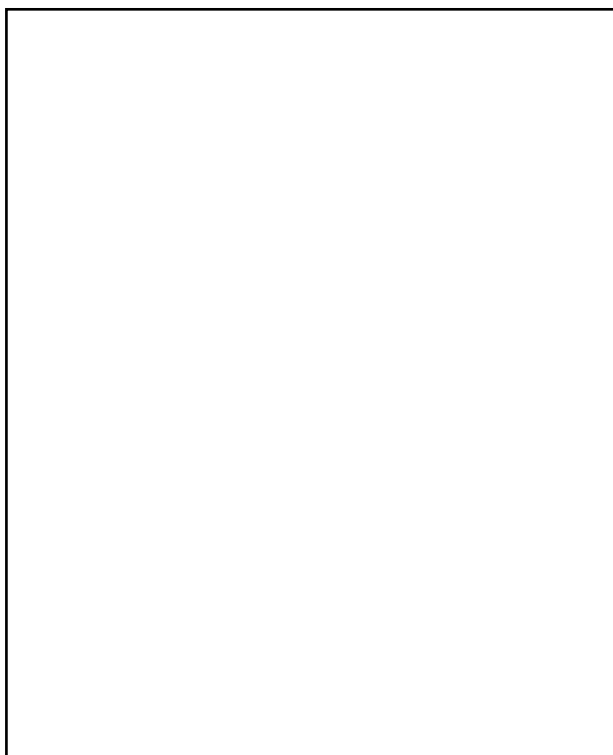


St Leonard's Lexden



Ordinary people. Extraordinary God.



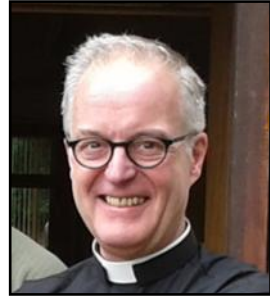
Parish Magazine

50p

June 2018



From the Curate



Grounded and Rooted in Love

Our life is grounded and rooted in love, and without love we may not live.

This is one of the typically profound, yet remarkably simple quotations of Julian of Norwich. Julian was a woman from Norwich, whose name is unknown and who lived in the city in the 15th century. When she was 30 years old she suffered from what was thought to be a terminal illness. During this illness she experienced a series of 16 visions which revealed aspects of the love of God. After she recovered, she spent the rest of her life pondering their meaning. She recorded her thoughts and meditations in the first book to be written by a woman in English – *Revelations of Divine Love*. She became an anchoress, one who lives in meditation and prayer in a single room or cell, attached to the Church of St Julian in Norwich, hence her name. You can still see her cell today.

Like the quote above, much of Julian's writings draw on metaphors of growth and particularly of cultivation and horticulture. It seems most apt at this time of summer growth and gardening to think on this comparison of our faith. Jesus too drew on images and allegories of nature, growth and nurture in his ministry, most notably in the parable of the sower. In explaining the parable Jesus teaches us that it is in the good soil, that those who hear the word *hold it fast in an honest and good heart, and bear fruit with patient endurance*.

Each month I take communion to the home of a parishioner. In turn for sharing communion and prayers, she cooks me lunch, over which we discuss faith and exchange our political and social opinions. The lunch very laudable in that it always comprises seasonal fayre. And, importantly it always includes some vegetables grown by her daughter on her allotment. For me, these visits are an oasis in our busy parish. What makes them so special is that the whole hour and a half is bathed in nurturing love. We have the love of God in Christ Jesus which has

brought us together in the first place. We have the mutual love we share for each other as priest and parishioner; the love my host puts into preparing our lunch; and the love with which her daughter tended and nurtured the vegetables on her allotment.

I come away from our monthly meeting refreshed, physically, yes – but, more significantly refreshed in spirit. Refreshed in spirit because I have been fortunate to share the fruit from good soil. That good soil, that place of spiritual nourishment is what we as a church are called to create here at St Leonard's and within ourselves, so that the word, the good news, the joy of Christ can seed itself, grow and flourish.

