

REACHING OUT from the Cockfield Benefice

Covering the villages of:
Bradfield St Clare, Bradfield St
George w Lt Whelnetham,
Bradfield Combust, Cockfield,
Felsham, Gedding,
Gt Whelnetham & Stanningfield



Issue 105
March 2023

Dear Friends

As we travel through Lent and try to keep up our Lent promises in either giving something up or doing something positive, I hope that it will be a fruitful time for us all. Last week, one of the children at an assembly I conducted said, 'well, what is the point of Lent?' A fair point, well made, I thought!

I believe the point of Lent is to focus our attention on Jesus. It is a time set aside to remember the love of God that is poured out through Jesus on the Cross in his death. The 40 weekdays from Ash Wednesday to Easter is observed by many Churches worldwide as a period of penitence and fasting.

Repentance is not a feeling of shame but an awareness that sin - our wrongdoing - separates us from God. Shame has its place, but feeling shame over what we have done wrong is not the same thing as repentance from what we have done wrong. We can find ourselves feeling rather proud about our obedience to God - which is another sin in itself!

What repentance is about is making a 180 degree change of direction, turning away from those things that separate us from God, and turning towards God.

Lent is also a time of prayer. We may pray every day - but in Lent we can remember Jesus in the desert and how he talked to God every day as he went through the temptations that were put before him by the evil one.

Lent can also be a time of giving. Helping others is a tradition of Lent, inspired by the command of Jesus to 'love your neighbour as yourself'. While we should remember this command throughout the year, an extra emphasis is added during the time of Lent.

You will note that I have written above '40 weekdays'. I am often asked about breaks in the fast during Lent, and of course, there is the opportunity to break the fast on Sundays should we wish to. I've always seen Mothering Sunday as an opportunity to enjoy a slice of cake with my mum!

However, as I have already pointed out, the point of Lent is not the fasting or giving, it is the focus on Jesus, who died on a cross so that we might have life in all its fullness.

May Lent be a time of spiritual refreshment for us all, and a time to help our neighbour, both in the local and the global situations. I am thinking especially of our friends in the Kagera diocese and those in Turkey and Syria who are going through such a difficult time. May our prayers and thoughts be with them, and may we give to them what we can as we help them in their struggles.

With love in Christ,

Sharon

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LENT BOOKS

SEVEN DEADLY SINS



SLOTH



GREED



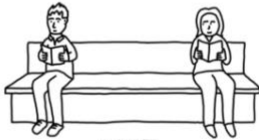
ENVY



GLUTTONY



PRIDE



LUST



WRATH

CartoonChurch.com



Plant Sale and Coffee Morning
Saturday 29 April, 10am – 1pm
In the churchyard of St Peter's, Cockfield
Cakes, books, plants for sale



Do come and join us



CHRISTIANITY|EXPLORED

This is an informal and relaxed 7-week course for anyone who wants to think about the meaning of life. It's run by ordinary Christian people and is completely free. You don't need to know anything about the Bible, and you won't be asked to pray or sing. You can ask any question you like, or you can just sit and listen.

We're running a Christianity Explored course on Thursdays (with one exception) from **13 April – 25 May** at **Cockfield Village Hall, Cockfield, from 7-9 pm**. Each evening includes a meal, DVD talks and the chance to ask questions and discuss. The course is completely free.

For more information and to book a place, please contact Malcolm or Judy Gifford on 01284.827516 or malcolmgifford@btinternet.com by **1st April**.

Do join us!



Fairtrade Fortnight runs from Monday 27th February and there will be events in most of the 8 Fairtrade towns across the diocese over the next two weeks. In Bury St Edmunds there will be a coffee morning at Trinity Methodist Church between 10.00 and 12.00 a.m. on Saturday 4th March. Do come along for some Fairtrade tea or coffee and excellent Fairtrade cakes. Fairtrade is all about our fourth and fifth marks of mission, seeking to change unjust structures of society and safeguarding the integrity of creation. As Christians we are called to love our neighbour wherever they may be and to care for God's Creation. By buying Fairtrade goods we are enabling producers to send their children to school, to have decent medical facilities and generally improve their standard of living. Many Fairtrade producers are also active in mitigating the effects of the climate crisis which are seriously affecting them. Coffee, bananas and chocolate could soon be much more difficult to buy.

