

# **ST MARGARET'S**

Parish Church for Leiston-cum-Sizevell



**JUNE 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, no singing 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.

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](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:**

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, 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

## Taking time ...

I have been very aware that it will take time to adjust to any relaxation in Covid related restrictions. There are the government steps in their process of relaxing restrictions but also there are the steps that each one of us will take at our own pace.

Guidelines may say you can do something but you may not be ready. For example, if you have been shielding, staying at home or limiting your outings it may take a while before you feel confident to do more. We are creatures of habit and like patterns in our lives. I remember, when Morag was involved in leading Cub Scouts, the organization proposed changing the Cub Scout uniforms which included not having caps. Some of the Cubs were put out and responded, 'how will people know we are Cubs if we don't have our caps?' The changes were carried out and it wasn't too long before the Cubs adjusted and were content with the new uniform.

At St Margaret's church we continue to offer; a time of worship in church every Sunday at 10am, we make and distribute a video of prayers, reading and reflection every week and some people gather by telephone on a Tuesday morning for a time of Morning Prayer by conference call. We will keep these going until needs change.

In church we follow the current government guidance, which includes; wearing face coverings inside the building, keeping social distance, hand cleansing and no communal singing. Some people will be impatient in wanting these restrictions to be lifted, others will have got used to this pattern and will find it difficult to readjust when guidelines are changed. Personally, I am aware, in my own feelings, of an unease, a wariness at returning to full social contact with no distancing. As people adjust to different patterns of living there are likely to be awkward moments when we might not understand where other people are at in their journey of readjusting.

Paul, the apostle, writing not long after the death and resurrection of Jesus Christ, was very aware of the challenges that change brought to the new Christian communities. He wrote to the new church in Ephesus - *"I ... beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace."* (Ephesians 4:1-3)

As with many aspects of our individual and corporate lives we have to take time to be aware of each other's needs and to be forgiving if we get it wrong or misread the other person. May we live in the bond of peace.

If you wish to join our mailing list, or the Tuesday Morning Prayer, please contact me (email: [vicarleston@gmail.com](mailto:vicarleston@gmail.com) or telephone: 01728 830421).

*Rev Richard Finch*

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## **ST BONIFACE**

On 5 June St Boniface is celebrated. The following is an extract taken from the letters of St Boniface:-

In her voyage across the ocean of this world, the church is like a great ship being pounded by the waves of life's different stresses. Our duty is not to abandon ship but to keep her on her course. Let us stand fast in what is right and prepare our souls for trial. Let us wait upon God's strengthening aid and say to Him, "O Lord, you have been our refuge in all generations".

# Pondering Prayer

## Praying the Old Testament

From the time of David and Solomon around 1000BCE until the Babylonian Exile (circa 597-520BCE) Jewish religion and belief in God was mostly centred on the Temple in Jerusalem. The priests and Levites always worshipping in the Temple, the main festivals were held there; the people travelling from all parts of Israel and Judah to attend the festivals.

But then came the Babylonians under Nebuchadnezzar who took a number of the best people back to Babylon. 10 years later saw a second deportation and the Temple destroyed taking even more of the elite from the population. With no Temple and the people in Exile prophets began to proclaim that God (Yahweh) was not bound by the Temple of Jerusalem.

Jeremiah's letter to Exiles was that even in a faraway land access to God was available through prayer wherever you were. (Jer.29:12-14). We read, *"Yahweh will disperse you among the peoples and you will left few in number among the nations to which He will lead you.....but from there you will seek Yahweh your God and if you search with all your heart and whole being you will find Him."*

Ezekiel, himself an Exile, also had a vision of God's 'glory' going through the exiled people. We may not be exiled but God's glory still goes through us, more so if we open ourselves to Him.

For the past 12 months and more it has not been possible for many Christians to attend their churches and places of worship, and as that is where so many find God they may feel 'lost from God' by not going to, or not receiving, communion. But just as the Jews were told that God was also with them outside the Temple, so we should be aware He is also with us in our lives wherever we are 24/7 and we can call on Him at any time. Remember, Jesus also said, *"Seek and you shall find."* (Matt.7:7)

Perhaps during the pandemic you have found time to read more than usual or questioning where God is in all this and what other things you would like to learn or are learning about Him. During my reading recently I came across 'The Imitation of Christ' by Thomas a' Kempis (1380-1471) and found the following prayer helpful to my understanding of God in our lives.

*Grant me O Lord to know all that I should know, to love what I should love, to esteem what most pleases You, and to reject all that is evil in your sight. Let me not judge superficially by what I see, nor be influenced by what I hear from ignorant people, but with true judgement to discern between things spiritual and material, and to seek Your will and good pleasure at all times and above all else.*

Br.Christian



## CHRISTIAN AID COLLECTION 2021

Leiston Christian Aid collection 2019 - result £201 98. Collection 2020 – result NIL. With Covid uncertainty and government restrictions, no collection was held in 2020. I was approached as usual this year to organise a collection if possible.

