

# ST. MARGARET'S

PARISH CHURCH FOR LEISTON-WITH-SIZEWELL



Holy Cross Day - CELEBRATED 14TH SEPTEMBER

SEPTEMBER 2015



# 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 & FIFTH SUNDAY OF THE MONTH

10.00 PARISH SUNG 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 SUNDAY OF THE MONTH

10.00 PARISH SUNG EUCHARIST SERVICE & 'JAM' (JESUS & ME) Sunday School

### 6.30 COMMUNITY HEALING SERVICE

Listen to the healing word of God through Prayer  
Please note: No Service in September

## WEDNESDAY MID-WEEK HOLY COMMUNION

### 10.00 Holy Communion Service

Please note: No Services in September

## 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 CROSS, A SYMBOL OF TRUE FRIENDSHIP



Two men, travelling together, found that their pathway took them deep into a dark wood. Fearful of any dangers that might be lurking there they stuck close together, each warning the other when any strange sound might indicate impending danger. But despite their care, they turned a corner, and there, to their surprise and terror, stood the biggest bear that either of them had ever seen.

One of the men ran for his life, he climbed quickly into a tree and hid himself among the branches. The other, seeing that he was likely to be attacked, fell on the ground and lay absolutely still. The bear, puzzled by what was happening on his path, came up to the man lying on the ground, felt him with his snout and smelt him all over. The terrified man held his breath, trying not to move a muscle, not even the smallest twitch. He feigned the appearance of death as much as he could, for he had been told that a bear would not touch a dead body. It worked, for sure enough the bear soon left him. When the traveller was sure that the bear had gone, he breathed at last, and, now shaking with relief, pulled himself to his feet. Dusting himself down, his companion climbed down from the tree and joined him and with a slight giggle in his voice remarked to his friend that from his hiding place, it look as though the bear was whispering in his ear. 'What did the bear say in your ear as you lay on the path?' he enquired. 'He gave me this advice,' his companion replied. 'Never travel with a friend who deserts you at the approach of danger!'

When Jesus and his friends came face to face with the danger of the cross, it was a pathway that Jesus had to face alone, as those who had once called him a friend, fled and hid at a safer distance. Even at that point though, Jesus' love for his friends drove him forward. As he faced the horrors of the cross on a pathway of humiliation and cruelty, it was his love and his heavenly Father's love for us, that took him there. From the cross Jesus prayed that his Father in heaven would forgive the world for what it had done to him. In other words, 'forgive them Father, because I love them, because here on the cross today, hangs their best friend.'

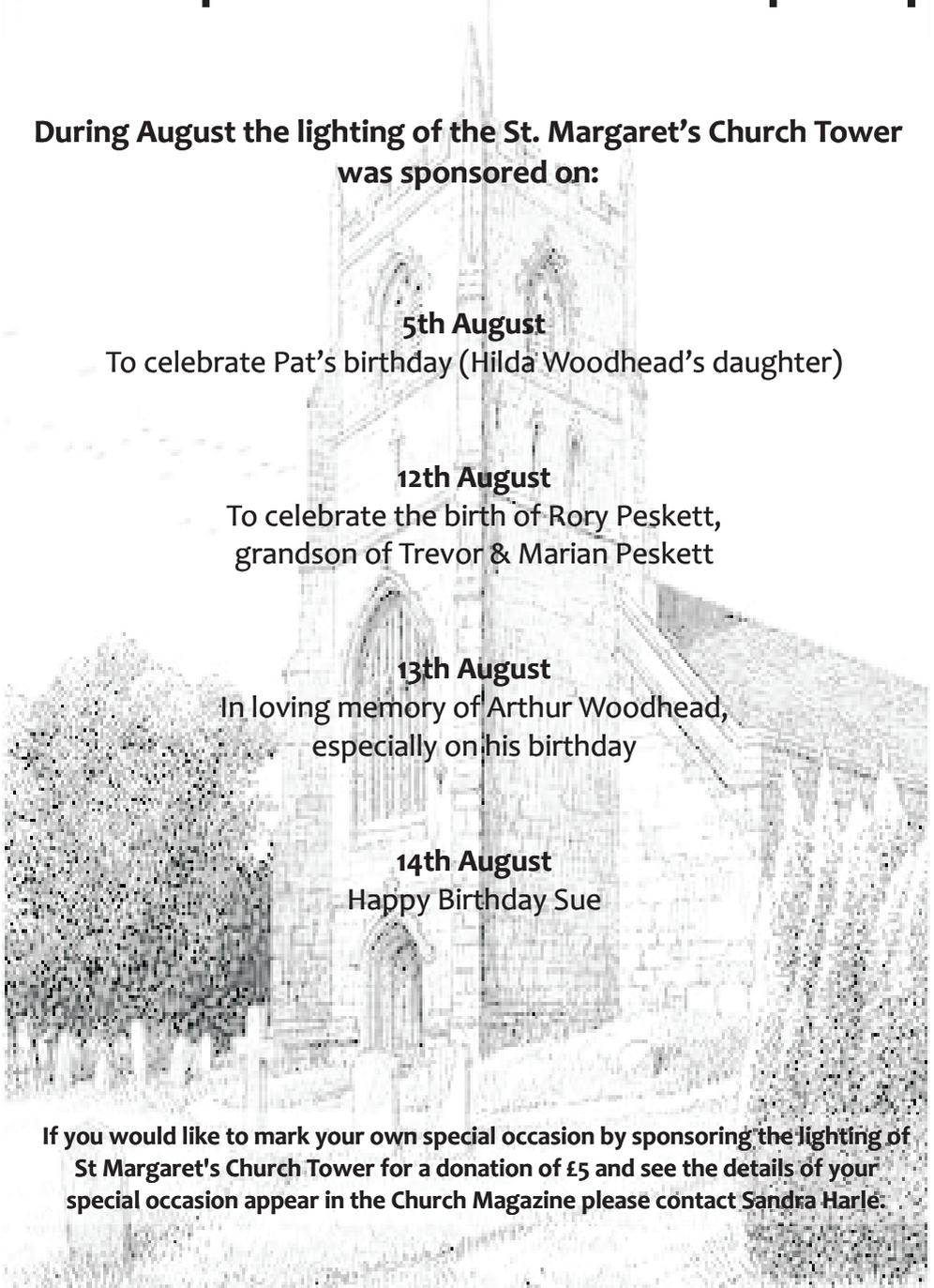
There is nothing better than a friend who is really a friend, and the cross is a symbol of the greatest friendship ever won in all of history, by the greatest friend the world has ever known. There are challenging times in life when we run and climb the nearest tree for safety. However, the truth is that because of the our true friend named Jesus, who was hung on a tree for us, we no longer need to hide up a tree in fear anymore. Instead trust in the one who hung on the tree, the cross, because he truly is a friend for all.

