

ST. MARGARET'S

PARISH CHURCH FOR LEISTON-WITH-SIZEWELL



JOURNEY TOGETHER THROUGH LENT, AND KNOW THAT JESUS LOVES US ALL

FEBRUARY 2016



CHURCH SERVICES

FIRST SUNDAY OF THE MONTH

9.00 Holy Communion Service

A Traditional Service using Common Worship

10.30 Family Praise & Worship Service

An all-age Informal Service for the whole Family.
Praising the Lord through Drama, Readings & Music

SECOND SUNDAY OF THE MONTH

10.00 Parish Eucharist Service & 'JAM' (Jesus & Me) Sunday School

THIRD SUNDAY OF THE MONTH

10.00 'Welcome to the Table' Family Communion

A simple Family Communion Service
where all are welcome to the table

FOURTH & FIFTH SUNDAY OF THE MONTH

10.00 Parish Eucharist Service & 'JAM' (Jesus & Me) Sunday School

CONTACT US

Priest in Charge: Reverend Martin Phillips-Last:
The Vicarage, Church Rd. T. 561149 E. rev.phillips-last@sky.com

Assistant Priest: Reverend Richard Ellis: 9 King's Rd. T. 832168

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

Church Warden: Mrs Shirley Newman: 3 Red House Lane. T. 832446

Church Warden: Mrs Pat Carter: 42 Haylings Road. T. 831852

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

PCC Secretary: Mrs Pat Carter: 42 Haylings Road. T. 831852

Sunday School: Mrs Kathryn Phillips-Last: T. 561149

Sunday School: Mrs Sandra Ellis: T. 832168

Director of Music: Mr Jonathan. S. Williams: T. 603936

Website & Magazine Editor: Mrs Kathryn Williams:
T. 603936 E. stmargaretsleiston@gmail.com

Deanery Synod Representative: Miss Rosemary Gale: 7 High Green. T. 832105

Deanery Synod Representative: Mrs Shirley Newman: 3 Red House Lane. T. 832446

THE REVEREND'S RAMBLINGS

THE LIGHT OF LIFE THAT OVERCOMES THE DARKNESS OF DEATH



Death is humanity's greatest enemy. The last time I checked, the death rate was still 100 per cent! Throughout history men and women have unsuccessfully tried to overcome death. From the ancient Egyptian pharaohs who sought to escape death and go straight into the afterlife, through to our modern obsession with cosmetics and anti-ageing products, humanity has constantly tried and failed to overcome death and effects. Whether we like it or not, we are all getting older and one day we will die! But that's not the end of the story.

Lent may seem and often is a time of solemn reflection, as we remember Jesus's suffering so that we can free from sin. But Lent is also a time of hope, a time of looking forward to a better time and place because of what Jesus has done for us. If we follow Jesus through Lent we are following someone who on one hand will suffer under the shadow of pain of death. But on the other hand, we are following someone did it all, with the light of hope before him and within him. Throughout it all, Jesus saw and trusted in his heavenly Father for His victory over the darkness of suffering and death, with the glorious light of Easter Morning.

The great news of Christianity is that because of this one man's hope and obedience, Jesus of Nazareth, overcame death on that first Easter Sunday, and those who believe in Him will one day share in His-overcoming life!

As we follow Jesus through this dark Lenten period and examine our own lives in the light of His footsteps, may we do so with the hope and light of Easter Morning shining within us and before us. May you know that in the grace of God you are so loved and special, that he sent His only Son Jesus so that through the darkness of Lent and the brightness of Easter, he could embrace you for all time. May the Lord bless you and keep you, and make the light of his love shine upon you this Lent.

Blessed adventures,

Martin

The Reverend Martin Phillips-Last

ST. MARGARET'S CHURCH TOWER LIGHTS UP

During January the lighting of the
St. Margaret's Church Tower was sponsored on:

2nd January

In loving memory of
Jacque & Stuart Hall's daughter Lorna,
who would have celebrated her 40th birthday
on this day.

4th January

Celebrating Hannah Merrett's
30th birthday,
with love from all your family.

If you would like to mark a special occasion by sponsoring the lighting of
St Margaret's Church Tower for a donation of £5 for each day & see your
special occasion appear in the Church Magazine,
then please write the details in the diary provided in church.

If you would also complete a payment envelope, and put this either
in the wall safe or give it directly to Sandra Harle,
it will be received with many thanks.

TRAINING PLACEMENT AT ST. MARGARET'S



Hi my name is Nic Stuchfield and during Lent, I will be joining the Ministry team at St Margaret's Church. I am training at the moment for Ordination on the Eastern Region Ministry Course. My wife's name is Jill and we live on the outskirts of Aldeburgh, having moved to the area from Essex about 5 years ago. We have three children, in their late-teens and early 20s. And I work part-time as an advisor in the finance industry.

I became a Christian when I was at University over 35 years ago now. Having been a lay preacher in a church in Essex since 2000, I decided to train for Reader Ministry in 2012 but on finishing the course felt that I was actually being called to Ordination and so then started again on the path to priesthood. I am currently about six months into a two-year course.