The seed, the word, of which Jesus speaks is always good. It will always try to grow with optimism, even in the most inhospitable of circumstances. But, given good soil it bears much fruit. The seed needs to be embedded in good soil to germinate at its own speed, to put down roots, to push up green shoots through the rich soil. It is the same with our faith. Faith is not a momentary response, it demands generosity and perseverance over a long period. It demands time in good soil if it is to flourish despite distractions and temptations. To hear the message, to receive the seed is not enough in itself, we must truly listen in our hearts to that message if we are to realise its full potential. We must nurture the seed if it is to grow.

My monthly sharing of communion and lunch is a time of good soil. But, that good soil is not confined by the four walls of my host's house. It is in her, it is in me, it is in you. Each and every one of us has the potential to be a bed of good soil. If we, in our love of God, in our service to others, in prayer, in our worship, in the love we create in our community here, if we can make ourselves fertile and nourishing to God's true word, then we will have the strength to help others become the same. I pray that we will have the generosity and compassion to share our good soil even with those who appear to have the most arid and dry hearts so that with an honest and good heart we can all grow abundantly in Christ: remembering the words of Julian of Norwich:

Our life is grounded and rooted in love, and without love we may not live.

God bless,

Fr David

DIARY FOR JUNE

Saturday 2nd

8.30am Men's Breakfast

SUNDAY 3rd: Trinity 1

8.00am Holy Communion (BCP)

9.45am Informal Eucharist

6.30pm 'Evensong and sermon

Tuesday 5th

10.30am Holy Communion at Wren House

7.30pm 'Medley' house group

2.30pm Lexden Ladies Group in the Nicholls Room

Wednesday 6th

10.00am The Eucharist with prayers for healing followed by coffee

10.45am Holy Communion at Woodlands

11.30am Holy Communion at Cheviot

Thursday 7th

8.00am The Eucharist

Saturday 9th

10.30-12.00 Coffee Morning at 4 Landseer Road

6.30pm Beer & Hymns & BBQ in the marquee

SUNDAY 10th: Trinity 2

8.00am Holy Communion (BCP)

9.45am Parish Eucharist and Junior Church

6.30pm 'LIGHT' SUMMER EVENSONG IN THE MARQUEE



Tuesday 12th

2.30pm Mothers' Union in the Nicholls Room

Wednesday 13th

10.00am The Eucharist with prayers for healing followed by coffee

Thursday 14th

8.00am The Eucharist

12.15pm 'Constable' house group

SUNDAY 17th: Trinity 4

8.00am Holy Communion (BCP)

9.45am Parish Eucharist with Junior Church

6.30pm Evensong and sermon

Monday 18th

7.00pm Holy Communion

7.00pm Eucharist

7.45pm PCC in the Nicholls Room

Wednesday 20th

10.00am The Eucharist with prayers for healing followed by coffee

Thursday 21st

8.00am The Eucharist

SUNDAY 24th: Trinity 5

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 coffee

Thursday 28th

8.00am The Eucharist

SUNDAY 1st July: Trinity 6

8.00am Holy Communion (BCP)

9.45am: Informal Eucharist

6.30pm: Evensong and sermon

Beer & Hymns & BBQ

*Saturday 9th June at 6.30pm at
St Leonard's Church, Lexden, CO3 4BL*



*Compered again this
year by the talented
Bishop Roger*



*Come and join in -
All that's needed is
your enthusiasm!*

Junior Church in May



3 rd June	All Age Service in Church
10 th June	A house not made with hands: Learning about Paul 2 Corinthians 4: 13—5:1
17 th June	A new perspective; Paul's letter 2 Corinthians 5: 6-10, 14-17
24 th June	Open wide your hearts Paul's letter 2 Corinthians 6: 1-13



There was good attendance on Tuesday, 8 May, considering the hot weather and people on holiday. Vivien Chapman, the Area MU Representative, was also with us and brought us up to date with Diocese issues.

