



# St Leonard's

Ordinary People. Extraordinary God.



## Parish Magazine

September 2015

## **Men's 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 during the day on weekdays and on Sunday afternoons for anyone who would like to visit, to enjoy this beautiful building and to have the opportunity to experience God's presence.

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 September

Tuesday 1<sup>st</sup>

10.30am Holy Communion at Wren House

2.30pm Holy Communion at the Old Rectory

Wednesday 2<sup>nd</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 3<sup>rd</sup>

8.00am The Eucharist

**SUNDAY 6<sup>th</sup>: Trinity XIV**

**8.00am Holy Communion (Book of Common Prayer)**

**9.45am All Age worship**

**6.30pm Parish Eucharist**

Tuesday 8<sup>th</sup>

2.30pm Mother's Union

7.30pm 'Medley' House Group at 20 Wordsworth Road (Rosemary 515245)

Wednesday 9<sup>th</sup>

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

7.45pm Explorers house group at 127 Straight Road (Krisztina 579944)

Thursday 10<sup>th</sup>

8.00am The Eucharist

3.00pm Canticle/Wordsworth house group at The Rectory

Saturday 12<sup>th</sup>

10.00am-5.00pm Friends of Essex Churches Cycle Ride

2.00pm Marriage of Alastair McFall and Jade Wilkin

**SUNDAY 13<sup>th</sup>: Trinity XV**

**8.00am Holy Communion (Book of Common Prayer)**

**9.45am Parish Eucharist with Junior Church**

3.00-4.30pm Parish picnic in Lexden Park

**6.30pm Evensong and sermon**

Monday 14<sup>th</sup>

7.15pm PCC corporate Eucharist (all welcome)

7.45pm PCC meeting in the Nicholls Room

Wednesday 16<sup>th</sup>

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

Thursday 17<sup>th</sup>

8.00am The Eucharist

**SUNDAY 20<sup>th</sup>: Trinity XVI**

**8.00am Holy Communion (Book of Common Prayer)**

**9.45am Parish Eucharist**

**6.30pm Evensong and sermon: Guest preacher, Ann Mason**

Wednesday 23<sup>rd</sup>

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

Thursday 24<sup>th</sup>

8.00am The Eucharist

Saturday 26<sup>th</sup> September

10.30am Macmillan Coffee Morning in church

**SUNDAY 27<sup>th</sup>: Trinity XVII /Back to Church Sunday**

**8.00am Holy Communion (Book of Common Prayer)**

**9.45am Parish Eucharist and Junior Church**

**6.30pm Evensong**

Monday 28<sup>th</sup>

11.00 Holy Communion at Hill House

7.45pm Jubilee house group at The Rectory (575966)

Tuesday 29<sup>th</sup>

10.30am Harvest service at Wren House

Wednesday 30<sup>th</sup>

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

Thursday 1<sup>st</sup> October

8.00am The Eucharist

Saturday 3<sup>rd</sup> October

2.30pm-6pm Visit to the Orthodox Monastery of St John the Baptist,  
Tolleshunt Knights (joining with the parishes of Langham with Boxted,  
Great Horkesley and West Bergholt)

**SUNDAY 4<sup>th</sup> October**

**8.00am Holy Communion (Book of Common Prayer)**

**9.45am: Harvest Festival - All Age Worship**

**11.15am Food Bank speaker**

**12.30pm Harvest lunch in the hall**

**6.30pm: Healing Eucharist; preacher, Jacque Messinger**

**Lexden  
Ladies'  
Group**

**There will not be a meeting in September,  
but we shall meet on  
Tuesday 6th October  
in the Nicholls Room at 2.30pm.**

Our speaker will be the  
**Revd. David Armstrong.**  
All welcome!

**Margaret 579629**



### **Mothers' Union**

The members met at Ellen Bartlett's lovely garden on August 12th where we enjoyed chatting and a very nice Bring & Share Tea. Thank you very much Ellen.

On **September 8th** we shall learn more about Hargood Close, on the London Road, when Sarah Homes, a member of the staff, will be our speaker. We meet at **2.30pm** in the **Nicholls Room**.

**Jean Holden**

### **Childrens Society Box opening**

A big **thank you** to everybody who contributed and helped and came to enjoy coffee and cake.

The total came to **£1,120**

**Beverley**

## The Blessed Virgin Mary and Refugees 16th August

Today I was very moved by Teresa's sermon about Mary's radical message in the Magnificat and how it challenged us to think about not only our own reaction to the current refugee crisis, but also to consider what can we do about it.

