



Buckrose Carrs Benefice Newsletter September 2026

Serving

Thorpe Bassett, Rillington, Scampston, Wintringham, East & West Knapton,
East & West Heslerton, Yedingham & Sherburn.

www.buckrosecarrs.org.uk

Rector's Reflection: What might our own letters of praise and gratitude look like? (Psalm 8.3-4)

September is a good month for noticing what we might otherwise take for granted. The pace of summer begins to change, schools start again, the evenings draw in, and the pattern of our ordinary lives begins to re-establish itself.

It is also a month in which we are reading through the Psalms, and the Psalms have something to teach us about gratitude. This doesn't mean forced cheerfulness, but the practice of noticing what is good and giving thanks for it. And there is good evidence that gratitude is good for our wellbeing as well as our spiritual life. Taking time to notice and name what we are thankful for, can help us pay attention to the good things around us, even when life is far from straightforward.

Harvest has arrived early in many places this year. The sight of fields being gathered in can be beautiful, but this has been a desperately difficult harvest for some of our farmers and the fires we have seen across the countryside had created anxiety for many. Gratitude allows us to recognise what is good even when much is difficult.

So perhaps this month we might try a simple exercise: who would we write a letter of praise or gratitude to? It might be God, for something we have noticed in creation or in our own lives. It might be someone who has encouraged us, helped us or simply shared something of life with us. We don't necessarily have to send the letter; the act of putting gratitude into words can change what we notice.

I have certainly found plenty to be grateful for since arriving in Buckrose Carrs: the welcome and encouragement I have received, and the many conversations usually over a cuppa has sustained me and beg helped me to begin knowing these communities.

As we move into a new school year, our harvest services and beyond, there will be plenty to do. Alongside all the activity, perhaps we can make space to notice the gifts that are already here. And give thanks, as I do for you all.

Please note, Rev'd Kate's holiday dates are 31st August - 12th September. If you need help in this time please contact the Church Wardens, or Lizzie at the Benefice email address.

Here are the details of services and events happening in the Benefice of Buckrose Carrs this coming month:

6 th September	14 th After Trinity	9.00am St Andrew's Rillington 11.00am St John's Yedingham	Common Worship Communion BCP Communion	Psalm 119: 33-40 Matthew 18: 15-20
9 th September	Quiet Space in the Garden	4:30 -5:30pm 31 Low Moorgate Rillington	A quiet reflective time in Jo's garden in Rillington	
13 th September	15 th After Trinity	10.15am All Saints' Thorpe Bassett	BCP Communion	Psalm 103: 1-13 Matthew 18: 21-35
20 th September	16 th After Trinity	10.15am All Saints West Heslerton	CW Harvest Communion followed by a sharing lunch in the village hall	Psalm 145: 1-8 Matthew 20: 1-

		6pm St Peter's Wintringham	All Age Harvest Festival	16
27 th September	17 th After Trinity	10.15am St. Hilda's Sherburn	Common Worship Communion	Psalm 25: 1-8 Matthew 21: 23-32

If you have any queries, please contact:

Revd Kate Mitchell – 07549 179569	Thorpe Bassett - David Harrison - 01944 768548
Scampston – Vacant	West Heslerton – Roger Sugden - 01944 728271 and Yedingham and Rob Tindall - 01944 728366
Sherburn – Richard Murray – 0783 320 6802	Rillington - Rodney Wood - 01944 758651

Prayer

We have lots of new opportunities to pray as a Benefice. Monday morning prayer walks with Revd Kate will be starting at a different church each week. In September these will be 14th, Yedingham, 21st West Heslerton, 28th East Heslerton meeting at 8am. When Kate returns from holiday on 12th Sept, midweek morning prayer will be;

- Tuesdays 08:45 Reflecting on the Word, Rillington,
- Wednesdays, 08:45 BCP Morning prayer Sherburn,
- Thursdays: 0845 CW Morning Prayer Rillington

Judy and Lizzie will continue to meet at 7.30am for prayer on Friday's at St Andrews. Our monthly Benefice prayer group will be on Wed 2nd at 5.30pm, hosted by Jo White on Zoom and in her garden. Contact Jo at Jo@handjwhite.co.uk for more details

Walking Church

Unfortunately September is an extremely busy month for both Rev Cate from West Buckrose and for Lizzie, so there will be no walking Church this month. We are looking at the possibility of a change of day and at lengthening our walks going forward, so please keep an eye out for further news.

Benefice email address and Facebook page

For those who use social media we now have a Benefice wide Facebook page, just search for 'Benefice of Buckrose Carrs'. If you have anything you would like advertising online please contact rev.katemitchell@gmail.com or beneficeofbuckrosecarrs@yahoo.com

Also happening in our Benefice.....

Rillington Community Café. The Community Café takes place each Tuesday morning from 9.30 to 11.00 in Rillington Village Hall.

West Heslerton Coffee Morning. Held on the first Monday of every month, this month 7rd from 10 to 11.30 am at the Village Hall. This month there is also a **MacMillan Coffee Morning** Monday 28th September **08.30** to 11.00am

Little Fishes baby and toddler group. Restarting on Monday 14th Sept, 9-10:30am at Rillington Church rooms. Running every Monday in term time.

Rillington Free Fridge. Every Thursday 10:30-11.45 at Rillington Church rooms. Part of the Community Fridge Network to help reduce food waste.

Across the Deanery

St John's. Welburn are hosting an Organ recital by the organist and composer, Phillip Moore, on Friday 4th September at 7pm Tickets not required but donations towards upkeep of the organ are much appreciated.

Churches Together Southern Ryedale are holding a Covenant service on Sunday 27th September, 3pm at St Mary's Old Malton, a time to worship and fellowship with others from across the area.

Save the Date – Deanery Quiet day, 14th October. Birdsall House.