All Ordinands have to go on a placement to a different church to their sending church. No two churches are the same: different congregations, different social settings, different churchmanship and different strengths and weaknesses and after talking to Martin I am really excited about getting involved in a wide range of areas of St. Margaret's Church life. I see this placement as a great opportunity to experience different aspects of Christian life. Any new experience can be unnerving, however. There will no doubt be lots of aspects of Church and community life in Leiston that are unfamiliar and possibly even unsettling, so please do pray for us, as we hold you in our prayers. I can't wait to meet you all and journey with you and be a part of God's mission in Leiston.

Nic

Nic Stuchfield

Coming into a new church for the first time as an Ordinand in training can indeed be a very unnerving prospect. But I know that Nic and Jill will receive a very warm welcome, and be encouraged and supported in every step of their time with us. So do please welcome Nic and Jill and help me to make them feel at home during their six-week stay with us.

Martin

The Reverend Martin Phillips-Last



VALENTINE'S BAKE SALE



After the 10am service on Sunday 14th February we will be holding our annual BAKE SALE to celebrate St. Valentine's Day within the love the fellowship of St. Margaret's and to raise much-needed funds for our church.

Please bring your donations along on the day – biscuits, buns, brownies, etc, etc, and then buy lots back – to either enjoy straightaway with your usual tea and coffee or to take home with you. It would be great if your donations could have a Valentine's theme - hearts, flowers, chocolates – but, of course, the most important thing is that they are made with love!

Sandra Harle

Dates for Your Diary!

Sunday 14th February
Valentine's Bake Sale
after the 10am service in Church

Saturday 19th March
Easter Fair 2pm - 4pm

Early May Bank Holiday Weekend
(Sat 30th April, Sun 1st May & Mon 2nd May)
Flower Festival - Theme: Disney

Saturday 25th June
Summer Fete in Church & grounds 2pm - 4pm

Saturday 19th November
Christmas Fair in Church 11am - 2pm

Other Events to Follow!
Keep your eyes & ears open for further information.

Dates for Your Diary!

Dates for Your Diary!

THE ROYAL BRITISH LEGION

LEISTON BRANCH (SUB BRANCH ALDEBURGH)

The total amount raised to date for the Poppy Appeal in our area of Aldringham, Thorpeness and Leiston-cum-Sizewell is £7147.32. Our grateful thanks go to everyone who helps and supports us.

The Branch has once again been unable to form a Committee and needs a Secretary, Treasurer and Poppy Appeal Organiser.

An extra-ordinary general meeting is being held on Tuesday 16th February at 7.30 pm at the Ex-Service Club, Victory Road, Leiston to try and resolve this. If there is anyone who would like to help the Branch, we would be delighted to see you at the meeting. It is not necessary to be a Legion member in order to take up a role.

If we once again fail to form a Committee we will endeavour to become a sub-branch of another Branch.

T Peskett

Chairman – Leiston Branch TRBLL

WOMEN'S WORLD DAY OF PRAYER 2016

Friday 4th March, 2pm at St Margaret's Church

RECEIVE CHILDREN, RECEIVE ME

The service this year has been written by Christian women of Cuba. A letter of thanks to them says “We want to thank all the people in Cuba, who directly and indirectly participated in the preparation of the worship service and resource materials. You gave us an invitation to learn from each generation their own gift, to put children at the centre of God's Kingdom, and to hear Jesus' call to be that child. We join you in the blessing – 'Receive children, receive me'.”

All welcome to come and join us and find out more

Pat Carter

Cooking with the Bible

Salmon with Lentils & an Orange-Basil Dressing

Here's a tasty fish dish perfect for Lent. You could also try substituting the Salmon for Cod instead as an alternative idea.

Ingredients:

- 4 pieces of Salmon, fillet
- 225g Brown lentils
- Navel Oranges (80ml Juice Required)
- 3 handfuls of fresh Basil leaves
- 3 handfuls of fresh Parsley leaves
- 2 Shallots, medium
- 1 tsp Dijon mustard
- Salt and ground black pepper
- 2 tbsp Olive oil
- 1 tsp Olive oil
- 530ml of Water



Method:

Preheat oven to 400° F. In a saucepan, combine water, lentils, and ½ teaspoon salt; heat to boiling over high heat. Reduce heat to low; cover and simmer 20 to 30 minutes or until lentils are tender. Drain.

Meanwhile, spray 13" by 9" glass baking dish with nonstick cooking spray. Arrange salmon in prepared dish, skin side down. Sprinkle with 1/4 teaspoon salt and 1/8 teaspoon pepper. Roast salmon for 15 to 20 minutes or just until opaque throughout.

While salmon is roasting, prepare orange-basil dressing: From oranges, grate 1 teaspoon peel and squeeze approx 80ml of orange juice. In small bowl, whisk orange peel and juice with mustard, 2 tablespoons oil, 1/4 teaspoon salt, and 1/8 teaspoon pepper. Stir in basil.

In nonstick 10-inch skillet, heat remaining 1 teaspoon oil over medium heat. Add shallots and cook for 2 minutes, stirring. Stir in lentils. Remove skillet from heat; stir in parsley and half of dressing. Spread lentil mixture on a serving plate. Arrange salmon on top of lentils and drizzle with remaining dressing.



