



Reaching Out from the Cockfield Benefice

Bradfield St Clare, Bradfield St George w Lt
Whelnetham, Cockfield, Felsham & Gedding

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Dear friends

As we look forward to summer holidays and hopefully some summer sun we are also planning social events that we have not been able to hold for the past 18 months or so. It has been a bit of a rollercoaster ride just lately with the news of the Delta variant of the Coronavirus and other such variants bringing cause for concern, and a fear that we shall never be able to cast aside our masks – or even more importantly sing together at services! However, we continue to plan and to worship as best we can in the meantime and hopefully after 19 July there will be better news about the restrictions lifting.

I am reminded of Job as I think about all that has happened with the pandemic, particularly when Job asks, ‘How can God allow this to happen to me?’. God ‘answers’ Job when he speaks out of a storm and gives a glorious demonstration of his power. He seems to be saying: ‘Trust me. I know what I’m doing!’. After that Job’s good fortunes are then restored to him.

Our faith is about trusting in God, not to show a demonstration of power as in the case of Job, but to be beside us, loving us through the next stage of the pandemic and giving us strength and courage in the ups and downs of life. We should never rely on our own strength and resources although obviously they play a part. If we

ask the Holy Spirit to work through us in making our faith stronger, to give us courage and to guide us, who knows what might happen?

I pray that the Holy Spirit will work through each and every one of us to bring us closer together in the next weeks and months as we come out of the pandemic with all the new challenges that we will be facing.

I also pray that if you have booked a summer holiday that you will enjoy it!

With love in Christ,

Sharon

Rev Canon Sharon Potter,

revsharon2@gmail.com

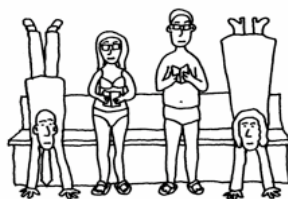
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HOLIDAYMAKERS

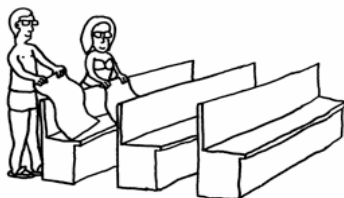
HOW TO SPOT THEM IN CHURCH



THEY ARE DRESSED
RATHER INFORMALLY



THEY ARE NOT AWARE OF
THE WAY WE DO THINGS



THEY ARRIVE EARLY IN THE
MORNING TO RESERVE A BACK
PEW USING THEIR TOWELS

ARE YOU
HOLIDAYMAKERS?



YES, WE ARE

WHEN ASKED, THEY SAY THAT
THEY ARE HOLIDAYMAKERS

One of the highlights for me early in The New Year was the young African American young lady Amanda Gorman reciting her poem, 'The Hill we climb' at President Joe Biden's inauguration. A lot of the words she composed for the occasion were, even if you were not American, very moving, as it addressed the world, and although some of it was written in the wake of the fracas at the Capital in Washington DC, it told us how to heal and not to divide.

Due to shared history and language, there is often comparison made between the UK and the USA. In culture, legal system, strong democracy, and many other aspects we often look across the pond to see how it is done there. Frequently we are smug or appalled and are glad we do it differently and more gently with less noise. But what I like about the American spirit is their ability to generally confront issues head on and not 'kick the can down the road'.

This positive message of a commitment to all cultures, colours and conditions of human beings, using phrases such as 'not what stands between us but what stands before us', 'to put our future first, we must put our differences aside' and 'to lay down our arms so we can reach out our arms to one another', is a clear message that it is time to move on together - but not to hang around and wait for things to happen. American preachers such as Billy Graham and Bishop Curry who preached at Prince Harry's wedding are often more confrontational and challenging, but is the British way of being quiet and gentle the way forward?

Our faith and church have been humbled by disruption and a malaise that hopefully will make us less arrogant, presumptuous, and more curious. We now have an opportunity to positively move on into the future and perhaps admit that working with God, nature and the rhythms of life and faith as a framework of values and spirituality is a commitment to live into a deeper vision of what life can be, faith as a way of life, faith expressing itself in love.

Steve Smith



Global Hope Network International

BRINGING HELP AND HOPE, TRANSFORMING LIVES

Armenia update

Some of you may remember Tamara and Sam Khachatryan from Armenia, who visited us in March 2020 and spoke at a Lent lunch in Bradfield St George. Much has happened since then.



In September 2020, war broke out between neighbouring Azerbaijan and Armenia over a disputed region and many lives were lost. Peace was negotiated in November, but is still fragile. In the meantime, many Armenians fled to other parts of the country including the Spitak area where we are working. The community rallied to support the 3000 mostly women and children from the war zone, and Global Hope helped by providing some winter clothing and other essentials, and some fun activities for the children over Christmas. Tamara also provided some training in post-trauma counselling for Government workers.

Income generation projects

The big need is still for men and women to find good jobs. Unemployment remains high and 60% of local men have to go to Russia to find work, which is both demoralising and destabilizing. Our projects are therefore mainly focused on giving women the skills needed to find work so they can better provide for themselves and their families.