Last year I had two students in my Year 9 class (13-14 year olds) who had left Eritrea ( in fear of being conscripted) on their own, travelled across Africa and Europe, often paying bribes and taking enormous risks to eventually hide in a lorry to get to the UK. These lads are now in foster care, working hard to learn English and make the most of their opportunities even though they do not know whether they'll be sent home or ever see their families again. They are an inspiration to students who know them.

I just wanted to underline the humanity of refugees and the positive influence they can have.

History and economics surely teaches us that as a country we must take some responsibility for what is happening across the world - let's do all we can - however small - to help these people.

**Maggie**



**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

**SATURDAY  
26<sup>TH</sup> SEPTEMBER 2015  
At St Leonards' Church,  
Lexden Road, Colchester  
10.30 A.M. TO 12 NOON**

Come and join us in the world's BIGGEST coffee morning  
For MacMillan Cancer Support  
Coffee/Tea and Cake  
Bring and Buy

**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



Ah – people say our church is such a peaceful place....services, especially the 8am, are so reverent (except, of course, when Jimmy is playing the organ!)

But it hasn't always been that way in church – it may surprise you that in St Augustine's time his church was not populated by the well behaved and orderly. Augustine's congregation responded to his words with thunderous applause, shouts, cries, loud singing. In his day, churchgoing was a raucous, noisy affair. Given the widespread delay of baptism, the number of catechumens was probably sizeable and even pagans, Jews, Donatists, or Manichees might mingle among the crowd, for this celebration - according to conciliar decree - was open to all comers. There were a lot of distractions going on in this hustle and bustle of what was Divine Service.

Are there any echoes of Augustine's day now? Well, some would say quite a lot if you come to a service of All Age worship (!) but there are some aspects which are still there in our Parish Eucharist.

Even if we don't clap and heckle and shout out... we still sing. If quietness characterises the 8am Eucharist, congregational singing distinguishes the 9.45. In his Confessions, Augustine referred to the practice of the church at Milan: *The tears flowed from me when I heard your hymns and canticles, for the sweet singing of your Church moved me deeply. The music surged in my ears, truth seeped into my heart, and my feelings of devotion overflowed, so that the tears streamed down. But they were tears of gladness. Singing "is a thing of love", a means and expression of emotional engagement.*

And noise... usually caused by that greatest distraction of all - children! But not exclusively – it could be a visitor with mental health problems, or people who are unfamiliar with church (much as in Augustine's time perhaps). Church should not be without children and visitors; we know this but, of course sometimes it happens. We know in our heart of hearts that all ages, all types should be represented in the body of Christ. The presence of infants and children, the misfits and the seekers - with all the

noise and distraction this implies – actually embodies and incarnates the ecclesia as a living, vibrant community.

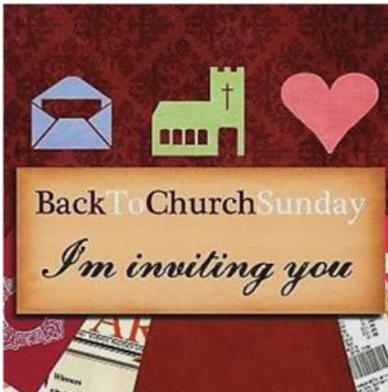
So although we love some quiet time – which is right and good – we should also be aware that the noise, bustle, distractions, of the 'main' Sunday liturgy are not merely to be pragmatically tolerated or even frowned at. Rather, they have iconic meaning and significance. This is the Body of Christ - here, now, lived out in, and trying to make sense of, this distracting world.

The causes of the noise, bustle and distractions - the child climbing over her parents, the toddler throwing his dinosaur into the next pew, the couple arriving late after having argued over who is keeping who late, the elderly neighbour who chats loudly before the liturgy commences - are the Body of Christ, to be loved, served and nurtured.

Having said that, I'm rather pleased that our worship is not as raucous as in St Augustine's day – but I don't want us to be so wrapped up in our nice orderly liturgy that we don't allow the reality of our world to touch us. Or to be unaware of the inclusivity which typifies the Body of Christ.

So, with Augustine in his basilica, let us rejoice in the "raucous, noisy affair" that can sometimes be St Leonard's on a Sunday, discerning there the energy of the Holy Spirit as we gather to worship.

