

ST MARGARET'S

Parish Church for Leiston-cum-Sizevell



MARCH 2022

£1 25

St Margaret's Worship

The restrictions due to the pandemic continue until further notice, Places of Worship can be used for services carefully following all the government rules, including; social distancing, wearing face coverings, hand hygiene etc. At St Margaret's we continue to offer a service of Holy Communion in church at 10am each Sunday.

There is a short service of Morning Prayer every Tuesday at 9.30am; this is held by telephone conference call. A service of Evening Prayer is held on Wednesdays in church at 5pm (enter the church by the south door).

Our Good Morning news sheet, readings and other resource material and information are shared by email every Saturday.

If you wish to join our mailing list or the Tuesday Morning Prayer please contact me (email: vicarleiston@gmail.com or telephone: 01728 830421).
Richard Finch

CONTACT US

Priest in Charge: Reverend Richard Finch: T.830421

The Vicarage, Church Road, Leiston E.vicarleiston@gmail.com

Associate Priest: Reverend Morag Finch

Reader: Mr Bernard Smith: 3 Daneway Gardens, Leiston T.830105

Reader: Mr Terry Gibb: 31 Charles Miller Court, Leiston T. 07585 687993

Lay Elders:

Mrs Pat Carter, 42 Haylings Road, Leiston T.831852

Mrs Sandra Harle: 4 Lime Tree Avenue, Leiston T. 833578

Church Wardens:

Mrs Pat Carter: 42 Haylings Road, Leiston T.831852

One Vacancy

PCC Treasurer: Mrs Sandra Harle: 4 Lime Tree Avenue, Leiston T. 833578

PCC Secretary: Mrs Emma Jameson, 4 Woodlands, Leiston T.832166

'JAM' (Jesus & Me) Sunday School Leader: Mrs Sandra Ellis T.832168

Organist & Choir Master: Mr Matthew Merrett

Deanery Synod Representatives:

Vaughan Windle, 21 Eastward Ho T. 833988

One Vacancy

Resident Retired Priest:

Reverend Richard Ellis: 9 Kings Road, Leiston T.832168

Website Editor: Mrs Maureen Fox T.830929

Magazine Editor: Mrs Pat Carter T.831852 Email: pm42carter@gmail.com

We are connected ...

This year the season of Lent falls in March and early April. We start the Lenten observation with Ash Wednesday on 2nd March with a special service in church at 7.30pm, a day when we approach God in humility, acknowledging all that hurts our relationship with God. We may have issues of pride, envy, greed, hate etc. that hinders us from living lives that are at ease with God, those around us and ourselves.

As part of correcting any issues that we may have we can take action; performing acts of kindness and charity, addressing wrongs and we can become more self-aware; praying and learning more about the nature of God and our relationship with God and the world.

This year St Margaret's Church will be holding a series of five Lent study sessions (10.30am on Thursdays, starting on 10th March), in church. These are open to all comers and the most important things you can bring are an open heart and an inquisitive mind.

The study material is titled "Living Stones, Living Hope". The image of our being living stones reminds us that we are one among many stones that make up God's household and also that we are each connected in a unique way to Jesus Christ, the cornerstone of our faith. If you want to find out more about the course the booklet is available online at

www.uspg.org.uk/lent

Each session will focus on a Christian community from a different part of the world. Their experiences will help us to understand our faith and how we are affected by our personal context; the places where we live, our families and friendships. Hopefully by learning more from each other we may grow in faith and understanding.

If you want to join the course in church, please drop me a line at vicarleiston@gmail.com or call me on 01728 830421 so I know to expect you and order the right number of booklets. If the timing doesn't work for you then you may wish to use the study material at home, there will also be a webinar each week hosted by USPG, again see their website for more details

www.uspg.org.uk/lent

I hope that this year we may become more aware of how we are connected, even if we are confined to home, as many have experienced, that we are part of the greater community of faith and hope.

God bless you and keep you.

