



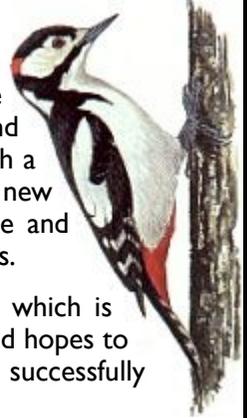
Worlington Pump

February 2016

Woodpeckers are the main bird this month

The thatch on The Thatched House in the trees beside the golf course has come to the end of its life. Paul and Sue Dampier are in the process of having it replaced with a tiled roof thus making the old name redundant. The new name is Woodpecker House which is a delightful name and equally descriptive as there are many 'peckers in the trees.

When the job is done they will be adding swift boxes which is great news. Paul is planning to make the boxes himself and hopes to attract birds by broadcasting swift calls as was done so successfully from the church tower. I wish them success.



This prompts me to add that if you, or anyone you know, is building an extension or a new house do please consider incorporating provision for swifts. House martins and swallows can make a bit of a mess but swifts make no mess at all and are wonderful summer companions. The cost is minimal and all the information you need is on the Action for Swifts web site.

At the other end of the village Rikki and Margaret Lowe frequently have great spotted woodpeckers on their feeders, which gives them much pleasure. However, they also have green woodpeckers on their paddock thus creating a colourful sort of double whammy. As they can also have up to a dozen red legged partridges one might call it a triple whammy that makes me somewhat envious.

I find that getting up in the morning at this time of year can be trying. The smell and taste of freshly ground coffee helps but turning on the news does not. It is usually dominated by details of awful things happening in this country and abroad, and what is worse is that I feel virtually powerless to influence any of it.

As the dawn dawns the shapes in the churchyard become clearer and eventually I can make out the birds fluttering around the feeders and jumping from branch to branch in the bush. At this stage there is no colour

Be Discontent for Lent

Dear Friends,

Have you ever noticed how the more we have, the more dissatisfied we are? I remember when I bought my TV about 10 years ago it seemed huge, but now I complain that it's so small I can hardly see what's on the screen. A friend loved her new job when she first got it a couple of years ago, but now she complains that it's dull and underpaid. I once met a woman in Africa who had willingly walked for two days in the hope of paying all she had to see a doctor, while more recently I met a woman in Mildenhall who complained bitterly about a 20 minute wait for free treatment at her local surgery. I'm not criticising - quite probably if the African woman was introduced to readily-available healthcare she too would soon begin to complain at being made to wait. We all get used to good things very quickly, and we just want more. Human beings seem to be programmed to have ever-increasing expectations, and to be eternally dissatisfied with what they have.

It might sound as if I think this is a bad thing, but actually I don't. This hard-wired discontent with the way things are is at the heart of all the progress we make as human beings. I think God gave it to us. As the dancer Martha Graham said it's this 'divine discontent, this blessed unrest that keeps us marching onward...' If we weren't discontented with illness we wouldn't research new cures; if we weren't discontented with world poverty we wouldn't fight for justice. But like many things in life, this instinctive impulse can be directed in negative ways or positive ways. We can complain about things, or we can work to change them. We can get fed up or we can get motivated.

The Christian season of Lent is all about refusing to be content with the way things are. It's about being discontented with half-heartedness and mediocrity and about pushing on towards something better. Lent is the perfect time to tap into that deep human instinct for wanting more – to live life deeper, fuller, stronger. To demand more of ourselves. To open ourselves up more to God.

People always ask me what I'm giving up for Lent. But you know what? I'm dissatisfied with just giving things up ... I'm going to be discontent for Lent.

Sandie

We are running 'Mystery of Faith' Christian basics course in Worlington on Wednesday mornings from 10am starting on 17th February, ideal as a refresher or for those who are interested in confirmation and there is a Quiet Day at Clare Priory on Thursday 11th, contact me if you are interested in either.

PS Don't forget the Messy Church on the 14th, the theme is "The Last Supper" and there will be all the usual crafty fun and bacon rolls on offer.

All Saints Church Services February 2016

Sunday 7 th	11:00 am	Holy Communion
Wednesday 10 th	7:30 pm	Ash Wednesday Holy Communion (Group service)
Sunday 14 th	11:00 am	Messy Church (Worlington Village Hall)
	6:30 pm	Evensong
Sunday 21 st	8:00 am	Holy Communion
Sunday 28 th	11:00 am	Family Service

Priest in Charge	Rev. Sandie Barton	01638 720048
Elder	Heath Rosselli	01638 717337
Churchwarden	Mrs Shirley Reeder	01638 716096
Treasurer	Mr Rob Garry	01638 715611

Lent - No Flowers

Contacts for the Pump

Val McClure	01638 714336
Doreen Hubbard	01638 712688
Ellen Clowes	01638 712043
ellen.clowes@btinternet.com	

Advertising Rates

£60 per ½ page per annum
£30 per ¼ page per annum

Worlington Community Watch

IF IT'S SUSPICIOUS, CALL IT IN ON 101 OR 999!

