



St Leonard's

Ordinary People. Extraordinary God.



Parish Magazine

November 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 usually open during the day on weekdays, Saturdays 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 November 2015

SUNDAY 1st: All Saints

8.00am Holy Communion (1662 rite)

9.45am All Age Worship: guest preacher Anne Mason

6.30pm Parish Eucharist: guest preacher Anne Mason

Monday 2nd

7.15pm Eucharist followed by PCC meeting in the Nicholls Room

Tuesday 3rd

10.30am Holy Communion at Wren House

2.30pm Holy Communion at the Old Rectory

2.30pm Lexden Ladies meet in the Nicholls Room

Wednesday 4th

10.00am The Eucharist for All Souls followed by Open Church

10.45am Holy Communion at Woodlands

11.30am Holy Communion at Cheviot

Thursday 5th

8.00am The Eucharist

Saturday 7th

8.30am Men's Breakfast in the Nicholls Room

10.30am Coffee morning in aid of LEPRRA (in church)

SUNDAY 8th: Remembrance Sunday

8.00am Holy Communion (1662 rite)

9.45am Parish Eucharist with Junior Church followed by the Act of Remembrance at the War Memorial at 11am

4.00pm Memorial Service, followed by refreshments

6.30pm Evensong and sermon

Monday 9th

7.45pm 'Jubilee' house group at the Rectory (575966)

Tuesday 10th

2.30pm Mothers' Union meet in the Nicholls Room

7.30pm 'Medley' House group (515245)

Wednesday 11th

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

7.45pm 'Explorers' House group at 127 Straight Road (579944)

Thursday 12th

8.00am The Eucharist

3.00pm Canticle/Wordsworth house groups at 22 Rudsdale Way (760742)

SUNDAY 15th: 2nd Sunday before Advent

8.00am Holy Communion (1662 rite)

9.45am Parish Eucharist with Junior Church

6.30pm Evensong and sermon

Monday 16th

11.00 Holy Communion at Hill House

Wednesday 18th

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

Thursday 19th

8.00am The Eucharist

10.00 – 3.30pm Ministry Team Quiet Day at Assington Annexe.

Saturday 21st

10.30am Coffee morning at 4 Landseer Road

SUNDAY 22nd: Christ the King

8.00am Holy Communion (1662 rite)

9.45am Parish Eucharist with Junior Church: guest preacher John

Hilary from War on Want

6.30pm Evensong and sermon

Wednesday 25th

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

Thursday 26th

8.00am The Eucharist

Saturday 28th

9.00am– 4.00pm Day of Prayer

SUNDAY 29th: Advent Sunday

8.00am Holy Communion (Common Worship)

9.45am Parish Eucharist with Junior Church: guest preacher Peter

Dale

12noon Holy Commotion!

6.30pm ‘From Darkness to Light’ – an Advent Carol Service

Monday 30th

7.45pm 'Jubilee' house group at the Rectory (575966)

Tuesday 1st December

7.30pm Compline by Candlelight

Wednesday 2nd December

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

Thursday 3rd

8.00am The Eucharist

Saturday 5th

8.30am Men's Breakfast in the Nicholls Room

10.30am - 2pm Christmas Bazaar

Christmas Bazaar 2015

Saturday 5th December

The Christmas Bazaar to be held on
Saturday 5th December from 10.30 am

If you can offer help to man stalls etc, etc please contact –

Tom and Kathleen Scrimgeour

It Starts with a Shoebox

Leaflets and Boxes for

Operation Christmas Child

are still available in Church or by phoning us.

Please follow the instructions carefully; noting which items should NOT be included. The donation towards transport is again £3.00 to be put in the box or paid on line. Secure the box lid with a rubber band.

