

The Buzz From St B's

Spring 2023



St Barnabas Parish Church
Woodfield Road Hadleigh
Here For Everyone!

www.stbarnabas-hadleigh.org.uk

St Barnabas Parish Church
Church Road Hadleigh SS7 2EJ
Parish Office - 01702 558591
www.stbarnabas-hadleigh.org.uk



Priest-in-Charge: Revd Ruth Cartwright
ruth@cartmann.eclipse.co.uk
01702 426998

Focal Minister: Guy Negus
guynegus1@gmail.com
01702 558477



Please get in touch if we might be able to help

SUNDAY SERVICES

1st and 3rd Sundays	9.30am Holy Communion
2nd and 4th Sundays	9.30am Morning Service

Mid-Week Service every Thursday

10.30am Holy Communion

Sunday Services via Zoom

<https://zoom.us/j/377351213?pwd=cGZWdm1SaXFHZNhA4bCs1Wnc0N284Zz09>

Meeting ID: 377 351 213 Password: 396266

To enter by Phone - Dial 0203 481 5240

Sunday and mid-week services appear on our youtube channel:
St Barnabas and St James the Less

Talks and prayers are available on our 'A Church Near You' page,
accessed using the website address:

www.stbarnabas-hadleigh.org.uk

or

<https://www.achurchnearyou.com/church/6383>



Dear Friends,

St Barnabas church held its first service in 1935 in what is now our church hall, and the church itself was built some years later to serve the growing population of this area. Many social activities centred around the church in the days before we had the rival attractions of television, travel, a range of sports and hobbies, and all the other things we busy ourselves with. There were youth clubs, Bible classes and prayer meetings, choirs, plays, concerts, garden parties, fairs and fetes galore. To some extent the church and its buildings remain a centre for community activities with Le Prairie pre-school, Beavers, Cubs and Scouts, various fitness and exercise classes and clubs, Men's Breakfasts, Mothers' Union, Messy Church, etc, as well as services on Sundays and Thursdays, and our Tuesday Kettle's On. The halls are also hired for one-off parties and events.

There is scope for more community use of our buildings. People who lived in the houses round about helped donate and raise funds for the church building, so you all have a stake in it. You are welcome to our 9.30am Sunday service or do pop along for tea and coffee at 10:30 after the service, or on a Tuesday from 10.00am onwards. We are very keen to hear suggestions for further uses of our facilities for community good, particularly for social activities for people who are lonely. While we may not have the personnel to run these things ourselves, we are very keen to work with others and to be useful to the community, so do get in touch with your ideas.

Christmas Eve saw the church packed out for our Christingle service, and that was a delight. And now we're coming up to Easter. Christmas only really makes sense because of Easter – the baby whose birth we celebrated became the man who died and rose again to show God's love for each one of us and to enable us to be friends with him. You are of course very welcome at any of our Easter services, and Messy Church on the Saturday before Easter will include an Easter egg hunt as well as making Easter gardens and other crafts.

We hope to see you soon!

Love, Ruth



Cover Picture

*Hope Springs eternal in the
human breast:*

*Man never is, but always to be
blest*

(Alexander Pope 1688-1744)

With the difficulties and dissent of recent months, we may not feel much like spring lambs, full of vim, vigour and vitality. Hopefully we have managed to stay warm enough to stave off the worst winter chills and have had enough to eat, even if it meant changing shopping habits and family menus.

No politician, pundit, prophet or crystal ball gazer, can have more than a very small glimpse of the future; we don't know how the rest of 2023 will pan out. Perhaps best then, not to worry too much about what may or may not come about.

Thankfulness for the love and support of family and friends, or the simplest act of kindness, provide helpful antidotes to the blues of winter, rising energy costs, or disheartening events. The trust we place in others and that they place in us is precious indeed. The future of the playful lamb is uncertain to say the least, but at the moment it has not a care in the world; life is to be lived, trust mum for food and have fun with playmates. We will of course have our cares and concerns, but focusing on the life values that really matter, 'to be blest', in Alexander Pope's optimistic words, enables us to live with them and not be overly burdened by them.