Our sewing workshop started in September with the machines funded by giving from YOU – thank you! The initial 6-months of training has now finished and most of the women have found local employment or started their own sewing business.

We started a bakery project too, providing some breadmaking machines, and several of those fleeing the war zone have benefitted from that. Another project that we want to start soon, funding permitting, is for bee-keeping.

The pandemic

Like most countries, Armenia has been hard hit by Covid-19. Because its economy is precarious, there has not been much lockdown and most have continued to work.

Holiday camp for children

With the help of some visiting teams, we organized a 3-day holiday camp for children at the local House of Esther, a residential centre that is ideal for this kind of activity. The children hadn't had such an opportunity for a long time and loved it.



The Parenting course

We ran a 6-week parenting course for parents, using a programme called "Kids matter". Everyone enjoyed the course and having the space and time to meet other parents and share experiences with them.

And finally, a note from Tamara...

Dear friends, thank you again for all your prayers and support for our work in Armenia! We love you!

Tamara and Sam Khachatryan
GHNI staff workers, Armenia

For more information about GHNI and about Armenia in particular, please contact Malcolm at malcolmgifford@btinternet.com

“For the Beauty of the Earth”.....

While I was busy in our allotment the other day - coaxing little tree seedlings I have collected into a hedge (I have a passion for creating hedges), I had been thinking about all the amazing advancements in technology when a



thought struck me. Surely the most incredible “development” – a miracle which happens every day, when someone plants a seed, which can grow sometimes into a giant of a plant. And when the flowering is over, and we have collected all the “goodies” it has produced, like beans, tomatoes, courgettes – you name it..... there usually is a wonderful harvest of seeds – so many sometimes that $\frac{1}{2}$ an acre could be planted with the abundance.

Returning to allotments – if you have never tasted a fresh strawberry, tomato or bean plucked from your own little plot, the taste and texture is truly wonderful! Supermarket produce just can’t match it.

In the latest news, the lock-down has created such an interest in allotments that there is now a national waiting list. This could be due to the growing awareness of the need for exercise to maintain good health.

After autumn digging, there’s weeding, watering and bending down to do the planting out, tying up of tomato plants, taking out the side shoots and then gathering the fruits of your labour.

I also thought of God’s bounty when we are picking blackberries later on in the year from hedges all around us – a free healthy addition to your diet (imagine.....blackberry crumble!) and wonder why so few people pick any of this wonderful harvest God provides. Best of all is the sharing of the excess of the fruits of our labour with friends and family.

Jan McLaren, hedging assistant to Duncan McLaren

Green Tips

As all our churches are now Eco churches we thought it would be helpful to offer some advice and encouragement in our pew sheets and in Reaching Out to help individuals lead more sustainable lives. Many of you will already be doing a lot to 'green' your lifestyle so please forgive us if we are 'preaching to the choir'. As Christians we have a duty to protect God's Creation and to love our neighbour and that means we have to think about the way in which we live our lives. So, bear with us, there may be tips in here that you don't know about, and you may find some encouragement anyway in what we are saying. Often green choices are not the obvious ones and sometimes they have to be weighed up with what is practical in a particular situation. These Green Tips are not designed to make you feel guilty – guilt has little purpose other than make you feel bad – but we hope these tips may make you think of small ways in which you could make your life more sustainable in the long run and honour God's amazing creation.

Big Green Tips



Love your Leftovers

Did you know?

- ✓ **The UK throws away 9.52 million tonnes of food per year**
- ✓ **This emits 25 million tonnes of CO₂e – more than Kenya's total annual emissions**
- ✓ **One-third of food produced globally goes to waste**

It doesn't have to be like that. Here are some easy ideas that may help to reduce what you throw away:

- blitz stale bread to make bread crumbs or cut into cubes for croutons and then freeze
- fry squash seeds in oil and sprinkle with salt for a snack
- odd bits of vegetables, once shredded, can make a delicious stir fry

- wash organic carrots thoroughly and serve with the peel on and I think they are tastier as well as giving you more nutrients.
- organic potatoes don't need peeling either. Most of the nutrients are in the peel.
- Pet rabbits, guinea pigs etc are very fond of peelings or left-over veg. If you don't have any your neighbour may.



If you have room, a compost heap (preferably a three bin one) is a great way to recycle uncooked vegetable waste from the kitchen as well as weeds etc. from the garden. If you treat it well it can keep you in potting compost for life. To find out more visit <https://www.rhs.org.uk/Advice/Profile?PID=444>

Green Tip no.3



Try to avoid buying potting compost that contains peat. Peatlands are some of the UK's most valuable habitats. They support an array of rare and unusual plants, insects and birds. Peat is a non-renewable resource, which once removed is not easily replaced. Gardening peat free helps conserve these peatlands, which store large amounts of carbon. This minimizes our impact on climate change. There are many peat free potting materials out there which do the job and do not damage this precious landscape.....and, of course, you can always make your own (see tip no.2!)