When Police conduct house to house enquiries after a crime has occurred, they often find that people only then report something that had been seen or heard earlier and that was possibly suspicious or odd, but which had not reported at the time. If it looks suspicious or odd, no matter what it is, no matter what time it happens – PLEASE call it in on 101, or if it is an emergency, 999.

Worlington Village Hall

The Village Hall is a perfect venue for parties, meetings, exercise classes, etc. Tremendous value at £8 per hour for Worlington residents, £12 for non-residents
Contact: Nick Foster 07595 427708 email: el_fozzo69@hotmail.com

Date for copy for the next edition by: **Monday 22nd February 2016.**

Please send articles to rob@garry.me.uk or ellen.clowes@btinternet.com. Thanks.

but one can tell what they are from the familiar shapes. It is like a black and white kaleidoscope viewed through smoky glass and the non-stop movement and energy begins to lift the spirits.

As the sky lightens the colours emerge but double-glazing imposes silence. Often there are around twenty birds with sparrows coming and going in fluttering waves from the hedge across the road. They are mostly small common birds but it is the numbers plus the urgency of their activity that gives the message of life being lived.

There are larger birds. Invariably there are two or three blackbirds pecking on the ground under the feeders and recently they have sometimes been joined by a couple of jays who also hop around on the ground. They used to go on the peanut feeders but now seem to prefer scavenging. Neither species interferes with the dunnock and the robin who are regulars.

Later in the morning over the last few weeks there has often been a male or female great spotted woodpecker. Spectacular to watch, I feel this bird is just too exotic for a dull English winter morning and thus adds considerably to the lifting of the spirit.

The woodpecker pecks on the nuts in short bursts, always alert for a predator, which reminds me that while this looks an idyllic scene it is a question of life or death for these birds – can they take on enough food to keep them going through the day and, more crucially, the night?

The woodpecker has no knowledge of what is going on in Syria or across Europe. His or her problems are related solely to their own avian world in the area of All Saints Church. And furthermore they are doing no harm; in fact they do nothing but good. I do know what is going on in Syria and can do nothing about it; but I can do something about making life a bit easier in the world of birds by putting up a few feeders.

It doesn't cost that much and the return on the outlay is more uplifting than any other investment I know of. I call it bird therapy and I recommend it.

Don MacBean



Come and try FitSteps
at
Freckenham Village Hall
as seen on Strictly Come Dancing!

What's on in Freckenham www.freckenham.onesuffolk.net

Films At Freckenham - Tickets £5 – no need to book.

Friday 5th February - Suffragette, acclaimed true-story drama tracks the story of the foot soldiers of the early feminist movement, women who were forced underground to pursue a dangerous game of cat and mouse with an increasingly brutal State. These women were not primarily from the genteel educated classes, they were working women who had seen peaceful protest achieve nothing. Radicalised and turning to violence as the only route to change, they were willing to lose everything in their fight for equality - their jobs, their homes, their children and their lives. Boasting a stellar group of actors, including Carey Mulligan, Anne-Marie Duff, Helen Bonham-Carter, Brendan Gleeson and Meryl Streep. Running time 1 hour 46 minutes. Doors open at 7pm in time to get some refreshments and snacks from the cash bar before the film starts at 7:30pm. Bar stays open throughout.

Friday 4th March - Addicted to Sheep.

Wednesday 24th February - FitSteps® with Maddy Knox of Fit Villages, 6:30pm. We are having a free taster session of started by Natalie Lowe and Ian Waite of Strictly Come Dancing fame and successful top swimmer and TV pundit, Mark Foster. Created to mix the graceful steps of Ballroom and the up tempo steps of the Latin dances together to create a really fun, energetic and effective way to stay fit and keep trim FitSteps® will appeal to everyone, even if you can't dance (no partner needed). We do need to know interest first and need eight participants to make it worthwhile, so please let us know phone 07852 790 832 or by email to Maddy.Knox@eastsoffolk.gov.uk, or freckenhamvillagehall@btconnect.com, call the Village Hall phone 07542 198933 or just tell one of the committee.