Street Pastors

Following prayers, the day's speaker was Robin Blackmore, one of Colchester's Street Pastors. Robin started by saying that the Street Pastors come from many churches in the Colchester area and he is usually involved once a month. He explained that, like the polo shirt he was wearing, all their clothing is marked 'Street Pastor', not only so they are easily recognised by Colchester's night-life and homeless people but, also, so that their movements can be monitored by CCTV cameras. They carry back packs, containing water and basic medical items, together with pink flip-flops for those young ladies who, after several hours, find they can no longer walk on skyscraper heels!

The Street Pastors walk around Colchester, covering about five miles in total, on Friday and Saturday nights, between 11pm and 4.00am the following morning. An autonomous organisation, they have at least one female in attendance and a minimum of three people in the group. They are in radio contact with the police, medical personnel and the SOS bus and requests for relevant assistance flows both ways between all parties, but mainly the Street Pastors are there to listen, help and care.

Robin gave several illuminating examples of the sort of incidents they face – dealing with people who have drunk too much, are disorientated due to drug use, hurt or homeless – and said that the mere presence of an 'adult', speaking calmly and reassuringly, is all that it usually takes to sort out most of the problems, whilst the homeless people are simply happy to have someone to whom they can talk.

(Continued on p15...)

(...continued from p13)

Colchester becomes a very different place at night time and some pubs and clubs assist the Street Pastors and other authorities by liaising between themselves. Instead of two burly bouncers on the doors, the Council now insists that one of the bouncers is a female and one club actively encourages the Street Pastors to stroll around **INSIDE** their premises during opening hours!

Robin ended by offering an open invitation for anyone to join them one evening and was thanked for a most informative and enlightening presentation.

In June, Mothers' Union will have an outing to the Peldon Rose restaurant for lunch and then, by kind invitation of Brenda Cant, a visit to her beach hut at West Mersea for afternoon tea.

Mary Hanmer

Lexden Ladies' Group

Last month a full meeting heard Lisa Mitson from the Fire Prevention Service give an excellent, informative and good humoured talk on how we can all take precautions to prevent fire in our homes. A large number of members signed up for a free visit from the Fire Brigade to assess how well our homes are protected and the offer of free alarms and other equipment.

On **June 5th at 2.30pm** in the Nicholls Room we shall welcome back Margaret Brehaut, who will be telling us of the time she spent with the Amish Community in Lancaster County USA.

All welcome. Admission £2.

Margaret Howard



Constable House Group



Over the past year we have continued to meet on the afternoon of the 2nd Thursday of the month with an average attendance of 8. It has been a great pleasure to welcome Luisa, our youth worker, to the group and Elsie from Lexden Methodist church. We have been enormously grateful to Pam Calvert for hosting the group over the past 3 years (we shall miss the lovely chocolate biscuits!) and we are sad (but glad for her) that she is moving to Kent to be nearer her family. We wish her every blessing and happiness in her new home and her new church.

As we are losing Pam, and Luisa at the end of the summer, we shall have room for some new members. Please have a word with me if you would be interested in joining an afternoon monthly house group.

Last summer we looked at the Old Testament book of the prophet Hosea, at the theme of sin and forgiveness in the Old and New Testaments, and at that most well known of the parables of Jesus, the Prodigal Son. In the autumn, (thanks to Father David who had given a copy to Tony Cross) we embarked on a study of a wonderful book *Dare to Break Bread : Eucharist in Desert and City* by Geoffrey Howard. (Originally published in 1992 and reprinted in 2017)

Geoffrey Howard was a parish priest in inner city Salford from the 1970s to the 1990s. The book follows the pattern of the Eucharist, weaving stories from his parishes, from his days as a college lecturer in Nigeria, and his times of retreat in the Atlas mountains of North Africa. His stories are often amusing, more often very sad, and full of compassion and humanity and moral and ethical dilemmas.

