

# **ST MARGARET'S**

Parish Church for Leiston-cum-Sizevell



**FEBRUARY 2021**

**£1 25P**

SERVICES AT ST MARGARET'S CHURCH  
ON SUNDAYS  
10 am Holy Communion (Said service)

ON TUESDAYS  
9 30 am Morning Prayer (via Group telephone call)  
If you wish to join in this service from your home please contact Richard  
Finch who will give you the details of how to join

All welcome

In addition to the above services, recorded services with  
members of the church leading prayers, giving Bible readings and  
a Homily are available via the internet. If you wish to receive  
these services please contact the Vicar.

## 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:**  
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 Pat Carter, 42 Haylings Road, Leiston T.831852

**'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 Priests:**  
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

## **I lift my eyes ...**

Writing these words in the depths of winter, on a cold January day, in the middle of a national lockdown with everyone being reminded to stay at home, with friends in the health and care services being stretched emotionally and physically, I feel inside the need to cry 'help'. Like the writers of the Psalms, we call out in times of need. Psalm 121 begins ... "I lift up my eyes to the hills – from where will my help come?"

We are fortunate in this country to have a vaccine program that will help our population live with the coronavirus, Covid-19. It will take months to administer and take effect. There are many countries where this process may take years. This adversity is one, albeit a major one, that we face in our lives. Each person has different adversities to encounter. The writer of Psalm 121 goes on to write ... "My help comes from the Lord".

Ash Wednesday marks the beginning of Lent. This year it falls on 17<sup>th</sup> February. Lent in the UK coincides with the lengthening of days and the onset of spring. The daylight increases and a succession of spring flowers light up our lives, setting the Lenten fast (whatever it may be for each one of us) in a natural world of hope and anticipation as buds grow fat and burst forth in a mass of glorious colour.

Even this natural world is not without adversity. There may be gales or a cold snap and the new flowers may be damaged but new life is formed and energy stored in the bulbs so that they can develop and grow again.

Lent is a time of personal and community growth. Some may use the time to learn more about their faith in God, it may be a time to develop prayer life, it may be a time to simply rest in God. I will be sending out some information about opportunities to study, learn and pray and so grow in faith and understanding. Just as the bulb stores energy getting ready to use that energy to produce a flower so our

Lenten time can be used to store personal energy so that we are ready to live lives of promise and hope.

The Psalm writer expresses that sense of God being alongside at all times, he ends the Psalm this way ... “The Lord will keep your going out and your coming in from this time on and forevermore”.

May Lent in 2021 be fulfilling and meaningful for you and all of us.

Yours, in Christ. Rev Richard Finch

\*\*\*\*\*

## LENT

Shrove Tuesday heralds Lent, which begins the following day, Ash Wednesday. Lent is a very specific season in the church's year and lasts for forty days. Sundays are feast days and therefore do not count, so Lent finishes on the eve of Easter. The forty days are a reminder of the time Jesus spent in the wilderness before starting his ministry. He spent this time alone with God, seeking his closeness and direction for the future.

In some Orthodox countries today, as in days gone by, the Lenten fast is a very serious thing. During the fast no cream, butter or eggs were eaten and that is why people ate pancakes on Shrove Tuesday, as a way of using up the eggs and cream which would not keep until Easter. So with the coming austerity of Lent, Shrove Tuesday has traditionally become the day for a last fling.

## PANCAKES

4oz/100g plain flour 1 egg Half pint/275ml milk Oil for frying

### METHOD

- 1 Mix the egg and half the milk with the flour until smooth.
- 2 Whisk in the rest of the milk.
- 3 Heat a little oil in a small frying pan (just enough to grease the pan, not enough for the oil to run).
- 4 Pour a little mixture into pan and tilt the pan to cover the bottom. When top side is drying and underside is turning golden brown, turn the pancake over.
- 5 This mixture should make eight pancakes.
- 6 Traditionally served rolled up with lemon juice and sugar.

