

# **ST MARGARET'S**

Parish Church for Leiston-cum-Sizewell



**AUGUST 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](mailto: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](mailto:E.vicarleiston@gmail.com)

**Associate Priest:** Reverend Morag Finch

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

#### **Lay Elders:**

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

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

#### **Church Wardens:**

Two Vacancies

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

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

**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

Time for a break ...

As I sit down to write this letter it is one of the hottest days of the year. Tractors, trailers, a combine harvester, baling machines etc. have been trundling up and down Church Road to and from the fields and storage barns for the last two weeks, often late into the night. I'm sure that many farm workers would love to have a break.

What are we doing when we take a break? It depends what the break is from. On a hot summer day, working in the fields, I'm sure that even a five-minute break is welcome. In order to have something to drink and a short rest, to look after the body. Rest and refreshment are necessary part of our everyday lives.

There are other forms of nourishment that we need in our lives. We need mental stimulation to keep our minds active and developing. Whether it be a daily word or number puzzle, reading a book, watching a film, listening to music, having a conversation, something that keeps us thinking and learning.

Sometimes we need a longer break, a holiday. The word comes from old English and means Holy Day, special religious days in the church. Now it usually means a vacation, time away from our normal routine and daily work tasks. This is time when you can go deeper into that which refreshes you, to let your body and mind relax.

In the first of the accounts of creation in the Bible it says that on the seventh day God rested. God had created every day and at the end of each task God looked and saw that it was good. It is good to stop, to look back on a task just completed, and to reflect. Sometimes, on reflection, we see how we can improve on what we have just done. Sometimes we can just say to ourselves that was a task well done, it was good.

In the Gospels the writers have often included accounts of how Jesus would go away, from everyone, to find a quiet place and to pray. This is another form of nourishment. Feeding the human spirit. To spend time, allowing your mind to connect with ideas and thoughts that link us to the eternal, realising that our time is not limited by earthly

constraints, that we are part of the eternal. Praying is the opportunity to allow God to enrich your life, maybe with hope or peace, whatever is needed at that moment.

The daily tasks and jobs are good, work that needs to be done, including; dependents who need to be fed and sheltered, friends to care for, things to be built. We also need to have a break, to look after our body, to stimulate our minds, to reflect and to connect with God.

God bless you and keep you.  
From Richard

*Rev Richard Finch*

+++++

### Pondering Prayer

#### Prayers in Church

Time was when the regular church services were taken from the 400 year old Book of Common Prayer and followed usually without deviation of any sort. The priest led the service and said the prayers as contained in the Prayer Book. The lesson were read by the same person each week, more often than not a senior school master or a person of some standing in the community. Eucharist was not necessarily the main service, and when the service was finished everyone went home after shaking the vicar's hand on the way out. There was no general get together for a cup of tea or coffee. No congregation involvement within the service apart from singing the hymns and saying the psalms and the Amen after the prayers.

In 1980 all began to change. Replacing the Book of Common Prayer we had a new service book, Common Worship which led to more involvement from the congregation and encouragement to them to help within the service which led to the more friendly integrated services we find today in most churches. This is particularly apparent as each week someone different may read a lesson and most relevant to the article, each week a volunteer from the congregation prepares and reads out the intercession prayers. Such involvement helps the congregation to gel, and with tea and coffee following the service to

get to properly know the people they see at church on Sundays. New people and newcomers to the area get welcomed to into the community and new friends are made. This getting together is itself a prayer as it is through the congregation getting to know each other, learning to love and care about someone else and their caring about us is what the Christian Gospel is all about. Love one another. Isn't that what our prayers whether for ourselves, others, the world at large, peace, are also all about? So by involving the congregation the church praying the love of God.

Perhaps you have never led prayers nor have the desire to do so for any number of reasons but hearing the prayers of the intercessor on Sunday morning may also help to widen how we say our personal prayers and what to include as we take our concerns to God, our Heavenly Father. Prayer is not always easy at any time. In his letter to the Romans Ch.8:v26, Paul writes, "We do not even know how we ought to pray, but through our inarticulate groans the Spirit itself is pleading for us."

