



# St Leonard's

Ordinary People. Extraordinary God.



## Parish Magazine

February 2015

## **Men's Prayer Breakfast**

**on the first Saturday of every month  
in the Nicholls Room**

**8.30 to 10.00am**

**with a breakfast of**

**Cereals, Tea, Coffee, Fruit Juice and Bacon Rolls.**

*Followed by Prayer Time*

## **REGULAR SERVICES**

### **Sunday:**

- 8.00am Holy Communion  
(BCP using Common Worship lectionary)  
9.45am PARISH EUCHARIST and Junior Church  
9.45am All Age Worship (1st Sunday in the month)  
6.30pm Evensong and Sermon  
6.30pm PARISH EUCHARIST (1st Sunday in the month)

**Wednesday:** 10.00am The Eucharist.

**Thursday:** 8.00am The Eucharist.

**Monday-Wednesday:** Morning Prayer is usually said at 9.00am

**Monday-Thursday:** Evening Prayer is usually said at 5.00pm  
(Please check times listed in Weekly Notices each week)

## **CHURCH OPENING**

The Church is open every weekday morning, for anyone who would like to visit, to enjoy this beautiful building and to have the opportunity to experience God's presence. The normal opening hours are:

<i><b>Mondays</b></i>	<i><b>8.45 – 12.00</b></i>	<i><b>Thursdays</b></i>	<i><b>7.45 – 12.30</b></i>
<i><b>Tuesdays</b></i>	<i><b>8.45 – 12.30</b></i>	<i><b>Fridays</b></i>	<i><b>9.45 – 2.00</b></i>
<i><b>Wednesdays</b></i>	<i><b>8.45 – 12.00</b></i>		

Advertisements: The inclusion of an advertisement in this magazine should not be taken as implying endorsement of the objects of the advertiser by this church or the diocese.

## Diary for February

### **SUNDAY 1<sup>st</sup>: Candlemas**

**8.00am Holy Communion (1662 rite)**

**9.45am All Age Worship and Parade – Christingle.**

**6.30pm Parish Eucharist \*\*INCENSE WILL BE USED AT THIS SERVICE**

Tuesday 3<sup>rd</sup>

10.30am Holy Communion at Wren House

2.30pm Holy Communion at the Old Rectory

Wednesday 4<sup>th</sup>

10.00am The Eucharist with prayers for healing followed by Open Church

10.45am Holy Communion at Woodlands

11.30am Holy Communion at Cheviot

Thursday 5<sup>th</sup>

8.00am The Eucharist

Saturday 7<sup>th</sup>

8.30am Men's Prayer Breakfast

9.00am Alpha course

### **SUNDAY 8<sup>th</sup>: 2<sup>nd</sup> before Lent**

**8.00am Holy Communion (1662 rite)**

**9.45am Parish Eucharist with Junior Church**

**6.30pm Evensong and sermon**

Tuesday 10<sup>th</sup>

12 noon Mothers' Union meet for a meal at the Colchester Institute

7.30pm 'Medley' House group (515245)

Wednesday 11<sup>th</sup>

10.00am The Eucharist with prayers for healing followed by Open Church

Thursday 12<sup>th</sup>

8.00am The Eucharist

3.00pm 'Canticle' and 'Wordsworth' House Groups (Hugh 564577)

Saturday 14<sup>th</sup>

9.00am Alpha course

2.00pm Marriage preparation course

**SUNDAY 15<sup>th</sup>: Sunday next before Lent**

**8.00am Holy Communion (1662 rite)**

**9.45am Parish Eucharist with Junior Church**

**6.30pm Evensong and sermon**

Monday 16<sup>th</sup>

11.00 Holy Communion at Hill House

Tuesday 17<sup>th</sup>

3.00pm Holy Communion – pancake party

**Wednesday 18<sup>th</sup>: Ash Wednesday**

10.00am Eucharist with the imposition of ashes

7.30pm Eucharist with the imposition of ashes

Thursday 19<sup>th</sup>

8.00am The Eucharist

8.15pm ‘Harmony’ house group at ‘Harmony’ 145 High Road, Layer (734246)