CENTENARY COOKBOOK

The Diocese of St. Edmundsbury & Ipswich of which St. Margaret's Church is a part celebrated its Centenary year in 2014.

To help celebrate this momentous year we at St. Margaret's Church have created a cookbook full of tasty recipes for you to try.

Help us celebrate a special year & raise funds for St. Margaret's Church.

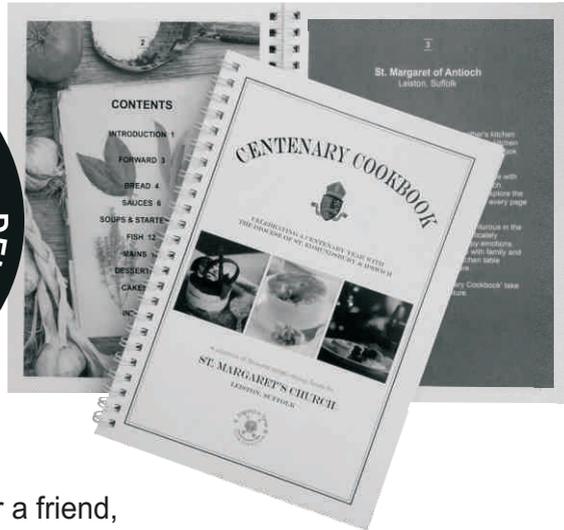
Pick up your copy of the cookbook now!

IDEAL GIFT!

Only £5.00

Over 50 tasty recipes for you to try!

DELICIOUS RECIPES!



Makes an ideal gift for a friend, loved one, or simply why not treat yourself!

Helping to support your local Church and the important work it does.

**Available after each Sunday's Service
or
Pop along and pick up your copy from
Margaret's Church Shop, here in the heart of Leiston**

Tori Says Goodbye

By the time you read this I will have packed my bags and left for a new adventure.

It was so good to meet you all and have all the lovely strokes and also to have been a member of the choir.

I am sorry that I have made my owner sad but I really just did not want to be a guide dog. I just wanted to go and play with every dog I met and was a constant worry to my owner.

Guide dogs are going to find my owner a more reliable dog, don't say I said this but one similar to Rhea, quiet, sensible and above all one who wants to work in harness and play at home.

I will miss you all but I am looking forward to my new family, I hope they have other young doggies for me to play with.

Sending you doggie kisses and hugs and thank you for having me in your church and community.



From Ex. Guide Dog, Tori.

St. Margaret's Easter Fair
St. Margaret's Church, Church Road, Leiston

Saturday 19th March 2pm - 4pm



Come along, Everyone Welcome... Fun for all the Family!!!

FEBRUARY

We are into the New Year and the Christmas decorations have been put away for another year. The house always looks so bare when the decorations, cards and tree are gone.

Another thing to me as a child, was we were then back to the Living Room after Christmas. Over the Christmas holidays we had a fire in the Front Room as well as the Living Room and that was a real treat as Front Rooms were only used on special occasions.

Mum got extra coal in the summer as it was cheaper, hence the treat of two fires at Christmas. Winters were usually snowy or freezing cold so to go from room to room and feel warm was a real treat.

My thoughts go out to those poor people in Cumbria, York and Scotland whose homes have been flooded, they have lost everything. It's not making news now, but unfortunately the problems haven't gone away and they now have the mess to clear up and homes to dry, and really need lots of help, lets hope they get it.

We all moan about different things at times, but at least we are dry and warm and on dry land. Our prayers are with you.

Margaret Clarke

STRENGTH IN JESUS

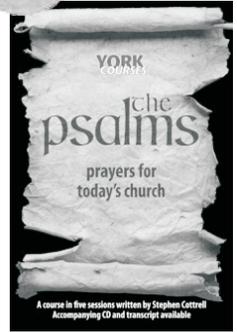
He giveth more grace when the burdens grow greater,
He sendeth more strength when the labours increase;
To added affliction He addeth His mercy,
To multiplied trials, His multiplied peace.

His love has no limit, His grace has no measure,
His power has no boundary known unto men;
For out in Jesus
He giveth, and giveth, and giveth again!

By Annie Johnson Flint, Anonymous

DEANERY LENT COURSE

2016 is a special Deanery Lent Year, meaning that the Deanery will be running a joint Lent course this year. This year's Lent course will focus on The Psalm - Prayers for today's Church. This year's Deanery Lent course for this Parish, will run for the five weeks of Lent. The course will be led by The Reverend Pauline Florance and starts on Thursday 18th February at 1 Woodlands, Haylings Road. The sessions will be held on each Thursday afternoon of Lent between 2 - 4pm. There is a sign up sheet in the church. For further information please contact The Reverend Pauline Florance.



Reverend Pauline Florance

Ash Wednesday Joint Deanery Service

To begin Lent this year, on Ash Wednesday there will be a joint Deanery Service at the Parish Church of St. Peter & St. Paul in Aldeburgh. This will be on **Wednesday 10th February at 7.30pm** where I will be preaching. Please note there will be no Ash Wednesday service at St Margaret's Church this year. Keep eyes and ears open for more details.