Ponder the above. God willing I will try to elaborate more on this next month.

Br. Christian

+++++

### OPEN TO ALL



As you have seen on the cover of this magazine the replacement gates for the church have now been hung ..... and they are beautiful. The main gates, hung using the original hinges, are a replica of the ones which hung there previously. All the gateposts were judged to be sound and just needed straightening. Sincere thanks to Simon Merrett and to Tony Cooper who kept pushing for this work to be carried out. Also thanks to East Suffolk Council who

funded the job from their Closed Churchyards Budget.  
The Church is open 10am-4pm

## FAREWELL TO PAM AND TERRY GIBB

At the end of June last year Pam and I plus small dog arrived in Leiston, wet and bedraggled, having been severely flooded resulting in the loss of all furniture and belongings. In times such as this your faith can be severely tested. But we came to St Margaret's Church on the first Sunday where we were made welcome and received a lot of comfort. You then realise that God is still with you.

We were offered a flat at Charles Miller Court and started to rebuild our lives. My Reader's licence was transferred to St Margaret's, and I joined the Ministry Team. Sadly, however our health has deteriorated and I will have to give up driving. As a result, we have decided to move to a home in Kesgrave to be closer to our son in Ipswich. We will never forget the comfort that Richard and the congregation at St Margaret's gave us or the kindness shown to us by Julie, Court Manager at Charles Miller and all the residents.

God bless you all

Pam and Terry Gibb

\*\*\*\*\*

## SUFFOLK HISTORIC CHURCHES TRUST 2022

The 41st Bike Ride and Stride will take place on Saturday 10th September, 9.00am – 5.00pm. Participants can be either riders (on cycles) or striders (on foot). Perhaps you'll decide to have a go – or perhaps you can be one of the people who meet and greet our visitors in our lovely church. Sponsor forms are now available in church. There is also a list so those who wish to sign up to be a greeter on the day or you can ring 01728 831852 to book your slot. Please put this date in your diary and think about how YOU can take part.

Pat Carter

\*\*\*\*\*

## 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.

## AUGUST

As I write this, the weather is lovely. Early mornings, long light evenings; really seems like summer. The farmers are saying it will be an early Harvest this year which is good. They need a lot of luck at the moment. Going along the road at Snape last week, we saw a herd of cows on the field. It's unusual to see this these days. Betty and I used to love walking the dog down Hancock's Lane and see all the cows on the fields or wait on the side while they ambled up to the cowsheds to be milked.

We have some lovely walks in this area. Recently we had my cousins stay in a holiday cottage near Thorpeness along the old railway line, next stop up from the Thorpeness Station. It's called The Sheepwash and Bill, as a postman, can remember the families who lived there. It's an ideal place to stay as there are so many choices of walks. One is to continue along the old railway line to Aldeburgh, or to cut along the Thorpe Road, or into North Warren to The Fens – such a choice.



Aldeburgh Station in 1965 before the line closed

They had to be content with a wander each day and go along the end of the Meare to the Golf Club as they couldn't walk far. They loved it and didn't mind the isolation as lots of walkers pass by the house. We had a lovely day with them. I said to Michael, my cousin, we'd better open the gate and let the 3.30 pm train to Aldeburgh through. Happy days and memories! As you get older you wonder where those days have gone. So each day now is a gift. Enjoy good health!

Margaret Clarke

CAP  
DEBT  
HELP

# Lifting the weight of debt

Free debt advice and personal  
support in your community



from Christians Against Poverty

CAP  
DEBT  
HELP

Whatever the situation you are facing, there is hope. As a charity, we offer a completely free service to help lift the weight of debt from your shoulders.



CAP are unsurpassed when it comes to the debt help they give people across the country.