Saturday 21<sup>st</sup>

9.00am Alpha course

**SUNDAY 22<sup>nd</sup>: Lent I**

**8.00am Holy Communion (1662 rite)**

**9.45am Parish Eucharist with Junior Church, with the Bishop of Colchester**

**6.30pm Evensong and sermon**

Monday 23<sup>rd</sup>

7.45pm ‘Jubilee’ house group at the Rectory (575966)

Wednesday 24<sup>th</sup>

10.00am The Eucharist with prayers for healing followed by Lent Course: (‘Holding On’)

7.30pm Lent Course: (‘Holding On’)

Thursday 25<sup>th</sup>

8.00am The Eucharist

Saturday 28<sup>th</sup>

10.00am – 3.30pm Alpha ‘away day’ at Assington Hall

10.30am – 12 noon Coffee Morning at ‘Harmony’ 145 High Road, Layer-de-la-Haye

## March

### SUNDAY 1<sup>st</sup>: Lent II

8.00am Holy Communion (1662 rite)

9.45am Fifth Event

6.30pm Parish Eucharist

Tuesday 3<sup>rd</sup>

2.30 pm Lexden Ladies meet in the Nicholls Room

Wednesday 4<sup>th</sup>

10.00am The Eucharist with prayers for healing followed by Open Church

7.45pm 'Explorers' house group

Saturday 7<sup>th</sup>

8.30am Men's Prayer Breakfast

9.00am Alpha course



## Christingle

**The Christingle service  
will form the 09.45 morning worship  
on the 1st February 2015.  
when we will also be celebrating Candlemas.**

There will be some collecting candles and envelopes at the back of Church during January, for anyone who would like to collect money to bring with them on the 1<sup>st</sup>.

It would be wonderful if you could bring a family with you or perhaps your own children / grandchildren, as the children society is all about supporting children and young people.

Many thanks for your continued support.

Yours faithfully

*Julie*

## **Ash Wednesday 18th February**

The Palm Crosses that are blessed and used to mark Christ's triumphal entry into Jerusalem on Palm Sunday are also used for the Imposition of Ashes on Ash Wednesday at the beginning of Lent.

These Palm Crosses are reduced to Ashes and mixed with Holy Oil. **We need a lot of crosses to produce very little ash.**

In order to prepare for Ash Wednesday this year, we would be grateful for your crosses.

Thank you.

## **LENT BOXES**

During Lent St.Leonard's Church will, as usual, be supporting two Missionary Societies – CMS (the Church Missionary Society) and US (the United Society, formerly known as USPG).

Boxes will be available in Church for those who wish to contribute either weekly amounts or the 'savings' made on anything 'given up for Lent'.

Please take a box and sign the list, indicating which society you are supporting. Boxes should be returned to church as soon as possible after Easter, please.

If you have any queries, please speak to me at church or by telephone (547817).

Thank you.

**Pam Calvert**

## **CARDS**

**Owen Shepherd** makes cards of various sorts that are on sale in the Nicholls room after all services.

Also, he can make cards to order.

All proceeds going to Church Funds.

# From the Rectory



What is a canticle? Well, if you come to evensong or the daily offices in church you will hear the term bandied about – but what does it mean?

The expression 'canticle' is derived from a Latin word 'canticulum' meaning, literally, 'little song'. Liturgically, it denotes the texts derived from the Bible which are said or sung at Morning and Evening prayer – the best known are the Benedictus (Blessed be the Lord God of Israel) at Morning Prayer, the Magnificat (My soul proclaims the greatness of the Lord) and the Nunc Dimittis (Lord, now you let your servant go in peace) at Evensong. (Evening Prayer is also known as Evensong; 'Choral Evensong' when sung by a parish or cathedral choir and conflates in the 1662 Book of Common Prayer the evening office of Vespers and the short bed-time office of Compline – hence the two canticles.)

These three are sometimes called the 'evangelical canticles', as they come from the Gospel of Luke, and they refer to the Incarnation of Christ, in whose honour congregations are expected to stand while they are being said or sung. The Church of England provides 87 canticles altogether and they appear in the daily offices. Psalms are not generally called canticles, nor are texts such as the Te Deum (We praise you O God) or the Gloria in Excelsis (Glory be to God on high) which are not Biblical and are properly hymns.