Reverend Martin Phillips-Last



PRAY FAST GIVE

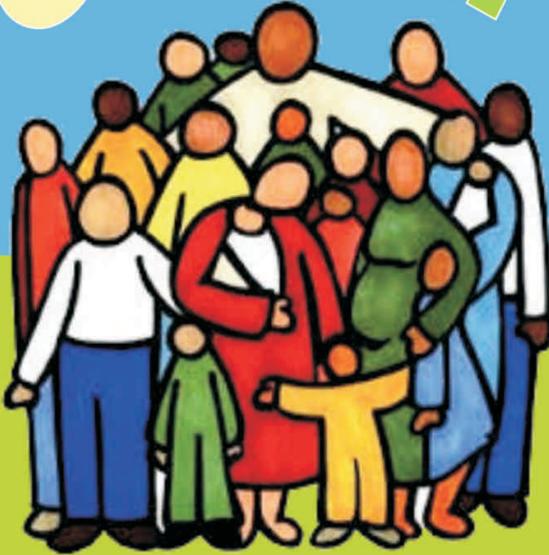
Friends

Drama

St Margaret's Church

Music

Fun



Next 10.30am Services:

Sun 7th February

Sun 6th March

Family Service

Action

Praise

Come along & share in the Joy, Colour & Life
of our All-Age Family Praise & Worship Service

EVERY 1st Sunday of the Month - For ALL the Family!

WaterAid - LENT 'JARS of Change' Appeal

TURN YOUR COINS INTO CLEAN WATER!

WaterAid's vision is of a world where everyone has access to safe water and sanitation. The international organisation works in 37 countries across Africa, Asia, Central America and the Pacific Region to transform lives by improving access to safe water, hygiene and sanitation in some of the world's poorest communities. Since 1981, WaterAid has reached 23 million people with safe water and, since 2004, 21 million people with sanitation.

WaterAid are working hard with communities to bring clean, safe water to many different communities. Support **Jars of Change** this Lent, by donating what you save from giving up a luxury, to help bring water to villages in desperate need.

Your support will help children like Emeldah, age 10, from Zambia, who spends her days walking miles across hot and dusty plains to fetch filthy water. This water makes her sick and means she often misses school. However in a nearby village lives Ambi, who is also 10. Since WaterAid installed a borehole near her house, she's drunk clean water, attended school and no longer gets sick.

You can help transform the lives of children like Emeldah, and many others simply by supporting Jars of Change this Lent. Last year many churches helped bring safe, clean water to the neighbouring village of Habanji. Children are no longer sick, and girls can go to school instead of collecting water. This is the same wonderful change you can bring to Emeldah's village.



Emeldah, 10

Sarah Summers from WaterAid said: "Emeldah is praying for safe water, so she doesn't have to spend hours collecting it from the dirty river. Through the support of churches across the UK, we can help transform the lives of children like Emeldah through clean water, and give them a chance to break out of the poverty that holds them back."

Donations raised through the Jars of Change appeal can really make a difference. A donation of as little as £15 would provide a girl like Emeldah with a lasting supply of water.

For Further Information about this Appeal Contact:



visit www.wateraid.org/uk/lent, email lent@wateraid.org or call us on 020 7793 4594



Could you go without safe water for 40 days?

No one should go without safe, clean water. This year, will you donate the money you save by giving something up for Lent to help bring safe, clean water to communities around the world?

Try swapping tea, coffee or soft drinks for the clean tap water we have in the UK. Collect the money you save throughout Lent in a jar and then send it in the form of a cheque, postal order or charity voucher to WaterAid at:

Freepost RRRZ-YRRB-ELKE, WaterAid Lent Appeal, 2a Halifax Road, MELKSHAM, SN12 6YD

For further details:

website: www.wateraid.org/uk/lent email: lent@wateraid.org
or call us on: 020 7793 4594



Lent appeal 2016

Support Jars of Change this Lent and turn your small change into safe water



Kids Zone

Welcome to 'your page'
full of fun
activities to enjoy!

Easter is the most important time of the year for Christians, and celebrates Jesus's return from the dead through His resurrection. It is a time of hope and a time when God reminds us of how much He loves us all.