Martin Lewis  
Money Saving Expert

Free debt advice and personal  
support in your community

Book your free appointment

**0800 328 0006**  
**capdebthelp.org**

Charity Registration No: 1057217 (England & Wales), SC038776 (Scotland).  
CAP is authorized and regulated by the Financial Conduct Authority. Product code: 1044313A1

Free debt advice and personal  
support in your community



**TONY BROWN'S FUNERAL SERVICE**  
**Est.1979**

*Proudly independent family run business*

The Funeral Parlour, New Cut, Saxmundham, Suffolk, IP17 1EH

T:01728 603108

E: office@tonybrownfuneralservices.co.uk

www.tonybrownfuneralservices.co.uk



*Owners of The Greenwood Burial Ground, Farnham*



Here for you  
every hour  
of every day

43 Sizewell Road,  
Leiston  
**01728 885659**

www.eastofengland.co.op/funerals



**M.C.T.**  
**ELECTRICAL LTD.**

Portable  
Appliance  
Testing  
Sales and Repairs



- Domestic appliance, DIY & hardware sales

- FREE repair and re-test on portable appliance failures not requiring parts
- FREE local delivery and installation on major electrical appliances

194 High Street, Aldeburgh, Suffolk IP15 5AJ

Tel/Fax: 01728 454600 / 830626

Email: mctelectrical@btconnect.com

**P.F. GLASS**

Specialist glazing

07772030183



**PAUL FRYER**

Supplied and fitted UPVC/  
wooden/leaded windows  
and doors. Repairs to all  
types of windows/  
doors and leaded glass.

# TWO WORDSEARCHES AND A PICTURE TO COLOUR



## Summer Search

DRPSUNTANICECREAM  
 ZFCHUSUNBURNFNJEN  
 YIAHGHBOATCOUSUGB  
 WRUEFFISHINGOINLE  
 MKGUTIBIKINICWEOA  
 NQUBEEWATERMELONC  
 ANSWIMMINGJLWGBBH  
 YQTACIPQTOUQNJD OH  
 VRNNGXSGTWLXXGRLY  
 ALTFMCFQDPYS DAPCD  
 COLOAOAXGCMAITPCE  
 ATWSMNSNSUNGLASSE  
 TIOHPQFXDFTE NTPXL  
 IOVOIUIWQKRHOTBMC  
 ONJRNIMUPFHLKGLRW  
 NZRTGTXXJZKLHATXZT  
 BKNSV OQWJ VXXRDWBE

August  
 beach  
 bikini  
 boat  
 camping  
 fan  
 fishing



hat  
 hot  
 ice cream  
 July  
 June  
 lotion  
 mosquito

shorts  
 sunburn  
 sunglasses  
 sun tan  
 swimming  
 tent  
 vacation



[www.bogglesworld.com](http://www.bogglesworld.com)

Healthy

Nite

Healthy Little Word Search

☀️

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

VITAMIN

SLEEP

HELMET

SAFETY

NUTRITION

BATH

FRUIT

EXERCISE

VEGETABLE



# ?????? QUIZ – Answers next month ???????

- 1 Lemurs are native to which island?
- 2 Which English city is known as the Steel City?
- 3 The logo for luxury car maker Porsche features which animal?
- 4 Which element is said to keep bones strong?
- 5 What does CIA stand for?
- 6 Suriname is located on which continent?
- 7 In tennis, what piece of fruit is found on the top of the men's Wimbledon trophy?
- 8 Haematology is the study of what?
- 9 What is the main ingredient of guacamole?
- 10 How many lives is a cat said to have?
- 11 Who founded the World Scouting Movement?
- 12 In 2018, Scott Morrison was elected as Prime Minister of which country?
- 13 What is a female elephant called?
- 14 Franz Josef Strauss Airport is located in which Country?
- 15 Which mountain overlooks Cape Town in South Africa?
- 16 Caledonia was the Roman name for which modern day country?
- 17 How many timezones are there in mainland USA?
- 18 What does the surname "Singh" mean when translated into English?
- 19 Which sport is featured in the 2003 film "Seabiscuit"?
- 20 What is the sacred flower of the Buddhist religion?

