

LEISTON ST. MARGARET'S CHURCH

SUMMER SALE



SATURDAY 4TH SEPTEMBER

2 – 4 PM

Stalls in & around the church

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And



SEPTEMBER 2021

£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 short 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 will be held on Wednesdays in church at 5pm from 4 August.

Our home-produced worship video, 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

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

For the beauty ...

For the beauty of the earth, for the beauty of the skies – these are the first two lines of a nineteenth century hymn by the amazingly named Folliot Sandford Pierpoint (1835-1917). The hymn is one of praise, praising God for different aspects of our lives; earth, skies, sun, moon, love, friends, church and more.

Recently I was looking up at the sky, towards the end of the day. The sky started clear, a wonderful blue and then gradually clouds appeared, the ones that are high in the atmosphere, cirrus (like wisps of hair) and alto cumulus (dappled, with regular patterns). I wondered at the many types of cloud that we experience. As I write this piece the cloud is solid across the sky, low in the atmosphere, that give the message of possible rain. Clouds can inspire and be fearful, thunder clouds can be incredibly beautiful and produce dangerous flashes of lightning.

Amongst the works of John Constable are often great studies of clouds, he constantly practiced in his attempts to portray clouds in oil painting, sketches and watercolours, it seems to be a never-ending sense of wonder in his work.

For the joy of human love. We hold all people who are suffering at this moment, we think of Afghans who have fled from their homes or staying and living in fearful uncertainty. There is much suffering in our world, when people seek to gain power and domination over others. We give thanks for those who bring support, care and attention to those who suffer so that, even in times of pain, people may experience joy.

For each perfect gift of thine, to our race so freely given, graces human and divine, flowers of earth and buds of heaven. This is the fourth verse of the hymn and it describes all of these wonderful aspects of life as gifts, freely given. These are gifts that we receive, we have not paid for them, there is no expectation of a return gift. Sometimes it may seem difficult to realise that all these things are like gifts, the wind rustling the leaves, the intricacy of a spider web, but if we can see them as gifts then a natural response is to give praise, whether in the quiet of our hearts or in a hymn these are our 'thank you' messages.

May we all find joy in the beauty of the life around us and, in our own ways, bring joy to others.

God bless you and keep you.

From Richard

Rev Richard Finch

Pondering Prayer

Why is it so difficult to concentrate when I say my prayers?

Do you find that however hard you try not to your mind wanders particularly if you are reading prayers from a book or listening to someone leading prayer in a service?

Martin Luther, the Reformer, said, 'If I fail to spend two hours in prayer each morning, the devil gets the victory through the day. I have so much business, I cannot get on without spending three hours daily in prayer.' He also had a motto, 'He that has prayed well has studied well.'

John Wesley, the great revivalist preacher, also spent two hours daily in prayer. He lived a most strenuous, adventurous life, and once said, 'Today I have such a busy day before me that I cannot get through it with less than two hours of prayer.'
(Maud Higham)

There is a story told of St Benedict of how one day when he was out on a journey on horseback he met a peasant walking along the road. "You've got an easy job," said the peasant, "why don't you become a man of prayer? Then I would be able to travel on horseback." You think praying is easy?" replied Benedict. "Tell you what, if you can say the Our Father without any distraction you can have this horse?" "It's a bargain," said the peasant. So closing his eyes and folding his hands together he began praying out loud, "Our Father who art in heaven, hallowed be thy name, thy Kingdom come....." Suddenly he stopped and looked up, "Shall I get the bridle and saddle too?"

We can perhaps sympathise with the peasant. Our minds can be very active or over-active; so much to think about, so much to do. Our thoughts have a habit of interrupting so much of our lives – like driving along a road and sudden lack of concentration. Our minds may stray which could be dangerous or cause an accident. Similarly when we pray. As we read the prayers our mind wanders off to other things and although we may be saying the words our thoughts are elsewhere. Don't be too despondent though. God made us the way we are and he knows us better than we know ourselves. We can of course make more effort to concentrate harder. I'm not entirely sure how you conquer the wandering mind in services of prayer or when reading a service book, but for private prayer I believe a way forward is this:

Find somewhere quiet where you won't be interrupted and just open up your mind in a way that whatever you are thinking you just offer it to God, talk to Him

directly tell Him your thoughts and worries. Bit by bit feel the presence of God around you. He is beside you, listening to every word. Let yourself relax and you will become engrossed in your words and thoughts talking to your caring, heavenly Father. You will be praying everything you are thinking.

Heavenly, loving Father, help us to find quiet times when we can just be alone with you, and open our hearts to you, knowing you are listening to our every word and thought, just as Jesus was able to do. This we ask in Jesus name. Amen.