From Richard

Rev Richard Finch

Pondering Prayer

Meditating on prayer recently I began to ask myself “how, when, where, and why, humans began to pray; what is the history of it? It was first recorded some 5000 years ago but it indicates a practise of prayer probably began as soon as humanoids became conscious and could think and converse among themselves. No doubt, like us, they began to question life itself and who created them and the world around them. From what we know of Stone Age peoples the sun and moon and stars providing heat and light particularly had an effect on their thinking. Consider Stonehenge as just one example. Religion in general was a very early event as the many ancient cave drawings, symbols and artefacts also plainly indicate. Over time prayer became an invocation – communication toward a deity often portrayed in the form of an idol. Something the Old Testament prophets loved to mock, compared with their knowledge of the one true God, as they put it.

As now, there have always been many religions, and worship of gods etc. and it has taken on many different forms. Christian worship developed after the crucifixion of Jesus Christ and was almost totally based on the Jewish form of worship, much of which we continue to use in our services today.

The purpose of worship is to offer thanksgiving and praise. As well as making requests it is associated with various abstract forms of meditation and with the addition of various charms and spells which if you look carefully can still be seen even within some Christian worship and practises, within liturgy and ritual, as well as in most major other religions. It certainly seems that prayer and praise in one form or another has developed in to the human psyche from time immemorial and continues to do so.

Today a variety of forms has developed: hymn, incantation, creedal as part of liturgy or ritual is found in most major religions. Sometimes it is a ritualized act or even restricting who is allowed to pray. In others prayer may be spontaneous. It seems to me we all find our own levels in what we need or expect from our worship and eventually settle into the method which best suits us personally. For Christians it may be High, Middle or Low Church, Catholic or Protestant; it may be Humanist or no church at all.

Most if not all people who find themselves in trouble or danger of some sort will invariably cry out, “Someone, please help me.” Whether or not they are aware of it, or admit it or not, that is a prayer. ‘He/she worships the Television or such and such a programme’ or even a person ‘the ground they walk on’. Maybe some treasured possession. We all need something to cling to whether or not we religious or God-

fearing. Latter word I am not happy with. Why should we fear God? He is after all the Creator and we are taught from Jesus and the Apostles that God is Love. Why would God want us to be afraid of Him? But that is for another time.

St Teresa of Avila wrote that prayer is, “an intimate friendship, a frequent conversation held alone with the Beloved”

Prayer is, and always has been, an inner personal thing as opposed to being a belief provided by society.

Pray that we may all truly find God in our own way and come to know in our hearts that no matter what, we are truly loved by our Creator.

Br. Christian

JEAN'S GIFT FOR HER SISTER



My sister Brenda has dementia and lives in a home in Chelmsford. My niece asked me to knit her a cardigan and when I heard that Maurice had kindly donated a number of balls of coloured wool, I bought 10 balls in different colours.

I designed a multi coloured striped pattern and used the balls of wool to knit the cardigan as shown left. I have sent the cardigan to Brenda with a note for her carer to read to her saying that when she wears the cardigan it is me giving her a hug.

Jean Franklin

EMPTY BLISTER PACKS

Please remember to keep your EMPTY blister packs and bring them to church so that they can be sent for recycling. The cardboard boxes can be recycled in your household recycling wheelie bin

MARCH

“If March comes in like a lion it goes out like a lamb or vice versa”.

These old sayings have been said for years by country people. Another one is “As the days get longer, the cold gets stronger” and it is so often true. We can get very cold weather in March and April. It is nice to have the lighter nights, it makes such a difference in the afternoon. I often clean a window while waiting for dinner to cook, or take a little walk outside.



Dutch windmills at Kinderdijk

We associate Holland with windmills but it's surprising how many we've had in this area over the years, Knodishall, Friston, Saxtead, Aldringham (which was moved to Thorpeness and a tourist attraction in the present day, Leiston, Aldeburgh. Seventeen I found in a local book of old photographs. There is a lovely one at the Museum of East Anglian Life at Stowmarket. It is a lovely setting amongst meadows and pathways. This all started as a conversation following seeing a picture of a house “Sold” in Mill Road, Knodishall. It was so nice to chat with friends wondering where Mill Road was.