**The last date for delivery of filled boxes is
Sunday 8th November.**

Thank you

Tom and Kathleen Scrimgeour

St Leonard's Church

CHRISTMAS BAZAAR

Saturday 5th December

10.30 - 2.00

Tombola Cakes Raffle

Cards Refreshments

Children's Activities Books

Toys & Games

Gifts & Toiletries

At 10.45 Father Christmas
will visit with his helpers

All enquiries to Tom & Kathleen
Scrimgeour 01206 574797



From the Rectory



You may have seen in the news in September that a new religious community has been formed at Lambeth Palace. Sixteen members of the St Anselm Community will live there full time, and will be joined by twenty non-residential members. The thirty six new community members - all aged between 20 and 35 - come from five continents and countries as far flung as Kenya and Australia, and parts of the service were conducted in French, Spanish and Swedish. As Archbishop Justin Welby called each member by name, they stood to acknowledge their new role, declaring "I am here" in their native language; echoing the words of Moses in Exodus 3 which was read at the beginning of the service. All will follow a 'Rule of Life', drawn from St Benedict, and will take part in Ignatian prayer, while also following the example of Pope Francis in serving vulnerable people. And I find this a very exciting development.

This new community is slightly different from traditional ones in that the members are not professed for life but are only committed to a year of prayer, study and service to the poor - and that all the members are young. There was, apparently, an enormous demand for places when the community was being formed – that must surely say something about the spirituality of the young; which we so often doubt.

Religious communities are not new, and they are not rare and they are not all Roman Catholic. The Anglican Church has quite a few orders of its own – some paralleling historical Roman Catholic ones and some distinctively Anglican.

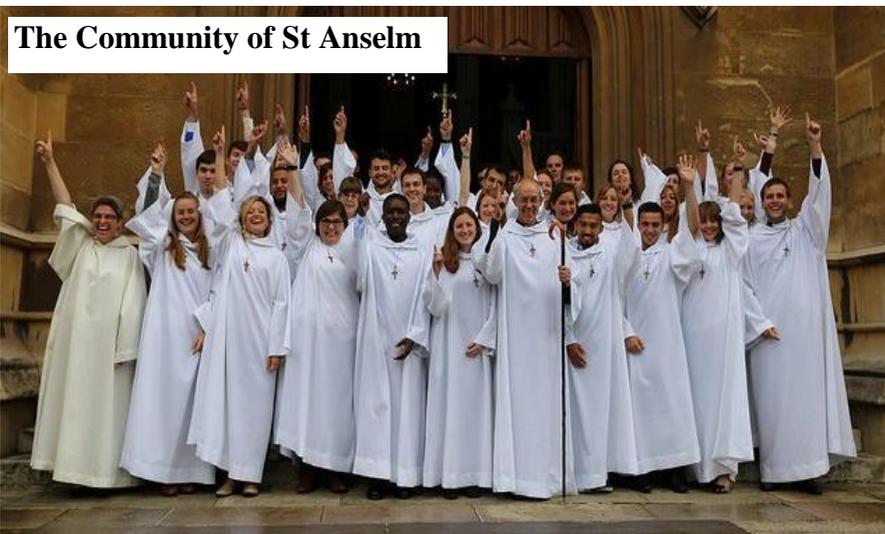
However, for a long time religious communities have been in decline – well, the professed 'full time' members at least, as it is quite common for orders to have a thriving 'associates' or 'tertiary' branch. It does perhaps say something about how unwilling we are or how unpopular it is to give your whole life to Christ, to walk away from mainstream life and structure your days around prayer. Yet I also sense we are a little unsure about how to treat these men and women who have stepped away from the social conventions of family, home and possessions (but believe me they quite

often are the funniest, sharpest but kindest people I've ever met!)

Clergy quite often choose to go to convents or monasteries for retreats because we value the opportunity of devoting ourselves to prayer and reflection even for just a few days. And it is also good for us to be ministered to by people whose lives are wholly focused on God, as they provide a different perspective. I think that in our heart of hearts quite a lot of clergy quite often hanker for the religious life because one of the 'problems' of a vocation is that you have a deep need to be with God, to rest in him, which in parish ministry is sometimes difficult to do. (But, of course, in our saner moments we realise that if we did it all the time we'd be climbing the walls! Most of us have, after all, been called to something different.)