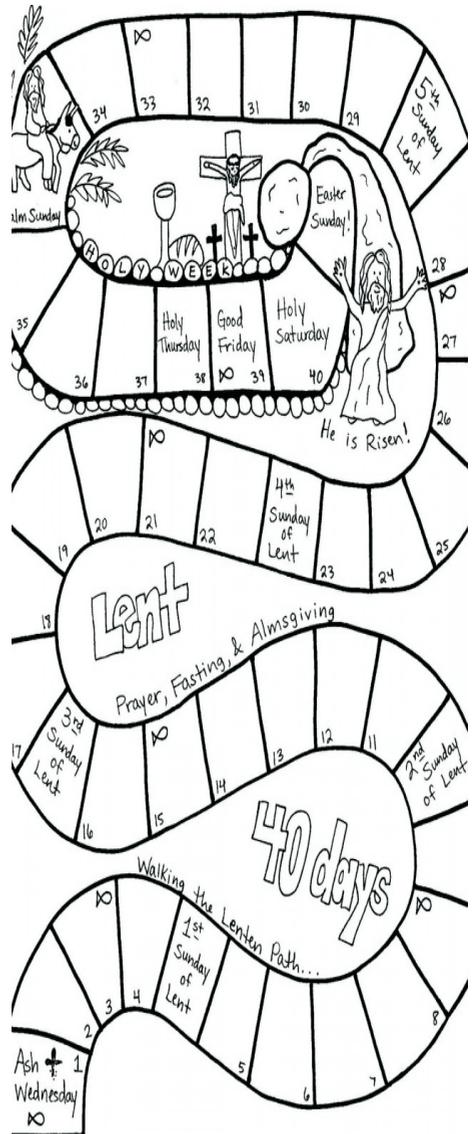
Lent is a time of preparation for Easter. Many Christians believe that the forty days of **Lent** is an opportunity to change their daily lives and make more time for God.

Lent lasts for forty days. This is because that is how long Jesus wandered in the desert, fasting and resisting the temptations of Satan; whilst strengthening His own faith in His heavenly father, God.

Some Christians take **Lent** as a time to give something up that they really like, while other Christians 'fast', in order to feel closer to God & understand the sacrifices Jesus made for us. It is also a time when we can say sorry for all the things we may have done that were not very nice.

It is really important to talk to God through our prayers. God wants us to be good to ourselves but more importantly to be kind to others too. It's easy to forget about that sometimes, that's why **Lent** serves as a reminder to us all.

We can then all approach **Easter** with joy in our hearts; knowing that God loves us all so much that he sent His only Son, Jesus, to die on the Cross for us all.





WILDERNESS
 TEMPTED
 DEVIL
 FASTED
 FORTY
 HUNGRY
 STONES
 LOAVES
 ANGELS
 FOOT
 SATAN
 WORSHIP

T	S	E	N	O	T	S	E	S	E
E	T	H	U	N	G	R	Y	S	T
Y	T	R	O	F	A	S	T	E	D
P	S	L	E	G	N	A	S	N	E
L	I	A	N	T	A	S	E	R	V
I	L	H	D	E	T	P	M	E	T
V	D	I	S	T	A	L	F	D	I
E	V	I	L	R	S	O	T	L	L
D	S	E	V	A	O	L	O	I	E
T	P	M	E	T	E	W	O	W	L

Jesus spent 40 days in the desert preparing for what God had planned. During Lent we spend 40 days getting ready to remember Jesus' sacrifice & death & celebrate His resurrection. Can you journey through the desert maze below to find your way Jesus.



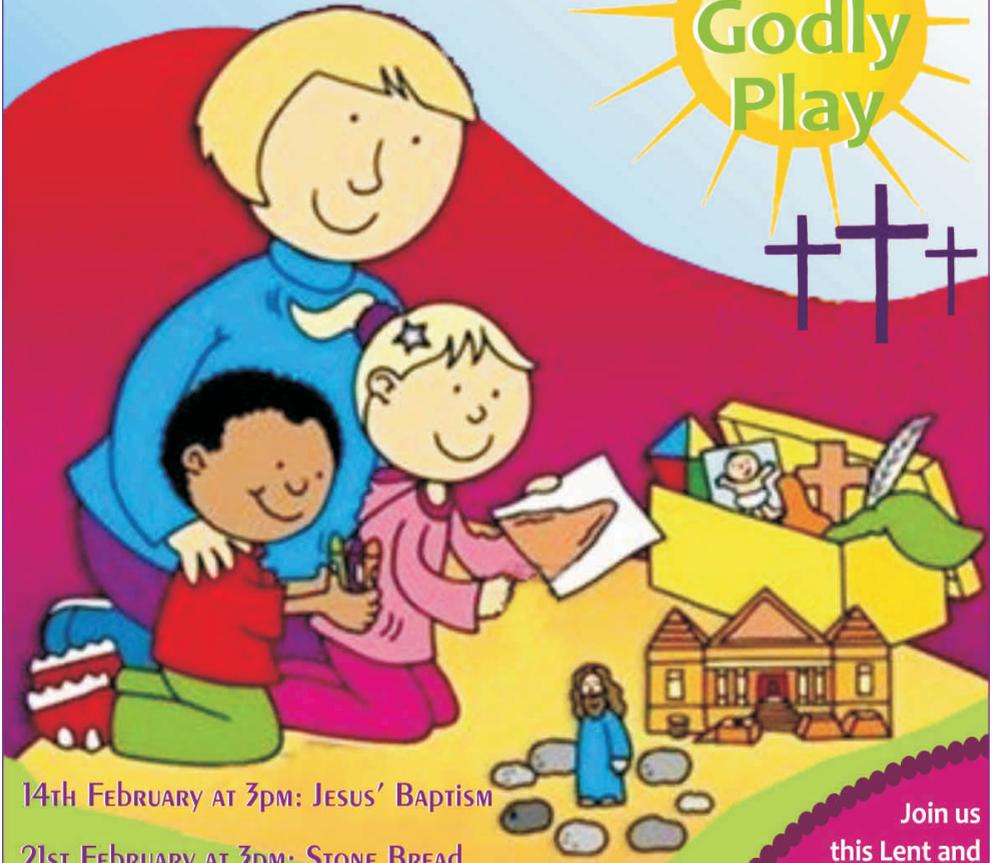
Want to hear more about Jesus? Come along to our 'JAM' Sessions - Kids of all ages welcome!
 Sunday 14th Feb & Sunday 28th Feb - Both @ 10am