Green Tip no.4

To avoid food waste it helps:

- To shop little and often – a bit tricky living where we do, but we do have good village shops and farm shops
- Plan your menus for the week before you go to the supermarket so you only buy what you need. Sometimes a recipe calls for some cabbage, but that leaves half of it

uneaten – planning a second cabbage meal means you won't waste it.

- Make good use of your fridge and freezer. Plan in regular freezer food meals so that your freezer doesn't get full.



Green Tip no.5

Make the most of seasonal gluts and preserve vegetables in oils, vinegars, chutneys, ketchup and marinades, or freeze them. e.g. Blitz and freeze tomatoes in containers for passata all year round. Chutneys and ketchups also make great presents for friends.



Green Tip no.6

If you are going away, then make sure that everything that can be switched off at home is switched off. Many audio-visual pieces of equipment have a 'stand-by' mode which means they are still using electricity. If you are going to be away for a week or two these can be switched off at the mains and unplugged. This will reduce your bills and help to save the planet!

These tips will be repeated in the weekly pew sheet/service sheet to help jog our memories!

More green tips coming in future issues of Reaching Out....



Village Friends will be back to in-person meetings in Felsham Village Hall starting on 19th August 2.30pm - 4pm.

Newcomers welcome - please contact Lynn Cardale 01284 386 327 or Sue Jell 01284 828892 for more details.

Thinking about being confirmed?

This Autumn the benefice will be holding a course for those who would like to be confirmed.

So what is confirmation?

When we confirm something we say yes. At confirmation we say yes to Jesus' call to follow him on our journey through life. We confirm our faith in him. Parents and Godparents will usually have said yes for us when we were babies and unable to speak for ourselves at baptism, but confirmation gives *us* the chance to say yes.



We have all had the experience of getting lost, and this can happen because we have either no map or an inadequate one, or because our GPS isn't working properly. Confirming our faith in Jesus is like deciding to travel through life with a really accurate map or effective direction finder.

Throughout the confirmation course there will be discussions on the familiar and not so familiar landmarks of the Christian faith, and hopefully a group of people who wish to be confirmed can explore these together. Christianity makes much more sense when we've experienced and lived with other people.

There's no test or exam at the end of the course, simply a service at which a Bishop will lay his hands on you and confirm your faith in front of family and friends who worship with you.

If you'd like to know more contact Canon Sharon on 01284 828599 or 07825 086063 or email revsharon2@gmail.com



LIVING IN LOVE & FAITH Canon Sharon will be running the Living in Love and Faith course from Thursday 22nd July at Felsham Church to enable it to be a face-to-face group.

If you are interested in coming to the course then please do let her know and she will ensure you receive a booklet which accompanies the course.

Cockfield Benefice Services – July/August 2021

please see website for up-to-date information

All services are conducted in line with the coronavirus guidance issued by the Church of England, for more information visit

<https://www.churchofengland.org/resources/coronavirus-covid-19-guidance>

**A service will be available each Sunday morning by 11am on our benefice facebook page at www.facebook/cockfield*

Sunday 4 th July Trinity 5	10am Communion – Bradfield St George 10am Morning Prayer (Patronal) – Cockfield* 6pm Evening Prayer – Bradfield St Clare
Wednesday 7 th July	Wednesday Worship available on Facebook
Sunday 11 th July Trinity 6	10am Communion* – Rev Richard presiding at Bradfield St Clare – please book a seat (see ‡ below)
Sunday 18 th July Trinity 7	10am Communion* – Cockfield 10am Family@Felsham
Sunday 25 th July Trinity 8/Mary Magdalene	10am Communion BCP – Gedding 10am Worshipping Together – Bradfield St George* 3pm Patronal Service followed by tea at Little Whelnetham 6pm Evening Celtic Communion - Felsham

Sunday 1 st August	10am Communion - Bradfield St George 10am Morning Prayer – Cockfield* 6pm Evening Communion – Felsham
Wednesday 4 th August	Wednesday worship available on Facebook
Sunday 8 th August	8am Communion – Cockfield 10am Morning Prayer BCP – Gedding 10am Communion – Bradfield St Clare*
Sunday 15 th August	10am Communion – Cockfield* 10am Family@Felsham 6pm Evening Prayer – Bradfield St Clare
Sunday 22 nd August	10am Communion BCP – Gedding 10am Worshipping Together – Bradfield St George*
Sunday 29 th August	10am Benefice Communion – Cockfield*

A service of Celtic Morning Prayer is held every Tuesday at Cockfield Church at 9am – all are welcome!

The prayer group meets every Wednesday at 2pm via zoom with the following link:

<https://us02web.zoom.us/j/86736217904?pwd=Y2VGK0UvQlpkZHFzTFE4NkE4bHFxQT09> (Meeting ID: 867 3621 7904, Passcode: 456146 if needed).

Please note these services may be subject to change – for up-to-date service times see the benefice website at www.cockfieldbenefice.com

‡ To book a seat at this service contact Val Nunn at valnunn@btinternet.com (01284 388830) or Isobel Payne at gildonbstc@aol.com (01284 386169)