**Teresa**



## **Back to Church Sunday**

...is on **27<sup>th</sup> September** this year. We will be having our usual 'Songs of Praise' at **6.30pm**. We'll sing some of your favourite, well-known hymns and there will be refreshments after the service.

Invite a friend – invitations will be available in church from the end of August – tell your neighbours and family... it's always a good sing!

If you have a favourite hymn you'd like included – let Teresa or David know.

## Junior Church

My son joined Junior Church six years ago, when he was only two and a half years old. Back in those days, there were only a few children attending Junior Church, however he still had a great time and asked me if he could go there every Sunday.

Over the past few years, thanks to first Stephen and now Teresa, the number of children attending Junior Church has grown rapidly to the point where we need a youth worker to lead the sessions with a group of committed, patient and hard-working volunteers.

Every week the children share stories, sing songs, dance, do lots of colouring, gluing and sticking and we are beginning to run out space on the shelves.

I absolutely love it when the children walk in towards the end of the service: their laughter brings the old building to life! When I see all those children showing the congregation their drawings and sharing their ideas and work with them, I know there will be a flourishing congregation in 20 years' time.

After each service, when we are at home my son happily tells us the stories they have focussed on in Junior Church and it is fantastic how he can refer to parts of the Bible confidently. I also love the fact that the children have the opportunity to give readings during certain services – it always makes me feel proud my son is so happy to be involved.

I would like to say a massive thank you to all the Junior Church leaders. They are always welcoming and make every child feel special, including babies, offering enjoyable and rewarding experiences. They put in time and effort to prepare, allowing the children to be creative and imaginative. We are privileged to have such an amazing group of people committed to St Leonard's!

Thank you, Junior Church and God bless!

Krisztina Rivett

### **Parish Picnic**

**September 13th - in Lexden Park, 3.00-4.30pm** by the lake (in the church hall if weather unfavourable). Bring your picnics and join us for fun and games.



**‘Trek Crete’  
Challenge for Lepra  
May 8<sup>th</sup> -15<sup>th</sup> 2016  
A visit to Spinalonga  
to meet Victoria Hislop,  
author of  
*The Island***



Several of you have seen me around Colchester and its environs walking with a backpack, and have asked me if I have been training for something. Well, Yes. **Lepra** has issued a challenge to its supporters – to trek across Crete and end up on the island of **Spinalonga**, a former leper colony. I have decided to take up the challenge and am trying to get fit for what will be a very arduous 8 days.

Once there we will be met by **Victoria Hislop**, who ten years ago wrote *The Island* – the story of how the colony, against all odds, became self-supportive until such time as a cure was found. She will give us a tour and explain how and where she did her research. She is now an avid ambassador for Lepra. I know many of you have already read her very readable and informative book but, for those who haven’t, copies can be found in the church library.

As well as getting fit, I have to raise at least £1700 for **Lepra**. I have come up with a few **fund raising** ideas with which I hope you can help me.

**Coffee morning on November 7<sup>th</sup>  
20 Wordsworth Road 10 a.m. – 12.30 p.m..**

If you can make cakes, provide raffle prizes or things for the Bring and Buy I would be very grateful.....and of course please come and support.

**Post early for Lepra**

I will be placing a post box in the church from mid November and will deliver your Christmas cards within (approx) a four mile radius of the church for 20p a card. ‘Stamps’ in the form of a **Lepra** sticker will be on sale at the back of the church or be available from me. ( First class stamps are currently 63p and second class are 54p .) So by allowing me to deliver them instead, you will help in three very worthwhile ways:-

- raise money for Lepra

- help me get fit from walking the streets to deliver the mail
- save yourself some money.

### **Foreign currency**

If you have any unwanted coins or notes from your holiday, please give them to me and they can be changed into pounds and pence.

I will give more details of each event as necessary, so watch this space. If you have any ideas as to others things I (or you) could do to raise money, then please do get in touch. I will also be grateful to anyone who wishes to sponsor me and if anyone wants to join me in Crete..... there are places available!!!

### **LEPROSY – preventable, curable but still a huge problem**

The very mention of leprosy has always brought fear and loathing to people across the world. Just think of the many references to it in The Bible with cries of ‘Unclean’ and the sound of bells warning people to keep away.