It is great to be able to get together more now after all the restrictions and to find something to discuss. Now we look forward to spring, seeing all the flowers and shrubs coming out, the different functions that are starting again, the Craft Fair and the Flower Festival. So things are certainly looking up.

MARGARET CLARKE



WORLD DAY OF PRAYER 2022



FRIDAY 4 MARCH

A SERVICE FOR EVERYONE

2 00 pm

United Church
High Street,
Leiston
IP16 4EL

ALL WELCOME

I know the plans I have for you

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The Moon has landed in Lincoln!

An installation by artist Luke Jerram is being exhibited in Lincoln Cathedral this February. The exhibit is displayed under the central tower and is surrounded by the amazing architecture of the building. This artwork, having been exhibited all over the world, measures seven metres in diameter and features detailed NASA imagery of the lunar surface.

I went to see the moon with a friend from university and we were awed by the scale and detail of it. It is suspended in the air which gives the illusion that it's levitating in zero gravity, just like the real thing! This meant that we could walk underneath and view it from all angles.



The moon has always inspired humanity, acting as a 'cultural mirror' to society, reflecting the ideas and beliefs of all people around the world. Throughout history, the moon has inspired artists, poets, scientists, writers and musicians the world over. Different cultures have their own historical, cultural, scientific and religious relationships to the moon and yet somehow, despite their differences, the moon connects us all.

Laura Harle

Student – University of Lincoln

'Bells are the voice of the church'

For those of you who enjoy hearing the church bells being rung, you are in for a treat on Saturday 12th March. As from 10am, there will be a peal attempt (about three hours of ringing) by a visiting band of excellent ringers. Katharine Salter, newly elected Ringing Master for the Suffolk Guild of Ringers, is organising the peal in memory of her late husband David. He was also a keen bell ringer and, amongst other things, served two terms as Ringer Master for the Guild. Katharine would particularly like to ring our church bells for this memorial peal, as David was born in The Police House in Aldringham and his passport always listed Leiston as his place of birth

ALDEBURGH COUNTRY DANCE CLUB

We are now returning to our fun dancing after the break necessitated by covid-19. All comers welcome. Do join and find a new enjoyable morning

We gather on the second and fourth Wednesday of each month, in Aldeburgh Church Hall from 10.45am until 12 noon, only £3 a session. We have live music with players to suit our pace.

The next dates running up to Easter are Wednesdays - 9 and 23 March and 13 April

All ages are welcome. Beginners need have no fear as each dance is walked through before the music starts.

Do come along on the day but if you want to know more please ring Phyll on 01728 454674 or email: pkcakebread@btinternet.com

ANSWERS TO LAST MONTH'S QUIZ

- 1 Edam 2 Hotpot 3 Brownie 4 Cheddar 5 Tea 6 Beer 7 Dough
- 8 Scone 9 Sundae 10 Olive oil 11 Tripe 12 Trifle 13 Basil 14 Leek
- 15 Chillli 16 Spaghetti 17 Bonbon 18 Earl Grey 19 Blancmange 20 Chicken

St. Margaret's

Church Road, Leiston

CRAFT FAYRE

Saturday
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10am - 2pm



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Enjoy!

Lent

W Q K P G N I T S A F P K V K F L
P O A S H W E D N E S D A Y C Z R
S N R E C I F I R C A S T N R K L
R S L R V Z K Y N B N N S N U K B
H C E W O F X P G N E E M O C E D
M R P N H S J B G L H F X I I E N
C X C N E F Y N P S T P G T F W J
V R G W B V I M A P E R N A I Y Q
T N O B M R I P T A P A I I X L J
P R H S P N T G S H M Y V L I O K
L E L S S Q P T R R K E I I O H W
B N N L Q R E F M O K R G C N V B
Z X N A E R G K T C F K S N H R C
B R N P N R F B L T C F M O C K K
T K A F B C J N K L K K L C P M Q
W R N M Y L E X C R Q C A E L V J
E L M E D I T A T I O N Y R Q F C