## Pondering Prayer

As I began to prepare this month's article the country was placed into its 3<sup>rd</sup> lockdown. It made me think about not just the many people who have so far died because of Covid-19 but perhaps more about those who are continuing to suffer; the bereaved, the anxious, those who have other serious illnesses, delayed operations, those with mental problems, those who find it difficult to cope with the stress. There is the unemployed, those on short time, the inability to meet with family and loved ones. No touching, no hugging. We didn't realise how important that was until it had to stop. For one reason or another we are all suffering pain.

I imagine many people may be reacting by asking the question, "What do our prayers actually do and where is God in all this?" Christians are taught that God is Love so where is His love during this pandemic? Why does God let disasters happen? Questions that have been asked since life began. So what do we pray and how does God answer our prayers of despair? I believe it is important to remember that God has no hands except our hands. His work and healing and love has to be done through us and through our faith in Him. God's love is in the healing powers of the carers, the doctors and nurses among many other professions who work for the benefit of all humankind. Many of them may not believe that God exists but God can still work through them and the love in their hearts.

Everything that is needed for life is already provided on this planet on which we live, sufficient to support all life. But it is up to all humankind to work together to build a world that will benefit all countries and all peoples. As we pray for the world we should ask God to enter the hearts and minds of politicians and world leaders of all countries to be honest, wise and loving to the whole of creation. We pray too for God to help us as individuals, to give each of us the courage, strength, patience and love to overcome the difficulties we may have in our own lives – all difficulties because it is not only the pandemic which weakens our resolve.

Jesus did not promise that life would be easy and God has not forsaken us. We may feel like Jesus did when he cried out from the cross, "My God, my

God why have you forsaken me” Psalm 22 which we looked at in September 2020.

Just as God did not forsake Jesus He does not forsake us. Continue to cry out, but do not despair, as the Lord God is in the middle of all that is happening. He is in the minds of the scientist as they develop the vaccine. Pray for strength and courage in yourself, pray for the neighbour or family member that God will help them through their trials. God guide bless and strengthen you all.

A prayer from the Church of England For Use During the Covid Outbreak:

*Keep us, good Lord, under the shadow of your mercy in this time of uncertainty and distress. Sustain and support the anxious and fearful, and lift up all who are brought low; that we may rejoice in your comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen*

Br. Christian

+++++

ALDE VALLEY SUFFOLK



FAMILY HISTORY GROUP

DR NICK BARRATT

Behind the scenes of ‘Who

Do You Think You Are?’

7 30 pm Monday 15<sup>th</sup> February (Via zoom)

We are delighted to welcome Dr Nick Barratt to give our online talk at 7 30 pm on Monday 15<sup>th</sup> February. The author, researcher and world-leading genealogist from the hit TV series ‘Who do you think you are?’ will explore the impact of the show on the way we research our family stories, and looks at how broadcast media and the rise of the Internet has transformed genealogy and family history. He explains how the hit BBC series was commissioned, researched, and filmed. Among other things, Nick is a teaching fellow at the University of Dundee, a fellow of the Royal Historical Society, and President of the Federation of Family History Societies (of which AVSFHG is a member). This Zoom based event is free to members, but will also be available to non-members at a cost of £3. If you wish to ‘attend’ please register via our website <https://avsfhg.org.uk/events/book/> or email Chris Broom on [chair@avsfhg.org.uk](mailto:chair@avsfhg.org.uk) and you will be sent joining instructions.

## FEBRUARY

We are into a New Year and I still feel like a hamster in a cage going round in circles and not getting very far. This new strain of virus has worried us more this time ... it's like a silent killer. Thankfully we have a vaccine to help, we should have had our injections in January (*Editor which they did*) and that will be a big step forward. The NHS is working so hard – what would we do without these wonderful caring Nurses and Doctors and everyone who is helping to stop this horrible virus.

Thank goodness we have the phone and modern devices to keep in touch with family and friends. I thought back to the time when many young girls in Leiston married Americans and suddenly leaving Leiston, a small town at the time, for America, a different world. Some had babies and some went out on their own, their parents so worried, as no-one had phones. They relied on telephone boxes on the street, but they couldn't afford to ring America. They had to wait for letters. I had close friends who went and their Mums and Dads were frantic with worry. How handy mobiles would have been then.