In the Jubilee house group last month we looked at the 'evangelical canticles' and it is particularly appropriate to think about the Nunc Dimittis as we approach Candlemas at the beginning of February.

I'm sure you recall the words from Luke 2:29 – often heard at funerals as well:

*Lord, now lettest thou thy servant depart in peace,  
according to thy word:  
for mine eyes have seen thy salvation,  
which thou hast prepared before the face of all people;*

*a light to lighten the Gentiles,  
and the glory of thy people Israel.*

The Nunc Dimittis is sung by Simeon who was told by God that he would see the Messiah in his lifetime. When Jesus was brought to the temple Simeon recognizes him as the Saviour and takes him in his arms and sings the Nunc Dimittis praising the Lord. The canticle is called the Nunc Dimittis as the words in Latin in the Vulgate Bible were "*Nunc dimittis servum tuum, Domine, secundum verbum tuum, in pace,*" The Nunc Dimittis is a canticle which implies peace, fulfilment and rest and hence was viewed by the early church to be suitable to be sung or recited at the end of the day. It has been used since the 4th century in the daily evening services such as Vespers, Compline and Evensong.

Candlemas is the turning point between Christmas and Easter. We look backwards to Christmas: because this marks the end of the Christmas season and we look forward to Lent and Easter. Three ideas predominate as we hear this great song: God has prepared for this moment, has designed it and brought everything together. This offering of Jesus, this presentation in the temple, recognises that God has from the beginning planned for the restoration of his people, for their salvation. Second, this planning, this salvation, is designed for all people, a light for revelation to the Gentiles. We are, most of us, among the Gentiles to whom this revelation, this light, has come. But thirdly, it also reflects back on God's ancient people, the people he has cherished as his own from the earliest days, the people who by their recognition of God and their obedience to him have made all this possible. And not just to the priests but to the holy, ordinary people who have longed for God: 'glory to your people Israel'.

This song of Simeon gloriously brings together these key ideas explored in the narratives of the nativity both in St Matthew's and in St Luke's Gospels: first, God's preparation, planning for this moment; secondly, access for the Gentiles, as in the Epiphany to the Wise Men; and thirdly access for the simple religious folk of God's community, as in the first worshippers of the baby Jesus, the rough simple shepherds from the hillsides. Thus we look backward to the story of Christmas and complete its wonderful narrative.

At Candlemas we will hold candles in our hands, representing the light of Christ shining in the dark places of this world, the light that the darkness

could not overwhelm or overcome, and we will recall our own responsibility to be with Christ and our ability, by the power of his Holy Spirit to be both light and redemption for the world. And this dark, dark world of ours desperately needs that.

**Teresa**

### **Charity Collections over Christmas**

I'm sure you realise that over the Christmas season we give most of the collections at services to various charities. The charities this year were: East Anglian Children's Hospices, The Sheepfold Centre, Colchester CAP Debt Centre, Beacon House and Colchester Foodbank and £1900 was collected to share between them. In addition, over £1000 was raised at the Christian Aid 'Advent Hope' service in early December.

So, thank you if you gave to any of these charities or if you helped at any of the services – and please thank any friends or family who did likewise. And if anyone ever asks you – what good does church do? ...you might want to point this out to them! A spark of light in a dark world.

### **Coffee Mornings**

Jonathan and Alison Ewbank have kindly invited us to their home - "Harmony" 145 High Road, Layer-de-la-Haye, on **Sat. 28th February from 10.30 - 12 noon** for our next Coffee Morning/get-together.

There will be a produce stall, books and a raffle. We do hope many of you will be able to come along and enjoy the ambiance and company.

Hope to see you there,

**Jean Hallett**

### **VOCATIONS DAY**

The Colchester Area Vocations Day is to be held on **Saturday 21st March 2015** from **10am to 4pm**