(Ed)



Light in the Darkness

Rolling News on TV brings good news and bad, directly into our homes, often as events happen.

Very occasionally an item pops up that really warms the heart and transcends gloom, like the lovely story of World War 2 Army Air Corps veteran Peter Davies:

At the age of 94, Peter's wife of 72 years passed away. Rather than stay at home nursing his grief, Peter volunteered to help children at Dean Valley Community Primary School in Macclesfield, Cheshire, with their reading. He also tells inspiring stories to the children he helps. Six years later, now 100 years old, Peter is still helping. He has built wonderful relationships and is much loved by children and staff. The school's head teacher described Mr Davies as "inspirational, generous, considerate and thoughtful".

Peter was deservedly awarded a British Empire Medal (BEM) in the King's New Year Honours; I think it should have been a knighthood! But is not the medal that is his greatest reward, he just loves watching the children's ability and confidence grow. Peter said:

"The kids are great - they are like sponges. I'm sure I get more out of it than the children do. It is a lovely, warm feeling; I belong. I'm not this old man who lives on his own. I'm part of the community, which is great. Plus, my street cred is tremendous because I'll be going anywhere in the village and a child will shout out 'Hello Mr Davies' and I feel 10 feet tall. (*Love the 'street cred', centenarian Peter is clearly up to speed!*)

Wonderful! Try Google if you have not seen it. It may be just a small item amongst the big, bad news stories, but it is a beacon of hope and reassurance, light in the darkness.

Mike

Garden Tips in Spring

What can we say about this winter? Only that we are two gardeners who were caught napping. After six mild winters, we failed to cover our plants with fleece, hence. The cold snap came without warning. Too late for the cover up! We lost 75% of our more tender plants in one night!

Our osteospermums were all lost, but fortunately we had taken cuttings, so spring will see our stock multiply. We still recommend them as the best plants to survive hot, dry summers. They are a similar price to most annuals and you have a good chance of saving them until the next year.



We are frequently asked about fruit trees. They never seem to grow as people expect them to. The problem is that the fruit trees you buy have all been grafted onto root stock. It is the root stock that determines the size of the tree. With gardens getting smaller, growers were losing sales, so they started to graft onto dwarf root stock in order to sell more trees. An easy guide, though not 100% perfect, is:

If the trees are being sold as bare root trees in the autumn, they will probably be full size trees; if the trees are being sold in pots, they will probably be dwarf size.

Ask the seller. Every garden centre should have at least one person qualified with plant knowledge. Speak to them. If there is any doubt, don't take a chance, go elsewhere. There many garden centres in our area.

Spring is here. There is a lot to look forward to. Hard work may be required, but the joy of seeing our garden grow makes it worthwhile. All gardeners are vain when others admire their garden! Large or small, even a window box, enjoy what you do and be willing to accept advice.

HAPPY GARDENING from G & R

Georgie and Ron are pleased to help with any gardening questions.
Contact the editor.



Stare Out or Lose Out

*What is this life if, full of care,
We have no time to stand and stare? -
No time to stand beneath the boughs
And stare as long as sheep or cows.
No time to see, when woods we pass,
Where squirrels hide their nuts in grass.....*



(Leisure by W H Davies)

As I stood and stared, I saw a squirrel near the statue of dog 'Gunnar' in the next door garden, digging in the grass for a hidden acorn. Then a magpie flew down on the other side of the statue. Squirrel and magpie, circling the statue, each unaware of the other's presence, literally bumped into one-another.

Jumping in surprise, the squirrel chased the magpie and the magpie chased the squirrel at a furious rate around Gunnar. The squirrel jumped onto Gunnar's head before the Magpie's mate appeared and they flew off together.