We used the book for an 'in depth' look at the Common Worship Eucharist as we experience it on a Sunday morning, looking at the different sections of the liturgy of the word and the liturgy of the sacrament. We asked what it means to 'read, mark, learn and inwardly digest' the scriptures and what it might mean to say 'this is the word of the Lord'. We looked at the history of the creeds and the prayers for the Church and the world.

(Continued on p19...)

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We looked at the history and significance of the Peace and the Offertory and the Eucharistic Prayer and thought about the classic Anglican definition of a sacrament in the Book of Common Prayer. We thought about the expectations and hopes we might have before we come to the Eucharist, such as forgiveness, healing, guidance, (for ourselves or another), strength or courage for some difficult task, to learn something new about our faith and what it means to be a Christian. We started our study of this book in October and we finally finished it in April!

In May, as we are in the year of Mark for the Gospel readings at the Eucharist, we are embarking on a study of Mark's gospel with the help of Tom Wright's *Lent for everyone: Mark Year B*. That should keep us going for the rest of the year!

Hugh Beavan

Mouse Tails



Pablo, the Spanish mouse, awoke from a very long, comfortable sleep and looked around him. He was still in the cosy nest in a car but it looked very different. Gone were all the boxes and cases that had been there when he'd decided it was a good place to stay, he had finished his stash of food and was very thirsty. When the car door opened he made a dash for the big outdoors. He could smell trees and water so scurried towards the source of it; he was in a wood which had a large pond and there were some large birds making quacking noises (he'd never seen ducks before). Skirting carefully around the pond he found pieces of bread that humans had thrown to the birds and found a little trickle of water so he could quench his thirst. He began to shiver for it felt very cold to him, so he sought shelter and warmth by scurrying deeper into the woods.

Shortly he saw other mice and ran towards them. He squeaked hello and the mice answered him but neither could understand what the other was saying.

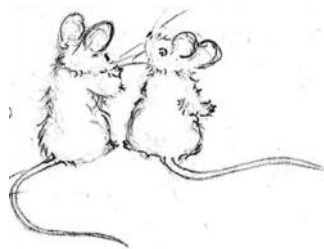
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Pablo, of course, was squeaking in Spanish whilst the Wood brothers were answering in English, for that is where he was – in the woods opposite St. Leonard's Church. It's a small world!



Not knowing what else to do, the Woods indicated to Pablo to follow them to their home where he was welcomed by the family and offered food and drink. They were all fascinated by this 'foreign' mouse. Of course, 'mouse speak' is a much simpler language than humans have and before long they had learned each other's names and Pablo understood that he was now in a place called England but had no idea how he'd got there. Fortunately mice are not given to worrying overmuch; food, water, warm safe nest were their priorities in life in any language. He was shown to a warm nest for the night and soon settled down to sleep with his new-found family. Over the next few weeks Pablo and the Woods family became firm friends and could understand each other quite well. The Woods were fascinated to learn of another country where it was warm and sunny for most of the year and Pablo had never heard of the white rain they called snow!



One day the Woods family decided to visit their cousins at St. Leonard's Church. These days it was a much safer journey; they didn't have to cross the big road at all but now went underground using the various rabbit and mole tunnels. It took a little longer but was worth it from the safety aspect. When they proudly introduced their new Spanish friend to the Church mice they made him very welcome (as you would expect) and he was introduced to more 'exotic' foods and Grandpa's legendary beer and elderberry wine. Soon the conversation turned to their different cultures, food, drink and weather, just the same as would happen when humans of different nations met for the first time. In mouse terms things were not so very different; they all scavenged for whatever nourishment they could find, but they were interested to hear Pablo tell about Paella, a rice, fish and meat dish and it sounded jolly tasty although the rice was yellow which sounded very odd indeed.