People are being so kind helping neighbours, and Leiston is good in that way, I think most people have had help from family and friends. We have been so grateful for friends and neighbours doing our shopping each week since last March, family with cakes etc baked and another friend also with goodies, all freshly baked, so kind of people and delicious as well.

So now we look forward to spring and easier times with this virus slowing down and going away. In the meantime pray to keep safe and well. Prayers have helped me to go through the day.

MARGARET CLARKE

## **Thank you so much...**

The beauty of belonging to the body of Christ is that whether we are together, or far apart, we are able to hold on to the sure confidence that we are bound together in the Lord. Jim and I want to thank you for all your loving cards welcoming us to our new home and for the many Christmas greetings, for your prayers and for the love you have shown us.

We have lived in Pakefield for five weeks now. By Christmas Day we had unpacked, put things away, sometimes forgotten where we had put them and had to hunt for them again, our memories not being what they were the last time we moved!

We live in a small, quiet close comprising four bungalows and four houses. As is perhaps understandable, we have not had much to do with our neighbours. Most of them welcomed us with a card as we moved in and we have managed to have a conversation with a few of them, so we have been greeted with kindness. I am sure once the Pandemic eases we will begin to forge relationships in a deeper way.

Dog walkers and horse riders pass at the rear of the bungalow along one of the pathways through Pakefield woods, which gives us a way of being in touch with the rhythm of life here in Lowestoft. We have explored the paths through the woods and on three occasions have used them to walk to the beach on pleasant days. Interestingly, one of the routes to the beach passes the house Jim's parents lived in in the 1930's when Jim's Dad was the pastor of a Congregational church on the road by the cliffs. Jim's brother was born in Pakefield.

As we have listened to the daily News briefings we, like you maybe, have found cause for alarm and have been comforted as we have turned to the Lord, assured of his promises to be with us. It seems to me that as a nation we are all walking through the valley of the shadow of death. We pray that God will bless and encourage you as a group of believers. As the hymn "We trust in you" reminds us, "We go in faith, our own great weakness feeling and needing more each day your grace to know; yet from our hearts a song of triumph pealing." We trust in God and in his Name we go.

During the pandemic we are dependent upon keeping in touch by email and telephone, but once the government restrictions have eased, we look forward to actually being able to see one another again face to face.

Jim and Pauline ( the Revds Florance)



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Marion Keen & Sandra Ellis  
 ☎ 07756563507 or 07934286534  
 ✉ [sandra@mendmakecreate.co.uk](mailto:sandra@mendmakecreate.co.uk)



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## How can we help you?

We're here to help.  
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Check [www.leistoncab.org](http://www.leistoncab.org) for our opening times and outreach venues.  
 Or call us on 01728832193 or email: [supervisor@leistoncab.cabnet.org.uk](mailto:supervisor@leistoncab.cabnet.org.uk) to make contact.



## This month a wordsearch

Name: \_\_\_\_\_

### ON THE ROAD TO EASTER WORD SEARCH



- |            |               |              |
|------------|---------------|--------------|
| Ash        | Holy Week     | Palm Branch  |
| Wednesday  | Holy Thursday | Forty Days   |
| Sacrifice  | Good Friday   | Jesus        |
| Almsgiving | Holy Saturday | Passover     |
| Prayer     | Easter        | Foot Washing |
| Fasting    | Palm Sunday   | Resurrection |
| Lent       | Purple        | Love         |



# VALENTINE'S QUIZ FOR THE ADULTS

Which letter of the alphabet is used to send or write a kiss?

Which famous movie star married Richard Burton twice?

Who was known as the *Greek Goddess of love*?

Which of William Shakespeare's plays was known as his most romantic?

Which Scottish poet wrote the poem *Red, Red Rose*?

Which Roman Goddess was Cupid's mother?

Which fruit is known as the love apple?

Finish this saying "Cold hands"?

What four things does a bride traditionally wear for good luck on her wedding day?

A famous quote from Alfred Lord Tennyson went "Tis better to have loved and lost"?

What small creature is said to shoot arrows into people's hearts to make them fall in love?

Today we associate love with the heart. In medieval time love was thought to be connected to which other internal organ?