almsgiving
ashes
ash wednesday
cross
crucifixion
easter
fasting
forgiveness
holy week

lent
meditation
penance
prayer
prepare
reconciliation
sacrifice
sorrow
spring

SPRING TRIVIA QUIZ



1. Which of the following does not happen in spring?
A. Days become longer
B. Blossom appears on some plants
C. Temperatures start to decrease
2. When does spring begin in the northern hemisphere of the Earth?
A. January B. February C. March
3. In which Asian country do people visit parks and picnic to enjoy the flowers of cherry blossom in spring?
A. Japan B. India C. Singapore
4. Which season of the year comes after spring?
A. Autumn B. Summer C. Winter
5. Which of the following statements is true about the length of days and nights in spring?
A. Days are longer than nights
B. Nights are longer than days
C. Days and nights are equally long
6. In Greek mythology, who is the goddess of spring and nature?
A. Aphrodite B. Persephone C. Eris
7. Which spring flower is regarded as a symbol of Wales since the 19th century?
A. Daffodil B. Hyacinths C. Forsythia
8. Where on Earth can you observe the sun passing overhead directly on the first day of spring?
A. At the Arctic Circle B. At the equator C. At the Tropic of Cancer
9. Spring Offensive, also known as the Kaiser's Battle or the Ludendorff Offensive, was an important event during which historical period?
A. World War I B. World War II C. Cold War
10. Which of the following vegetables is also known as spring onions?
A. Chives B. Shallots C. Scallions

**When contacting any of the businesses advertised,
don't forget to mention you saw their advert in the
St. Margaret's Magazine!**

PLEASE NOTE Andrew Hawes no longer uses Mobile number 07521476294

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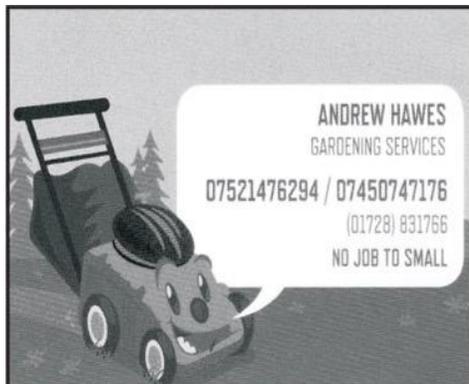
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ST MARGARET'S CHURCH TOWER LIGHTS UP



During February the lighting of the Church Tower was sponsored on

Sunday 20th February

In memory of Angus Mackinnon

If you would like to mark a special occasion by sponsoring the lighting of the Church Tower for a donation of £5 per day, please write the details in the diary provided in church, then place the completed payment envelope in the wall safe. Many thanks.

*If you would like to arrange to light the tower during the lockdown period, contact Sandra direct (contact details page 2)