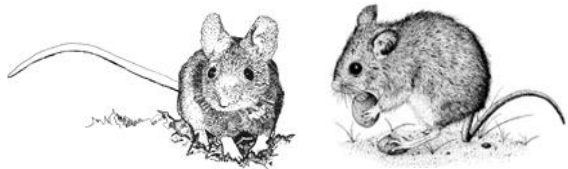
Because Pablo and his family had lived behind a restaurant (he had to explain what that was) they had enjoyed many different and exotic sounding foods. They didn't need to make beer or wine because there were always bottles of half drunk beverages available. He had never been into a church before and was very impressed by it but hadn't heard anything about this God they spoke of. They all trooped up to the Hall and after introductions they had a sing-song (well, more of a squeak-squeak really!) Pablo had a fine voice and squeaked out a Spanish tune and then showed them a dance called Flamenco; he did explain that the humans wore special shoes so that you would hear the rhythm of the dance.

As the evening wore on it became clear that it was unlikely that Pablo would ever get back to his own country and family so the Halls invited him to stay with them and he said that although he now thought of the Woods as his new family he really didn't enjoy being cold, so graciously accepted their offer and he would like to learn more about this God they spoke of.



They had all learned so much from each other and would continue to do so in the future.

CT



Footnote

*There may be some among you who think that this story is a bit 'far-fetched' but it was inspired by a true story - when in Spain recently we purchased a used car. On the second day of ownership the air conditioning unit made a horrific noise and ceased to work. It was returned to the garage who were baffled but on removing the dashboard found an intact mouse nest (no mice thank God) and the fan had whirled it around to form a huge donut of twigs, wool etc. etc. So maybe life is truer than fiction after all! **CT***

Lexden Monday Walkers

Peak District Walking Week 2018



Ten walkers, most of whom are members of St Leonard's congregation, spent a week walking in the Peak District in late April based at the most hospitable Manifold Inn at Hulme End close to the Staffordshire/ Derbyshire boundary.

Our first afternoon featured a shortish 5-mile southerly circuit from the hotel touching Beresford Dale and finishing in Hartington for a short bus ride back to the hotel. The Tuesday involved a drive north to The Derwent Valley where we parked near the north end of Ladybower Reservoir to walk alongside the Upper Derwent Reservoir, imagining the Lancasters of 617 Squadron flying low down the valley whilst training for the Dambusters Raid as the dams have similar towers to those targeted in the Ruhr headwaters. Then turning east, we climbed steadily out of the valley following the Abbey Brook to reach Howden and Derwent Edges at 1700 ft before descending back to the start – 7½ miles and total ascending of 1875 feet.

The Wednesday involved a short bus ride into Hartington where we commenced a lovely walk down the length of Dove Dale to the famous

stepping stones near Ilam and then a refreshment halt at The Old Dog in Thorpe before continuing along the Tissington Trail, a disused railway line, to the village of Tissington. This is very much an estate village dominated by the 17th Century Jacobean style Tissington Hall, the home of the Fitzherbert family and the village is also renowned for the annual well dressing taking place over the Ascension weekend. The most useful Ashbourne to Buxton bus service carried us home to the hotel after 13 miles walking.

On Thursday we drove to Edale, the starting point of The Pennine Way but this year we headed east along a ridge accessed by a steep climb out of the village passing The Nab and up Golden Clough to reach Hanging Roger continuing over Crookstone Moor with a short hailstorm to descend to Hope Cross. From there we returned along the northern edge of the Hope Valley for refreshment in The Old Nag's Head whilst we avoided a rain shower which was followed by the sight of a double rainbow. The walking distance was 8½ miles.

Friday dawned rather wet and we abandoned the original plan of a short walk and instead broke our journey back to Colchester with a visit to the fascinating Southwell Minster and a light lunch in the refectory. We thoroughly enjoyed the week and the 34 miles of walking and have already booked again for 3019.

Tom Scrimgeour



Mission & Outreach

Part of St Leonards' work is the support of mission through financial, prayer and practical helps. Mission work is a fundamental calling of the church and each month one particular area that the church supports will be highlighted.

This month we start with the McCann family - Alex and Marguerite, and their children Elizabeth and Ben. They have a wide base of support from churches in the Colchester area and work with OMF International (UK). After a few months in Colchester last year they are now back in Cambodia, working out of Phnom Penh.