On Valentine's Day one dozen of which popular flower are given as a gift?

Answers next month

**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



**Advertise with us**

**Want to See Your Advert Here!**

**Contact us for further details**

**Email:**  
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### **CARLTON FOOTCARE**

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## Canon David Charles Lowe TD 1943 – 2020

David was vicar of St Margaret's church from 1986 until 1998 arriving from his previous parish of St George's Bury St Edmunds with his wife Barbara and three daughters Penny, Sally and Emily. During his time here he was a familiar sight around the town on his bicycle shopping, administering home communion and making house calls. Sheena contacted David to request permission for our son Matthew to be baptised at Aldeburgh church, it being Sheena's family church at the time, there followed an invitation from David to a welcoming service at Leiston church soon afterwards. David's warmth and charm drew us and our young family into St Margaret's and thus began a long and deep friendship that continued up to his recent death following a short period of illness.

Despite failing the Religious Studies exam at school David was called to divine service from an early age and trained for the priesthood at Kelham theological college, a monastic institution near Newark in Nottinghamshire, with the Society of the Sacred Mission. He would often talk about the friendships he made there and his many experiences. He told me of the time when the younger boys would be tasked with polishing the black stone floor of the chapel until it shone like a mirror.



David on the front steps of the old Vicarage

When David arrived at St Margaret's the church roof was in a terrible state and a major programme of repairs was needed. With gentle leadership and love David guided the parish through the huge task of raising the money required and the work was completed. His attention then turned to the interior with a major restoration of the important Binns organ which was suffering from damp and rot. Looking back it is clear that David understood the need to complete the essential repairs to the fabric before embarking on his great vision for St Margaret's. This was to carry out a major programme of re-ordering of the interior to create an exciting modern worship space whilst at the same time addressing the need for more comfortable seating, better lighting, heating and modern kitchen and toilet facilities.

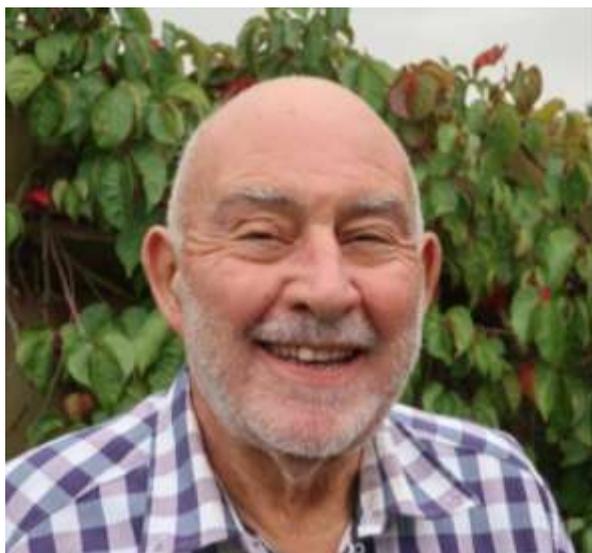
He began a detailed and scholarly study of liturgical ordering culminating in a trip to Ireland, France and Italy as well as many places in Britain. This adventure gave David a thorough understanding of how church architecture and liturgical rediscovery can combine to inspire the worshipping community it serves. The knowledge he gained enabled him to re-equip our fine church building for the next generation and inspire new and creative ways of drawing our community together. It was my great good fortune that I was invited to accompany David on his journey and supplement his writings with my drawings and plans. David had moved on to St John's Felixstowe by the time work began on our re-ordering project but he returned as an honorary guest at the service of rededication to witness the realisation of his brilliant vision for our church.

Whilst still at Leiston David relished his duties as chaplain to Sizewell power station visiting frequently. He was also Rural Dean for several years taking a leading role in the important link between parish and diocese. David's leadership skills became widely acknowledged and shortly before he left Leiston he was made honorary canon for his services to the church. David was particularly proud of his position as honorary chaplain to the 5th and 6th Royal Anglian regiment, the home of the former Suffolk regiment. For his dedication and long service he was awarded the Territorial Decoration, with two bars and rose. When you next pass the church look up to the top of the tower and you will see a flag pole. It was placed there by David who would regularly climb up in all weathers to fly the union flag on festivals and Saints days. David would be the first to say that it was his family that sustained him throughout his ministry. There is no doubt that the four strong women in his life were a source of enormous pride and support to him.

