



The BARTON Miller

May 2026



Originating from & produced by St Mary's Church Barton Mills

May 2026

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Dear Readers,

Is anyone else finding that this year is flying by fast? At the time of writing I can't believe it's nearly May. I hope you have enjoyed the daffodils and blossoms around the village. I'm currently enjoying the varying lilac colours in gardens and hedgerows.

Two important Church calendar dates this month Ascension and Pentecost - Please see Church services page for service details.

We have our regular contributors in this month's issue with other useful information included too.

Please send copy for the June edition of the Barton Miller to the Editors by 20th May.

Nancy Higgins and Frances Lewis, Editors.

BURY ST EDMUNDS MOBILE LIBRARY VAN DATES (Route 4)

Email: help@suffolklibraries.co.uk Telephone: 01473 584563

The Library Van visits Barton Mills (Lamb Court) on Saturday aft. **12.15pm -12.40pm**

This will be the following Saturdays - 23rd May and 20th June.



When does Easter end for you? After the bank holiday? When you have eaten all your Easter eggs?

For the Church of England, Easter doesn't end until 50 days after Easter Day and we celebrate the Day of Pentecost – what used to be called Whitsun, even though our Easter Eggs will be well and truly eaten by then.

That's because we don't believe Easter is over and done with in one day.

On Easter Day, Jesus rose from the dead, and death is never going to claim him again. So, during the weeks after Easter, we continue to focus on Jesus' resurrection, and what that means for us today and the future it will give us into eternity.

In a world where death is ever present, Christians believe that resurrection is also present – bringing hope and new life today.

And that's what we look forward to when we finish the 50 days of Easter with the Day of Pentecost. That's when the time of waiting for the original disciples, the first Christians, came to an end, and God sent his Holy Spirit upon them. Before Easter, God's amazing power was only at work in the person of Jesus, now God's presence and amazing power can be at work anywhere in the world.

What does that mean in practice? Well, there are lots of ways we encounter the Holy Spirit, but I want to give just one personal example today. When I became a Christian, I thought faith in God was the same as believing that Issac Newton got it right about the theory of gravity – that it's simply about truth, what really happened at the first Easter.

But once I put my faith in God, I unexpectedly discovered the reality of God's love for me. Suddenly the Lord's Prayer became real – when I said "Our Father in heaven" I really knew that there is a reality to my relationship with God.

Where there had been an absence, now there was a presence. And that's the work of the Holy Spirit.

And that's why we continue to celebrate Easter for so long, because we believe that new life is at work in the world and each one of us can know the power and presence of God in our lives. Easter is so much more than one day, one weekend, it's something which lasts into Eternity.

So, for you, is Easter over, or do you know it?

Mark McCaghrey

St Mary's Church Barton Mills.

Church Contact: Team Vicar, Revd Mark McCaghrey,
1 The Street, Barton Mills IP28 6AP
Tel. No. 01638 495001

E mail mark.larkandlee@outlook.com

Church Representatives:

Churchwarden: Jenny Everett 24 Oxford Close, Mildenhall
IP28 7RP, Tel 07807 912909.

Elder: TBA

St Mary's Parochial Church Council

Secretary: Nancy Higgins, 67 Church Meadow, Barton Mills,
IP28 6AR. Email - nancy@bartonmills.com
To whom all correspondence should be addressed.

Elected Members

Treasurer: Jo Traher

Deanery Synod Representatives:

Peter Alder

Other PCC Members : Alan Butcher, Linda Jenkins, Rodney
Knight, Frances Lewis, and Sandra Woollard.

Prayer Chain - There is access to a prayer chain for anyone
needing prayers for themselves or others. Please contact Heather
East 07970 997090 or email heather.east19@yahoo.co.uk with
any requests.