It was only for a few seconds, but if I hadn't stood and stared that morning, I would have missed it all. 'What is this life, if full of care, we have no time to stand and stare?' The complete poem is well worth reading, or re reading.

Jean Murray

The theme of the poem 'Leisure' is reflected in W H Davies' own outdoor life. Leaving Wales, he worked and begged his way across America, losing a leg in an accident when jumping from a train. He returned to England and, unfit for physical work, dedicated himself to making a living as a writer. His first collection of poems attracted admirers, such as George Bernard Shaw, who helped Davies publish a successful memoir, The Autobiography of a Super Tramp, about his life travelling across America.

(Ed)



Messy Church Packing Shoebox Gifts

Shoeboxes
from
St Barnabas
went to



Central Asia
Belarus
& Bosnia Herzegovina

THANK YOU !

We pray that that each
shoebox gift will be
received as a tangible
expression of God's
love to a child in need



Happy Children Receiving Gifts

**EVERYONE
WHO
HELPED**



St Barnabas Church packed 36 Shoeboxes and funded the transport of 40 boxes. Thousands more shoeboxes were sent from all over UK to countries in Africa, Asia and Europe.

To watch a lovely video go to <https://youtu.be/1OBOFcX9U4Y>



Fun For Families!

Messy Church meets
at St Barnabas
on the 2nd Monday of the month

MESSY CHURCH SPECIAL!

SATURDAY 8th APRIL 10.30am to 12.00



MAKING EASTER GARDENS
&
EASTER EGG HUNT



The Next Monday Messy Church is at 4.00pm
on

MONDAY 8th MAY

Tinies - Toddlers - Teenagers
Mums - Dads - Grannies - Granddads - Carers
Everyone

Craft - Cooking - Games - Story Time
Cooked Meal for Everyone who wishes

Church, But Not as You Know It!

Children must be accompanied by an adult



Serving The Homeless



This year, with your generous help and support, we have:

- Given HARP £300 per month for food ; £1,683 for a Defibrillator at the Bradbury Centre and £3,500 for meaningful activities and general support. In addition, we also provided approximately £500 worth of turkeys for Christmas dinners at HARP properties.

HARP now houses over 220 clients and provides almost 6,000 hot meals a year as well as helping clients overcome trauma, learn skills and find work. Their Bluebird Project which will house and provide training for a further 50 clients is now almost complete. In total we have given HARP £9,033.60 this year.

- Seen the Southend YMCA new housing project come to fruition. This will house very young vulnerable youngsters in a family style environment. We have been able to provide £7,600 to this project this year.
- Provided 40 Christmas bags of 'goodies' to the young people who live at, and are looked after by, Southend YMCA.
- Financed 2 nights emergency hotel accommodation for a young person while they were found support.
- Given £1000 to support the work of the St. Vincent Centre in Southend.

In all, with your help, we have spent approximately £17,633 this year on programmes to support the homeless.

Thank you!

PROBLEM SOLVED

I live on my own and am one of the older generation; a good reason, when indoors, for talking to myself out loud. I also loudly state my opinions regarding various TV programs to whoever and whatever is on the box. All this, to me, is very normal behaviour.

On the other hand, when I'm out and about I have noticed that some people of varying ages have short, white, right angled, pieces of plastic protruding from their ears. Sometimes they are speaking quite loudly with no one beside them to hear!

Others who speak in similar fashion have wires trailing down into a pocket, bag, or phone, they too are alone, talking to nobody as they walk along.

Occasionally when I am out, not too often I hope, I make a remark about something I've seen or have been thinking about, and, horror of horrors, I say it aloud! A bit embarrassing when other people can hear my outburst.



After observing different people happily talking to no one, this thought came to me: all I have to do is get two pieces of the white plastic for my ears or a wire trailing from my ears into a pocket and I can then talk to my heart's content as people around me will think I'm talking to someone on the phone. Problem solved!