Climate change is making crops like these harder and harder to grow. Combined with deeply unfair trade, communities growing these crops are being pushed to the brink. By making the small switch to Fairtrade, we can all support producers in protecting the future of some of our most-loved food and the planet. Choosing Fairtrade when you shop means you are making a real difference to people's lives and to our planet. To find out more visit: <https://www.fairtrade.org.uk/>

**The work of International Justice Mission,
6-7 Felsham, Sunday 5 March 2023
Felsham Village Hall at 6pm**



International Justice Mission is one of the largest anti-slavery organisations in the world. Partnering with local authorities in 17 countries globally, it helps to combat slavery as well as violence against women and children by bringing victims to safety, holding perpetrators accountable and strengthening law enforcement. Since IJM began over 25 years ago, more than 80,000 people have been freed from slavery and violence, and slavery has reduced by up to 86% in the places worked. More info is at www.ijmuk.org.

Alianore Smith, Church & Theology Manager at IJM UK, will be speaking at 6-7, Felsham village hall on Sunday 5th March, sharing stories of survivors, biblical insights, and reflections on IJM's work around the world. Do come and join us!

For more details contact Malcolm Gifford at malcolmgifford@btinternet.com

Big Green Tip - March 2023



Plastic waste is a major problem throughout the world. In the middle of the Pacific Ocean, between California and Hawaii is The Great Pacific Garbage Patch, an area of 1.6 million square kms of floating plastic. That is 3 times the size of France. Up until recently we shipped much of the UK's recycled plastic to China and other developing countries for recycling. China has stopped importing used plastic from other countries so over half of our waste goes to Turkey or Malaysia. Increasingly countries are unwilling to take waste from abroad. Thousands of tonnes of our household plastic packaging put out for recycling, as well as other kinds of plastic waste, ends up in waste incinerators in the UK. These incinerators cause pollution and are often located in poorer neighbourhoods. Since April 2022 the UK government has introduced a plastic packaging tax which applies to all plastic packaging containing less than 30% recycled plastic.

We need to cut down our plastic waste. There are now many alternatives to plastic that are easily obtainable:

- Wooden toothbrushes are becoming increasingly available.
- Cardboard tubes of deodorant are also around, although quite expensive. Some deodorant companies now offer refillable plastic containers.
- More and more cotton buds are plastic free as well.
- The Marine Conservation Society has produced a book entitled 'How to live plastic free' which is available from several outlets including the Ethical Superstore.

OIL LAMP DISPLAY



On Saturday 11th March at Cockfield Church there will be a display of Oil Lamps, some of which will be on sale. These beautiful lamps can be viewed from 4pm. All proceeds from the day will go to St Peter's, Cockfield. For more details contact Dave Smith, Churchwarden, at davehsmith46@hotmail.com tel: 01284 828239.

A Bradfield St George Church invites you to a fundraising

Pop Up Restaurant with pay bar

servicing a set three course evening meal

Halloumi & roasted peppers, Persian chicken with fresh vegetables, followed by a selection of delicious desserts!

Veggie option: tahini & thyme mushrooms

Saturday 11 March 2023

7.30 pm onwards in Bradfield St George Village Hall, IP30 0AS

Eat what you like—pay what you can

First come first served. When its gone its gone!



Cockfield Benefice Services & Events – March 2023

Saturday 4 March	2-4pm 'Vintage Messy' at Bradfield St Clare Village Hall
Sunday 5 March Lent 2	9.30am Communion CW - Stanningfield 10am Morning Prayer CW - Cockfield 11am Communion CW - Bradfield St Clare 6pm Six-to-Seven - Felsham Village Hall
Sunday 12 March Lent 3	9.30am Said Communion BCP – Cockfield 11am Communion CW – Bradfield St George 4pm Praise and Worship – Gt Whelnetham
Sunday 19 March Lent 4/Mothering Sunday	9.30am Morning Prayer CW – Stanningfield 10am Family@Church – Felsham 11am Communion CW – Cockfield 4pm Taizé Service – Bradfield St Clare
 Saturday 25 March	Crafts - Food - Stories All children welcome with carer/parent. 3-5pm. Venue tbc. Contact Canon Sharon for more details.
Sunday 26 March Lent 5/Passion Sunday	9.30am Communion CW – Gt Whelnetham 10am Worshipping Together – Bradfield St George 10am Communion BCP - Gedding

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

A service of Celtic Morning Prayer is held every Tuesday at Cockfield at 9am and at Stanningfield every Thursday at 9am.

A prayer group meets every Wednesday at 2pm via zoom.

For more details contact Canon Sharon Potter revsharon2@gmail.com