Happy and blessed adventures,

*Martin*

The Reverend Martin Phillips-Last

# ST. MARGARET'S CHURCH TOWER LIGHTS UP



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

**5th August**

To celebrate Pat's birthday (Hilda Woodhead's daughter)

**12th August**

To celebrate the birth of Rory Peskett,  
grandson of Trevor & Marian Peskett

**13th August**

In loving memory of Arthur Woodhead,  
especially on his birthday

**14th August**

Happy Birthday Sue

If you would like to mark your own special occasion by sponsoring the lighting of St Margaret's Church Tower for a donation of £5 and see the details of your special occasion appear in the Church Magazine please contact Sandra Harle.

Image for illustration purposes only - Image not St. Margaret's Leiston

# Holy Cross Day - 14th SEPTEMBER

There are several different 'feasts of the cross', all which commemorate the cross used in Jesus' crucifixion. These feast days are used to celebrate the cross itself as an *instrument of salvation*. This special day is known by many terms, but the Anglican communion refers to the feast as 'Holy Cross Day'.

According to legends, the true cross, upon which Jesus was crucified, was first discovered in 326 by St. Helena, the mother of the Roman Emperor Constantine the Great, during a pilgrimage she made to Jerusalem. The Church of the Holy Sepulchre (see images right) was then built at the site of the discovery, by order of Helena & Constantine. The church was dedicated nine years later with a portion of the cross being placed inside it.

Since then, throughout a colourful history of invasions, conflict, as well as peace, there have been many additions to the Church of the Holy Sepulchre, to preserve various Holy sites; such as ancient rooms & chapels on the site where many believe to be the place where Jesus was crucified, anointed, buried and then ultimately resurrected.

Holy Cross Day is celebrated on the 14th September, with the feast marking the dedication of the Church of the Holy Sepulchre in 335 AD: A two day festival where the cross itself was brought outside the church so that the clergy and faithful could pray before the True Cross.

It still remains today a place of holy pilgrimage for many Christians from all different denominations; and for some is the most sacred and holy place in the world.



Above: Photo showing Chapel inside the Church Built over the tomb where Jesus was buried



Above & Below: The Church of the Holy Sepulchre



# The Open Sky

Out under the open sky, Let's pitch our tents and why,  
With a warm breeze blowing, It's well worth knowing  
All about the countryside, and the creatures who abide,  
They all sing their own song, And know what goes on,  
If you listen you can hear the little birds singing near,  
    Watch the baby hedgehogs scampering about,  
    If you get too near and touch their snout,  
They will roll up in a ball with all their prickles round  
    To protect them from predators on the ground.  
    See the baby squirrels playing round the trees,  
    One falling over after having sneezed,  
    The crickets cricketing, The bees buzzing about,  
Then watch as night draws on and the badgers come out,  
    The owls are hooting as darkness falls,  
    Then the foxes begin their calls,  
In the early morning light you can see the bunnies play,  
    Running around until the start of day,  
Watch the bumblebees as they flit from flower to flower,  
    Gathering pollen through the daylight hour.  
Over in the forest there's a woodpecker hammering,  
    And then in the distance  
    You can hear the herd a clammering  
A mooing and a stamping to be milked, then let free again,  
    Wondering in the heat if it's ever going to rain,  
    See the swallows go flying by,  
    A swirling and a dipping across the sky,  
    There's the dog rounding up the sheep,  
    The little lambs going bleat, bleat, bleat.

Original Poem by Val Allchin

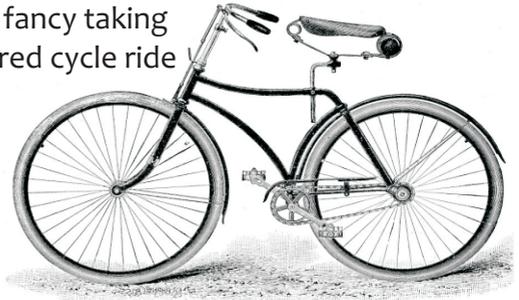
# Church Sponsored Cycle Ride

The annual 'Suffolk Historic Churches Trust Cycle Ride' will be taking place again this year on **Saturday 12th September**, involving many cyclists travelling around the local area visiting different churches along their way to raise funds for the Church.

As tradition, St. Margaret's Church will be opening its doors again this year on the day, to help welcome the cyclists and any visitors. We are therefore looking for volunteers who can help on the day to sit in the church and both welcome any visitors & sign in the cyclists. If you can offer any help please contact Simon Merrett on 01728 832259 for further information.

If you would like to sponsor those from St. Margaret's Church taking part in the cycle ride please see Simon Merrett, Terri Roper or Pat Carter. Alternatively, it's not too late if you fancy taking to the saddle and doing the sponsored cycle ride yourself; sponsorship forms are still available from Simon Merrett or St. Margaret's Church.

