travel**
- **Stuff (the things we buy)**



Scientific Consensus

A 2021 study found a 99% consensus on human caused climate change in peer-reviewed scientific literature.

Calculating your Carbon Footprint

All the participants were encouraged to use the World Wildlife footprint calculator to work out their personal carbon footprint. The calculator takes into account the energy you use at home, what food you eat, how you travel and how much you spend on fashion and electrical items. The average footprint for a UK household is 8.8 tonnes per year, compared to the world average of 4.8 tonnes. Have a go at calculating your carbon footprint: <https://footprint.wwf.org.uk/>

Spot light on Fashion

Approximately 10% of carbon emissions (2 billion tonnes per year) comes from the fashion industry,

compared to 11% for agriculture. The industry consumes more energy than the aviation and shipping industries put together.

What can we do to change this?

Own fewer, better quality clothes, keep clothes for longer, buy pre-loved clothes, resist the pressure to wear something different to work every day, learn to repair your clothes.

Food Carbon Footprints Facts

The carbon footprint of different types of food per 50g amounts, measured in kg of CO2 equivalent, is as follows:

- Beef—25kg
- Chicken—2.8kg
- Milk—1.6kg
- Lentils—420g*
- Mixed nuts—130g*



*NB although we have to import these the carbon cost is still lower if transported by sea rather than air.

Eco Church Notice-board



Don't forget to have a look at our new Eco Church Notice-board near the entrance to the church behind the sound system cabinet.

A Prayer

**Heavenly Father,
We ask you to stir our hearts into action.
As global temperatures increase,
inspire us with the ways we can
reduce our carbon footprint in our
homes, churches, communities and
the world around us.**

**We pray that your Holy Spirit will
guide and help us in
this task.
Amen**