East Suffolk Council would accept an application for a street licence to collect. But how could a collector stand holding a collection tin and at the same time practise social distancing? I decided I would not have collectors in the street as usual and so did not need to obtain a licence. I had permission to collect in the Leiston Co-op store on Friday 14 May during Christian Aid week. To achieve social distancing the collection tin was placed on a table with the charity emblems and the collector sat separately at a distance from that table. Hand sanitiser was also available on the table.

This system worked. The total raised by the collection was £171 17. Thank you to the Leiston Co-op Store customers for giving so generously and THANK YOU to all those loyal collectors who turned out to help with the collection year after year and more especially this year in difficult circumstances.

PAT CARTER

**Christian Aid donations will help families facing poverty and injustice around the world.**

## JUNE

The month of roses and halfway through the year.



It's frightening where time goes and yet sometimes a day can be endless especially when it's a dull wet day. But then I count my blessings and we are in the warm and dry. Some poor people are homeless. We should now be able to mix more, it will be interesting to hear how people coped with the lockdown, and what they will remember most. Friends, relations and neighbours helped us with shopping; we were all in the same boat but looked out for each other. I still can't understand the bulk buying when the first lockdown started, especially toilet rolls?

We love watching The Repair Shop. All the memories associated with toys, clocks, pictures, broken plates etc. It's so nice to think the things have been kept, and able to be repaired, even back to the days of Great Great Grandparents and often brings a tear to the people who have brought them in. I'd love to think my family did it, I've not got anything special but sometimes when we speak together it's surprising what our children remember about growing up. Picnics, walks etc which was just everyday to us. I do wish I could walk like I used to do, but I'm glad we did it when we could. Light evenings, we'd take the dog with the children and walk miles, and didn't seem to get tired. I'm grateful for now what I can do.

Thank you for your prayers in Church on Sunday, Bill is doing okay at the moment and your prayers are giving me strength to cope.

MARGARET CLARKE

ST PETER'S CHURCH YOXFORD

is pleased to invite you to our

Thanksgiving

# FLOWER FESTIVAL

SATURDAY 29th, SUNDAY 30th  
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10.00am-5.00pm

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## How can we help you?

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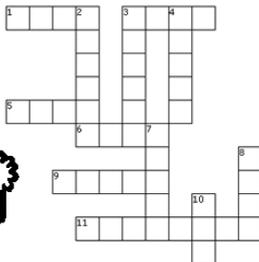
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## The Good Shepherd

John 10:11-18 (NIV)



### ACROSS

1. Wild animal that looks like a dog and hunts in packs
3. The period from birth to death
5. A strong feeling of affection
6. Goes faster than walking
9. What we use to speak
11. One who takes care of the sheep

### DOWN

2. The male parent
3. To hear or pay attention to something
4. A group of sheep herded together
7. Woolly animals which are similar to goats
8. The opposite of bad
10. A small place where animals are kept

### Words Used

good	sheep	runs	listen
shepherd	wolf	father	pen
life	flock	voice	love

## Church Word Search Puzzle

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

BELLS      READINGS  
 BIBLE      ROBES  
 BISHOP      SERMON  
 CHOIR      SINGING  
 CROSS      STEEPLE  
 CRUCIFIX      TABERNACLE  
 GOSPEL      VESTRY  
 HYMNS  
 KNEELING  
 MINISTER  
 MUSIC  
 ORGANIST  
 PEWS  
 PRAY  
 PRIEST

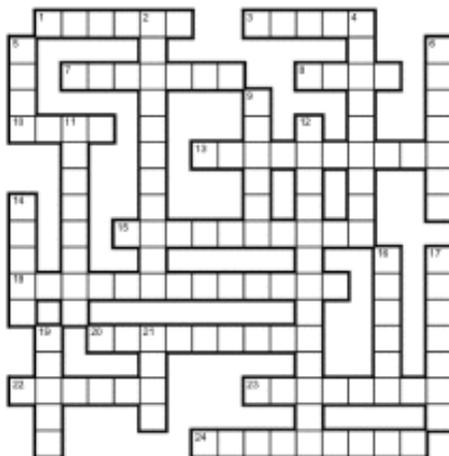
## THE SERMON ON THE MOUNT

### Across

- 1 Not to be put under a bushel. (6)  
 3 Let yours shine before men! (5)  
 7 Moth and rust will do this to your earthly store. (7)  
 8 If you do this, you will find. (4)  
 10 These should not be done in view of men. (4)  
 13 The eight sayings by Christ at the beginning of his sermon. (10)  
 15 They sound trumpets in the streets when they are being charitable. (10)  
 18 The peacemakers will be called this. (8,2,3)  
 20 They were with Jesus when he gave the sermon. (9)  
 22 You can't serve God and this. (6)  
 23 Fellow believers. (8)  
 24 The earth is this to God. (9)