at John Owen Barn, Church Road, Fordham, Colchester CO6 3NL

**Please see Teresa for details.**

# HOLY COMMOTION!

*Come and discover church with a difference!*

## Pancake Party!

**Tuesday 17<sup>th</sup> February 2015**

**3pm – 4:30pm**

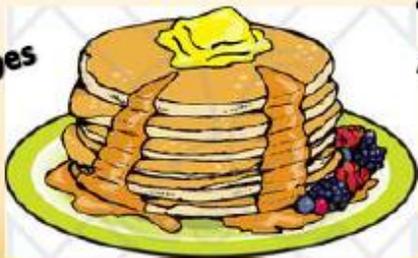
**St. Leonard's Church, Lexden**

**Pancake Races**

**Decorating Pancakes**

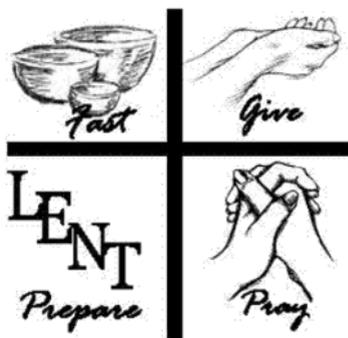
**Crafts, Cakes,  
and much  
more...**

**Parachute Games**



Everything is FREE, but please let us know if you are coming!

Contact Judy on 07582 442682 or [youthworker@stleonardslexden.org.uk](mailto:youthworker@stleonardslexden.org.uk)



## Lent 2015

### Keeping a Holy Lent

Keeping a Holy Lent means taking active steps to underline our ‘set-apartness’ somewhat, it should remind us of what we believe and encourage us to be open to God; to set a little time apart for him. So –yes – it should involve a little effort!

Lent begins on the 18<sup>th</sup> February with two services for Ash Wednesday (see the Diary for details) and I would urge you to try to come to one of them. The Church of England does not have ‘holy days of obligation’ as such, but this is one of the most significant days in our calendar. Ashing will take place at both services – and this is a poignant reminder of both our mortality and our sinfulness, when you hear the words *‘Remember that you are dust and unto dust you shall return; turn away from sin and be faithful to Christ’* as you are ashed. There is an old saying, reminding us of our duty in Lent:

*‘Prayer for the good of your soul, fasting for the good of your body, almsgiving for the good of your neighbour’* and the idea is that you do all of those things.

Therefore, I would ask you to consider carefully how you could make Lent significant (or significantly different) for you this year. Lent, though, shouldn’t be a time of being miserable...it is a time for concentration on fundamental values and priorities, and is not a time for self punishment. The Christian Lent is a time for opening up to God and seeing through some of the shadows inside us. You could:

Try the Lent course – details opposite

Try to read some of the Bible every day, or on a regular basis (ask about Bible reading notes).

Come to a mid-week service as often as possible in Lent (Morning or Evening prayer or one of the Eucharists).

Read a good book – have a look in the library at church.

If you give up something for Lent put the money you save towards a good cause.

Volunteer your time to do something for someone else.

It is also traditional to make your confession in Lent - a gentle, peaceful yet powerful experience, remembering that the Anglican teaching with regard to private confession is, "All may, some should, none must".

What we are basically trying to do is to make an effort to deepen our faith, to learn more about it, to be better neighbours, to come closer to God, to wipe the slate clean – and more. You can be as creative as you like so long as whatever you choose makes you fully aware of, and engaged in, this season of penitence and self-examination.

May you keep a holy Lent.

**Teresa**



## **Lent Course 2015 Holding On Exploring a Rule of Life with the Chelmsford Holding Cross**

This year's course is inspired by the Chelmsford Holding Crosses; Bishop Stephen says:

‘As part of the 2014 Centenary of the Diocese of Chelmsford, we have launched the Chelmsford Holding Cross, as a reminder to us all of what it means to live distinctively as Christ’s people. I commend to you this study course which accompanies the crosses, and which provides a way to explore what they stand for and what it means to follow a rule of life that keeps us close to God and to one another.’

We will be running Lent courses  
**on Wednesdays – at 11am and 7.30pm.**

Both will be identical and will last approximately 90 minutes.