Simon Merrett



# DE-CLUTTER FOR A GARDEN SALE AT SIBTON

Here's a chance to have a shed and garden de-clutter or an autumn spring clean! On **Saturday 26th September**, from 10.30am until 4pm, St Peter's Church in Sibton will be the venue for a Country, Garden & Produce Sale. There will be tools, equipment, books, produce, preserves and gifts, with refreshments available. Items for the Sale can be taken to the church on Wednesday 23rd from 9am until 12 noon. Admission to the Sale is free and parking will be on the Glebe Meadow the Yoxford side of the church.

For details and to donate items please telephone either Rosie on 01728 660369 or Diana on 01728 660236 or Debbie on 01728 660181. The proceeds will go to The Friends of St. Peters, a registered charity.

Rosie - Hon. Treasurer, Friends of St Peters

# Cooking with the Bible

Here's an intriguing and tasty variation on the popular hot cross bun recipe. This fruited loaf, handsomely adorned with one large cross, shared with a cup of tea, is a super way to take time out of a busy schedule and make a bit of time for God; time to think about Jesus and the true cross, especially as we approach Holy Cross Day on the 14th September.

## Holy Cross Bread

80ml milk

30g unsalted butter

1/4 teaspoon salt

25g sugar

190g - 250g plain flour

½ tablespoon active dry yeast

1 egg

75g dark raisins

40g chopped mixed candied fruit

### For the Topping - Optional

65g sifted Icing sugar

½ teaspoon vanilla extract

1-2 tablespoons milk

### Method

In a pan, heat the milk, butter, salt, and sugar.

In a separate bowl, combine 125g of the flour and yeast in a mixing bowl. Add the milk mixture to the flour and mix thoroughly. Then add the egg, raisins, candied fruit, and enough of the remaining flour to make a soft dough. Remove from the bowl and on lightly floured surface knead for approx 10 minutes until smooth, then place in a greased bowl. Cover the dough & place in a warm place to allow to rise and double in size - Approx 1 hour.

Remove the risen dough and shape into a ball, then place on a greased baking sheet. Cut a 5cm long x 1.5cm deep cross on top of loaf. The dough can also be shaped as a loaf and baked in a greased loaf tin - Approx 20cm x 10cm.

Cover again and let rise again until double in size - about 45 minutes.

Then bake in a preheated oven, 180°C / 350°F for about 30-40 minutes or until cooked.

Remove and cool on wire rack. Frost with Icing if desired (see below).

### Optional Topping

Before icing ensure you cool the bread slightly. Place bread on a wire rack. Combine the ingredients and then using a spoon, drizzle the icing back and forth across loaf. If desired, add nuts and / or fruit as decoration before the icing sets. Once set, slice and enjoy with a lovely cup of tea.



# CENTENARY COOKBOOK

2014 was a very special year for the Diocese of St. Edmundsbury & Ipswich of which St. Margaret's is a part, as it is the diocese's centenary year. To help celebrate this momentous year we at St. Margaret's Church have created a cookbook full of tasty recipes for you to try.

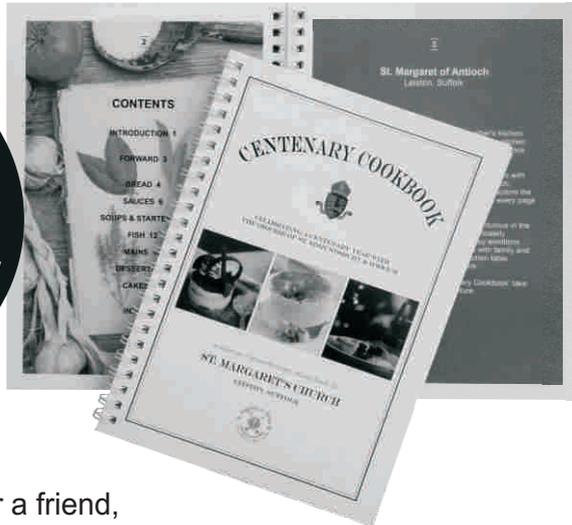
**Help us celebrate this special year & also raise funds for St. Margaret's Church. Pick up your copy of the cookbook now!**

**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**

# **SPONSOR A CHORISTER!**

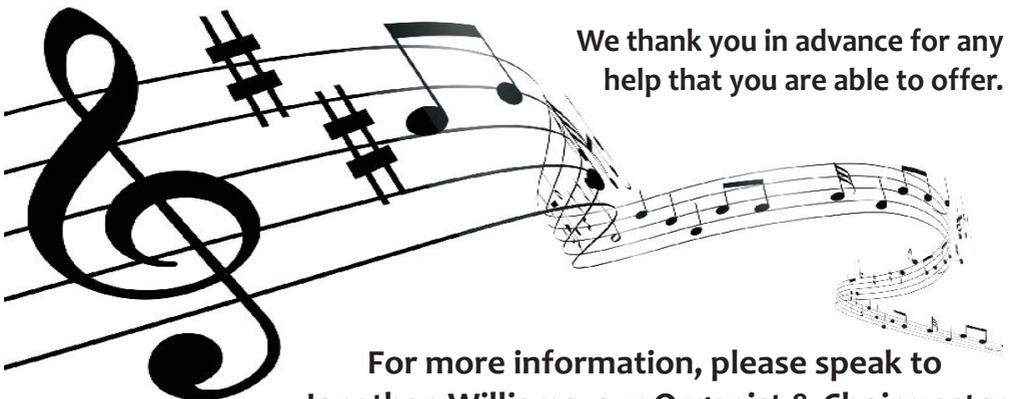


**'Bow down and worship God for truly, God is here among you.'** (1 Corinthians 25).

**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, please speak to Jonathan Williams, our Organist & Choirmaster**

# CORNER Shops

Following on from last month's Corner Shops, Mr Fisk's shop was next. He had a grocery shop, where I would be sent to buy mxo oval dog biscuits, which they weighed from a big sack. While I waited, there would be a lovely smell of coffee being ground in the big machine, from the coffee beans. Round the corner was Mrs Smith's shop called "The Banana Queen". She would make a cornet out of newspapers and put your sweets in it. Then further up, near the car park were the Mastersons Sisters; we got some bread-rolls there once, but they were hard as iron.