Br. Christian

+++++

LEISTON CITIZENS ADVICE

ARE YOU READY FOR THE EXPECTED INCREASE IN ENERGY COSTS

If you are concerned about the expected increase in energy costs that are regularly being reported in the press, and worried about how you will pay these bills, it is even more important to check you are on the best tariff for you.

Our website www.citizensadvice.org.uk/consumer/energy/ has a host of information and a price comparison tool. If you find this whole area daunting then do get in touch and we can guide you through the process.

We suggest first point of contact for advice by email, phone and post on Mon, Tues, Thurs and Fri from 10-2pm alongside the new appointment service. Call us on 01728 832193 or Freephone 0800 278 7868. Or email: supervisor@leistoncab.cabnet.org.uk to make contact.

FORTHCOMING EVENTS FOR YOUR DIARY

Wednesday 1 Sept Handbell ringing – St Margaret's 10 am to 1 pm

Sunday 5 Sept Leiston Christians Together celebrate Harvest and Thanksgiving – Leiston Catholic Church 3 pm Outdoor service

Saturday 11 Sept Ride and Stride – 9 am to 5 pm

Sunday 19 Sept Town Pastors Annual Meeting – St Margaret's 5 45 pm

Saturday 30 October Craft Fair – St Margaret's Church

ALL ARE WELCOME TO ALL THESE EVENTS

SEPTEMBER

This is the month when things start to slow down after the holiday season. It has been a very busy time this year as people decided to holiday at home instead of going abroad.

A few weeks ago Sizewell Caravan Park at Cliff House (now known as Beach View Holiday Park) was on the local news, very different now but looking very nice. Cliff House has been there for years; it would be nice to know the history of it. I know at one time there was a house or bungalow near to it with various buildings. Two ladies in Leiston told me. When the Army and the Home Guard took over it was knocked down to put guns, etc. there to guard the coast in the Second World War. The Army also took over Cliff House. After the war it was left a bit rundown and the local boys used to play in there – my cousin being one of them. A Mr George Gooderham bought it at some time and I think did bed and breakfast. After a while he opened up the touring field and it got popular. Static caravans were on the other site. They were lovely. People put little fences around and grew flowers. My cousin had one and it already had a fence and shed and a lovely lilac bush in the middle. We had lots of happy times with them. Cousins would come down for the day as they had connections with Sizewell as Granny lived on the Common. At that time Mr Gooderham did a Sunday Roast Carvery which was so handy.



Now the new owners have had those lovely lodges built and the whole site looks really lovely. The lady on the television who was interviewed usually goes to Spain with her family but likes Sizewell so much she has booked for next year. She loves the peace and quiet, the children love the beach being so near and she could really relax. The owner was cooking a lovely pizza that night and it looked very appetising.

It's so nice to be getting back to normal, and able to see our families regularly and meet up with friends again.

Take care.

MARGARET CLARKE

VAUGHAN'S JOURNAL

Extract from my journal 24th July 2021 (13:42)

We never talk about it! We hedge round it, avoid asking too probing questions, and then the answers are too difficult to explain. The only true answer/explanation would be to experience 'it' for yourself and this is not recommended. I am talking about grief. I am sure it is different for everyone who grieves. It is the grieving person's unique hell.

I feel that I need to travel back in time and put my arms around my mother and apologise to her. I did not really understand how she truly felt when her husband of thirty-two years, my father, died from multiple sclerosis. My father was only sixty-two when he died, the same age as Jenny. My mother had to watch, over several years, the slow decline of the man she loved.

I was involved with my own family at the time. My mother was very strong minded and 'matter of fact'. "I'm fine", she would say as the rest of us went about our daily tasks with our own friends and partners. I am sorry now I did not truly understand what it was like when my mother closed the door, as we waved goodbye, to that utterly crippling feeling of loss and loneliness.

What more could I have done? In the end all the kind words and the genuine offers of help, which are so gratefully received are just a temporary crutch. A very crucial one and a very welcome one but in the end it was down to my mother to find her own peace of mind in the last years of her life. Cherishing her grandchildren; recalling the memories of meeting my father; of falling in love; of raising two sons and a daughter and seeing them begin to build their own lives.

I had that with Jenny for nearly twenty-two years. We met, fell in love and lived a wonderful life together. We travelled and made friends. We painted and created, and held exhibitions together.

I cherish the memories of my life with such a wonderful person who cared more about other people than herself. Yes, I grieve bitterly in the loneliness of my house and the beautiful garden that Jenny created but I also remember all the wonderful times we spent together in our love.

Thursday 29th July 2021

(6:30)

.....I just became so aware of Jenn's absence. I still cannot grasp that this is forever. This does not happen to me it happens to other people. BUT 'it' is happening to me. I AM alone. Jenny is gone forever. That beautiful, talented, wonderful Jenny. My best friend. My soul mate. The person I thought I would grow old with.