The dates are: **25<sup>th</sup> February, 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> March.**

**Come along – bring a friend – tell a neighbour.**

**Colchester Area Conference**

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# **CROSSING THRESHOLDS**

**SEEING WHERE GOD IS WORKING AND JOINING IN**

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**Key note speakers:**

**Rt Revd Roger Morris, Bishop of Colchester**

**Revd Canon Ann Easter, Chief Executive,  
Newham Community Development Programme**

**St John's Church & Community Centre,  
Colchester CO4 0HP**

**Saturday 7<sup>th</sup> February 2015**

**9.30 - 3.30**

**Cost £5 each or 5 places for £20**



**Download a booking form from: [www.chelmsford.anglican.org](http://www.chelmsford.anglican.org)  
or contact Jenny Tomlinson on: 01799 500757  
[jtomlinson@chelmsford.anglican.org](mailto:jtomlinson@chelmsford.anglican.org)**

**If interested please see Teresa**

**Christmas at St Leonards** was a busy time, well busier than normal ! with extra services being held.

During the weeks leading up to Christmas Lexden Primary , Home Farm Primary , Kingswode Hoe schools and Lexden Parent and Toddler Group, all held carol services in the church.

Lexden Choral Society held its annual Christmas celebration of carols old and new . Beyond Blue held a wassail in the church hall, both these events were well attended and greatly received.

Carol and communion services were held at Hill House, The Old Rectory, Cheviot and Wren house.

Nine Lessons and Carols took place on Sunday 21st December.

Christmas Eve was particularly busy with a Crib service at 2.30, this was geared to the younger members of our church family, 209 people attended and children were invited to come dressed as a character from the nativity scene, so we had a joyous crowd of angels, shepherds and wise men.

We held our now traditional 2 Services of Light 4.30 and 6.30 (4.30 standing room only), a combined total of 708 people attended these 2 services .

Midnight Mass was celebrated and on Christmas Day communion was held at 8 am and 9.45am. A total of 1175 people attended the church over the 2 days .

Our thanks go to anyone who helped out over the Christmas period.

As always the collections from the services were donated to various charities , they are;

9 Lessons and Carols: £486 to EACH (East Anglian Children's Hospice)

Crib Service: £211 to the Sheepfold Centre, near Bethlehem

Services of Light: £1201 to be shared equally between CAP (Christians Against Poverty) and Beacon House.

Our prayer is that those who attended our church over the Christmas period were able to see the true meaning of our Lord's birth. We extend to you a warm welcome to our church throughout the year.

**David Watkins, Churchwarden**

**FINAL DAY FOR ITEMS FOR THE MARCH MAGAZINE IS**

**SUNDAY 8th FEBRARY**

**11.00 am hard copy or 7.30pm email copy**

**Please include your name with any submission. This will be withheld from publication if requested but items from unknown sources cannot be used.**

**PLEASE SUBMIT ITEMS FOR THE MARCH EDITION TO  
PETER BROWNING ; email: magazine@stleonardslexden.org.uk**

**or by placing items in the box marked 'Parish Magazine' in the  
Church**

## **Mothers' Union**



Our curate, Rev David Armstrong was our speaker for our January meeting. He described his work from taking a Physics degree to the time he felt the call to be ordained. For most of this time he was a journalist especially being a lobbyist. This was explained to us in an amusing way - we now know to get a bill through Parliament for all cats to be purple !!

Next month Jean Hallett

is organising a meal for us at the **Colchester Institute**

If you wish to come contact **Jean on 547837** without delay

It will be on **Tuesday 10th February at 12 noon for 12.30pm.**

**Joan Kitson**

## From Judy

December may seem a while ago now, but it was a really great month for me so I couldn't miss it out! I've always loved Advent and it was great to be involved in this season at a different church, especially in organizing and planning some of the services. After doing the all-age service on the 7<sup>th</sup>, I got the chance to do the Crib Service on Christmas Eve. I'd heard a lot about the previous years (words such as 'chaos' and 'noisy' were frequently used), but that didn't faze me. I was pleased to see so many children there, especially those who had dressed up and got to be a part of the nativity story that Pauline told. The children were being children, and it was great. We had one little girl who thoroughly enjoyed going up to the sanctuary to see the crib several times. A very special thank you to my fantastic Junior Church children of course who did a brilliant job in the story!

The candlelit carol services that followed the crib service were also brilliant, and one of my favourite Christmas services I've been to. Although I had been told about the number of people that have come in previous years, I was so pleased to see the church full (twice!). My parents came for the day, and they said the service was exactly what they had hoped for as they were in need of singing plenty of carols. They loved it and I did too. A wonderful day that I'll remember for a long time!