Marguerite has a number of roles. She is the Cambodia coordinator of OMF's short term 'Serve Asia' programme, liaising and providing pastoral and placement support. She is temporarily Candidates Coordinator until January 2019, a role which involves liaising between medium and long term candidates for mission - answering their questions and presenting them for Team selection. This May she started as Ministry Coordinator for Team Support - having pastoral, ministry and recruitment responsibility for all those working in support roles in the Team; such as finance, medical, personnel, management. Marguerite also has a place on the Field Council and so will be involved in wider leadership decisions. Besides all this she tries to take care of the family and herself.

Alex prepares students for mission in Cambodia's provinces through Bible School study, teaching and examination. He is chair of the board for SONOKO, an organisation of Christian Cambodian students and graduates reaching into universities, churches, and society with the Gospel.

Please pray for Alex as he continues his lesson prep, that his lessons will be useful, understandable and engender a deeper interest and love of God's word. He asks for diligence in helping ease the burden on the domestic front, and that that board positions in SONOKO will be filled. Pray for Marguerite as she depends on God the Father for the strength, wisdom, perseverance and grace needed to perform her various roles, especially during the busy period May 2018 to January 2019. Pray for

good friends for Elizabeth and Ben and some continuity in their friendships and give thanks for good academic progress. Pray for the Cambodian church and its leaders as they continue to work out what it means to be a citizen in the Kingdom of Cambodia and the Kingdom of Heaven at the same time.

OMF International is an interdenominational Protestant Christian missionary society. It developed from the Overseas Missionary Fellowship, and before 1964 was the China Inland Mission, founded by Hudson Taylor in 1865.

Details of organisations which the church supports, and other information may be found on the notice board in the extension.

Simon Eavery



OMF INTERNATIONAL
Heart for Asia. Hope for billions.

Regular Services at St Leonard's

Sunday:

8.00am Holy Communion (BCP using Common Worship Lectionary)

9.45am PARISH EUCHARIST and Junior Church

(Or Informal Eucharist on 1st Sunday in the month)

6.30pm Evensong and Sermon

Monday-Wednesday: 9.00am Morning Prayer

Monday-Thursday: 5.00pm Evening Prayer

Wednesday: 10.00am The Eucharist

Thursday: 8.00am The Eucharist



St Leonard's Church

Summer Pete

SATURDAY 14TH JULY, 11AM-2.30PM

**UKES4FUN - REAL ALES - COCONUT SHY
CAKES - BRIC-A-BRAC - TOMBOLA
1ST CLASS BRASS - RAFFLE - ICE CREAMS
BOOKS - CROCKERY SMASHING - PLANTS
FACE PAINTING WITH BILLY - BBQ
PICTURES AND ARTWORKS - BOUNCY CASTLE
THE SMOOTHIE BIKE - CHILDREN'S GAMES
REFRESHMENTS IN CHURCH
GREETINGS CARDS - AND MUCH MORE**

Café in The Crypt – Christ Church Spitalfields

Whilst wandering around the area of Spitalfields Market last month passing time before my booked train from Liverpool Street I happened upon the stunningly refurbished Crypt Café located underneath the beautiful Christ Church Spitalfields, designed by Nicholas Hawksmoor and consecrated in 1729.

I had a very tasty light lunch in the Crypt Café which is open from 10.00am to 4pm Monday to Saturday and I would recommend this café if you are looking for somewhere near Liverpool Street Station for a coffee or snack.

Cross Bishopsgate from the east exit of the station and walk down Brushfield Street and you will see the Church ahead at the end of the street – the crypt entrance is to the right of the main portico.



Website – www.spitalfieldsvenue.org

Tom Scrimgeour





Summer Concert
Saturday 23rd June
Lexden Church

Flanders and Horovitz
Captain Noah and his Floating Zoo

Chilcott
Little Jazz Mass

Rutter
The Sprig of Thyme
and
The Heavenly Aeroplane

Tickets £10 (under 18/full-time students £8)
From Mann's Music/Box Office 01206 543280