These thoughts take a while to write down. They are instant in the mind and are always accompanied by the devastation of all things lost. Her touch, her smile, her laughter and just being together, All lost. And that is when the enormity of what I have to overcome hits me and I shed tears

(06:55)

And now I sit watching time tick by. I have Minsmere today but I do not usually start until 10:00. What do I do for the next three hours? I just think of Jenny. I try to distract my thoughts but it is often impossible and all I see is the void that is the rest of the day.

And then I climb into bed and fortunately I sleep well. In my dreams I am in a 'world' where Jenny is still alive and then I awake (very early some mornings as I did today) and then the nightmare begins again.

How to keep moving forward without my beloved wife beside me? Time seems to have slowed down. I must have patience. But for what? An end to my loneliness? filled only by a meeting or conversation with a friend or shopkeeper?

And then it is just me in my house on my own, attending to the domestic necessities and my personal requirements.

Alone with my thoughts!

Dear God

Help me to find patience to endure.

Help me to fulfil all I want to do to celebrate the life of my poor wife Jenny

Amen



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citizens
advice

Leiston,
Saxmundham
& District

Kids Zone

Two word searches and a picture to colour

CAMPING WORD SEARCH

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

TENT CAMPING CAMPFIRE CAMPER
MAP TRAIL FOREST WOODS
NATURE BACKPACK LANTERN SMORES

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Back to School

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

BOOKS
DESK
ERASER
GLUE
LUNCHBOX
MATH

NOTEBOOK
PAPER
PENCIL
PLAYGROUND
READING
RECESS

RULER
STUDENT
TEACHER
WRITING

1-orange 2-brown 3-yellow 4-green
5-blue 6-red

WHO HAS GOT A SWEET TOOTH?

1. Sssssshhhhhhh (7)
2. Approximately 26 miles (8)
3. There's mutiny here (6)
4. 9, 10, 11 are all these (5,5)
5. Square drink (4,5)
6. Find these in outer space (6,7)
7. Are also cakes (8)
8. Sweet for Scrooge (6)
9. Contains sandwiches (6)
10. Seven fallen colours (7,5)
11. Form of transport with coat on (7)
12. Moaning teeth holders (4,4)
13. A pig's tail maybe (5,5)
14. Could be black or white (9)
15. Fruit that falls (4,5)

More next month

THE HIDDEN BIBLE - Answers

"Once I made some remarks about hidden books of the Bible. It was a lulu, kept some people looking so hard for facts and to others it was a revelation. Some were in a jam. Especially since the books were not capitalised. But the real truth came home to numbers of readers; to others it was a job. We want it to be a most fascinating few minutes for you; yes, there will be some easy ones to spot. Others might require judges to find them, and there will be loud lamentations when you see how easy it is. One little lady says if she brews tea she can concentrate better. See how well you compete. Relax now; here are fifteen in this paragraph.

**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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ST MARGARET'S CHURCH TOWER LIGHTS UP

During August the lighting of the Church Tower was sponsored on

2 August For Betty on her birthday. A dear friend to Margaret, Brenda & Bill xxx

23 August Remembering Robin Cornish, a dear husband, dad and granddad. One year has passed since you sadly left us, but you will stay in our hearts forever. Xxx

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)

Funerals/Services of Celebration and Thanksgiving

Wednesday 28 July 2021	Peter Coull
Tuesday 10 August 2021	Philip John Partridge
Thursday 12 August 20221	Kathleen Olive Blowers
Tuesday 24 August 2021	Betty Margaret Hutchison

Wedding

Saturday 24 July 2021	Jessica Brennan and James Raymond
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Baptism

Sunday 8 August 2021

Ted Angus Tilbrook



Ted with his family and godparents at his baptism

A VISIT TO DURHAM CATHEDRAL

For anyone with a passion or even a passing interest in English cathedrals Durham has to be at the top of the list of places to visit. It is important on so many levels: It is the oldest surviving building with a stone vaulted ceiling of such a large scale in the world. This may not seem remarkable to us today but developing the know-how to roof large buildings with stone rather than wood shaped the course of European architecture. Not only is the cathedral the most complete surviving example of the Romanesque or Norman style but during its construction the master masons invented the earliest form of the vaulted ribbed arch. From this place began the great Gothic building style that gave birth to the glorious flowering of church and cathedral architecture from the 12th and 13th century.