After those services, I headed home to Canterbury for Christmas and had a lovely week and half with my close and extended family. Plenty of food and walks and time to relax as we celebrated together the birth of Christ. On Christmas Day itself we went to my parents' church (where I had already been recruited to read) and I got to catch up with all the people there who have been supporting me with prayers whilst I've been in Colchester. It was a great time!

So, this new year starts with more new and exciting things for me. More fun times with Junior Church, Junior OMG, and the other groups during the week. We've got the next Holy Commotion coming up too which is very exciting. Everyone loves a party, and everyone loves pancakes, so we are having a Pancake Party! There are other reasons for the theme too of course, but you'll just have to come and find out those for yourself!

Happy February – I love this month!

God bless!

**Judy**

## **Some Dates**

**PCC meetings** 2<sup>nd</sup> March, 27<sup>th</sup> April, 22<sup>nd</sup> June

**Palm Sunday** 29<sup>th</sup> March

**Easter Sunday** 5<sup>th</sup> April

**Annual Parochial Church Meeting (APCM)** 26<sup>th</sup> April

**Lexden Arts Festival** 1<sup>st</sup> May to 9<sup>th</sup> May

## **Visiting the sick**

When do you ask the priest to visit?

We have had quite a few ill parishioners recently and it seems that clergy are not always asked to visit when people are seriously ill or are dying. This is something which will always be done if we are asked – we will offer prayers, the opportunity to be anointed and Holy Communion if it is appropriate. It is not too late to ask us if your loved one appears to be unconscious – as often hearing is the last sense to go – and they may hear and be comforted by the well-known prayers we use.

Anointing of the Sick however, is often misunderstood; we confuse it with the Roman Catholic rite of Extreme Unction which is intended for those near to death, but in the Anglican church anointing does not necessarily signal that death is imminent (although it can be used then) because as well as being given to people at the point of death, it is also given to those who are sick but not in danger of dying (for example about to undergo a serious operation, or course of treatment) and it can be given more than once. During the prayers the priest dips his or her thumb into holy oil and makes the sign of the Cross on the forehead and palms of the sick person. To conclude the rite, if they are willing and physically able, the sick may receive Holy Communion; I see this part as ‘food for the journey’ rather than the ‘last rites’.

The whole rite talks about healing and wholeness, being reconciled with God and aware of his presence at this, usually difficult, time of people’s lives. Anointing quite often precedes a short time of improvement (mental, spiritual and even physical) as people are reminded of God’s comfort and love and relax into him.

So – don’t be afraid to ask. That’s what we’re here for!

**Teresa**

## Hobbit Author found in Military Hospital Records

*I recently received an email from **Forces War Records** retelling the following interesting anecdote about the WW1 service of author J R R Tolkien .*

“Did you know that *The Hobbit* and *The Lord of the Rings* might owe their existence to an insect? While transcribing name records for our MH106: ‘Military Hospitals Admission and Discharge Registers World War 1 collection, a member of the Data Entry Team came across a familiar name: J R R Tolkien!

It seems that the iconic author, who served with the 11<sup>th</sup> Battalion Lancashire Fusiliers at the Somme in the Great War, was referred to No 11 Casualty Clearing Station from the 75<sup>th</sup> Field Ambulance with ‘Pyrexia of Unknown Origin’ (the generic term for a fever) on 28<sup>th</sup> October 1916. Trench fever was caused by the bites of body lice. Tolkien was treated for two days, then transferred to Number 22 Ambulance Train before being sent back home to ‘Blighty’.

His regiment had been decimated by the fighting, and following his transfer the Battalion’s ‘D’ Company Headquarters was hit by German mortar fire, wounding a number of personnel, followed by a massive bombardment of their front line. Had Tolkien not been bitten by the humble louse, it is quite possible that he would have died and these incredible, atmospheric works of literature would never have been written.”

*This interesting story reminded me of the poem ‘**To a Louse**’ by Robert Burns which is sub-titled ‘**On Seeing One on a Lady’s Bonnet at Church!**’ of which the eighth and final verse has become very well known*

O wad some Pow’r the giftie gie us  
To see oursels as others see us!  
It was frae monie a blunder free us  
An’ foolish notion:  
What airs in dress an’ gait wad lea’e us,  
An’ ev’n Devotion !

**Tom Scrimgeour**