ST. MARGARET'S CHURCH

CHURCH ROAD, LEISTON



Lent
Godly
Play



14TH FEBRUARY AT 3PM: JESUS' BAPTISM

21ST FEBRUARY AT 3PM: STONE BREAD

28TH FEBRUARY AT 3PM: ON TOP OF THE TEMPLE

6TH MARCH AT 3PM: ON A MOUNTAIN ABOVE THE CLOUDS

Each session is followed by a CRAFTY activity, a drink & biscuits

13TH MARCH AT 3PM: HOPE

FINAL session followed by a SHARED MEAL & CHRISTIAN fellowship

Join us
this Lent and
let us journey to
the cross together,
through the world
of Godly Play.

This will be an event,
a journey on which
all are welcome from
0 - 100 years of age!

SPONSOR A CHORISTER!

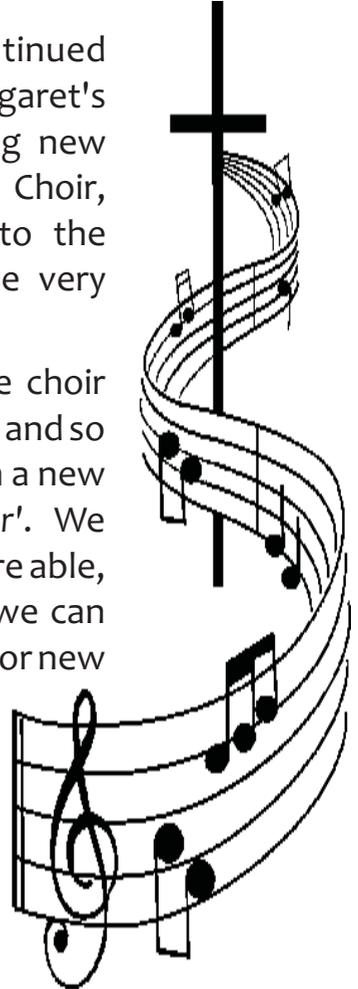
'Bow down and worship God for truly, God is here among you.' (1 Corinthians 25).

Paul's words to the Corinthians highlight how wonderful it truly is to worship God, because it is in the very centre of our worship, that God is present.

As a great encouragement and continued blessing to our worship here at St Margaret's Church, the Lord has been encouraging new voices to join the St Margaret's Church Choir, each voice adding a new dimension to the already inspiring worship that is at the very centre of our community.

To help encourage new members in the choir and in their part of leading us into worship and so into the presence of God, we have begun a new campaign entitled '*Sponsor a Chorister*'. We would therefore like to invite you, if you are able, to make a donation of any size so that we can buy new robes, worship books and so on for new members of our choir.

If you would like to make a donation please see Sandra Harle, our Church Treasurer. We thank you in advance for any help that you are able to offer.



For more information about this appeal please see our Organist & Choirmaster, Jonathan Williams.

JAM

Jesus and Me

Come along, meet new friends and have fun finding out about Jesus with a new style of Sunday school for kids of all ages. Every 2nd, 4th & 5th Sunday @ 10am

Next JAM Sessions:

14th Feb ▪ 28th Feb ▪ 18th March ▪ 27th March
10th April ▪ 24th April ▪ 12th May ▪ 26th May

... come and join the fun, everyone welcome!

CRAFTS

memory
verse

DVD'S

GAMES

story
time

prayers

St. Margaret's Church, Leiston

Contact: Kathryn Phillips-Last 01728 561149 or Sandra Ellis 01728 832168

NOTES FROM PCC MEETING - 13TH JANUARY 2016

The meeting opened with prayer at 7pm with Martin in the chair, 8 members present.

Inspection hatch in bell tower to be made permanent and repairs to bell frame – builder booked. Gutters cleared under annual contract and replacement manhole cover fitted. Locksmith still to inspect broken lock.

Leiston Christians Together meeting Wednesday – awayday planned. United Carol service on Christmas Eve well supported. Jonathan and choir working well together. Excellent performance at Carol Service with RBL Band and in all Christmas Services.

Further meeting had been held to discuss Town Pastors. Chair, Treasurer and some Trustees agreed. Bank account to be opened. Set up costs £10,000 - £4,500 promised so far and grants can be applied for. Will need Pastors, support prayer team and people praying at home when Pastors in action. Recruitment event at United Church in March.