Religious houses can provide an oasis of tranquillity, holiness and continual prayer; we would be much poorer without them and I do pray that they will find new vocations so that they may thrive. I hope St Anselm's can be a small step towards this.

Teresa



From The Rev'd Richard Allen

Autumn 2015

My dear friends,

I have always believed in being open with people – the truth is infinitely better than rumours and hearsay.

As most of you know by now, I have been diagnosed with secondary spinal and liver cancer, and have been through the inevitable medical processes via the local hospital and St Helena Hospice. I am now back at home, being nursed by my beloved Wendy, and supported by a wide-ranging group of specialists. I am currently in the middle of some radiotherapy which of itself is no problem, but the side effects are unpleasant.

God has been gracious; many prayers have been answered, and we have no anger about the diagnosis and outlook.

My main reason for writing is to thank the many of you who have written to Wendy and me so lovingly and beautifully. We have regularly been reduced to tears with people's kindness.

I don't think that, as life goes on day by day, many of us have much of an idea of the impact of what we do (and our actions and words are often instinctive rather than thought out). However, this enforced time which I now inhabit, of "living in end-times" has given us the immense privilege of learning how some of my ministry at St Leonard's (and beyond) has been perceived. And it's a humbling path to tread.

Cancer wasn't on my game-plan; I was hoping to gradually retire from optometric practice and spend more time with Wendy, our growing family, and in service to God who called me and continues to call me day by day to shine as one of his lights in this world. A suddenly altered outlook has meant a huge re-appraisal of what I am to do.

Enforced quiet (I am no longer quite so bouncy due to loss of energy) has given me more time to read, contemplate and to pray. Prayer, day by day, using the "Daily Office" (Morning and Evening Prayer from Common worship) or much more easily available on a smart-phone or I-Pad is the basis, is the foundation of a Priest's duties. But with more time to contemplate the readings I am increasingly realising what a wonderful God we have. The innumerable blessings we have received

day by day have been awesome, and I can confidently say that I have never felt God to be absent. So here's a little encouragement for you – spend more time quietly with God in prayer and contemplating His Holy Words. Blessings flow.

Many people have generously asked if they might visit me; I am having to limit visitors to one or two per day as I get very tired and lose concentration. Wendy is currently organising the diary, but please don't be upset or offended if the response to an offer to call by is negative; It's not that I don't want to see people, it's just that if we allow an open door policy my remaining quality of life will significantly suffer.

Although I have been serving away from St Leonard's for a year now, it is still my parish church, and I continue to hold you in my prayers, that you will grow and flourish, exhibiting to everyone the abundant and unconditional love that God shows for us. Strive to be open and accessible; look out for the strangers; be prepared to explain things that seem obvious (to you) when someone is confused. Be willing to challenge anything that distracts from the open sharing of God's love. Most of all, be open to the promptings of God's Holy Spirit (Back to the time in quiet prayer and study). St Leonard's is a church rich with potential and resources. Many people have God Given gifts which could really be used. So if as a result of reading my letter, or after worship one Sunday, or following a time of quiet prayer, you have one of those small "I wonder if I could ..." or "Perhaps God was suggesting I ask about..." moments, then please don't ignore it.

Jesus built his church starting with a motley collection of 12 very ordinary peasants and artisans. How much more could the church grow if each of us open our hearts to what God's Holy Spirit is calling us to do (and will equip us to do).

So, again, heartfelt thanks for your love and support; please continue to hold me, Wendy, and our family in your prayers as we progress along this pathway.

With my love,

Richard.



Jacquie Messinger – Pastoral Assistant (and Evangelist!)

Jacquie was authorised as a Pastoral Assistant at a service at Chelmsford Cathedral on 10th October. She has completed the Diocesan Pastoral Care Foundation Course and Pastoral Assistants' Course and she will work with Pam, our existing Pastoral Assistant, and the Pastoral Visitors' team in her new role.