COFFEE MORNINGS
EVERY THURSDAY 10.00 TO NOON IN
THE CHURCH ROOM

ALL VERY WELCOME



CHURCH SERVICES, MAY 2026

Sunday 3rd May

9.30am Holy Communion

Sunday 10th May

9.30am Sunday Celebration

5pm Service of Prayer for Healing

Thursday 14th May, ASCENSION DAY

7pm Group Service of Holy Communion, Barton Mills
Church

Sunday 17th May

9.30am Holy Communion

Sunday 24th May, PENTECOST

9.30am Morning Worship

Sunday 31st May

11am GROUP SERVICE of Holy Communion at
Worlington

Every Monday, at 9am, there is a short service of Morning
Prayer

All are welcome to join us at these Services

THE FRIENDS OF ST MARY'S PRESENTS



THE TIME TRADERS



Dance Music from the 1960s to Today

ST MARY'S CHURCH BARTON MILLS

6TH JUNE 7:30PM TO 11PM

Dance the night away to songs from
The Rolling Stones, The Animals, Elvis,
Eddie Cochran, Status Quo, Otis Redding,
Bruce Springsteen, The Killers, Bryan Adams,
Darius Rucker, Queen, Chris Stapleton and
the Stereophonics!

Tickets £15 available from
Liz 01638 583728 • Alan 07788 535104
Refreshments will be available, donations appreciated.

BARTON MILLS VILLAGE CAR BOOT SALES

**MAY DAY BANK HOLIDAY
MONDAY, 4th MAY**

and

**SPRING BANK HOLIDAY
MONDAY 25th MAY**

7am to 12noon

**BARTON MILLS
PLAYING FIELD**

next to the Village Hall, IP28 6BD

Single pitch £7, Double pitch £12
No need to book. Customer parking free

Refreshments in the Village Hall

No catering vans, thank you.

Raising funds for local groups

TREE SURVEY

A survey has been carried out on the condition of the trees on the playing field. This has identified some works that are required which we will be looking to programme in as soon as possible.

PLAYGROUND UPGRADE

As part of the playground upgrade we are now looking at the repair and upgrade of the benches on the playing field. Works will be agreed and started shortly.

VILLAGE SIGN

The village sign on the junction of Mildenhall Road and Church Lane was damaged during a road traffic accident at the end of March. We are working with the insurers to reclaim damages in order for this to be repaired.

DOG FOULING

We have received reports of an increase in dog fouling on the playing field. Dog poo bags are provided via dispensers around the village. Please help us to keep the village clean by using these to clear up after your dog(s).

The next Parish Council meetings will be **held on Tuesday 5th May and Tuesday 2nd June 2026, starting at 7:30pm** in the Village Hall. In the event of an extraordinary meeting being held before the next scheduled meeting, it will be published on the website and notice boards. The public are welcome to attend Parish Council Meetings and will be offered the opportunity to speak during public participation. To raise an item at any meeting please contact the Clerk at least 7 days prior to the meeting date.

For any issues please contact:

Clerk: Naomi Alecock, clerk@bartonmills-pc.gov.uk

Website: bartonmills-pc.gov.uk **and Facebook:** Barton Mills Parish Council



BARTON MILLS BAPTIST CHURCH



May is considered to be the **fastest growing** month in the gardening calendar. The seeds and plants we diligently set a few months ago are now well and truly **growing**. The front gardens are looking beautiful and the back gardens are bulging with shoots. This reminds us, that within 4 to 6 weeks time, Sunday lunch will consist of new potatoes, carrots and other delightful vegetables we are now encouraged to eat.

Believe it or not on the 24th May we shall reach another milestone in the Christian calendar, now commonly called Whitsun. As we enjoy this holiday we are reminded that after Jesus Christ rose from the dead He gave us the promise that a Visitor would come. Though He is invisible to our eyes, **the Holy Spirit will visit with us every day**, just as Jesus walked with His disciples on earth. John 16 v 7 says “.....it is expedient for you that I go away; for if I go not away, the Comforter, the Holy Spirit will not come unto you, but if I depart I will send Him unto you, and in Acts 1 v 11, on the day of His ascension into Heaven, His disciples were again promised of His return.