David retired in 2008 moving to Sutton Heath near the Woodbridge Air base maintaining his links to the Army. In his social life David enjoyed being a member of

The Rotary Club of Felixstowe where he made many friends. He was an accomplished chess player and represented retired clergy at international events. David's greatest pleasure was the company of his grandchildren who adored him.

Following retirement David continued his ministry serving the parishes of Hollesley, Bealings, Tunstall, Iken, Melton, Ufford and Butley until his health began to fail. His last great achievement was to write his book *With Clouds Descending* which was published just before he passed away. It is a semi-autobiographical account set 130 years in the past and full of risqué and amusing anecdotes. Once again I was honoured to provide the illustrations. Copies of the book can be ordered through me and all proceeds go to Pancreatic Cancer Research.

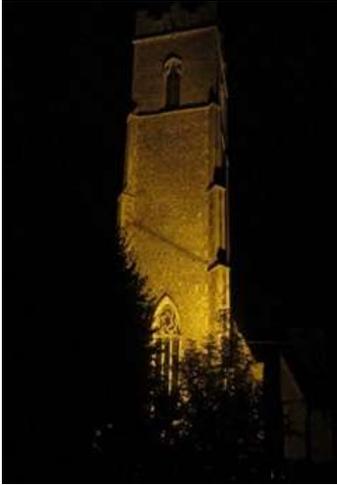


Above all David was a man of deep compassion and faith and an unerring love of God. He served the Lord well.

Like so many I consider myself privileged to have known David. On a personal level he nurtured my faith, prepared me for confirmation, comforted me in bereavement and inspired me to develop a love for church buildings and the way we use them. Above all though I loved him for his great wit and humour. He was never arrogant or pompous, always gracious, patient and caring and a true friend whose company I never tired of. I will miss him very much.

Simon Merrett  
January 2021

# ST MARGARET'S CHURCH TOWER LIGHTS UP



**During December the lighting of the Church Tower was sponsored on:**

Friday 25<sup>th</sup> For our dad, Frank Peck.  
Remembering you, dad, on this your birthday  
115 years ago.  
With love from us all

**During January the lighting of the Church Tower was sponsored on:**

Wednesday 6<sup>th</sup> In memory of Peter Freeman on  
his birthday. A very good friend and neighbour

*\*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



Friday 18 December 2020

Dorothy Jean Crowter  
(Seven Hills)

