

# ST MARY'S, WEST BERGHOLT



Part of The King's Ridge Parishes  
Registered Charity No.1213670  
Editor: lizdixon177@gmail.com

## Sunday & Easter Services

- ♦ **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 with Baptism & shortened Communion**
- ♦ **12 April—10.30am United Service at St Mary's followed by lunch—see below (No Messy Church that day)**
- ♦ **19 April—9.30am Communion service**
- ♦ **26 April—9.30am St George's Day service with scouts and guides**

## Rev Heather's Last Service before her Sabbatical— 12 April @ 10.30am

Heather will be taking a well deserved 3 month Sabbatical after Easter so this will be her last service with us until she returns in July. All are welcome to join us for this special 6 parishes service with a buffet lunch afterwards. Part of her Sabbatical will be walking the Camino Way and we look forward to hearing about her adventures!

## April 2026

- ♦ **Saturday Cafe—4 April**
- ♦ **Mother's Union—7 April**
- ♦ **Annual Church Meeting—19 April**
- ♦ **Christian Aid Café—2 May**
- ♦ **Home Group changes**
- ♦ **Eco News—page 3**



## Message from Rev Heather

### **Making the most of the journey**

As April begins, in the church, we come to the end of our Lenten journey to the foot of the cross on Good Friday, in anticipation of our joyful celebrations of Easter 3 days later.

Our Lenten journey is one of reflection, penitence and understanding a little more of what it means to 'Pick up our crosses, and follow Jesus.' It is a sobering pilgrimage, but if we make the most of the journey, then the celebrations on Easter day are even more special, and full of hope, as we remember all that Jesus has done for us, so that we can know that our sins are forgiven, and we have new and eternal life in him.

But so often in life, we find ourselves searching out the quickest way to get from A to B and lose sight of the fact the journey is all part of how we get to our destination in the first place. In our rush, is there a risk we might miss something important along the way?

By the middle of April, I will be getting ready to head off on my three months Extended Study Leave, or Sabbatical, for want of a better word, and as part of that Sabbatical, I will be going to Santiago in Portugal, but I intend to make the most of the journey, and go by foot, walking the 488 mile route from France, over the Pyrenees and then across Spain.

This is a trip that is as much about the journey as it is about the destination. I hope that by the journey, I will be shaped and changed, as I take the time to slow down, to learn a different pace and just enjoy being in God's wonderful creation and the great outdoors.



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## Message from Rev Heather... cont'd

As I journey, I am looking forward to the encounters I may have with fellow pilgrims along the way, and I am reminded of the disciples, being joined by Jesus on that first Easter day, as they journeyed by foot to Emmaus.

And so my encouragement this Easter time, is for us all, to slow down from all the rushing, and actually make the most of the journey, less we miss the most important thing.

May God Bless you this Easter time, and I look forward to sharing my sabbatical experiences, when I return in July.

Reverend Heather

## Mothers' Union—Tues 7 April @ 2pm

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

## Café at St Mary's—Sat 4 April @10am

Pop along for a bacon roll, cheese scone, tea and cake and plenty of relaxed conversation or simply read the newspaper or play some board games. All are very welcome.

## Christian Aid Café and Plant Sale— Saturday 2 May 10am-12pm

Please keep the date in your diary for our annual fund raising event for Christian Aid, which this year will be held in St Mary's church hall as part of the Saturday Café on 2nd May.

Donations of plants, cakes and books and puzzles are very welcome. Please leave them at the church office a few days before 2 May.

## Afternoon Home Group—now on Wednesdays!

The Tuesday afternoon home group, run by Richard Chadborn, is moving to a Wednesday afternoon. The first meeting back after Easter will be on Wednesday **15 April @ 2pm at 143 Chapel Road**, when the group will continue their study of the Book of Revelation. New members are always welcome. Please contact Richard Chadborn (contact details below).

## Annual Church Meeting—19 April

All are welcome to attend our Annual Church Meeting on Sunday 19 April at about 10.45am after the morning service.

The annual meeting, which is open to all, reports on changes to the electoral roll, parish activities and financial matters. Every three years, it is also the occasion when new members to the PCC and to Deanery Synods are elected. This year we will be electing new members to represent our church at the Deanery Synod level. If you are interested in applying please speak to our church wardens (contact details opposite).

### 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 revemmabarr@gmail.com

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

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

**LLM Emeritus: Michael Foster** 01206 241022, **Joy Budden** 01206 241871

**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**  
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## Eco News

### 4 Ways you can Help Nature at Home—from the RSPB

Nature is a mighty global force, moving and shifting with its rolling weather fronts and millions of birds migrating each year in the skies above us. But nature is also precious and more fragile than its power suggests. Sadly, the UK is currently one of the world's most nature-depleted regions with a greatly diminished biodiversity and one in six species at risk of extinction in Great Britain. Humans rely on nature in ways we may not even realise, and our actions directly affect it. Crucially, we can have a big impact on positive change by doing small things to help nature right on our doorstep.

#### 1. Snuggle up. Put up a nestbox



If you have a suitable tree or wall in your garden, why not provide a nestbox as a safe haven for your resident birds? With the depletion of the UK's habitats, nesting sites are in

shorter supply than ever. Together with the nourishment provided by bird feeders or even compost heap invertebrates, a nestbox will provide a rich and bountiful environment for birds. They may even choose to raise their chicks there.

Different species can require specialised boxes. Take a look at the guide below for all you need to know. You can also find nestboxes at the RSPB shop. Every purchase contributes to the support of wildlife and nature!

<https://www.rspb.org.uk/helping-nature/what-you-can-do/activities/all-about-nest-boxes>

#### 2. A foundation for wildlife. Create a compost heap

Spare a thought for your smallest garden visitors. One way to help the minibeasts which underpin biodiversity is a compost heap.



You can buy or even build one yourself, best made out of untreated wood, even upcycled slats if you have them to spare. Combine food and garden waste such as soil and vegetable trimmings with finely shredded cardboard and sticks for forming mulch. The blend of both nitrogen- and carbon-rich materials provides the most efficient food and warmth for

a plethora of decomposers like earthworms and woodlice. These contribute to soil nutrients and aid larger creatures as food sources for amphibians, birds, and mammals.

#### 3. Taking a dip. Provide a bird bath



Even in the winter months, birds benefit greatly from a bird bath, providing them with the means to cleanse and fluff up their downy feathers to keep warm.

You don't have to buy purpose-built options, either. Birds will be more than happy bathing in upcycled large plates, bowls, or basins. It's vital to keep your bird bath clean by refilling with fresh water daily and thoroughly disinfecting weekly.

#### 4. Checking in? Add a bug hotel

Our pollinators are a backbone of biodiversity, and you can provide a safe habitat for them by setting up a bug hotel. Carefully drill holes of a variety of sizes approximately 10-15cm deep into a block of untreated wood (as chemicals



like varnish can harm insect inhabitants). Then, sand down hole entrances so visitors don't damage their delicate wings, and you can shelter dozens of species from bumblebees to beetles. Remember, positioning is important: south-facing in a sheltered but sunny area will prevent both mould and rot, keeping resident insects warm and dry. Bees are solar-powered pollinators; warmth is crucial for overwintering and brood development. Bringing your bug hotel inside a shed or covered porch in autumn and winter is advised to protect against damp, which can kill larvae. By following these steps, you'll ensure these cosy dwellings keep bees boosting the ecosystem of your garden in return.

#### Some Dates for your diary:

**Saturday 6 June—Wildlife survey in the churchyard**

**Saturday 1 August—Big Butterfly Count in the churchyard**

More details to follow in the May newsletter.