There were shops on the corner of Paradise and Kings Road. Then halfway up Dinsdale Road was Mr Simmonds, with Mr Coats on Westward Ho. Near the railway crossing was a wool shop ran by Mrs Burrows; it was lovely with all the different colours of wool. Further down was Cooks Milk Shop; a little shed, with a big urn in it. You would take your milk jugs and fill them from the urn, she also sold butter. Oscar Cobbled also had a shop round St. Margaret's Crescent which sold groceries and sweets.

They all seemed to make a living, and were very handy to people as the big shops always closed half days on a Wednesday and all day on Sunday, whereas the corner shops were always open for odds and ends.

**Margaret Clarke**

## ARE YOU A LOCAL HISTORIAN?

If you are, you might be interested in taking a Latin Palaeography Course held at the Ipswich Records Office for two terms each year, in autumn and spring, of ten weeks each. These will enable you to read old documents such as wills, surveys, court rolls, manorial rolls, etc., and give you lots of interesting information about your area or family history.

There are two classes, beginners and intermediates, with the beginners starting on Tuesday 22 September from 10am to 12 noon, with tutor Dr Kate Jewell, and the Intermediates on the same day at 12.15pm for approximately two hours with tutor Dr John Ridgard, who is also an expert on medieval Suffolk life. An advanced class meet on Monday mornings and work on special projects.

For further details and to register contact the Ipswich Records Office (Suffolk County Council, in Gatacre Road) on 01473 263909.

**Rosie.**

**Hon. Treasurer, Friends of St Peters**

# A NEW CHAPTER

To our dear friends Chris and Elspeth.

We would like to send you both all our love and warmest wishes as you approach this new and exciting chapter ahead. We will miss you both fondly, and would like to take this opportunity to thank you for all the love and devotion you have shown over the years to St. Margaret's Church and its family. We trust you will keep in touch with us and we look forward the hearing how you've settled in to your new life in Ipswich.

**With all our Christian love and warmest wishes from  
all your Church family here at St. Margaret's Church, Leiston**

## *New Address*



**Chris and Elspeth Gonin**

24, Booth Court  
Handford Road,  
Ipswich  
Suffolk IP1 2GD

### **Mobile Numbers**

Chris: 07807 206902  
Elspeth: 07501 299522 or 07931 165304

# AFTERNOON TEA

The Ladies Group met for a shared afternoon tea at 42 Haylings Road on 22nd July. The meeting started in the garden in sunshine, catching up with friends and sharing news. There was a Flower Quiz to attempt and the winner of this was Sandra Harle.



The sky began to cloud over so, by common consent, we moved indoors and began to enjoy the lovely refreshments. There's no doubt about it mention the Ladies Group and superb food appears – this occasion was no different.

The final “icing on the cake” was provided by our member Elspeth Gonin “by long distance”. When the idea of afternoon tea was suggested Elspeth immediately offered to provide strawberries and cream – however on the day she was far away with her family but made sure that the promised strawberries and cream would be there – and they were.

We didn't meet in August, and our next meeting will be on the third Monday in September in the church at 2.15pm when we will be planning our programme of the forthcoming year. Do come along and bring any ideas you have for speakers and/or outings for us to consider.

# CHURCH URBAN FUND - SHARE YOUR HARVEST

In Biblical times, Harvest was a time of community celebration and thankfulness to God for the harvest. Nobody was left out, with even the poor and destitute being provided for through the 'gleanings'. The concept of gleaning is first introduced in Leviticus 19: 9-10:

*'When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Do not go over your vineyard a second time or pick up the grapes that have fallen. Leave them for the poor and the foreigner. I am the Lord your God.'*

Poverty is a very real issue and phenomenon in England, with around 13 million people, including 3.5 million children estimated to be living in poverty. Some people have a great deal while others struggle in work that does not pay enough to live on, subsequently having to rely on foodbanks to see them through. However, with the power of Christians and churches working together to love God and love our neighbour we can overcome this. With your support, churches and community groups can help some of England's poorest and most marginalised people transform their lives for the better.

Since we started, we've invested over £70million in helping local churches fight poverty and injustice in England's most deprived communities. This Harvest, Church Urban Fund is encouraging churches to celebrate and reflect on the ways that God abundantly provides for us, and to share these blessings with those in our society who have less.

**THIS HARVEST TAKE ACTION...** Why not organise and host either a frugal lunch, harvest supper, coffee morning, afternoon tea or a fundraising event of your choice this September / October to help raise funds and transform lives of the poorest and most marginalised in this country.

After your Harvest event please collect any donations and send them to Church Urban Fund, Church House, Great Smith Street, London SW1P 3AZ. Telephone: 020 7898 1667. If you would like to gift aid your donation then please also contact us for a gift aid envelope.

For every £1 donated to Church Urban Fund, we work to multiply this and raise further funds to provide £4.50 support to help transform lives of some of the poorest and most marginalised in this country.

Thank you for your support. Together we can tackle poverty and the injustice of inequality in our society.



# St Margaret's Church



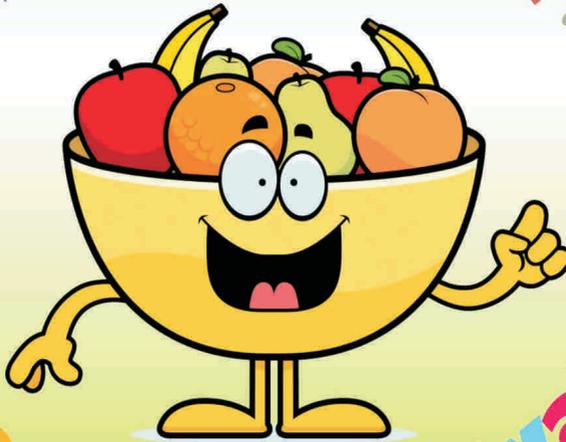
Family  
PRAISE & WORSHIP SERVICE  
SUNDAY 4TH OCTOBER

10.30AM

AN INFORMAL FUN SERVICE  
FOR ALL THE FAMILY...  
EVERYONE WELCOME!