### Down

- 2 Jesus gave this as example of how to communicate with God. (5,6)  
 4 Don't lay these upon the earth. (9)  
 5 Whoever says this to his brother shall be in danger of the council. (4)  
 6 Those who are given happiness and good fortune. (7)  
 9 When engaging in this, you should enter into your closet and shut the door. (6)  
 11 Where the sermon was given. (8)  
 12 You should search for this first, before worrying about food and clothing. (13)  
 14 What you should do to your eye if it offends. (5)  
 16 They which do this shall be filled. (6)  
 17 The hypocrites disfigured their faces while doing this. (7)  
 19 If you are forced to go a mile with someone, this is how far you should go. (5)  
 21 The foolish man built his house on this. (4)



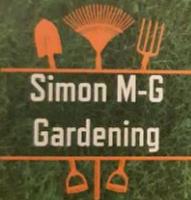
BiblePuzzles.org.uk

## LAST MONTH'S QUIZ - PARTS OF THE BODY (Answers)

- |                  |                   |                |                     |
|------------------|-------------------|----------------|---------------------|
| 1 Chest, trunk   | 2 Spine, appendix | 3 Soles, lungs | 4 Muscles (Mussels) |
| 5 Calf           | 6 Palms, Gums     | 7 Irises       | 8 Insteps           |
| 9 Veins (Vaness) | 10 Temples        | 11 Cheek       | 12 Foot,feet        |
| 13 Arms          | 14 Nails          | 15 Pupils      | 16 Teeth            |
| 17 Kidney        | 18 Lashes         | 19 Arteries    | 20 Bones            |
| 21 Palette       | 22 Hairs (Hares)  | 23 Organ, drum |                     |

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

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## ST MARGARET'S CHURCH TOWER LIGHTS UP

During May the lighting of the Church Tower was sponsored on:

Saturday 22<sup>nd</sup> May

To celebrate our Golden Wedding Anniversary 50 years.

Looking back on many memories  
Mary & Peter Cannon

*\*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)

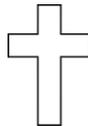
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## FUNERAL



12<sup>th</sup> May 2021

Jennifer Mackay Windle



We extend our heartfelt sympathy to Vaughan on the loss of his beloved Jenny. Please continue to include him in your prayers.

## A Wild Run at Colchester Zoo

On Sunday 16<sup>th</sup> May, I took part in a 10KM run around Colchester. This was my first official running event since I started running in March 2020. Initially, I followed the 'Couch to 5K' programme and slowly worked my way up from running for 30 seconds at a time. It was great to have an easy-to-use app to keep me on track with a regular but slow and steady increase in running distance and time. It helped to prevent me injuring or pushing myself too far too quickly. In other words, I didn't want to run before I could walk! At the end of the programme, I was able to run a full 5KM without stopping! Being able to dedicate time to running, mainly due to no longer commuting, has been a big positive during lockdown and it provided me with time to do something I had been interested in starting for a long time.



Normally, we go to the zoo every year on my birthday, as I love to see all the different animals, especially the giraffes! [Love the giraffes on your leggings! Ed] Over the lockdown period, it has been so sad to read about Colchester Zoo being empty without the visitors that the animals are so used to seeing. I read about an annual running event called the Colchester Stampede where you can enter to run either 10KM or a half marathon around Colchester, with the first and last kilometres run within Colchester Zoo itself! This was a big challenge for me and pushed me to train and achieve a 10KM run in the best time I could manage.

I completed the 10KM distance in an hour and ten minutes which I was pleased with. I definitely wasn't the fastest, but I also wasn't the slowest. The fastest runner completed the 10KM in only 33 minutes which is very fast!



When I crossed the finish line, I was given a medal and t-shirt to celebrate finishing the race. This was included in the entry fee along with some flapjack, some nuts and a cereal bar. We then spent the rest of the day enjoying the zoo and being reunited with all of the different amazing animals. I'm so glad that I could put my new hobby to good use while supporting the Action for the Wild charity which works to protect and preserve our many precious creatures such as elephants, tortoises, rhinos, tigers and many, many more.

I hope to support this great effort every year from now on. It was a surreal but amazing experience to run whilst being cheered on by elephants and rhinos!



WELL DONE, ELLIE!

## A VISIT TO THE PARISH CHURCH OF ST MARY AND ST PETER AT KELSEALE

Alde Valley Suffolk Family History Group has been looking for a project to undertake. A suggestion was made that a survey was carried out of the memorial inscriptions in the churchyard at Kelsale Church. So with other members of the Group I met the Churchwarden at the church last week to talk about the feasibility of the survey.