Services of Celebration and Thanksgiving/Funeral

3 February 2022 Rosemary Donnelly

17 February 2022 Margaret Irene Howard "Peggy"

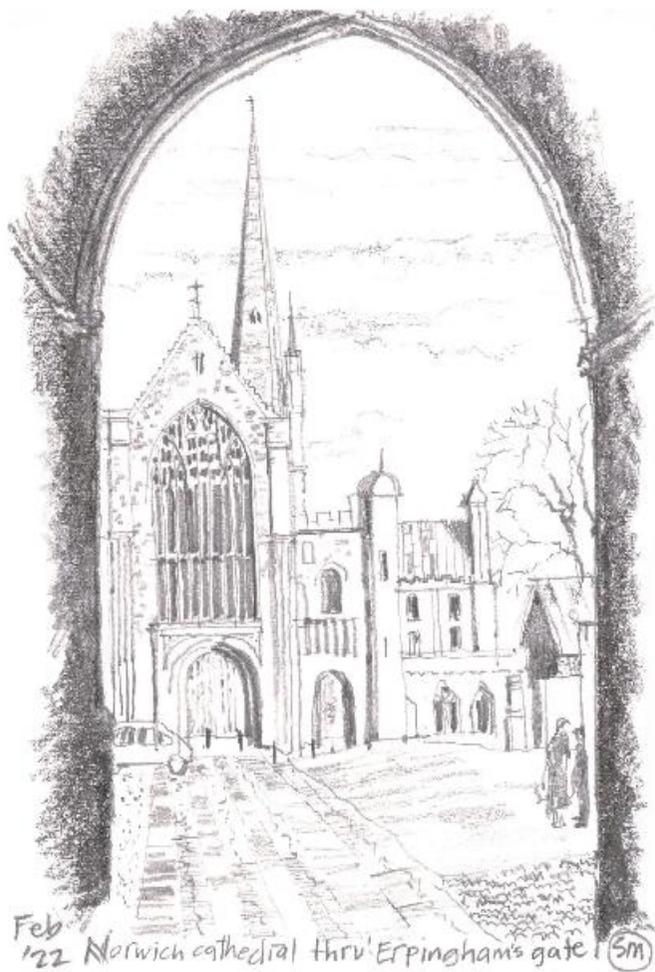
ALDE VALLEY SUFFOLK FAMILY HISTORY GROUP - Future programme:

Mar 21 2.30pm - "DNA Case Study – Solving Genealogy Brickwalls" on Zoom

Apr 25 2.30pm - AGM followed by short talk "Why do Family History?" Chris Broom - Leiston Community Centre and on Zoom

May 16 7.30pm – "Soil Sisters": The Women's Land Army in Suffolk - Nicky Reynolds - Leiston Community Centre and on Zoom

Norwich cathedral and The Erpingham Gate



Norwich cathedral and The Erpingham Gate

No visit to Norwich is complete without a visit to its glorious cathedral, one of the loveliest in Britain. Begun in 1096 and completed in 1145 it is built with cream coloured Caen limestone brought here by boat from Normandy, an almost unbelievable feat of human achievement.

The spire, measuring 315ft or 96 metres, was added in 1480 after the original lead covered wooden spire blew down. Today it is second only in height to Salisbury.

Among the cathedral's many treasures are the carved stone roof bosses in the nave and cloister vaults. There are over 1000 of them and they are considered to be one of the world's greatest medieval sculptural treasures. They are a very rare and precious survivor of the iconoclasm of the Tudor and English civil war periods.

This view of the cathedral is framed by the Erpingham gate built in 1420 by Sir Thomas Erpingham one of the most powerful men in England and the commander of Henry V's archers at the battle of Agincourt in 1415. Sir Thomas led the English to victory over a vastly superior force of French mounted soldiers. He is buried in the cathedral.

Simon and Sheena February 2022

Extracts from my Journal.

During November 2021 I was lucky enough to be enjoying a cruise through the Mediterranean Sea. I kept two Journals. One recorded the cruise itself; the people, the place, the experience. The other recorded my personal thoughts and emotions as I continued my grieving process after the death of my wife Jenny. I have kept journals since 1971. I have subtitled my current journals "The Covid journals". I am currently on volume 12.

Extract from my personal Journal Tuesday November 2nd 2021

(09.05) The start of an endless day at sea. I did not realise how big the Mediterranean is. It looks quite small on maps. I shall try the starboard side to see if Africa is visible. So much time to think. The Med. is bluish not a murky brown colour of the Bay of Biscay. Very cloudy at the moment but warmish.

(16.51) Anyone who wants to study the pattern of grieving from one day to the next could read my Covid diaries starting at Vol 1 and moving through. These have been and will continue to be a daily record of my 'progress'.

Each individual grieves in their own way. This is a record of mine. So! What am I doing on a 24 day cruise of the Mediterranean looking at some of classical history's greatest sights. We travel as far as Istanbul.

Firstly, the destination was immaterial. It was the length of 24 days that attracted me. Travelling as a single person is expensive. I am basically paying for two people minus the cost of the food consumed. However, the money really does not matter. I am here and, I suppose, enjoying myself particularly when I fall into conversation with one or other of the passengers. I am quite a youngster among them. There are a lot more people in their mid-80s. Anyway, I function normally in company. My mind can stop for a moment of thinking about Jenny.