Face Painting Competitions!  
Paint your face as a Fruit or Veg & enter our fun Face Painting Competition!

Mr Fruit / Veg Head Competitions!  
Decorate a Fruit or Veg to look like someone you know and enter them in our Competition!



# Harvest Festival

'All food donations will be going to support the local Foodbank' 

 'DONATIONS will be TAKEN to SUPPORT the WORK of WATERAID'

# Kids Zone

Welcome to  
 'your page'  
 full of fun

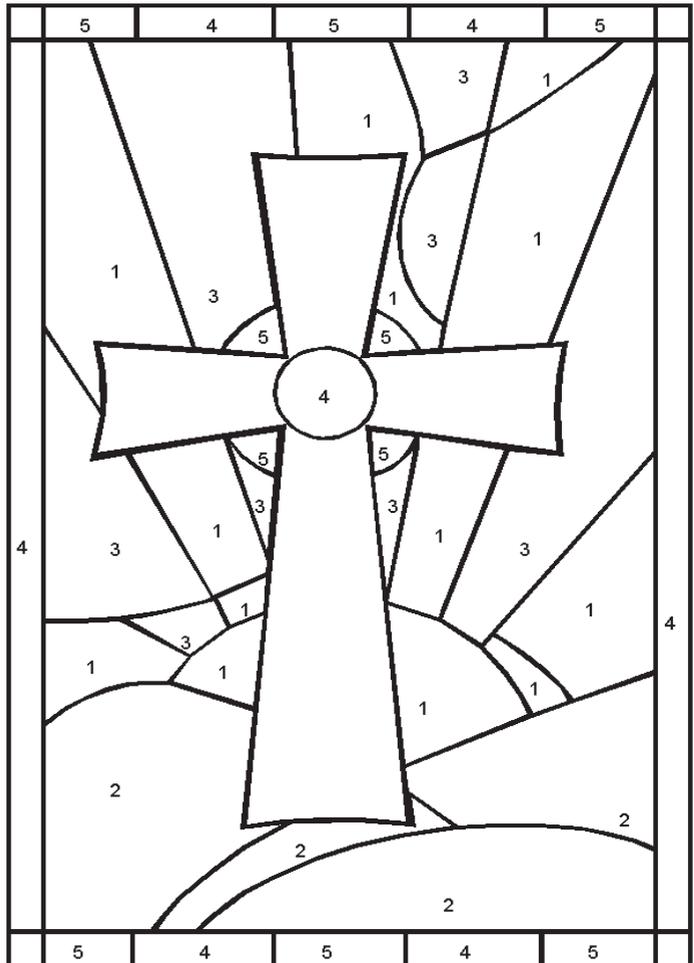
activities to enjoy!

The cross is a very important symbol for Christians. It reminds us of Jesus and especially the sacrifices he made for us all.

It also tells us how much God loves us, by sending his only son, Jesus Christ, to earth.

The cross can also be a reminder of all the wonderful miracles and good things Jesus did while he was on earth.

We should all follow in Jesus' footsteps and live a good life; putting others first and doing nice things for other people too.

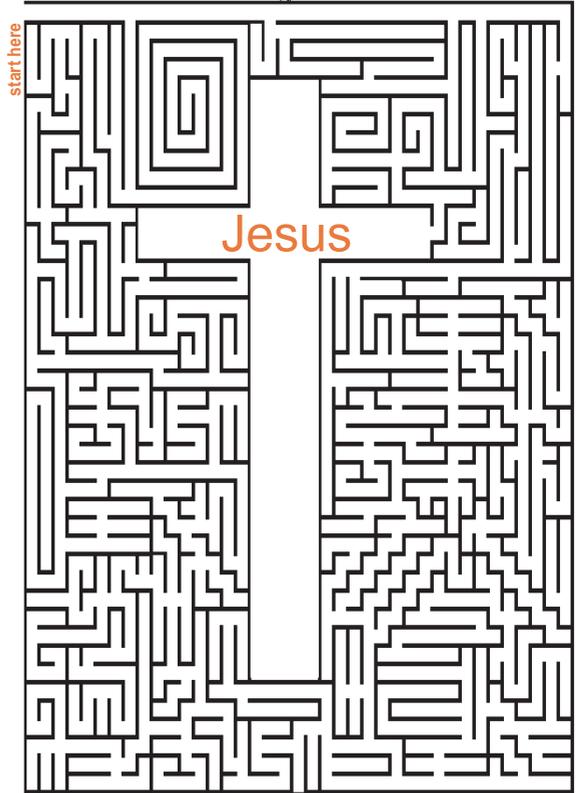


Colour in the picture above using the colour key below:  
 1. Yellow 2. Green 3. Blue 4. Purple 5. Red

Find your way through the maze to find the Cross and Jesus in the centre

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

JESUS CROSS BELIEVE CHURCH  
 DISCIPLES HOPE FOLLOW SAVE  
 FATHER SON HEAVEN GOD  
 SALVATION FORGIVENESS HOLY  
 TRUTH FRIEND SYMBOL TRUST  
 MESSIAH SACRIFICE LOVE



Crypto Clue - Using the Letter / Number Key fill in the blanks to solve the clue

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z  
 11 23 12 15 19 4 26 10 25 20 18 6 21 1 17 2 3 8 13 5 22 9 14 7 16 24

                                                                                                                                        
 26 17 15 13 17 6 17 9 19 15 5 10 19

                                                                                                             
 14 17 8 6 15 5 10 11 5 10 19

                                                                                                                                        
 26 11 9 19 10 25 13 17 1 6 16 13 17 1



Want to hear more about Jesus? Come along to our 'JAM' Sessions - Kids of all ages welcome!  
 Sun 13th Sept & Sun 27th Sept - Both @ 10.00am

# 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:

13th Sept    27th Sept    11th Oct    25th Oct  
8th Nov    22nd Nov    29th Nov    13th Dec

... 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

# PEACE Day - 21st SEPTEMBER

International Day of Peace, or Peace Day, is held on 21st September every year. In 2001 the countries of the United Nations adopted the day and declared it a day of global cease-fire and non-violence, and over the years since then it has become more widely known. The General Assembly declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples.