Saturday 27th February - Freckenham Farmers & Craft Market 10 – 12 noon. Suppliers returning again include fresh meat from Culford Flock (www.culfordflock.co.uk) fruit and vegetables from West Row Plantation Farm (email plantationfarm@btinternet.com) Suffolk honey, preserves, award-winning savoury pies (www.the-pie-kitchen.co.uk or email sally.lewis7@btopenworld.com), a huge variety of preserves from www.gardenpreserves.co.uk, Mrs H's Cheese Stall (www.mrs-h-cheesestall.co.uk), local honey, preserves, pickles, eggs, crafts – candles, felting, knitting, jewellery, hand crafted cards, gifts and more tbc. Mildenhall Museum Shop with gifts & games too as they prepare to re-open the museum in March following a winter closure. Refreshments of drinks, bacon rolls & cakes available. Free entry. As March date falls over Easter we are looking at perhaps another evening market. Plus a Cash Bingo session after, doors open 7pm eyes down 7:30pm. £1 a game bar.

Check the website www.freckenham.onesuffolk.net for our weekly activities and do check if you have not attended as we are looking to start new extra activities soon!

Worlie Café

Worlington Village Hall
Friday 5th February 2016
11.30am to 2.00pm

Menu

French Onion or Italian tomato Soup
Hungarian Goulash with Rice or Vegetarian Quiche
Home made Cakes
Tea, Coffee & Cold drinks

We will be producing theme foods from around Europe
and hope you enjoy the foods

The next Café will be on Friday 4th March

Free Half-Term Football Training for Under 16s

funded by Forest Heath District Council

Free training is available at Baron Mills playing fields on Monday 15th and Friday 19th February from 13:30 to 15:30. Open to all school children in Barton Mills, Worlington and Freckenham between the ages of 6 and 16 (maximum number of participants 24).

A register of booked participants will be taken at each session – all children must provide emergency contact details and a responsible adult must accompany them to the first session to sign their consent to the training.

Two qualified FA Level 1 minimum coaches (inc. first aid and child safeguarding)

Clothing: appropriate sports shirt, shorts and stockings, training shoes or football boots (bring both if possible) and shin pads. A snack and plenty of non-fizzy drink will be required. Children should also bring appropriate additional clothing for weather conditions.

Just over £350 was raised at the Christingle and Carol Services for the Children's Society. Thank you for all those of came along and so generously donated.

Worlington PCC

Tuesday Coffee Morning

Last Tuesday of each month, next one is February 23rd, 10.30 - 12

At the Church

Join us for coffee and homemade biscuits

Everyone welcome

Quiz Night with Fish & Chip Supper



**Friday 26th February
7.30pm at
Worlington Village Hall**

Join us for an evening of fun with a delicious.
supper of freshly cooked fish & chips by Handy Plaice.

Please bring your own drinks.

£10 per person

Raffle

Book early to avoid disappointment

*Please phone Val 01638 714336 or Linda 01638 515068,
by Monday 22nd February, so that we can order food.*

A huge thank you to everyone who came along and supported us at the December Fish & Chip quiz. It was a really good fun evening and a very big 'thank you' once again to Brian Cole, quiz master. Thanks also to Linda, Kenny and Ellen for help on the night, for generous raffle prizes and to everyone for help in putting away chairs and tables afterwards. Your help really is appreciated.

The total made on the night was almost £400, proceeds in aid of All Saints Church.

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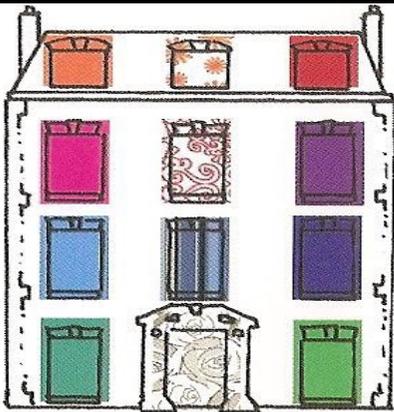
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Village Hall Quiz

We would like to thank everyone that turned out to show their support for our first ever village hall quiz. The evening was a sold out success with the victors winning a share of the £30 prize pot. We managed to raise over £400 towards the village hall fund which is fantastic, so again, a big thank you to everyone.

Village Hall Mirror

We are removing the large wall mirror from the village hall, if any parishioners are interested, it will be held onto until the end of February before it will be disposed of. Please contact the village hall committee if interested.

Village Hall Committee

LBM Plumbing and Heating Luke Monksfield

Fieldview

3 Garrod's End

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