Deanery Lent Courses Ash Wednesday service at Aldeburgh – Martin will be preaching. Courses all round Deanery, various places and times. Leiston will run York Lent course – The Psalms, Prayers for Today's Church – led by Pauline, Thursdays at 2 pm – starts 18th February for 5 weeks.

Leiston Air Cadets – Martin is Chaplain. New standard to be dedicated with old standard laid up – during future Sunday service.

Proposed and agreed remainder of Parish Share (£31,000 already paid - £19,157 outstanding) to be paid from reserves.

Sunday 14th February Valentine Cake Bake after Church Service. Saturday 19th March Easter Sale from 2-4pm. Saturday 16th April Church Spring Clean. 30th April – 2nd May Flower Festival, Saturday 25th June Summer Fete, 3rd July Summer Concert with RBL Band

Date of next PCC Meeting - Wednesday 16th March in Church, 7pm.

Pat Carter, Secretary to the PCC

THE REAL EASTER EGG

The egg that shares the Easter story

This year The Real Easter Egg range has had a make-over and each single boxed egg includes a unique copy of the Easter story in the shape of a pull out 37cm high cross illustrated by Helen Cann.



Not enough space for Easter eggs

Every year, 80 million Easter eggs are sold in the UK. But with Easter day falling on 26th March this year, it means there is not enough shelf space available in shops or enough time for online retailers to post them all out leading to shortages. So if you normally buy your Real Easter Eggs online, from supermarkets or a local shop, then act now.

Tastes good and does good

The Real Easter Egg remains the only Fairtrade chocolate Easter egg to have an Easter story booklet in the box and to make a charitable donation from sales.

Since its launch in 2010, the number of Real Easter Eggs sold has been rising. The volume of sales means that production of Fairtrade chocolate has had to be moved from Europe to the UK. This is a great success story which churches and schools have played a part in making happen. In addition more than £200,000 has been donated to charitable and educational causes.

“The Real Easter Egg gives consumers their first ever chance to buy an Easter egg that not only tastes good but does good, bringing to light the Easter themes of hope and new life. I believe there will be widespread support for the product from the faith community and wider afield with many millions likely to be interested. The Real Easter Egg is a chance to educate and do good – giving money to charitable projects.”

Archbishop of York, Dr John Sentamu

Where to buy

Please note that the Dark egg and Special Edition are not being sold in supermarkets but can be bought from independent stores or ordered online.

This year, you can buy from Tesco, Waitrose, Morrisons or from independent stores, bookshops and Cathedral shops, or direct from our website: www.realeasteregg.co.uk.

LADIES GROUP MEETING - JANUARY 2016

Following its usual custom the Ladies Group met for a post-Christmas lunch in January. Last year we lunched at the Wentworth Hotel in Aldeburgh. We had such a lovely meal and were looked after so well we decided to repeat the experience this year. On Wednesday 20th January we all arrived at 12 noon, having made our meal choices in advance.

A section of the lounge had been reserved for us to gather in and most took the opportunity to have a drink while we waited. Promptly at 12.30 pm we were called to go through to the conservatory to take our places ready for the meal. The table was beautifully laid with vases of fresh flowers along the middle. Everything was sparkingly clean and looked so pretty.

Emily Harle was asked to say Grace and what a good job she did of it, especially as she had no prior notice. Our main course choices soon arrived and we all tucked in to the delicious food. Several had opted for the guinea fowl ballotine as they had never had the dish before. It was very tasty.

Desserts followed – vanilla panna cotta with mixed berry compote was the runaway favourite – you can see from the photograph how well it was presented and I'm told it tasted beautiful.

Nothing was too much trouble for the staff at the Wentworth. One of our guests was not able to eat anything from the given choices – the kitchen was happy to provide an alternative. Those who didn't like cream could have ice cream with their fresh fruit salad. After desserts tea, coffee & chocolate mints were served and we were left to chat. Eventually we left happy and replete.

Pat Carter



ST. MARGARET'S CHURCH FAMILY

INTERCESSION PRAYERS FOR FEBRUARY 2016

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 & 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'll add you to our 'special prayers' section.

In our Church Family Prayers

Jim & Pauline Florance

Bernard & Patsy Smith

Joe Diegnan

Jan Snowden

John & Joy Kemp

Mary Joel

Kate Kersey

Peter Downey

Donna Button

Billy & Margaret Clarke

Margaret Cuthbert

Lesley Martin

Julie, Ellie & Charlie Howard

Kay, Trevor & Grace Nash

Anthony & Sue Hawkes

Frank & Joan Huxley

Hilary & Richard Slaughter

Toby, Sharon, Emma & Sophie Slaughter

Jill Staff

Glyn & June Clarke

Robin & Mary Cornish

Gladys Stannard

Trevor & Thelma Hawkins

Roy Hubbard

Shirley Newman

Matthew, Vanessa, Alex, Kierah & Sasha Newman

Kathryn, Mark, Ian & Stuart Langley

Adrian & Jackie Shotter

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Pam Miller



Robin Ellis (RIP) family

Phyllis May Moore (RIP) family

May they be comforted in their loss within the ever lasting arms of Jesus

Burial of Ashes - January 2016

Saturday 16th January

Michael George Francis King

Funeral - January 2016

Friday 29th January

Phyllis May Moore



'Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand ... For I, the LORD your God, hold your right hand.

