



THE PARISH CHURCH OF ST LEONARD, LEXDEN

ORDINARY PEOPLE. EXTRAORDINARY GOD.



PARISH MAGAZINE

APRIL 2020 50p



Sharing resurrection hope in times of trouble

As I write, the world seems to be gripped with great fear about the spread of the Covid-19 Coronavirus. Time will tell exactly what the extent and seriousness of this illness is to be, but for those in positions of authority and influence there is a very narrow and difficult way in which to tread at present. This is because, on the one hand it's essential that we don't dissolve into irrational panic by hoarding supplies for ourselves or for our families and causing shortages for society, but on the other hand we can't be complacent and leave it all to chance. The narrow way is to 'keep our heads', to be well-informed and calmly prepared – and primed to make sacrifices for the common good, if and when the need arises.

This month we will travel from Palm Sunday, through Holy Week to the cross, and beyond to Easter Day just as the apostles and Jesus's other followers did those 2000 years ago. Perhaps we can learn something for our present situation from those early Christians?

Seeing their leader broken, humiliated and killed must surely have sent great waves of despair and panic through those disciples. We see a glimpse of this pure fear before Jesus is executed, when Peter – abandoning himself to a natural instinct for self-preservation – denies Jesus when questioned.

We don't know if there was a disciple equivalent of a COBRA meeting called on Holy Saturday or Good Friday evening, when the option to disperse, give up and race away from the scene ahead of any crackdown on Jesus's followers must have seemed pretty attractive. What were their discussions like? What went through their minds? Were they relieved and looking forward to returning to their old way of being, perhaps? We can't know. But what we do know is that the core disciples stayed together, that they 'kept their heads' despite the real danger. We know

that the two Marys were brave enough to visit Jesus's tomb, and that the rest of the followers remained near enough to come quickly when the full glory and joy of the resurrection became plain. Later, in the frantically pressured days of the early church, they didn't hoard for themselves but 'kept things in common' and attended to the needs of those who were most vulnerable (Acts 2:44-5, 4:32-34). Because of this sign of their hope and faith, they didn't merely survive, but thrived.

Now, if those first followers of Jesus kept hope (and their heads) *before* the resurrection and organised themselves after the resurrection, those of us living long after the resurrection and with the stories of their examples should find that hope comes to us more readily.

Jesus's resurrection is the basis of *all* our hope – for this life and beyond. And it frees us to be able to model for others preparing calmly, reacting sensibly and compassionately, and refusing to dissolve into pure self-interest when emergencies come. Christians *always* have an important role to play in their society. In the light of our Easter Joy, let us show hope and compassion to all around us – whatever the situation.

Math

God of compassion,
be close to those who are ill, afraid or in isolation.
In their loneliness, be their consolation;
in their anxiety, be their hope;
in their darkness, be their light;
through him who suffered alone on the cross,
but reigns with you in glory,
Jesus Christ our Lord.

Amen.

(Source: <https://www.churchofengland.org/more/media-centre/coronavirus-covid-19-liturgy-and-prayer-resources>)

Cover image: Raising Of Lazarus, 1592 by Giovanni Girolamo Muziano. Birmingham Museums Trust. CC0 Public Domain.

APRIL DIARY

PLEASE READ:

Following the decision of the Archbishops of Canterbury and York to suspend public worship in the Church of England until further notice, there are no diary pages this month.

Please check the following regularly for up-to-date information: our **Church website** (www.stleonardslexden.org.uk), **Twitter feed** (@LexdenChurch) and **Facebook page** (www.facebook.com/stleonardslexden). **NB. the primary means of internet contact for live streaming and updates will be our Facebook page.** You will find helpful advice on how to use Facebook below (p. 20). **If you do not have internet access**, please follow Matt's advice (p. 7) and use the contact lists at the front and back of the magazine.

All church buildings in the Diocese of Chelmsford were closed for private prayer by order of the Bishop on 22nd March (<https://www.chelmsford.anglican.org/news/article/closure-of-church-buildings>). Therefore, St Leonard's is no longer open to the public for private prayer. This was a very difficult decision to make, but it was an important one for the good of our neighbours, our community, and nation.

The clergy will continue privately celebrating the Eucharist for the parish at 9am on Wednesday and 9.45am on Sundays, and saying Morning and Evening Prayer each day at 9am and 5pm for as long as they are able to do so. It is the intention to live stream as many of these services as possible. The text for Morning and Evening Prayer and Night Prayer for each day can be found here: <https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer>.



THE PARISH CHURCH OF ST LEONARD, LEXDEN

The Feast of Saint Patrick, Tuesday 17th March

Dear friends,

It is in both sorrow and great hope that I write to you. Sorrow, because a much-loved part of our lives is required to change for the good of our community, nation and the world; and hope, because we already know that nothing 'will be able to separate us from the love of God in Christ Jesus our Lord' and are about to learn more about the great depth of those words!

The change is that the Archbishops of Canterbury and York have suspended all public worship in the Church of England until further notice. This means that all public services, events and groups at St Leonard's and St Leonard's Church Hall, and all gatherings associated with St Leonard's are suspended until further notice. Clergy will continue to pray at church. This is not a suspension of Church, however, but rather a moment at which we will explore different and creative ways of being the Body of Christ. We are already planning to ensure that pastoral contact is kept up by telephone and other means, and for the broadcast of our worship. Further details will be issued in the coming days. We will keep in touch. We will keep worshipping and praying, though in new ways. We will keep supporting those in need. We will keep being the Body of Christ in and for Lexden. Church is continuing, but in a different way.