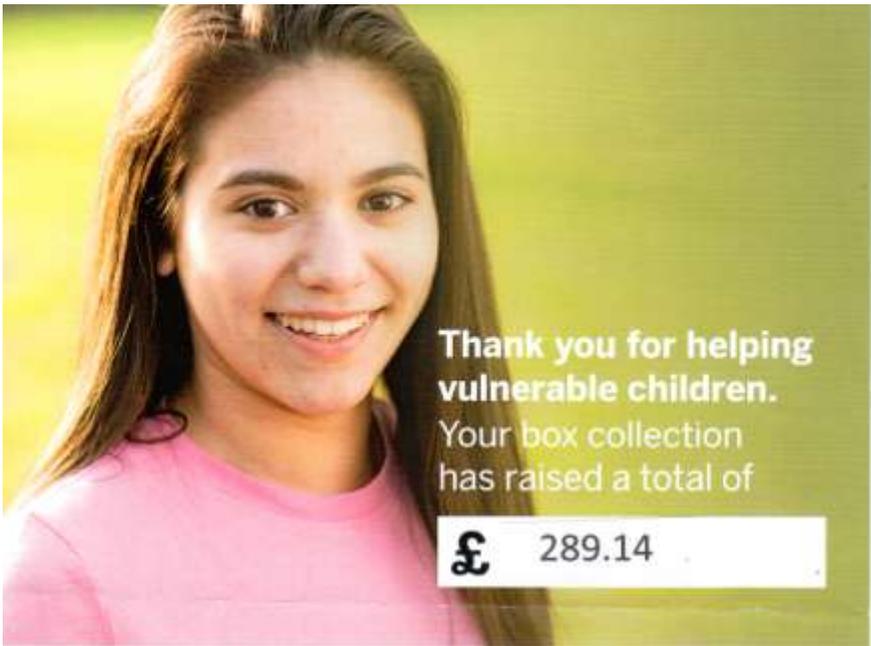
Tuesday 5 January 2021

Daphne Kathleen Roper

Tuesday 12 January 2021

Velma (Val) Williams





By choosing to support The Children's Society through your box collections, you have done something exceptional.

Thanks to you and other communities across the country, last year house boxes raised over £1.4 million to help children rediscover their hope and happiness.

If you do not already have a collection box for The Children's Society and would like to have one, please contact your local Box Coordinator who is:

**Name:** SANDRA HARLE

**Tel:** 01728 833578

**For more information about The Children's Society or our House Box scheme, please call our Supporter Care team on 0300 303 7000.**



## MONEY SPILLER COLLECTION BOX IN CO-OP

An additional sum of £190 32 was given for the Children's Society in the collection box in the Leiston branch of the East of England Co-operative Society.

## VALENTINE HEARTS

As we are unable to hold our annual bake sale in church this year, we have come up with another way to celebrate Valentine's Day and everyone is invited to join in!

Inside this magazine you will find a red or pink heart. It's for you to cut out and decorate in any way you wish but, most importantly, don't forget to include your Valentine's message – to someone special to you, to the residents of Leiston or to the whole world. It's totally up to you.

Our friend Pamela has kindly agreed to display all the hearts in the window of the East of England Co-op Funeral Services. The colourful hearts will not only send out a message of love to the town but will brighten up what can be a bleak time of year. So, why not use lockdown to get out your pens, pencils and craft materials, and create beautiful hearts to help us spread love throughout our community.

Please deliver your heart(s), together with a donation of your choice to St. Margaret's Church, to any of the addresses shown below by Sunday 7<sup>th</sup> February at the latest so that Pamela can put together a wonderful display ready for St. Valentine's Day.

Donations can be made either in cash, by cheque or by bank transfer. Our account details are: St. Margaret's Church, account 40718548, sort code 20-98-07.

Hearts and donations can be popped through the following letterboxes:  
Pamela O'Hara – EoECo-op Funeral Services, Sizewell Road (box in wall, not door)

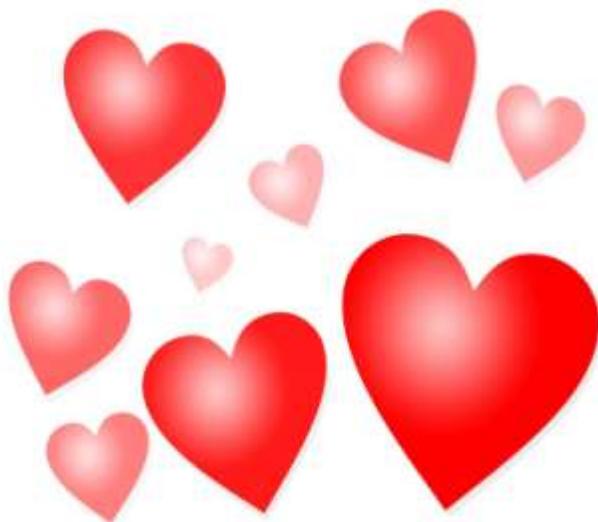
Revd. Richard Finch – The Vicarage, Church Road.

Sandra Harle – 4 Lime Tree Avenue

Pat Carter – 42 Haylings Road

More copies of the heart template will be available in church on Sundays but hearts of any size on whatever paper or card you have to hand will be gratefully received.

Do please join in if you can and be part of our offering of love and hope to everyone this Valentine's Day.



# ST. MARGARET'S CHURCH FAMILY

## INTERCESSION PRAYERS FOR FEBRUARY 2021

Dear Friends

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

# St Margaret of Antioch



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

## **NOTICE: Items for March's magazine**

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