You might ask – what does a pastoral assistant do?

A Pastoral Assistant is someone who is selected,

trained and authorised to serve alongside the Clergy, Readers and Churchwardens of a parish or benefice, or as part of an institutional Chaplaincy team. They will take on particular responsibilities and sometimes leadership roles within the pastoral ministry of that church or institution, working under the direction of their incumbent.

Following their selection, training and commissioning Pastoral Assistants will be part of the public ministry of the Church, representative both of that Church and of the ministry of all lay people. There are various areas of work which could be undertaken by Pastoral Assistants, depending on the needs of the parish or institution, the existing ministries provided there, and the gifts, training, experience and time that the Pastoral Assistant can offer.

These *might* include:

Baptism preparation and follow up

Visiting the sick

Crisis support and befriending

Ministry to the dying

Support of the bereaved

Visiting new comers

Working with Prayer Groups

General pastoral visiting in support of the clergy

Enabling and co-ordinating others in pastoral Ministry

Encouraging the development of good practice in pastoral care

So we wish Jacquie well in her new ministry at St Leonard's, and encircle her with our prayers and support.

Teresa



Candlelit Compline during Advent

It is a little advanced notice, but we will be having Candlelit Compline on Tuesday evenings in Advent.

The service will start at 7.30 with a short meditation or reading, followed by some music and then we will say Compline by candlelight; we expect to be finished by 8pm.

The dates will be

1st December,

8th December,

15th December

22nd December.

Do come along and try this ancient and peaceful office if you haven't before.

Teresa

Macmillan

Many thanks to all who supported the Macmillan coffee morning in September.

We raised the fantastic sum of £540.53 (including Gift Aid)

Judith



LEXDEN LADIES' GROUP

At our October meeting we heard a most interesting talk by our Curate, David on the changes in the Media over the past 150 years. We learned how, in the 1850's, the newspapers, which were often locally based, reported in detail on Parliament, the Law Courts and the Church. Papers were read and re-read. It wasn't until the coming of broadcasting and the formation of the BBC in 1922 and later the changes in the printing industry in the 80's, that more sources of information became available. Newspapers needed to be filled and businesses set up Public Relations departments to feed information to the press. Today about 60% of news is PR generated. The most recent change has been in the development and proliferation of Social Media with Twitter and Facebook etc. Rather than giving participants a wider aspect of the news, it is often picking up and reinforcing views leading to insular thinking. Something we all need to be aware of, especially as younger people now rely on it for information.

Our next meeting will be on
Tuesday 3rd November at 2.30pm
when Julie Price will be talking about "Scams".
All welcome.



Mothers' Union

We met on October 13 for our sixth monthly service of the Eucharist. We were rather short on numbers due to illness, but we all enjoyed Teresa's talk on the saint of the day Edward the Confessor. It was most interesting as most of us knew very little about him.

Next month we meet on
November 10th at 2.30pm in the Nicholls Room.
The speaker is still to be arranged.

Sheila Cook

Preventing Falls in Older People

Have you or a friend had a fall in the last year or do you worry about falling over? If so you are not alone.

Unfortunately every year hundreds of older people in N.E. Essex fall and hurt themselves sometimes suffering serious injury, loss of confidence and loss of independence. It used to be thought that falling was to be expected in later life but we know now that it is largely preventable.

The Falls Prevention Service is a free service funded by NHS and managed by Anglian Community Enterprise. The Service aims to reduce the risk of falling while working to improve health and wellbeing. The Falls team offers support, advice and information. Links are made with GPs and other health and social care professionals. Sometimes Physiotherapists, Occupational Therapists and agencies such as Age UK are involved. Also there is a team of specially trained volunteers making follow up home visits to bring further information.

People can refer themselves to **Falls Prevention** by phoning **01206 588025** or a health professional may make the referral. A team member makes a home visit by appointment and carries out a risk assessment in which questions about falls, health, lifestyle and any needs or difficulties are asked. There may then be the offer of referral to other helpful services in accordance with need.

