

ST MARY'S, WEST BERGHOLT



Part of the King's Ridge Parishes

Registered Charity No.1213670

Editor: lizdixon177@gmail.com

Sunday Services

♦ 5 July—9.30am Holy Communion

♦ 12 July—9.30am Messy Church

♦ 19 July—9.30am Holy
Communion

♦ 26 July—9.30am Café Church

♦ 2 August—9.30am Holy
Communion & 5pm Taize Style
Worship

♦ 9 August—9.30am Messy Church

♦ 16 August—10.30am United
Celebration @ Mount Bures—see
p2

♦ 23 August—10.30am United
Celebration Service @ St John's,
Great Horkesley—see p2

♦ 30 August—10.30am United
Celebration @ St Peter's, Boxted

Churchyard Big Butterfly Count
1 August 10am-12pm

Please see the Eco news page for more details.

July & Aug 2026



- ♦ [Mothers' Union—14 July](#)
- ♦ [FiSH Summer Holiday Dates](#)
- ♦ [Bereavement Café—28 July @ 2pm](#)
- ♦ [Eco News—page 3](#)

Message from Rev Emma Barr

A Season to Notice God's Goodness

July feels like the very heart of the British summer. It brings some of our most treasured traditions: the excitement of Wimbledon, the roar of the Formula 1 cars at Silverstone, and the beautiful music of the BBC Proms. Schools break up for the summer, exams are behind us, and many of us look forward to a slower pace of life.

We hope for warm sunshine and long evenings. Gardens come alive, barbecues are lit, pub gardens fill with conversation and washing flutters on the line instead of drying indoors. Walking boots may be exchanged for trainers, and perhaps, just perhaps, the raincoat can stay at home for a few days. There is something wonderfully simple about summer that invites us to appreciate life's everyday blessings.

In a world that often feels busy and demanding, July offers an opportunity to notice what is around us and to reconnect with God through the beauty of creation. The Psalmist writes:

"This is the day that the Lord has made; let us rejoice and be glad in it." (Psalm 118:24)

These words remind us that every day is a gift from God. Whether we are enjoying a family holiday, tending the garden, watching sport, sharing food with friends, or simply sitting in the sunshine, God is present in those moments. The sights, sounds, and joys of summer can draw our hearts towards gratitude and wonder.

As we make the most of all that this British summer has to offer, may we keep our eyes open to God's blessings and our hearts attentive to His presence.

God Bless, Rev Emma



Café @ St Mary's—Saturdays 4 July & 1 August @ 10am-12 noon



Pop in to our Saturday Café on 4 July & 1 August and enjoy coffee or tea with a bacon buttie and a slice of homemade cake in the church hall. Weekend newspapers and games for children are also available.

Food in School Holidays Club (FiSH)

During the summer holidays, St Mary's will be running our popular craft, games and lunch sessions for families from 11.30am-2pm on the following dates:

- **Mondays 27 July and 3, 10, 17 & 24 August**

The activities and meal are free but please book through the parish office to help with catering.



Please note that all children must be accompanied by an adult. **All Families Welcome!**

King's Ridge Parishes Mothers' Union Meeting—Tues 14 July @ 2pm

The next meeting of the King's Ridge Parishes Mothers' Union will be on 14 July @ 2pm in the church hall, when we'll be enjoying afternoon tea.

New members always welcome. **Please note: there is no meeting in August.**



Bereavement Café at St Mary's Tuesday 28 July & 25 August @ 2pm

The next Bereavement Cafés will take place on Tuesday **28 July and 25 August** from **2pm—3.30pm** at St Mary's Church. Anyone who has had a bereavement at any time, be it when they were young or more recently in adulthood, is welcome to attend.

The café is hosted by volunteers from St Mary's and staff from St Helena Hospice. Please just turn up on the day. We look forward to welcoming you.

King's Ridge Parishes United Services in August

During the last 3 Sundays in August we will be travelling around to different churches in the King's Ridge Parishes for three special united services, lead by Rev Heather Wilcox:

Sunday 16 August—10.30am @ St John the Baptist, Mount Bures

Sunday 23 August—10.30am @ St John's, Great Horkesley

Sunday 30 August—10.30am @ St Peter's, Boxted

If anyone would like a lift, please contact our church wardens (contact details below).

Our Team at St Mary's

Priest in Charge: Revd Heather Wilcox, RevHWilcox@outlook.com on extended study leave until 13 July

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 & Joy Budden

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

Parish Evangelist: Ron Seymour, —07772 241178

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
Follow us on Facebook!

Eco News—Butterfly and Bug Hunt— Sat 1 August 10am-12pm

Join us for a Butterfly and Bug Hunt in the churchyard on 1 August! Refreshments will be available in the church hall café and clipboards and pens will be provided to record your findings.

Why butterfly conservation is important

St Mary's is taking part in the Big Butterfly Count, organised by the Butterfly Conservation group, as part of working towards our Gold Eco Church award.

Butterflies are a beautiful and important part of the UK's wildlife.

They are highly sensitive indicators of the health of the environment and play crucial roles in the food chain as well as being pollinators of plants.

The UK has 60 species of butterflies – 58 resident species of butterflies and two regular migrants – the Painted Lady and Clouded Yellow. However, the "State of the UK's Butterflies 2022" report by the Butterfly Conservation group has revealed the alarming news that 80% of butterflies in the UK have declined since the 1970s.

Cause for Concern: Decreases in butterfly populations on this scale are a huge cause for concern as butterflies are an integral part of the UK ecosystem and their precipitous decline is a clear warning signal of the wider biodiversity crisis.

Good News: But it is not all bad news – the report also shows that targeted conservation work by the Butterfly Conservation Society is very effective at halting declines.



Gardening for Butterflies

Gardens can act as important stepping stones between nature reserves and other natural habitats by offering abundant supplies of nectar and food plants.

Butterflies will visit any garden, however small if they can feed on suitable nectar plants and a well thought out garden can attract many species of butterfly. If you manage your patch to create breeding habitat you may see even more.

Nectar provides butterflies and moths with energy to fly and find a mate.

In spring, it helps butterflies refuel after winter hibernation or a gruelling journey to Britain from southern Europe or Africa.



In autumn nectar helps butterflies and moths to build up their energy reserves

so they have the best chance of surviving hibernation or the journey back to warmer climes. Another way to help butterflies is to allow them to breed in your garden - only with the right foodplants can they lay eggs of the next generation, and so the more we grow for them, the more butterflies there will be.

Tips on how to attract butterflies:

- Butterflies like warmth so choose sunny, sheltered spots when planting nectar plants.
- Choose different plants to attract a wider variety of species. Place the same types of plant together in blocks.
- Try to provide flowers right through the butterfly season. Spring flowers are vital for butterflies coming out of hibernation and autumn flowers help butterflies build up their reserves for winter.
- Prolong flowering by deadheading flowers, mulching with organic compost, and watering well to keep the plants healthy.
- Don't use insecticides and pesticides - they kill butterflies and many pollinating insects as well as ladybirds, ground beetles and spiders.
- Don't buy peat compost.

Good plants for summer nectar:

Buddleia, Lavendar, verberna bonariensis, perennial wallflower and majoram.

The above Information is from the Butterfly Conservation website.

