



St Leonard's

Ordinary People. Extraordinary God.



Parish Magazine

January 2016

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 January 2016

Saturday 2nd

8.30am Men's Breakfast

SUNDAY 3rd: The Epiphany

8.00am Holy Communion (BCP)

9.45am Parish Eucharist with Junior Church.

6.30pm Evensong and sermon

Monday 4th

7.45 pm 'Jubilee' House group at the Rectory

Tuesday 5th

10.30am Holy Communion at Wren House

2.30pm Holy Communion at the Old Rectory

Wednesday 6th

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 7th

8.00am The Eucharist

Saturday 9th

9.00am The Alpha course starts in Church

12.30pm Friendship lunch in church

SUNDAY 10th: The Baptism of Christ

8.00am Holy Communion (BCP)

9.45am Parish Eucharist and Junior Church

6.30pm Evensong and sermon

Tuesday 12th

12.00pm Mother's Union lunch at Colchester institute

7.30pm 'Medley' house group at 20 Wordsworth Road (515245)

Wednesday 13th

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

7.45pm 'Explorers' house group at (579944)

Thursday 14th:

8.00am The Eucharist

2.30pm ‘Canticle’ and ‘Wordsworth’ house groups at 22 Rudsdale Way

Saturday 16th

9.00am The Alpha course in church

SUNDAY 17th: Epiphany II

8.00am Holy Communion (BCP)

9.45am Parish Eucharist with Junior Church

6.30pm Evensong and sermon

Monday 18th

11.00am Holy Communion at Hill House

7.15pm The Eucharist followed by PCC meeting in the Nicholls Room at

7.45pm

Wednesday 20th

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

Thursday 21st

8.00am The Eucharist

Friday 22nd

7.30pm ‘The Lexden Manor Hotel’

Saturday 23rd

9.00am The Alpha course in church

3.00pm and 7.30pm ‘The Lexden Manor Hotel’

SUNDAY 24th: Epiphany III

8.00am Holy Communion (BCP)

9.45am Parish Eucharist with Junior Church

6.30pm Evensong and sermon

Wednesday 27th

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

Thursday 28th

8.00am The Eucharist

Saturday 30th

9.00am The Alpha course in church

1.30pm Marriage of Christine Davies and Michael Walters

SUNDAY 31st: Epiphany IV

8.00am The Eucharist (Common Worship)
9.45am Parish Eucharist with Junior Church
6.30pm Evensong and sermon

February

Saturday 6th

8.30am Men's Breakfast
9.00am The Alpha course in church

Sunday 7th: Sunday next before Lent

8.00am Holy Communion (BCP)
9.45am Christingle service
6.30pm Parish Eucharist

Friendship "light" lunch

on Saturday 9th January 2016.

Homemade soup, sandwich and coffee
with something sweet £3.

A sign-up sheet is available in church

Beverley



Mothers' Union

At this time of writing this Mothers' Union and the Lexden Ladies were anticipating their annual joint carol service. Our thanks to Teresa for arranging this.

On Tuesday, 12th January

we shall meet at the

Colne Restaurant at the college in Sheepen Road

for lunch,

Jean Hallett is arranging this

so please contact her if you have any queries or are interested.

Wishing you a Happy and Peaceful New Year

Joan Kitson



LEXDEN LADIES' GROUP

On December 1st, sixteen Ladies enjoyed a convivial Christmas Lunch at the Garden Cafe, Ardleigh. Many thanks to Merlin for organising the event!

A HAPPY, HEALTHY AND PEACEFUL NEW YEAR TO ALL!

Margaret

Hats for Seafarers

Brenda Cant and I have taken our gifts to Felixstowe Docks and we have received a lovely letter of thanks from the manager of the Felixstowe & Haven Ports Seafarers' Service.

We took;

- 204 Woollen Hats
- 16 Jigsaws
- 20 Packs of Playing Cards

This was a wonderful effort and many thanks to all who worked so hard over the last few months.

Sheila Cook

Canticle and Wordsworth House Groups

Since Hugh's illness membership of these groups has, somewhat understandably, dwindled. Hugh is feeling much better now and will be able to lead them again shortly and we thought that the New Year would be a good time to 'restart' these house groups.

Therefore the first meeting of the year on the 14th January will be at 22 Rudsdale Way at 2.30pm (in order that people can get home before it gets too dark). By request, the topic at this session will be 'versions of the Bible' looking at some of the well-known translations which are available and the differences between them.

Fr David Armstrong will lead this group and Hugh will lead the February one on 11th February. Do let Pam Calvert know if you are coming and don't forget to bring a Bible!

From the Rectory



At a time when we traditionally at least *think* about making New Year's resolutions (even if only in passing!) this parody or antithesis of the 23rd Psalm certainly gives me pause for thought:

The clock is my dictator, I shall not rest.
It makes me lie down only when exhausted.
It leads me into deep depression.
It hounds my soul.