Outside the United Nations headquarters in New York sits the Peace Bell, protected by a Japanese pagoda. It is rung mid-morning on 21st September, followed by a few moments of silence in which to think about world peace. The bell was given to the United Nations by Japan in 1954 and is cast from coins donated by the delegates attending the 1951 conference of the United Nations, collected for the bell by children. The inscription on the side of the bell is in Japanese characters and reads "Long live absolute world peace".

The theme for this year's commemoration is "Partnerships for Peace – Dignity for All" which aims to highlight the importance of all segments of society to work together to strive for peace.

**Please take some time on the 21st September to pray for both peace in your community but also world wide peace as well.**



Peace Bell at the United Nations, New York City

## A Prayer for Peace in our World

Make your ways known upon earth, Lord God,  
your saving power among all peoples.

Renew your Church in holiness  
and help us to serve you with joy.

Guide the leaders of all nations,  
that justice may prevail throughout the world.

Let not the needy be forgotten,  
nor the hope of the poor be taken away.

Make us instruments of your peace  
and let your glory be over all the earth.

Amen

Prayer from: Church of England website



INTERNATIONAL DAY OF PEACE  
21 SEPTEMBER 2015

PARTNERSHIPS  
FOR PEACE—  
DIGNITY FOR ALL



# FAMILY SERVICE - 2ND AUGUST

## THE LIVING BREAD!

This month we were treated to a glimpse into the heavenly bakery of the heavenly chef Monsieur Eclair. Eclair had decided that instead of baking angelic angel cakes and divine buns, he would have a go at baking some living bread.

However, Eclair decided to add a bit of human nature, as he saw it, into his ingredients; with a drop of selfishness, a pinch of distraction, a pinch of greed and so on. After a short time in the heavenly Aga the mixture became, to the surprise of all, a very large Gingerbread man. Unfortunately, because the gingerbread man was made with a pinch of human nature, he was not always very nice to those around him and was soon chasing the heavenly angels around and getting into trouble.

Suddenly, Monsieur Eclair heard a very special voice in his heart, telling him to read his bible where it said that, 'Jesus is the bread of life.' It was then that Eclair knew what he had to do, and with the help of the angels Eclair got the naughty gingerbread man back into his Aga and added some very special ingredients from God. He added a pinch of caring and love, a drop of understanding, a pinch of forgiveness and a dollop of compassion and God's grace.

As soon as he was freshly baked the Gingerbread man realised how naughty he had been and decided to follow Jesus, as well as doing what Jesus did by sharing himself with others, because, as the Gingerbread man said, 'when we love and share that love with one another as God shares his loves with us, then the bread of life is found inside of you!'

### The Reverend Martin Phillips-Last



Come along & join us every 1st Sunday of the Month at 10.30am  
Next Family Services: Sun 6th September & Sun 4th October

# God's Happy People

Happy are those who know they are spiritually poor,  
the Kingdom of Heaven belongs to them.

Happy are those who mourn;

God will comfort them.

Happy are the meek,

they will receive what God has promised.

Happy are those whose greatest desire

is to do what God requires.

God will satisfy them fully.

Happy are those who shown mercy to others

God will show mercy to them.

Happy are the pure in heart

for they will see God.

Happy are those who work for peace

God will call them his own.

It is the Lord who grants favours to those whom He loves,  
the Lord hears them whenever they call.

**From the booklet of Reflections**

**Sent in by: Hilda Woodhead**

## CANCER RESEARCH CAMPAIGN

For the fourth year running, a street collection was held in Leiston on Saturday 11th July to raise money for the Campaign. A collection was also taking place in Aldeburgh and Saxmundham on the same day.

The total collected in the three towns was £1,141 94 – a magnificent amount.

My thanks, as always, to the Leiston collectors and contributors.

**Pat Carter**

# LEISTON Old Folks' Outing - 10th Oct

The 78<sup>th</sup> Leiston Old Folks' Outing will this year take place on Saturday 10<sup>th</sup> October. All senior citizens of Leiston (aged 70 years and over) who would like to come on this free outing are asked to put their names on a list which will be available in Carolyn's Shop from Monday 17<sup>th</sup> August until Saturday 19<sup>th</sup> September. We will then write to you with pick-up details, etc.

We would also like to issue an appeal for some extra drivers. Several of those who have driven for us in the past are unable to do so this year and we would love to have some new drivers, so that enough cars are available for those who wish to come along. The time-span would be from approx. 1.30pm to 6.00pm, and would involve taking our elderly guests to a mystery destination for tea and entertainment, and then returning them to their homes.

If you can help and/or would like further details, then please contact our Chairman, Mr David Bailey, on 01728 831032. We look forward to hearing from you soon, so that plans for this year's trip can be finalised.

Sandra Harle

## Foodbank Appeal

### Food Urgently Required:

Milk (UHT or Powdered). Sugar 500g. Fruit Juice (Carton). Soup. Jam. Cereals. Pasta Sauces. Sponge Pudding (Tinned). Tomato (Tinned). Biscuits / Snack Bar. Rice Pudding. Tea Bags / Instant Coffee. Instant Mash Potato. Rice / Pasta. Tinned Meat / Fish. Tinned Veg. Tinned Fruit.

See Maureen Fox for further information.