Today it is still a huge problem in certain parts of the world, especially India , Bangladesh and Mozambique. It mostly affects the skin and the peripheral nerves and if it is not treated early enough, it results in disabilities which prevent victims from working and leading ordinary lives. This is especially tragic as **leprosy is both preventable and curable.**

The fact is, leprosy is still a stigmatised disease. Discrimination is deeply embedded in society. People who see the first signs in themselves, *self*-stigmatise. They hide their symptoms, thus delaying the diagnosis and exacerbating their condition. Families still banish them from their homes and suicide is often seen as the only way out.

**Lepra**, whose headquarters are in **Middleborough, Colchester**, is a charity that seeks to fight the disease through;

- detection and diagnoses,
- fighting poverty and poor living standards which allow the disease to flourish,
- fighting prejudice which prevents people from asking for help.

Please help where you can

Thank you

**Rosemary Elden**

## **Good Work at Hargood**



### **Hargood Close on London Road**

Many of you will have heard reference to Hargood Close and the work St Leonard's has started doing there over in the past five to six months. So, I think we need to tell everyone at St Leonard's what we have been doing.

Hargood Close which is diagonally opposite Aldi on London Road, is a centre providing temporary accommodation and support to homeless people, and has been extremely successful since opening just two years ago. The centre, which has been described as a contemporary interpretation of traditional almshouses, has 35 units arranged around a series of courtyards, and contains a mixture of apartments and family homes to cater for the changing needs of short-term tenants.

People staying at Hargood Close range from single men and women, young and old, to whole families, and single-parented families mainly with young children. These are people, who for whatever reason, be it family breakdown, exploitation, or domestic violence have found themselves homeless.

In the past, St Leonard's provided food stuffs for people staying at Hargood Close and kept a larder cupboard well stocked there. Generous

and laudable as that is in terms of Christian duty, we recognised that we have a lot more to give – not least, our talents and skills. With this in mind, we decided to set up a trial project with the staff and people at Hargood Close. Drawing together a group of a dozen volunteers from St Leonard's we decided to run a weekly evening event at the centre.

During these evenings, which take place every Wednesday from 5.30-7.30pm the volunteers from St Leonard's, with the help of the children mainly, though some parents have started coming along, prepare and cook a healthy meal on a budget. While it is being prepared and is cooking, other volunteers play games with the children, teaching them new games and generally being there to support them and help them with whatever they ask. In addition, we have helped develop a kitchen garden with plants donated from people at St Leonard's. Produce from there is used in our cooking.

Then, when dinner is ready, the children and adults all sit down at our large table and share the meal. We are now getting around 20 children and up to ten adults each Wednesday evening; and on 11 August we had a total of 60 people attending the summer barbeque

The work at Hargood Close has been very rewarding for all involved and the staff are extremely pleased with what we are doing there. Now that we have successfully completed our first five months, the volunteers will be reviewing where we go from here, how we can improve what we do, and what we can add to it. Also, we need to consider what we can do in the dark winter evenings when we will be unable to play games outdoors, and how we will best spend the collection money from my first Mass (over £600) to aid our work at Hargood Close.

It would be lovely to share some photographs with you of our evenings and the children sitting round the large table tucking into the food they have helped prepare and cook, but unfortunately, due to confidentiality, we cannot. However, do not be surprised if you get a tap on the shoulder and asked if you could give some time in the coming months as our work at Hargood Close grows.

Best wishes,

**Fr David**

## Book of Remembrance

In the Lady Chapel there is a lovely cabinet which contains the Book of Remembrance open at the page for the current month with the names inscribed in beautiful calligraphy. I personally find it helpful to look through the names each month and include them in my prayers.

Having recently seen the names from a Book of Remembrance in Wrabness Church printed in their Parish magazine I thought that it would be nice to do the same at St Leonard's particularly for our housebound readers who do not have the opportunity to visit the Lady Chapel on a regular basis and the first of these monthly lists appears below.

If you would like the name of a relative added to the Book of Remembrance you will find application forms with instructions on the bookcase beside the north door.

**Tom Scrimgeour**



### **Visit to St John the Baptist Orthodox Monastery, Tolleshunt Knights CM9 8EZ 3<sup>rd</sup> October 2015 2.30pm - 6pm.**

The opportunity to be shown round the monastery by members of the community and see their chapels of worship, mosaics and some of their icons. There will be opportunity to ask questions and to learn more of the Orthodox Traditions. Tea will be provided. If people would like to make a small donation towards the cost of it, this would be gratefully received.