Durham is also significant because it is the only cathedral that was built specifically as a shrine to a single saint – St Cuthbert. Legend has it that the monks of Lindisfarne fleeing from the Viking marauders and seeking a place for St Cuthbert's remains were guided by a milk maid who had lost her dun

cow. Eventually the cow, milk maid and the monks arrived at a high place surrounded by a gorge carved by the River Wear. From this place St Cuthbert's coffin could not be moved. It was a sign from above that this was to be St Cuthbert's resting place and it has become one of the most important pilgrimage destinations during the Middle Ages. The construction of the cathedral began in 1093 and was completed in 1133, just 40 years. A remarkable feat when you consider that most cathedrals took hundreds of years to build.



As if that were not enough the Galilee chapel (itself a rare and beautiful thing) is the resting place of the Venerable Bede; the father of English history and one of our greatest scholars and theologians.

We climbed the 325 steps to the top of the tower and marvelled at the beautiful Northumberland landscape. This caused a great thirst which we quenched at a lovely old pub called, appropriately, the Dun Cow. We raised a glass to the monks and the milk maid and gave thanks for St Cuthbert and our Christian forebears whose faith created the beautiful cathedral church at Durham.

Simon and Sheena Merrett

CONTINUATION OF MY VISIT TO THE COTSWOLDS

My final church visit that day was to St Mary's Church in Kempeley, which has some of the most important and well preserved medieval wall paintings in England. The church was built around 1130 to serve the parish of Kempeley. The village slowly moved to the higher ground at Kempeley Green 2 miles away, and in 1930 the new church of St Edward was dedicated there. St Mary's Church is now cared for by English Heritage and The Friends of Kempeley Churches.



The exceptional decoration is due to patronage by one of the wealthiest early Norman families in England, the de Lacys. Walter de Lacy owned large stretches of the Welsh marshes. He fought with William the Conqueror at the battle of Hastings and gained land in England and Wales. The wall paintings were discovered in 1872 hidden behind layers of whitewash. They are among the most complete 12th-century religious ever found in England and are of international importance.

Tree-ring dating has revealed that St Mary's still has its original Norman roof and doors. In the 1990s tree-ring dating was carried out on timbers from the church roof, hidden above the 17th-century ceiling in the nave. This revealed that St Mary's roof was built in the early 12th-century, making it the earliest and most complete Norman timber roof known in Britain. The timber used for the west door into the tower was felled between 1114 and 1141. The parish chest in the tower has been dated between 1492 and 1522. It is simply made from a hollowed-out oak log with an elm lid.



Beautiful wall decorations



The west door



The oak and elm parish chest

Other visits I made during my time away were to National Trust gardens and houses at Hidcote Manor Gardens and Snowhill Manor and Garden with a final visit to Stowe near Buckingham on the way back to Suffolk. The first two are beautiful gardens; the third is a very large park. Snowhill Manor was restored by eccentric Charles Page Wade who restored the house and created one of Gloucestershire's finest gardens. Hidcote Manor garden did not exist until 1907, created from an unpromising farmyard set high on a cold, exposed and windswept hill. It was still incomplete when it was handed to the National Trust in 1948 by its creator, American Lawrence Johnson.

Superheroes Spotted in Kesgrave

Since the 'Stampede' run at Colchester Zoo, I've been taking part in more charity running events! This time, I ran dressed as Wonder Woman. On Sunday 8th August, I completed a 5KM fun run around Kesgrave in aid of St Elizabeth's Hospice. I paid a £5 entry fee and, on the day, received a runner's number and a medal when I crossed the finish line. It was great to see lots of other people taking part in the superhero theme with Spiderman, Batman and even Slinky from Toy Story. There were runners of all ages, the second fastest male runner was only 15 years old!



Wonder Woman!



Fun run medal

The fastest male runner completed the 5KM course in only 16.59 minutes while the fastest female runner finished in 20.08 minutes. There were some very experienced runners at the front of the running group, and children and parents further back in the crowd. I have only been running for around a year and a half but I was pleased with my time of 31.40 minutes. There were a lot of people who were faster than me but there were also lots of people who crossed the finish line after me. I really enjoyed it and I will definitely look out for more themed fun runs in the future!

ELLIE HARLE

*****REMINDER*****THE CHILDREN'S SOCIETY*****

Now is the time for Sandra Harle to count and deposit donations by The Children's Society. If you would like your box emptied please let her have it, either at church or at her home (4 Lime Tree Avenue). She will also collect it if that is easier – please ring 833578 to arrange this. Thank you.

ST. MARGARET'S CHURCH FAMILY

INTERCESSION PRAYERS FOR SEPTEMBER 2021

Dear Friends

September'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
Gladys Stannard	Eamonn, Cathy & Ursula Harvey
Trevor & Thelma Hawkins	Helen Thackeray
Kirsty Stowe	Rodney Avis

St. Margaret of Antioch



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

NOTICE: Items for October's magazine

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