Maureen Fox



St. Margaret's Church will also be collecting food to donate to the Foodbank at our Harvest Festival Family Service which be on Sunday 4th October at 10.30am

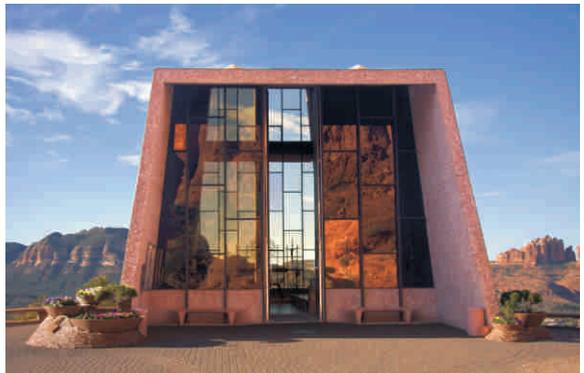
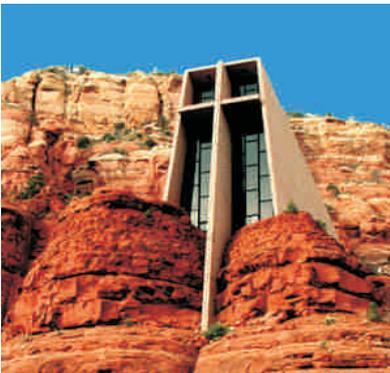
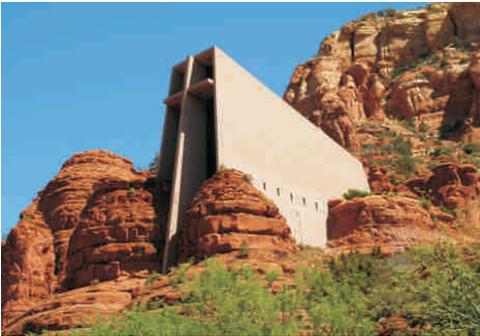
# Chapel of the Holy Cross - Sedona, USA

Whilst researching a theme for this month's magazine I came across an amazing piece of architecture which I just had to share with you, as I felt it celebrated 'The Cross' beautifully.

Spectacularly situated between red-rock towers in Sedona, the Chapel of the Holy Cross is a Catholic chapel with amazing views, especially around sunset, making this a special attraction for those seeking divine inspiration. Regardless of faith, all are welcomed to visit, meditate or pray there. Built on a twin-pinnacled spur about 250 feet high, jutting out of a thousand foot red rock wall, the construction was something of a miracle in itself. The chapel is a fine example of modern architecture, focussing all attention on a great window and cross behind the altar.

The unique architecture and location of the Chapel of the Holy Cross is the inspiration of Marguerite Bruswig Staude, who went on a trip to New York City in 1932. She observed that a cross could be seen in the newly constructed Empire State Building when viewed from a certain angle, and was inspired to build a church based on that design.

Staude kept an eye out all over Europe and the USA for the ideal location She was finally struck by the beauty of Sedona and decided to build her chapel there. The Chapel of the Holy Cross was finally completed in April 1956. Straude wanted it to be not only "a monument to faith, but also a spiritual fortress so charged with God, that it spurs man's spirit godward."



# ST. MARGARET'S CHURCH FAMILY

## INTERCESSION PRAYERS FOR SEPTEMBER 2015

Dear Friends,

September's magazine continues to focus on monthly prayer time. Below is the St. Margaret's church family group for this month. Please remember each family group appears in the Magazine every three months. This is not to say you are not in our thoughts, you remain in our church family's prayers always, however this will allow for our growing church family, and also for us all to focus our thoughts and prayers specifically on those listed for that particular month.

If you would like to be included in our family monthly prayers, or have any queries please contact [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'll add you to our 'special prayers' section.

### In our Church Family Prayers

Martin, Kathryn, Grace & Eve Phillips-Last

Simon, Sheena, Hannah, Tom & Matt Merrett

Sheila Mckinnon, David & Midge Mckinnon

Ann & Peter Essex

David & Cindy Fittell

Zara & Emma Fittell

Paul, Charlene, Alexander, Aidan, Cory & Amyleigh Fittell

Terry Ferguson

Sue, Dale, Ewan & Cameron Threadkell

Jo Tozer

Vi Matthews

Stephanie Luckhurst

Joan Whale

Paul Espindola

Jonathan, Kathryn & Joshua Williams

Mary Murphy

Mike & Lesley Cassie

Don Bridges

Bruce & Phyllis Songer

Stephen & Gail Southgate

Naomi Kerans

Helen Thackeray

June & Fred Shanley

John & Sue Last

Helen Rivett

Judith & Mike Stigwood

Alan, Maureen & Jason Fox

Wayne, Ben & Niamh Fox

Fi Long

Allison King

Luke, Asha & Jai Mewett

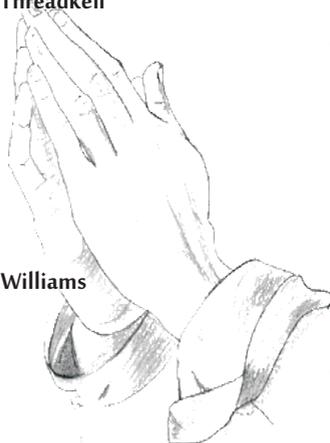
Clare & Kane Hambridge

Peter & Jennifer Roberts

Charles & Pauline Stride

Steve, Christine & Nathan James

Derek & Sheila Stiff



## In our Special Prayers



Joan Whale  
Leah Crudgington  
Robin Ellis

Stephen Bloomfield  
Mary Allum

Sue Geater, Helen Patel and family

Adrian Reynolds  
Karis Braithwaite  
Alice Cook



## Weddings - August 2015



Saturday 29th August Tania Drew & Jeremy Langford

## Special Congratulations

"Sue and John Last are pleased to announce the safe arrival of, their first grandchild, India Rose Winifred, God's precious gift to Stuart and Freya in New York, on the 19th August." Many congratulations from all at St. Margaret's.

Congratulations also from St. Margaret's to Stephanie & Craig Shotter (and proud grandparents Jackie & Adrian) on the arrival of baby Isla.