## ANSWERS TO JULY QUIZ

- 1 Tomato      2 Number of rings      3 Belladonna  
4 Wheat      5 Roses      6 They are all poisonous      7 Lancelot  
8 Neutral      9 Apple      10 Europe      11 Aloe Vera      12 Vitamin C  
13 False. RHS Hampton Court Palace Garden Festival is larger.  
14 The seeds      15 Superior      16 California USA      17 Topiary
- .....



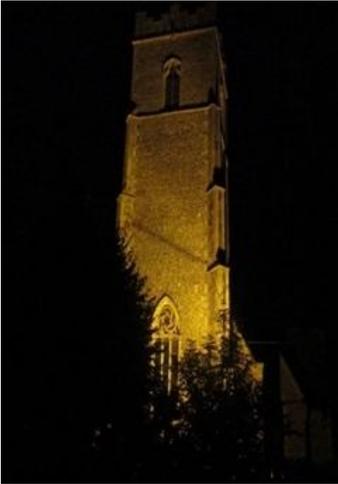
### THE CHILDREN'S SOCIETY

Dear Box Holder

August is the month during which I am asked by The Children's Society to count and deposit your kind donations. If you would like your box emptied, could you please let me have it as soon as possible, either at church and at my home address – 4 Lime Tree Avenue. I am also happy to collect if that would be easier for you – please ring me on 833578. Many thanks for your support.

Sandra Harle, Box Coordinator, St Margaret's Church, No 794895

## ST MARGARET'S CHURCH TOWER LIGHTS UP



During July the lighting of the Church Tower was sponsored on

Sunday 17th July

Alan 4 years since you left, so sadly missed love Mo

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, please contact Sandra direct (contact details page 2)

Services of Celebration and Thanksgiving/Funeral

7<sup>th</sup> July 2022

Ian Cox

## RIDE A COCK-HORSE TO BANBURY CROSS

During my stay in the Cotswolds earlier this year I drove through Banbury, passing right by the famous Cross of nursery rhyme fame, so parked and walked back to take some photographs of this historic landmark. It wasn't easy to get a good photograph of the Cross as it was in the middle of a busy roundabout but I did my best. Banbury is a busy market town and grew considerably in size in the last half of the twentieth-century. The Cross is a mid-19<sup>th</sup> century replacement of a medieval cross destroyed by the Puritans in the early-17<sup>th</sup> century. This replacement was to commemorate a royal wedding in 1858. Not only did the citizens of Banbury blow up their Cross, but in 1792, they also blew up their medieval church with gunpowder, on the grounds



that it was unsafe. The old church was replaced by an elegant building completed in 1820. It was built with local ironstone which has proved to be very vulnerable to weathering.

Banbury's historic castle was also demolished by the citizens after a fire in 1628 destroyed most of the houses in the town. They successfully petitioned Parliament to be allowed to use its fabric to build new houses.

It is possible the nursery rhyme refers to a visit to the town by Queen Elizabeth I.



## THE CHURCH OF ST PETER & ST PAUL, LONG COMPTON



On the way to my holiday accommodation in the Cotswolds I noticed the above strange building so I decided to come back another day to find out more about it. On my return I found this building to be the little two-storey lych gate, which is believed to have been a small timber-framed cottage with the lower storey removed. It dates from about 1600 when it was the end of a row of cottages. Most of these were demolished in 1920s. The lych gate first became a cobbler's workshop, and later an antique shop in the middle of the last century. The room above gate is loaned to the Compton District History Society.

The lych gate was extensively restored including rethatching by a previous resident Mr George Latham and given to the church as a memorial to him by his wife Marion on 12<sup>th</sup> November 1964.

The south porch is approached by a yew lined path. The porch has oak doors, dated 1620, one of the doors has a massive oak lock.