He keeps us honest, focused, and encouraged so that we too can glorify Christ. By this we know we can rely on Him every day. He has promised never to leave us nor forsake us (Hebrew Ch 13 v 5) and **with the help of the Holy Spirit**, is there to protect, comfort and counsel. **As Christians, we know the marvellous yet mysterious experience of having the Holy Spirit as our companion and guide to rely on – even though we can't see Him.**

GOD'S SPIRIT LIVES INSIDE US AND ALSO WALKS BESIDE US

Why not join us in our Worship Service each Sunday at 3p.m.

You will be most welcome.

F. A. RUTTERFORD, MBE

Any questions or home visits Telephone 01638-713892 or
E-Mail sweetpeace@yahoo.co.uk



The Friends of St Mary's Barton Mills

friendsofstmarysbm@outlook.com

PLEASE take time to read the advert elsewhere in this copy for The Time Traders...

This will be a summer evening of great dance tunes, on Saturday 6th June, from 7.30pm

We will have our well-loved array of refreshments available on the lawn in front of the church, and tea and coffee available inside!

You can buy tickets at £15 per person from Liz on 01638 583728 or Alan on 07788 535104

We are excited about our June event...

Thank you to everyone who donated and/or supported us at the April Car Boot Sale. We raised just under £200 plus a generous £64 for St Nicholas Hospice in memory of Lindsay. The Friends will be running the White Elephant table again on Bank Holiday Monday Car Boot Sales on 4th & 25th May .

There are boxes for donations in the Church Room or you can drop items at 1 Church Lane, (contact Liz on the email or phone as above) if you have anything you feel would enjoy a second life with a new owner and raise funds for us at the same time!

BARTON MILLS 100 CLUB

The purpose of the Barton Mills 100 Club is to raise funds by operation of lotteries and draws to contribute to projects and/or organisations within the parish of Barton Mills for the general benefit of the people of Barton Mills. **If you are a village organisation who would benefit from a 100 Club financial grant, please do speak to Jackie Stirges - jackstirges@btinternet.com**

April 2026

£50	212	K. Bruce
£30	87	S. Witton
£20	68	C. Hancock
£10	71	G. Spurling
£10	91	J. Miller

If you would like to become a member please contact our Treasurer: Janette Miller - 49 The Street. Tel 712843

IF YOU WANT TO WIN, YOU HAVE TO BE IN !!

Prizes of £50, £30, £20, and 2 x £10 monthly and twice a year additional prizes of £150.



MILDENHALL & DISTRICT MUSEUM AND MUSEUM SOCIETY

The Museum is OPEN

Tuesday, Wednesday, Thursday, and Saturday 2 - 4 pm;
Friday 10 - 4pm



MILDENHALL MUSEUM SOCIETY TALKS

Thursday 7th May – Persons of Quality (The story of the Atheneum in Bury) – Adrian Tindall

Talks are held at the Museum.

Doors open at 7:00 for 7:30 pm start

£2 members £4 non-members

Refreshments available

Annual Society membership £10



Barton Mills & District Gardening Club

MEMBER OF R.H.S.

Annual Subscription £20.00

£2.00 fee per meeting for members

New members and friends welcome as paying visitors

£5.00

Next Meeting Tuesday

26th May 2026

7.30pm in the Village Hall

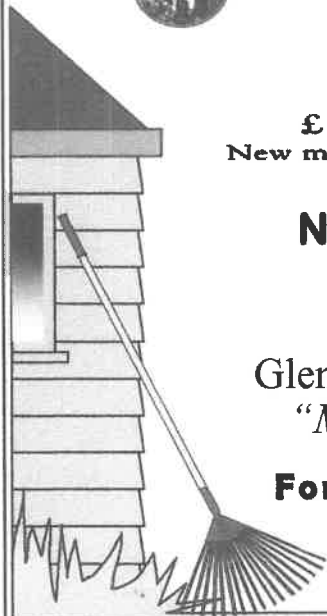
Glenda Berrett will be talking about

"My Garden Season by Season"

For more information contact -

Secretary - Zoë Morris

01638 482986.