Kathy C

You are not alone Kathy. I have had odd looks when singing to myself while walking the dog. I even talk back when I disagree with instructions from the car satnav! (Ed)



Just a few of the many home Nativity scenes brought to St Barnabas at Christmas 2022



Made by a son at school and lovingly kept by his mum for 50 years

St Barnabas Scout Group

Tuesday Evenings



Age 6 to 8 Years
5.00pm - 6.00pm



Age 8 to 10½ Years
6.00pm - 7.30pm

Contact Rebecca Marden 07539358456



Age 10½ to 14 Years
6.45pm to - 8.45pm



MOTHERING SUNDAY AT ST BARNABAS

9.30am

SUNDAY 19th MARCH

Special Service with Gifts of Flowers

GET QUIZZING AT ST B!

Saturday 25th March
in the Church Hall
at
7.00pm



Proceeds Towards
St Barnabas' Church Energy Saving Project
Bring your own Nibbles & Drinks
Tickets £5 from Sheila 01702 554044

Signs Of The Times - Smile Please!

At an Opticians:

"If you don't see what you're looking for, you've come to the right place."

On a Plumber's Truck:

"Don't sleep with a drip. Call your plumber."

On an Electrician's Truck:

"Let us remove your shorts."

On the back of a Septic Tank Truck:

"Caution - This Truck is full of Political Promises"

In a Vet's waiting room:

"Be back in 5 minutes. Sit! Stay!"

*(from Guy's contact
across the pond)*

On a Maternity Room door:

"Push! Push! Push!"



'KETTLE'S ON'
AT ST BARNABAS
EVERY TUESDAY
10.30 - 12.00

NEW AT ST BARNABAS!

Sequence Dancing Sessions

Thursdays 2.00pm - 4.00pm
in the church hall

Contact Fay for Details
01268 780028



NEW PILATES CLASSES IN THE CHURCH HALL



LIFE & LIMB
pilates

EVERY WEDNESDAY

11.30am - 12.30pm Gentle Pilates (for seniors)

12.30pm - 1.30pm Matwork Pilates

(beginners to intermediate)

To Book Call 07931 694692 (1st class is free)

email hello@lifeandlimbpilates.co.uk

www.lifeandlimbpilates.co.uk



The Buzz From St B's aims to publish items of interest to all those who live in the area covered by the parish, not just those who attend church.

ST BARNABAS IS A CHURCH FOR EVERYONE

Feedback is welcome Contact Mike: revket@aol.com

Holocaust Memorial Day 27th January 2023

Stand Up To Hatred

An extract from a talk given by Rabbi Lionel Blue at the Church of St Martin-in-the-Fields to mark National Holocaust Memorial Day 2009:

'Here are some lessons I learnt from my visit to Germany (*just after World war 2*). Some of the angry questions I hurled at God boomeranged back at me. Why had he not taken a hand in that terrible time? Because we human beings are the only hands he has to redeem this world. I learnt from the Holocaust to beware of crude nationalism; love your country and your culture but don't try to love your own more by loving others less. That way lies murder whether in the Balkans, the Holy Land, the Congo or wherever.' (*or Ukraine (Ed)*)

Rabbi Lionel Blue

In his talk, fourteen years ago, Lionel Blue reminisced on his feelings of anger and hatred when he first visited Germany after the war. He described meeting people there and hearing how they helped others, with complete disregard for their own safety, in the face of Nazi torture and death. Their courage and humanity in standing up to hatred helped him to let go of the bitterness in his heart

The title of the talk by Rabbi Blue and the short extract above, might equally be applied now to the nationalistic, hatred fuelled war, being prosecuted in Ukraine by Vladimir Putin's Russia:

Mike



Remember winter? This hungry fox ate bird food from a feeder tray in our garden. Marion's hurried picture was taken on 11th December 2022, using her mobile phone, at a distance, and through glass, hence the blur.