The core of the church is 13<sup>th</sup> century, but externally it appears to be almost entirely Perpendicular. In the porch there is a very worn effigy of a lady dating from the 15<sup>th</sup> century. The effigy was probably the cover of a tomb and originally located in the north aisle. She is wearing an ornate headdress with a small dog resting at her feet.



# Suffolk Churches Ride and Stride



Suffolk  
Historic  
Churches  
Trust

**Saturday,  
10 September 2022  
9.00am - 5.00pm**

Local Organiser  
from whom sponsorship  
forms are available:

**Pat Carter**

**01728**

**831 852**

**Visit [shct.org.uk](http://shct.org.uk) for more information.**

**You can also find us on Facebook and Twitter.**

Sponsorship money raised will be divided between Suffolk Historic Churches Trust and the church or chapel chosen by the participant.

## **CITIZENS ADVICE EAST SUFFOLK IS FORMED**

### **AND NEW CHIEF OFFICER APPOINTED**

#### **FOLLOWING A MERGER OF CITIZENS ADVICE LEISTON, SAXMUNDHAM & DISTRICT, CITIZENS ADVICE FELIXSTOWE & DISTRICT AND CITIZENS ADVICE NORTH EAST SUFFOLK**

Citizens Advice East Suffolk was launched on 1<sup>st</sup> April 2022, following the merger of Citizens Advice Leiston, Saxmundham & District, Citizens Advice Felixstowe & District and Citizens Advice North East Suffolk.

The discussions about the merger had been ongoing over the past couple of years to review efficiencies of the organisation and the services available to the public. The main benefit of the merger is the ability of Citizens Advice East Suffolk to extend its services and provide a more comprehensive and accessible service.

Chiara Saunders' appointment as Chief Officer of the new organisation was confirmed this week. Chiara joined Citizens Advice as a volunteer advisor prior to being appointed Chief Officer of Citizens Advice Leiston & Saxmundham on 1<sup>st</sup> March 2019. Before that, Chiara had worked in the commercial and investment banking sector, following which she pursued a career in education as a teacher and school librarian.

Chiara said:

*"I look forward to the challenge of developing and future proofing Citizens Advice East Suffolk. After the difficulties of covid and lockdown, the rising cost of living is challenging our community further and the services we provide are ever more important and remain in high demand. I relish the opportunity of working with our staff and volunteers to continue to provide the residents of East Suffolk with a level of advice and support that is both accessible and excellent. "*

All media enquiries to contact: Alison Moor on 07973 207138/ali@alisonmoor.com

# ST. MARGARET'S CHURCH

Dear Friends

August'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](mailto: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

Martin Phillips-Last	Stephen & Gail Southgate
Simon, Sheena, Tom & Matt Merrett	Naomi Kerans
David & Midge Mackinnon	John & Sue Last
Hannah, Stuart & Teddy Tilbrook	Judith & Mike Stigwood
Phil, Sue, Joshua, Charlotte, Connie & Greg Watson	Maureen Fox
David & Cindy Fittell	Wayne, Ben & Niamh Fox
Emma Fittell	Fi Long
Paul, Alexander, Aidan, Cory & Amyleigh Fittell	Allison King
Jonathan, Kathryn & Joshua Williams	Luke, Asha & Jai Mewett
Mike & Lesley Cassie	Clare & Kane Hambridge
Stephanie Luckhurst	Peter & Jenefer Roberts
Joan Whale	Charles & Pauline Stride
Paul Espindola	Steve, Christine & Nathan James
Mary Murphy	Derek & Sheila Stiff
Jo Tozer	Eileen Free
Sue, Dale, Ewan & Cameron Threadkell	Lynn and Dave Blake, Gemma, Craig, Florence and Arthur
Joan, Philip, Ian & Susan Huxley	
Ann Essex	

# St. Margaret of Antioch



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

## NOTICE: Items for September's magazine

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

Email: [pm42carter@gmail.com](mailto: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](http://www.stmargaretschurchleiston.onesuffolk.net)

## How to Find Us