Kelsale Church is approached along a narrow lane up a hill. At the top of the hill there is an area of grass ideal for parking. The path to the Church goes through a rather splendid lych gate which dates from the late 19<sup>th</sup> century. It was completely refurbished in 2014. The path is lined with pollarded lime trees.



Kelsale Church is mentioned in the Domesday Book (AD 1086) and this was a Christian place of worship perhaps a thousand years ago. Two massive Victorian restorations mark Kelsale out as an 'Arts and Crafts Movement' period piece. Motifs for the keys of St Peter and the lily for St Mary recur throughout the Church. Above the priest's door is a tablet commemorating

Lancelot Brown, rector for 58 years, grandson of Lancelot 'Capability' Brown, the landscape gardener.

A memorial on the south wall to Samuel Clouting is by Thomas Thurlow, the Saxmundham mason and church decorator. At St Margaret's we have, on the west wall, a bust of Richard Garrett, grandson of the ironmaster, also carved by Thomas Thurlow.

The large churchyard was beautiful, covered with spring flowers and is, I understand, a haven for wildlife of many kinds. We walked around the churchyard which is very extensive. Paths have been mown to take one into the various parts of the churchyard. It is cut in June once the wild plants have been able to set their seed so any survey would have to take place later in the year.



As the above photograph shows some parts have beautiful views across the fields. Kelsale Women's Institute carried out a survey of the churchyard in the 1980s and a revision was carried out in 2010s. The Church has said it would be pleased if the Group could bring the information up to date. Hopefully it will be able to do so.

PAT CARTER

## WHAT'S IN A NAME?

“Choose a name for your child likely to hearten and enable rather than embarrass”, says a writer in a magazine. “Ask yourself, will this name influence my child for the good?”

A difficult test to apply perhaps but the writer goes on to suggest some more practical pitfalls. SIBYL, for instance, is not recommended. Apparently people always spell it wrong, which of course, is their own fault, but it's yours if you choose something as misleading as KEVEN.

Call your daughter THOMASINA and she will grow up scarred for life with the feeling that you really wanted a boy. Watch out for dubious associations the article goes on and cites DELILAH (consternation at the christening!) and PERCY (what can they mean?) Beware of being swayed by our heroes and heroines of the moment (Margaret, NEIL, TERRY, ALEXIS?)

Names may be good in themselves but initials and juxtaposition with names need watching too. Charles Ian Donaldson may or may not be suitable for a future policeman. Frederick LEA will have a hard time when they see his exercise books at school. ANN TEAK will find the whole greater than the sum of its parts, while MARY CHRISTMAS has already passed into baptismal history. Mum and Dad have only got themselves to blame if their strapping six foot teenager Lance Chesterton is never referred to as anything but 'Elsie'.

Further advice is to avoid a name that will associate him or her with attributes which may not be attuned to temperament. Not many can do justice to GARTH or WINSTON!

Perhaps fewer of us are likely to fall into these errors that the author apparently fears; but the article ends on a note worth repeating. “Naming a child should be taken seriously. It is the name by which you are asking God to call your son or daughter. Pray to do it right.”

THE ABOVE IS REPRINTED FROM OUR PARISH MAGAZINE DATED JULY 1986. Why? Because I haven't received many articles to include this month. To ensure we keep having a magazine each month, please send in original articles about visits you have made, things you have done during lockdown, family news etc

# ST. MARGARET'S CHURCH FAMILY

## INTERCESSION PRAYERS FOR JUNE 2021

Dear Friends

June'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

Jim & Pauline Florance  
Bernard & Patsy Smith  
Joe Diegnan  
Pat, Neil, Lucy, Craig & Ryan Carter  
Daryl, Helen & Chloe Cartley  
John and Joy Kemp  
Mary Joel  
Kate Kersey  
Peter Downey  
Donna Button  
Billy & Margaret Clarke  
Lesley Martin  
Julie, Ellie & Charlie Howard  
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Glyn & June Clarke  
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Gladys Stannard  
Trevor & Thelma Hawkins  
Kirsty Stowe

Shirley Newman  
Matthew, Vanessa, Alex, Kierah & Sasha Newman  
Kathryn, Mark, Ian & Stuart Langley  
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Stephanie, Craig, Isla, Edie & Harrison Shotter  
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Nicola, Jon, Toby & Robert Kerridge  
Josie, Steven, Olivia & Maisie Snowden  
Derek & Barbara Cole  
June Linsell  
Hilda Woodhead  
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David, Lisa, Isle & Neave Curtis  
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Rodney Avis

# St Margaret of Antioch



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

## NOTICE: Items for July's magazine

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