All over 50s Welcome

BARTON MILLS WEDNESDAY CLUB

WEDNESDAY 6th May - Martyn Taylor will present the "Changing Face Of Bury St Edmunds" - 2.00pm at the Village Hall

REFRESHMENTS AFTERWARDS

WEDNESDAY 20th May - Outing on the River Stour - Booked

Wed Club Annual membership £10 payable in January

Admission - £2 members £3 non members

CONTACT ANN JACOBS TEL 01638-510008



Good Neighbour Scheme

**Our neighbours are our volunteers
– here to make a difference!**

For the past 9 years the Good Neighbour Scheme volunteers have helped our neighbours with a variety of jobs in homes and gardens that have helped to meet the challenges that even the smallest of jobs can present to people, especially when living on their own.

Our services, as listed in our advertisement in this magazine, are offered free of charge as we are a community voluntary group. The Barton Mills Good Neighbour Scheme is one of more than 45 such Schemes across Suffolk and one of just two in the former Forest Heath area of West Suffolk – the other being in and serving Lakenheath. We regularly receive calls or referrals from or relating to people needing help in Mildenhall or other villages close by for whom there is little or no such assistance. By our insurance limitations and scheme mandate we are not able to formally offer such support but on occasions volunteers have been willing to independently extend the hand of neighbourliness to such persons in need of assistance. We have often heard people in such other locations express the wish that their town or village had a Good Neighbour Scheme that they could call for assistance from.

So when the need arises, please do not hesitate to call us on
07419 211040

Barton Mills Ladies Club

Ladies Club - Report of April Meeting

At this month's meeting we were visited by four members of Stiff & Folly. Phil Butcher and the others kept us entertained with a programme of funny sketches and poems. We opened with a police murder drama. There was a skit with a headmaster trying to tell parents that, horror of horrors, their son wanted to be a teacher. One of the poems was about the trials and tribulations of getting old. The final item was a hilarious Victorian bodice ripper where we provided the sound effects.

Next month we have Stephen Poulter on Milady Charlotte Atkins.

LINDSAY and DEREK JUDD

Derek would like to thank everybody for their help and sympathy as his darling wife Lindsay entered the last few days of her life, and for the condolences and kind messages that he has received since her death at the end of March.

Lindsay and Derek worked together to raise many thousands of £s for the St Nicholas Hospice, and they were much involved in many aspects of Barton Mills life. Lindsay will be greatly missed by many people.



It's time to get your green fingers organised for this annual, autumnal event....

Barton Mills Horticultural Show

5 September 2026

Early notification of the Vegetable categories

- 20 Beetroot, 5 on a plate
- 21 Onions, 5 on a plate
- 22 Shallots, 5 on a plate tops neatly tied.
- 23 Runner Beans, 5 on a plate
- 24 Courgettes, 3 on a plate
- 25 Carrots, 5 on a plate
- 26 Cabbages, 2
- 27 Potatoes, any variety, 5 on a plate
- 28 1 x Onion large
- 29 Salad Onions, 5 on a plate
- 30 Cucumber, 1
- 31 Tomatoes, 5 Large on a plate
- 32 Tomatoes, 5 Small on a plate
- 33 Pumpkin, 1
- 34 Marrow, 1
- 35 Peppers, 2 on a plate
- 36 Aubergines, 2 on a plate
- 37 Hot Chillis 5 on a plate
- 38 Garlics, 3 on a plate

Please remember to leave stalks on all fruits and vegetables.

I have just completed a bird survey at the Blackbourn Valley SWT nature reserve. With an early start, I arrived to find the car park empty. Very soon, I heard my first Nightingale, which was singing loudly in the scrub opposite. On a gentle stroll around the reserve, I heard all the recently arrived migrant warbler species – Blackcap, Garden warbler, Chiffchaff, Willow warbler, Common whitethroat and Lesser whitethroat. I was even blessed with the song of a Cuckoo; my first for the year. After a two-hour walk I felt relaxed and thoroughly refreshed.

I'm now happily retired, so I spend a good deal of time in the great outdoors. Most people are busy coping with all the pressures of modern life. Are we in danger of losing contact with nature altogether? A study by Loughborough University showed that the average person spends just 7% of their time (or 86 minutes) outdoors during their working week.