A few examples :

~Eyes can be examined free of charge at home.

~Help to apply for Attendance Allowance. This payment is granted in accordance with health conditions and is not means tested.

~Osteoporosis can be diagnosed and treated.

~Even chair based exercises can help to regain the muscles needed for good balance.

Margaret Smith

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. On **Sunday November 15th**, he will be selling his cards at the back of the church after the 09-45 service. All proceeds going to church funds.

A YEAR WITH DR. LUKE

The last Sunday of November is Advent Sunday and we begin that holy season which prepares us for the celebration of Christ's birth at Christmas. We start a new Church Year and begin our journey with a new gospel, that of St. Luke.

If we ask what is distinctive about Luke's gospel and his portrait of Jesus, and how it differs from the other 3 gospels, we could reflect on some of the stories which are only found in his gospel and without which our lives would be very much the poorer.

So, only Luke records the stories of the Prodigal Son and the Good Samaritan, which for many of us encapsulate the whole essence and spirit of Christianity. They tell of the utterly incredible seeking, forgiving, love of God and the practical love and compassion we are called to show as followers of Jesus.

Luke alone records that beautiful post- resurrection story of the walk to Emmaus, which for many of us speaks of the Christ who draws near to us incognito along life's highways and byways, and whose real but unseen presence we can encounter in the breaking of the bread and the sharing of the cup in the Eucharist.

Luke's gospel is very much the gospel for Christmas: only he tells us of the birth of Jesus in the stable, the song of the angels and their message of peace and goodwill, the visit and adoration of the shepherds.

Luke alone introduces us to those 'little people' who have no power or prestige in the world's eyes and yet who embodied what has been called 'the homeliness of holiness.'.....Zechariah and Elizabeth, Mary and Joseph, Simeon and Anna.

And how impoverished our lives would be without those 3 hymns which only Luke records for us and which have been part of the Church's daily worship for centuries: the Benedictus (Zechariah's song); the Magnificat (Mary's song); and the Nunc Dimittis (Simeon's song).

There is so much more to say about Luke's gospel: the important thing is we read it and study it for ourselves and allow it to shape and mould our lives into the likeness of the Christ who is portrayed in it.

Hugh Beavan

The Rugby Church

As the last 6 weeks have been full of the rugby World Cup I thought it appropriate to describe my unexpected visit to St John the Baptist City Parish Church in Cardiff near the Millennium stadium - The Rugby Church.

We were in Wales for a long weekend but mainly to watch the rugby match against Uruguay as my husband is Welsh. We arrived in Cardiff early Sunday the 19th September and having parked, we walked into the city centre, taking in the amazing sight of a huge rugby ball crashing through the castle walls.

I suddenly heard the church bells ringing out and went and had a look and found the 10.00am Eucharist was due to start in 5 minutes so ventured inside to find a large church, similar in style and age to St Leonard's, though the choir stalls and alter were somewhat screened off giving a more restricted view. The choir, consisting of two gentleman and a lady, didn't match our wonderful choir but the lady had a superb voice, assisted by a tremendous organist (I gathered the recently restored organ was one of the finest in Wales). The lively and inspiring service was conducted by the Priest in charge - the Revd. Canon Dr Sarah Rowland Jones with a rugby theme running all the way through it, starting off with a welcome and the comment that God could be likened to the great coach. The lady chorister sung a spine tingling version of the Psalm and the sermon took in two high profile bad boys of rugby who had both found God and turned their lives around whilst helping others.

I must admit I had to smile when we Passed the Peace as the Priest commented on my Welsh rugby top and said she had hers on under her vestments! The final hymn was inevitably Oh Thou Great Redeemer (Bread of Heaven) sung with such fervour that it raised the roof, with several members of the congregation being quite emotional afterwards.

The right result followed at the match which was played in a fabulous atmosphere so making this an incredibly memorable day. I now hope to visit this church again if I am ever in Cardiff on a Sunday

Sue Lewis