Isaiah 41:10,13

LET US PRAY...FOR A GOOD LENT

In her book, “A Journey into God”, Delia Smith quotes John 15: 4-5 using the words, “ make your home in me as I make mine in you” The Lord Jesus uses the illustration of the vine and the branches as a way of speaking about staying in touch, or perhaps even more precisely, staying connected.

It seems to me that we are being invited into a relationship in which we are tuned in to God in such a way that we become alert to his involvement in our lives. The other day I heard what I considered to be a good example of this. A woman bishop was being asked on Christian radio about her responses to certain issues in today's society. At a point when the interviewer seemed to put her on the spot, I noticed her pause, and I distinctly heard her exhale, not with a sigh, but as a moment of deep thought, and maybe prayer before she responded with what I considered a wise answer.

Abiding in him, facilitates the free flow of energy and wisdom from him to us. The quote Delia Smith uses says, “Whoever remains in me, with me in him, bears fruit in plenty.” A branch cannot do much other than rest in the plant of which it is a part. However, taking the analogy a little further, I do think some maintenance is required on our part, for all the channels to remain open. Lent is a season when we might set aside time to do a little maintenance, some spiritual spring cleaning, to aid further growth.

We might benefit from a Lent group, or by choosing a book which will set us thinking – or both. Above all as we move through these days leading up to Easter let's pray for a good Lent, resting in the knowledge that the Lord Jesus invites us to make our home in him and desires to produce through us, by his Holy Spirit, fruit in plenty.

Psalm 27 - A COMMENTARY

1. The lord is my light and my salvation; whom then shall I fear? The Lord is the strength of my life of whom then shall I be afraid?
2. When the wicked, even my enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.
3. Though a host encamp against me, my heart shall not be afraid, and though there rise up war against me yet will I put my trust in him.
4. One thing I have asked of the Lord and that alone I seek; that I may dwell in the house of the Lord all the days of my life,
5. To behold the fair beauty of the Lord and to seek his will in his temple,
6. For in the day of trouble he shall hide me in his shelter; in the secret place of his dwelling shall he hide me and set me high up on a rock.
7. And now shall he lift up my head above my enemies round about me;
8. Therefore will I offer in his dwelling an oblation with great gladness; I will sing and make music to the Lord.

The Commentary

This Psalm can speak to us in so many ways – but there is one way which it is worth considering – speaking to our inner person. Most of us know that the place we find God best of all is within us. So the words the 'Lord is my light and salvation' can be interpreted as addressing the person within - thoughts and feelings that we all have – which could be helped by thinking of the inner problems demanding light and salvation. So the psalmist reminds us of the enemies in our life which impinge on our thoughts – where maybe we sometimes feel we are going to be devoured and consumed. Worse still when it seems on some occasions that 'everyone is against us' but when this happens the psalmist assures us 'our hearts need not be afraid' if only we put our trust in God. We are told by St Paul that we are temples in our inner life where God is present. Jesus in Matthew 6.6 says 'If you want to pray, enter your inner room, close the door, and your Father who sees in secret will reward you'. There is as we all know an inner part of our being where we can be silent and focus on God. When the psalmist suggests we seek his will in his (God's within us) temple this is what he means. In vs 6 the psalmist writes 'he shall hide me in his shelter in the secret place of his dwelling' and there we find him. But it is not all in the inner world because as the psalmist goes on to say 'I will offer in his dwelling an oblation with great gladness I will sing and make music to the Lord.' Singing too, expresses our closeness to God.

Rev. Chris Gonin

References.

No particular reference. But Thomas Keating in 'Open mind Open Heart' and Cynthia Bourgeau in 'Centering prayer as well as Inner Awakening' have been helpful.

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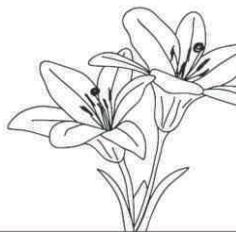


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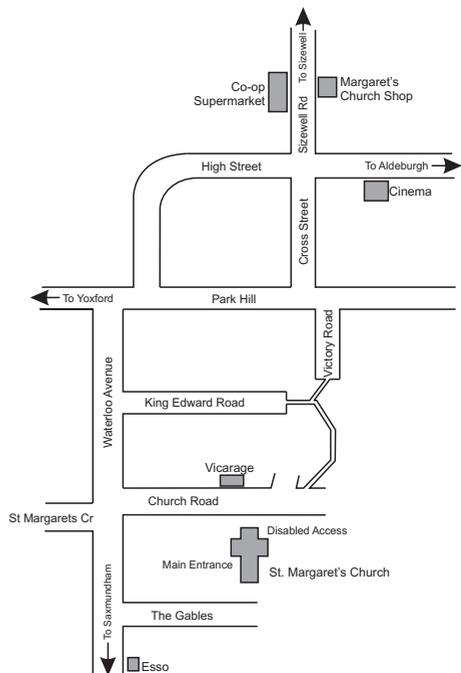


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