Another study, published in 'Frontiers of Psychology' in 2019 shows that spending time in nature relieves stress and anxiety. Just 15 to 20 minutes of exposure to natural environments reduces the stress hormone Cortisol, lowers blood pressure and improves mental well-being. Natural settings allow the brain to rest, enhancing focus and restoring attention.

On my walk I didn't just see and hear birds, of course. Inquisitive Roe deer gave me a knowing look, but several rabbits scuttled for cover. Spring is a wonderful season for wildflowers too. I found large swathes of Greater stitchwort, also known as 'wedding cakes', 'Star-of-Bethlehem' and 'daddy's shirt-buttons'. Their small, white flowers have five petals, which are divided down the centre. On a small pond I saw a raft of Common water-crowfoot, which also has small, white flowers with five petals but a butter-yellow centre. Cowslips were abundant; grazing cattle have reduced the grass layer, allowing the Cowslips to thrive. As a child, I always knew the Cowslips by the name 'Paigles'. However, depending on where you grew up, you may have known them by all manner of names including 'Golden drops', 'Fairy flower', 'Milk maidens', 'Plumrocks', 'Freya's keys' or 'Mary's tears'. A close relative of the Cowslip is the

Oxslip, a woodland plant, which is also the county flower of Suffolk.

When I research common names, I find that virtually every animal, plant or bird has a common name which differs depending on where you live. The Dunnock, or Hedge sparrow, is also known as Hedge warbler, Titling, Shuffle-wing or Little brown one. The name "Dunnock" itself comes from the Old English words for "dingy brown" (dun) and Ock meaning "little". Barley bird is the Old English name for the Nightingale. The Yellowhammer is also known as the Scribble lark, named after its eggs which are pale with dark scribble-like markings. These strange scribbles also feature on the eggs of Corn buntings and Reed buntings.

This year the Hawthorn, or May blossom, has flowered early. By the time you read this, its flowers may already be fading. You may be lucky to find some English Bluebells still flowering, depending on which site you visit. Some orchids will be in flower: Early purple, Common spotted and Southern marsh should also be visible but, these days, you will usually have to go to a nature reserve to find them!

International Dawn Chorus Day is on Sunday 3rd May this year; if you like getting up early. The rich sound of birdsong at first light is not to be missed. If you are not an early riser, a late evening foray may reward you with the sight of feeding bats or even a hunting Barn owl. Many species of moth emerge on warm nights but you'll probably need a moth trap to identify those! Whatever you do, enjoy your nature watching.

Ken Venus.





BARTON MILLS FOOTBALL CLUB
CHAMPIONS , CHAMPIONS. CHAMPIONS

Barton Mills FC went into their game against Mendlesham at the end of March needing a win to progress into the final of

the division 2 knockout tournament. Although the Mills had most of the possession it wasn't the Mills day.

Mendlesham had a well deserved win beating the Mills 1-0 . The Mills now go head to head with Clayton FC in the county cup final on 26th April with a 3pm K.O.



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BARTON MILLS GOOD NEIGHBOURS

Why not Volunteer or become a Friend of the Scheme?

Phone us for details or e-mail us at

barton.neighbours@gmail.com

CLUB NEWS

KNIT and NATTER GROUP

This Group has been raising money for St Nicholas Hospice and for the charity that supports mothers and babies in Ethiopia. We continue to meet every Wednesday afternoon, from 2 till 4pm, in the church room. New members of the Group will be very welcome. You are welcome just to come and chat – knitting is optional!

For more information please contact *Alison Swift 07982679926*.

SOCIAL ART GROUP

If you fancy drawing, painting or just colouring in, you might like to come along to the Social Art Group. We meet from seven till nine on a Friday evening in the church room and we are all beginners trying to get better! For more information give me, *Glenda Berrett*, a ring on *01638 717925*.

BOOK CLUB

We had read 'Then She Was Gone' by Lisa Jewell for our April meeting, and, although this is a dark story with some grim details of mixed-up lives, some members of our Group said that they had 'enjoyed' reading it, especially as the narrative kept the suspense right up to the end. Others felt it to be too horrid to continue with. But it did provoke some lively discussion on what makes a 'good read'.