It leads me in circles of frenzy, for activities sake.
Even though I run frantically from task to task, I will never get
it all done,
For my ideal is with me.
Deadlines and my need for approval, they drive me.

They demand performance from me, beyond the limits of my
schedule.
They anoint my head with migraines,
My in-basket overflows.

Surely fatigue and time pressures shall follow me
All the days of my life.
And I will dwell in the bonds of frustration forever

Marcia K. Hornok

Which of these phrases resonates with you at the moment? Do you end up feeling like all you're doing is swimming upstream, trying to get to a place where you've done everything – so you can see the bottom of your 'to do' list. Perhaps when we compare it to the real 23rd Psalm, with its sense of calm and renewal, it reminds us that we're not really finding the kind of rest that God intends for us:

The Lord's my Shepherd, I'll not want.
He makes me down to lie
In pastures green; He leadeth me
The quiet waters by.

My soul He doth restore again;
And me to walk doth make
Within the paths of righteousness,
Even for His own Name's sake.

Yea, though I walk in death's dark vale,
Yet will I fear no ill;
For Thou art with me; and Thy rod
And staff my comfort still.

My table Thou hast furnishèd
In presence of my foes;
My head Thou dost with oil anoint,
And my cup overflows.

Goodness and mercy all my life
Shall surely follow me;
And in God's house forevermore
My dwelling place shall be.

The speed at which we do something—anything—changes our experience of it. Words and communication are not immune to this fundamental truth. The faster we talk and chat and type over tools such as email and text messages, the more our communication will resemble travelling at great speed and we will live in a constant state of digital jet lag. And even if most of our work load is not digital or electronic, there are very few of us who feel that we have the time to do everything that we would like to. Or the time to do everything *properly*. Perhaps it is a disease of our modern age... and certainly modern communications systems, where we can all be reached at any time, in practically any place do not help.

We as Christians talk about 'resting in God' and that is really an essential thing to do – but which we so often find squeezed out of our busy lives. Our increasing busyness makes it very difficult for us to relax, listen and discern the voice of God.

If you have time for nothing else make one tiny resolution at the beginning of 2016 - read the 23rd Psalm again (the real one) slowly and prayerfully. And then relax and spend some time with God, listening to him, perhaps asking yourself: How is he leading me? Where is he leading me to? How is he comforting me? How is he restoring my soul – mending the broken me? How is he blessing me so my cup overflows? Of course some

other way of 'resting in God' might work for you – but however you do it... spend that time with God. It's worth it.

Teresa

From Johanna

At this time of writing I have been at St. Leonard's for just over three months and I feel I have completely settled in. You have all been so welcoming and nice to me, thank you for that! I really enjoy being in such a friendly and family-like church.

Last week was the first Holy Communion that I was a part of and I think it went very well, thank you to everyone who helped! It was lots of fun and slightly chaotic, but in a good way! I am already looking forward to the next one.

We always have lots of fun in Junior church and the children are just great. Last week we practiced how to keep our heads up even through difficulties, which I think the children thoroughly enjoyed:

I have always loved Advent and Christmas and working in a church makes it extra special. Even though it is going to be busy, I think it is also going to be an amazing time and definitely a new experience for me as I am going to be celebrating Christmas in England for the first time.

Since you are reading this in January, I won't wish you merry Christmas but a happy New Year instead!

God bless,

Johanna

**St Leonard's
Church,
Lexden**



Christingle Service

**An all-age service on
Sunday 7th February at 9.45 am
in aid of the Children's Society**



Take part in
**The Children's Society
Christingle** and share
the joy

FROM THE PARISH REGISTERS

Baptisms

26th November

Florence Wheat

*‘There is one Lord, one faith, one baptism;
one God and Father of all,
who is over all and through all and in all.’*

Funerals

16th November

Ronald Howard

of Foxburrow Grange

23rd November

Martin Ward

of Crouched Friars

26th November

Yvonne Edkins

of Cheviot

30th November

David Cotterill

of Lexden Court

*‘Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them’.*

Coffee Mornings

There will not be a coffee morning this month.

A big thank you to Liz Adams and Jenny Cross who held a lovely coffee morning in November and raised £240 before Gift Aid for Church Funds.

Jean Hallett

Placement – St Leonard’s, Colchester

The warm welcome I received from the Rector, Teresa, the curate, David, and others at the church was very encouraging and I quickly felt part of the church, not just a visitor. I felt comfortable and ‘at home’, people were friendly and talkative and I got to know quite a few people.

The church building, expression of worship, celebrations and sacraments were similar to the church of my childhood and youth (St Thomas’ in Brentwood) and helped me reconnect to the times I spent at St Thomas where I was baptised as an infant and confirmed in my teenage years.