I find I can now think about the good things Jenny and I did together. And I find she crops up, with pride, in my conversations. But then the loss seems to be altogether more intense. I have to find distractions; those conversations; the art class I attend every day. For that hour I can concentrate on just one thing. It is good for me.

So! The question "what am I doing on a boat in the Mediterranean?" is answered by "because it is a distraction"

But I grieve because I feel lonely in a crowd. I dined alone on a couple of nights. Not by choice. My thoughts turned to Jenny and the meal we had on the boat coming back from Spain, travelling through the Bay of Biscay. (A holiday in 2015) In my mind's eye I can 'see' her sitting opposite me in gay conversation. And I look at other couples around me and I.....

Yes! Well! When I get back to my cabin I sob my heart out and sometimes I do not even get that far. Tears are never far behind my eyes.

I tell people the truth if they ask, as some do. They are shocked, of course, and say I am brave to be getting out as I am but then I genuinely want to live, whatever time I have left, to the fullest. Jenny was very ill. She saw only one way out and took it, leaving me alone and her parents, siblings and friends. She chose to do it! She broke my heart.

But I am determined to move forward ... and so the cruise. I am sure it will do me good. IT IS DOING ME GOOD!

Dear God

In your infinite wisdom, see my plight and grant me the strength to carry on, and move forward in whatever way you see fit for me. Amen

Extract from my Journal November 1st 2021

(18.00) I have this lovely leatherbound Journal to write in and now not a lot to say.

We have just spent the last twelve hours in Malaga and are now 'steaming' towards Malta. Two days out a sight of land just eating and sleeping and trying to fill time. I do engage in conversation with other guest. Most seem very much older than me and are seasoned cruisers. All very nice though. I have not latched onto anyone in particular. There is Frank and I just met Alex and Henry on the promenade deck.



Valetta, Malta

The 'cruisers' in the main are professional people, like me, have paid into the system all their lives and are now enjoying the fruits of their labours. And why not?

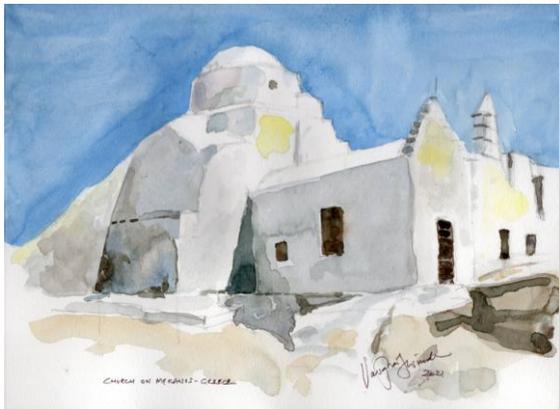
I suppose this is a bit like going down to Florida. We are still enjoying (the) sun and temperatures in the mid twenties. Evening is falling now. The Spanish coast line is off the port side as we pick up speed. Cooling off and quite a keen wind. I think this slow progress is the nicest thing about the cruise. There will be nothing to do for two days. Just picking activities as one wants.

I've been attending the watercolour classes and have to say I've really enjoyed doing it. The three paintings I have completed from the photos supplied have a certain merit. There has been a rainbow over Malaga as we leave.



Mycenae Church

We are well on the way down the Mediterranean having embarked from Malaga just after 17.00. The Mediterranean is so much bigger than I envisaged. On the port side, from my balcony halfway up the ship, I cannot see any land. I will try the starboard side a little later to see if Africa is visible. The cloud is beginning to disperse. It is still very misty on the horizon though. We have two days 'steaming' before we reach Malta.