For our next meeting, on Thursday 21st, (not 14th) May, 7pm in the church room, we are reading 'The Diary of a Bookseller' by Shaun Bythell. This is easy reading, taking everyone into the daily life of an independent bookseller, with many details and stories of the ups and downs of this way of life. New Group members will be very welcome.

More information from *Frances Lewis 01638 713155*.

What's on in Freckenham at the village hall & church

Website [Freckenham Village Hall \(freckenham-pc.gov.uk\)](http://Freckenham Village Hall (freckenham-pc.gov.uk))

Monday Meet Up at the Village Hall 2 – 4pm. Free event but donation appreciated. All ages welcome. On Bank Holiday Mondays some of us go to the pub and buy a drink.

First Friday of Month Film Night 1st May The Choral (2025) As World War I rages on, Dr. Henry Guthrie takes over a British choral society that's lost most of its men to the army. The community soon discovers that the best response to the chaos of war is to make beautiful music together. Doors & Bar Open 7pm film starts 7.30pm. £7 per person. Next film 5th June.

Coffee Caravan visits to East View Car Park off Mildenhall Road, first Tuesday of the month 5th May, 2nd June, 7th July etc. 2 – 4pm Free cuppa, cake, chat and lots of advice, though there is a donation pot to help fund this valuable community project.

Quiz night Fri 15th May professional quiz master, popular event, best to pre-book as a team or to join a team VH mobile or Facebook message. £3 per person Max team of 6. Doors & bar open 7pm quiz starts 7.30pm. Can each team bring a raffle prize.

Farmers Market with some Crafts 30th May 10 – 12 noon all our usual stalls and some garden plants, veg and flower seedlings for Charity Arthur Rank Hospice and Blood Cancer Research. Free entry refreshments available. **Next market 27th June then a break till Sept**

Check out our weekly events and other events coming up on <https://freckenham-pc.gov.uk/>. for more details and contact the organiser before just turning up! [Facebook Freckenham VH & Freckenham, Suffolk Community Group.](#)



MILDENHALL MUSEUM - The first 75 years is the title of a glossy well illustrated, 39 page publication on sale in

the museum where you can also enjoy seeing the current exhibition which reflects this anniversary. It is well worth £5. Over the years, many Barton Mills residents have been, or are at present, volunteers at the museum. If you haven't visited lately, please come - and bring your visitors, children or grand-children. There are things for them to see and do. Admission is free but donations are much appreciated. The museum is open Tues., Wed., Thurs., Sat., 2- 4 pm and Fri. 10 - 4pm

10/26



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Single players can be accommodated but
telephone one of the below first.

Further details from

John Child 07739 097522 or

Carolyn Child 07739 097523

(formerly of Mildenhall Bridge Club)

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6/26



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	¼ page of A5	£45	Per annum
	½ page of A5	£90	Per annum
	Whole page A5	£180	Per annum
<u>Organisations/Clubs etc</u>	Basic 1/8 th page of A5	£2.00	Per issue
	¼ page of A5	£4.00	Per issue
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Depending on the content for some local items, some adjustments may be made. This is envisaged as being for “poster type” publicity for events.

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The Barton Miller

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SPECIAL NOTICE

If you are preparing any articles or advertisements for inclusion in the **BARTON MILLER** would you please submit, where possible, in **A5 format copy**. Please email the text (Word/Publisher.doc or pdf) and illustrations (JPEG) to **nancy@bartonmills.com** or **frances_lewis11@hotmail.com**

To keep proportions correct, fold an A5 sheet of paper in half 3 times to achieve minimum size. Many thanks.

Police Community Support Officer Hannah Rogers
hannah.rogers@suffolk.police.uk
C P T Community Policing Team
PC Louise Wappett-Griggs
Telephone 101





The Annual Parish Meeting will be held at 7pm on Tuesday 5th May in the Village Hall. The purpose of this meeting is to provide the parishioners an opportunity to discuss parish affairs and for village organisations to answer any questions. It is NOT a meeting of the Parish Council.

The meeting will be followed by the Annual Parish Council Meeting.

Residents are invited to attend these meetings.

**ANNUAL
PARISH
MEETING**