I felt very ‘secure’ to be in an established church building where there had been centuries of prayer, worship and liturgy - the very fabric of the building resonating and reflecting God’s glory and presence. As Jesus said, ‘if they keep quiet, the stones will cry out’ (Luke 19:40). All of my senses were affected in a positive way – sight, smell, taste, touch and hearing:

the sight of stained glass windows, candles, vestments, the procession of the Cross and the Word;

the smell of candles, incense, polish;

taste: tea/coffee and biscuits/cakes, and of course, the Eucharist

the touch of the pews, kneelers, the altar rail, laying on of hands and anointing;

the sound of singing hymns, songs, Psalms, liturgy (particularly the Creed), the choir; the bell rung during the Eucharist

St Leonard’s describes itself as ‘Ordinary People. Extraordinary God’ and I really like the way that the church, the people, the clergy are very inclusive to everyone. The communications from the service sheets, the website, and verbal notices are very clear and accessible. It seems that every effort has been made to help people feel comfortable and know what happens during the services. I particularly liked the Word being held up high and taken to within the congregation to share the Gospel; and the prayers being spoken from within the congregation too. Also I liked that at the end of the Sunday morning service the children were encouraged to share what they had learned in their group work.

I was particularly touched during an evening Healing Eucharist where laying on of hands and anointing were available. The presence of God by

His Holy Spirit was so present that my heart was full and I was moved to tears. Also during an infant baptism, the priest, parents and God-parents all signed the baby with the sign of the Cross – I haven't seen that before and felt it was very inclusive showing a shared responsibility of faith.

The commitment and dedication of Teresa and David to live lives demonstrating their love for God and His church was humbling as Morning and Evening prayers were regularly said in church, several services held each Sunday and the Eucharist celebrated on Sundays, Wednesdays and Thursdays. The focus on mission and outreach to the community is evident in activities such as Men's Breakfast, Lexden Ladies, Communion taken to elderly parishioners, coffee mornings, Christmas Bazaar, supporting Hargood House, and I'm sure there are many more activities that I'm not aware of.

Reflecting on my time at St Leonard's I feel enriched by the experience and have been amazed by the number of services and activities that take place. Although I love being at St Luke's I feel that the variety and availability of times for worship at St Leonard's has helped me to engage with God in different ways. I would prefer a greater expression of sacramental worship and liturgy and may visit St Leonard's from time to time, in particular the candle-lit Compline during Advent.

Anne Mason 26/11/15

FINAL DAY FOR ITEMS FOR THE FEBRUARY MAGAZINE IS

SUNDAY 17th JANUARY

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 FEBRUARY EDITION TO
THE EDITOR; email: magazine@stleonardslexden.org.uk**

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

MOUSE TAILS

Readers may recall the tales of The Church mice, published several years ago. As in all families things change and our mice are no exception. Molly and Rupert are now grown up and have youngsters of their own. Mum and Dad are now Nanny and Grandpa.

Molly married Josh, a sleek, handsome mouse whose family lived in the Churchyard, they now have twins themselves called Betty and Billy, they still all live on the balcony. Rupert married a pretty little mouse called Dora they have a son called Dicky and are expecting an addition to the family very soon. They have a very cosy home below the stairs which they share with Nanny and Grandad (who had begun to find climbing stairs a bit of a struggle).

December 5th was an exciting day for all of the Church mice families as the Church Bazaar took place in the Hall and when all the humans had gone the Balcony, Below Stairs, Organ and Flower Cupboard families went up the hill to see their Hall mice cousins.

This was a traditional event and a jolly good excuse for a family party (not that mice ever need much of an excuse!). Each mouse carried their little foraging bags ready to scour the Hall, especially the kitchen, for any tasty titbits for although the humans were very thorough in their cleaning, there were always tiny treasures to be found in tucked away places. Molly, Dora and the other Mums were all taking contributions of food, whilst Rupert, Josh and the other males carried the drinks, Elderflower cordial and Root Beer. The Hall cousins met them halfway up the hill to help carry their burdens, chattering excitedly about recent events and the forthcoming party. The youngsters already searching for 'treasure' to put in their bags, once in the Hall, every mouse searched high and low for edibles and useful treasures, calling to each other when they found a particularly good treasure.

While the grown ups sorted out the food and drink and set up a buffet their offspring played traditional games, Chase the tail being a firm favourite! Once the Mums decided that the little ones were getting over excited and hot all the mice sat down to enjoy their feast of cheese crumbs on mini biscuits, crumb cake (Molly's special recipe handed down from her Mum), fresh berries and washed down with cordial or beer.

After the buffet the mice settled down for a singsong, accompanied by Jed Hall on his harmonica which was a miniature one from a cracker and he'd found many years ago.

Many of the young mice were snoozing peacefully, whiskers twitching while they dreamt of their wonderful day. All of the families rounded up their own and found a comfortable spot to spend the night.

The mice had enjoyed their Bazaar party and we're looking forward eagerly to their biggest party of the year, Christmas Day.

CT