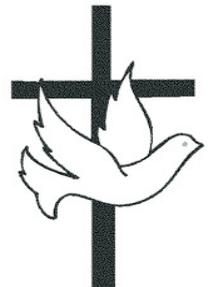
## Baptisms - August 2015



Sunday 16th August Jack Benjamin Ellis

## Funerals - July 2015

Tuesday 21st July Joy Elizabeth Poppy  
Wednesday 29th July Emmeline Gardner



## Burial of Ashes - August 2015

Wednesday 5th August Sidney Graham Davis

# LET'S PRAY FOR...God's Gift of ACCEPTANCE

Almost half a century ago, Christians in Hungary had asked for our help. At that time I worked in Austria and some of our ministry was to help Christians who were behind the Iron Curtain. Naturally that involved some risk, because the communist authorities there were often looking for the chance to put pressure on the national church. The Christians often met in homes, in order to encourage one another in their faith, rather than churches. A youth group wanted a tent which they could use to travel to the camp sites around the country and look for opportunities to share their faith with people coming from other Iron Curtain countries. Wages were low, so the national church could ill afford to purchase such things, which was where the western church was able to help.

My co-worker, Sue, and I were accompanied by a Hungarian Christian from Budapest, who knew the town we were to visit. Our friend suggested we park on the outskirts of the town, because a car bearing a western number plate might draw too much attention. Our friend went off to find some local Christians, whilst we sat and waited. We couldn't speak a word of the language and we were a little nervous in case someone questioned us. After a while, a young fellow began hanging around the car. Was he going to report us to the police? Could this spell trouble? He tapped on the window of the car and as we wound it down, he said, "Hallelujah!" Imagine our relief to be greeted in this international language and in no time our new found friend guided us to the intended destination.

We all need to be welcomed and given confidence that we are accepted. St. Paul wrote to the church in Rome, "Accept one another, then, just as Christ accepted you, in order to bring praise to God" Romans 15:7. I know that people often report that they receive a warm welcome when they come to St. Margaret's, which is just how it ought to be. The writer to the Hebrews writes, "Don't forget to show hospitality to strangers, for some who have done this, have entertained angels without realising it." (Hebrews 13:2)

Are we equally accepting of those we know well, I wonder? As we get to know one another better we can easily put people into categories of those we really like, and those to whom we are not so attracted. It seems to me that is where we need God's gift of acceptance. Exercising his special gift of acceptance enables others to feel welcome and at ease in our presence. Of course, that does not mean that we cannot say we don't agree with some of their ideas or at times say we do not like how they may treat us. St. Paul makes it clear that the Lord Jesus shows us how to do it. He accepts us, welcomes us and forgives us when we have the courage to humble ourselves before him.

It is a challenge because accepting one another 'warts and all' results in bringing praise to God, Paul says. Perhaps that means that people begin to notice when there is a special relationship between Christians, which causes them to think there might be a good reason to discover more about following Jesus after all.

How about giving more thought and prayer this month to discovering how we can become more welcoming?

# PSALM 1 - A COMMENTARY

1. Blessed are they who have not walked in the counsel of the wicked ♦ nor lingered in the way of sinners, nor sat in the assembly of the scornful.
2. Their delight is in the law of the Lord ♦ and they meditate on his law day and night.
3. Like a tree planted by streams of water bearing fruit in due season, with leaves that do not wither, ♦ whatever they do, it shall prosper.
4. As for the wicked, it is not so with them; ♦ they are like chaff which the wind blows away.
5. Therefore the wicked shall not be able to stand in the judgement, ♦ nor the sinner in the congregation of the righteous. ♦
6. For the Lord knows the way of the righteous ♦ But the way of the wicked shall perish.

## The Commentary

It is appropriate that the first Psalm should challenge us with a choice – are we going to live a good life – or in the words of Psalm a ‘wicked life’ The psalmist is clear where he stands. The good life is one which is not simply about following the laws of the Lord. Following Our Lord does not produce – or should not produce – kill joys. Following St Paul’s letter to the Galatians the ‘harvest of the Spirit..... Is joy’. Reading the first three verses we are left in no doubt that those who choose a good way of life in the view of the psalmist will be like a fruitful tree – their whole life will prosper.

In contrast the person who lives for himself, the writer suggests becomes chaff – a light weight character who is swept away by the wind.

Some will say that life is not as straight forward as that. They know of people who live very self-centred lives and yet seem to prosper and become successful. In contrast there are many who do live good lives and yet unexpected and unjustified illnesses fall upon them – or tragedies of a major kind happen to them. Circumstances like this can shake a simple understanding of life. This is a mystery we cannot fully understand. In St John’s first letter we read ‘Beloved let us love one another because love comes from God’. This was lived out by Christ because his love from the cross was a love that continued even for those who treated him cruelly and unjustly.

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## Notice: Items for October's Magazine:

Please note that all articles, adverts etc. will need to be submitted to Kathryn Williams by **18th September** for inclusion in October's Magazine. Thank you.

Email Address: [stmargaretsleiston@gmail.com](mailto:stmargaretsleiston@gmail.com)



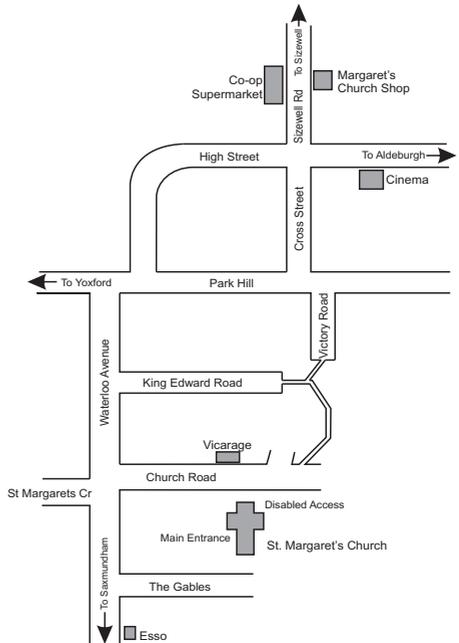
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