Mykanos Church

VAUGHAN WINDLE

Good

When we were kids my Mother always told us that Good means God, or maybe the other way round? However anything you do in life that is honest and helpfully pleasing to others including other forms of life must only be GOOD. A good start to set our thoughts in progress towards that simple but well meant four letter word. Perhaps a similar word may be superior but that conjures up an air of mastery, not GOOD! I can't think of a word that replaces Good in a better all round category. The opposite of course is BAD and that has only three letters! With nothing of praiseworthy character. If we are honest we must admit to sometimes having not good thoughts, I offer you a GOOD solution for that, it is "forgiveness" and Boy, what a Good feeling it is when you face your mistake and humble yourself to submission. When you meet up with a friend or even a stranger the first thing you say is "how are you" (even before the present weather). The reply is mostly "GOOD, thank you" ("then the weather"). You know that has GOOD written all over those three words. What would we do if we didn't have Good in our makeup? Joke = Two psychiatrists were passing each other in a hospital corridor, one said to the other "You look fine, how am I?" Just funny I know, but the essence of Goodness is there. To be good is reckoned to be morally right, I guess we all make an attempt at that, some challenge!! To feel good is great. To imagine you are good, better, without realising that you are not, needs consideration! If you break your leg say whilst playing sport or whatever that is bad. The good side is you will have it repaired back to normal. Of all the poor things that happen to us through our lives there is mostly something good that comes out of it, agreed? So, a good philosophy is always to look on the bright (good) side. One good thing that is always present in our lives is GOODNESS: - like "God?" How often do we call on our belief to help us through?

Be GOOD. Brian

ST. MARGARET'S CHURCH

Dear Friends

March's magazine continues to focus on monthly prayer time, with the St Margaret's Church family group for this month as shown below. There are three family groups with each one appearing in the magazine every three months. However, you remain in our thoughts and prayers always.

If you would like to be included in our family monthly prayers, or have any queries please email stmargaretsleiston@gmail.com. If you feel you would prefer to be remembered in a particular month then please let us know. Also, if you have a specific need for additional prayer time then please let us know and we will add you to our 'special prayers' section.

In our Church Family Prayers

Jim & Pauline Florance	Shirley Newman
Bernard & Patsy Smith	Matthew, Vanessa, Alex, Kierah & Sasha Newman
Joe Diegnan	Kathryn, Mark, Ian & Stuart Langley
Pat, Neil, Lucy, Craig & Ryan Carter	Adrian & Jackie Shotter
Daryl, Helen & Chloe Cartley	Stephanie, Craig, Isla, Edie & Harrison Shotter
John and Joy Kemp	Kim, Dan, Indi Rose & Florence Nola Keeble
Mary Joel	Jan Snowden
Kate Kersey	Nicola, Jon, Toby & Robert Kerridge
Peter Downey	Josie, Steven, Olivia & Maisie Snowden
Donna Button	Derek & Barbara Cole
Billy & Margaret Clarke	June Linsell
Lesley Martin	Hilda Woodhead
Julie, Ellie & Charlie Howard	Pat & John Swatton
Kay, Trevor & Grace Nash	Debbie, Samantha & Matthew Vettesse
Anthony & Sue Hawkes	Kay Curtis
Hilary & Richard Slaughter	Colin, Lucy, Freya, Lola & Leeam Curtis
Toby, Sharon, Emma & Sophie Slaughter	Nicola, Matthew, Callum & Jamie Smy
Jill Staff	David, Lisa, Isle & Neave Curtis
Glyn & June Clarke	Elaine & Jon Ellis
Mary Cornish	Norman Chapman
Trevor & Thelma Hawkins	Eamonn, Cathy & Ursula Harvey
Kirsty Stowe	
Helen Thackeray	
Rodney Avis	

St. Margaret of Antioch



Parish Church of Leiston-cum-Sizewell
Church Road, Leiston, Suffolk IP16 4HG

NOTICE: Items for April's magazine

Please note that all articles, adverts etc. will need to be submitted to Pat Carter by **18 March** for inclusion in the April Magazine. Thank you.

Email: pm42carter@gmail.com

The Parish Magazine is available from St Margaret's Church. Delivery can be arranged.

Keep up to date with all Church Events

By visiting our own website

www.stmargaretschurchleiston.onesuffolk.net

How to Find Us