Vespers is at 5 pm and there is usually an opportunity to leave just before 6 pm.

**Numbers for this visit are limited – please see Teresa if you would like to go**



## **Friends of Essex Churches Trust Fund Raising Event**

**The Sponsored Ride & Stride 2014**  
event this year is on  
**Saturday 12<sup>th</sup> September**

which coincides with the Heritage Open Day for buildings throughout Essex & East London. It is a wonderful way to visit churches and chapels that might otherwise be closed on this day. **St. Leonard's, Lexden** will be open **from 10am through until 4pm**; with **Welcome Stewards** in attendance.

This is the main fund-raiser for the above organisation and is a hugely popular community event that takes place on the second Saturday in September every year. Participants are sponsored for the number of visits they make in the day to churches or chapels – **Anglican, Catholic, Free Church or any building that may be used as a place of worship**. Everyone is encouraged to join in; the whole family can be included. Your participation as a **cyclist or walker** can be for just an hour or two, or for the whole day. How about our **Youth Groups** or the **Scouts** getting involved – we really do need your help. You wouldn't want to be left out would you?

Half the money raised from the event goes to the church or chapel of your choice, obviously that means **St. Leonard's, Lexden** for us and the other half is credited to the **Friends of Essex Churches Trust** funds for distribution to pay for repair and renewal grants to our historic church buildings

Volunteers of all ages to ride or stride will be very welcome. Sponsorship forms are now available from **Tom Scrimgeour**, who will provide full details.

We also need people to be prepared to spend some time (say an hour or two) at the church as **Welcome Stewards** to greet visiting riders and walkers from other churches, as well as our own participants.

**Thank you in advance for your support and interest in this event.**

## **Cathedral Concert**

In Chelmsford Cathedral at 7pm on Saturday 5<sup>th</sup> September there will be a Charity Gala Concert, to celebrate the work of the Essex Clergy Charity.

The concert will be given by the Belmont Ensemble of London, together with the English Chamber Choir. The Belmont Ensemble are the chamber orchestra based at St Martin-in-the-Fields in Trafalgar Square in London where they have given several hundred concerts. The choir was established more than 40 years ago, and regularly appears at St Martin-in-the-Fields with the Belmont Ensemble. On 5<sup>th</sup> September the concert will include The Four Seasons by Vivaldi and a concerto for two violins by Vivaldi, as well as music by Bach and Handel.

If you go to this concert you will not only enjoy some lovely music (and wine and canapés in the interval!) but you will also be contributing to the funds of the Essex Clergy Charity. There is no charge for tickets, but a donation of £20 per person is suggested. The Essex Clergy Charity gives financial assistance to members of the clergy in the Diocese – the clergy are available all the time to help others at times of crisis, but they can sometimes need help themselves, and the Charity is able to provide that help at short notice. The Charity depends on donations to maintain the service that it provides.

**Colin Hetherington**

PS There is further information on the websites of the Charity, the Belmont Ensemble and the choir.

### **Friendship Lunch**

There will be a friendship lunch in church  
on **Saturday 31st October.**

A signup sheet with more details will be available in church  
from late September.

## Keeping in touch

In such a large congregation as St Leonard's it's sometimes difficult to tell if someone hasn't been to church for a few weeks, but there may be a way you can help. You might notice that someone who normally sits near you hasn't been around recently – and if you do, please tell one of the ministry team (Teresa, David, Pauline, Rosemary, Jacquie, Pam or the Churchwardens) and we will discreetly check they are OK.

We may, of course, already know the reason why – but we would rather be told more than once than not at all!

**Teresa**



Please would you all keep an eye out for new people moving into your road or block of flats. We would like you to put a Welcome leaflet through their door and if possible talk to them a little bit about our church. If you are unable to do this yourself, please let someone in the Ministry Team know and we will follow it up.

## Garden Tea Party

We should like to thank Keith and Sonia Lewis very much for their generous hospitality on Saturday, 18th July, when they held a most enjoyable tea party at their home. All who came enjoyed their lovely garden on a beautiful afternoon and Sonia's home baked cakes, biscuits and marmalade.

Over £500, including Gift Aid, was raised for St Leonard's.

All their hard work was very much appreciated.

**Jean Hallett**

## Canticle/Wordsworth house group

There will be no meeting for the Canticle/Wordsworth house group in August. The next meeting will be at the **Rectory** on the **10th September starting at 3.00 p.m.** All are welcome.