Can I ask that you redouble your efforts to:

- pray for each other, for our leaders, and for the world;
- encourage those who can to keep an eye on our Facebook feed, social media, and website;
- make sure you are able to keep in touch with your friends by telephone, email, Skype, etc;
- ensure you let me or our Pastoral Coordinator know if you are isolating;
- contact me or our Pastoral Coordinator if you know of church members who are isolated.

A prayer for St Patrick's Day:

May the Strength of God pilot us.

May the Power of God preserve us.

May the Wisdom of God instruct us.

May the Hand of God protect us.

May the Way of God direct us.

May the Shield of God defend us.

May the Host of God guard us.

May Christ be with us!

May Christ be before us!

May Christ be in us,

Christ be over all!

May Thy Salvation, Lord,

Always be ours,

This day, O Lord, and evermore. Amen.

With love and prayers,

Matt



From the Editor

Dear readers,

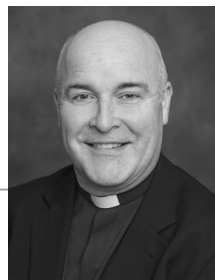
Preparing this month's magazine has been very different—information and advice have changed sometimes many times a day; notices have been put in and been taken out—but the task has never seemed more important. Whilst I cannot bring you news of public services and face-to-face events, I can print words of hope and love from our priest Matt and supply some materials to comfort or divert you in these extraordinary times. If you haven't already found it already, I'd recommend connecting with the Church's Facebook page where Matt and the ministry team are already live-streaming services for us. The Church of England prayer apps (most of which are currently free) and webpages are also worth visiting for prayer resources designed to be used at home. I've printed some of the latter including a night prayer service, prayers aimed at children and the newly baptised. I hope you find them helpful. Wishing you all well and do send me items I can share: pets, poems, paintings and prayers are all welcome!

All best wishes, **Ruth**



The Church of England in Essex and East London

Diocese of Chelmsford



April 2020

Easter message from The Right Reverend Stephen Cottrell, Bishop of Chelmsford:

Departures and Arrivals

Easter, and perhaps especially Eastertide through to the feast of Pentecost, is always a season of departures and arrivals. The desolation of Good Friday seems to be about Jesus leaving us. Easter day is about surprising arrival. The feast of the Ascension, though a great triumph, also has Jesus departing into heaven. The great feast of Pentecost, with which Eastertide concludes, is the arrival of the Holy Spirit whereby Jesus is with us in a new and unconstrained way, equally available to everyone.

As I write this, I am feeling the pull of arrivals and departures rather keenly. It isn't going to be easy leaving the Chelmsford diocese. I have loved being your bishop. Essex is the county I grew up in. It will always be home. I have enjoyed its vim, wit and entrepreneurial energy. I have been privileged to serve as bishop at such exciting times, not just the Olympic Games coming to the diocese in 2012, nor even our glorious centenary celebrations in 2014 where both the Queen one week and the Archbishop of Canterbury the next visited the diocese, but the drive, faithfulness and creativity that has been put into trying to reshape the church for mission. Our vision is that the Church might be a transforming presence, better able to serve the communities of East London and Essex, and demonstrating the love of Christ by our witness and service. Serving as Bishop of Chelmsford at such a time has been a huge privilege. It will be hard saying goodbye.

But I'm also excited by what lies ahead. God is calling me to a new ministry and new adventures. This is always the pattern of the gospel. There is never a point in this life where any of us can say we have arrived. On that first Easter day Jesus says to Mary Magdalene in the garden: "Do not cling to me." (John 20.17) Which I suppose also means for us: don't think you can pin me down; don't imagine you can control or constrain me or even completely understand me. Or as the great Welsh priest poet put it

in his poem *Pilgrimages* –

“He is such a fast God, always before us and leaving as we arrive.”

May God bless you this Easter with a new knowledge of his love for you and his purpose for your life. And may he lead you into new adventures. The Resurrection of Jesus Christ from the dead is the turning point of human history. God’s future arrives in our present. And we are moved beyond ourselves to work together for a new creation and a new world order, a kingdom of justice and peace. In this great Spirit-led movement of change we are always leaving and always arriving.

+ Stephen

Bishop Stephen has written a Pastoral Letter to parishes in Essex and East London about the Coronavirus pandemic.

"As followers of Jesus Christ we are custodians of living hope; nothing less than the firm and joyful conviction that in Jesus Christ, God has already won the victory over sin, desolation, uncertainty and death. This doesn't mean that we are immune from the sufferings of the world, nor that we should not take the same sensible precautions as everyone else. But it does mean that we of all people need not be overtaken by despair. Moreover, we have a particular vocation to offer our nation and our local communities, the hope and the medicine of the gospel."

Find out more at <https://bit.ly/2WAIDL4>

Coffee Mornings

We held our most recent Coffee Morning on 29th February at the home of Yvonne Romain. Thank you so much, Yvonne, for welcoming us; we all enjoyed each other’s company, coffee and biscuits, Bring-and-Buy and trying our luck in the raffle. Thank you also to all who came and supported on a very wet and windy morning. The sum of approx. £190 was raised for Church funds and related charities.

Our next Coffee Morning was due to be held at the home of Ed and Beverley Kettell in West Bergholt on Saturday 25th April but, in view of the current Government and Church rulings on the coronavirus, has unfortunately been cancelled/postponed for a future date. However, please watch this space and online for information.

Jean Hallett



Focus on: the archbishops of York

Part 2: Post-conquest and early mediaeval York

The eleventh to fourteenth centuries has been described a period of consolidation for York although the fact Archbishop Cynesige (d. 1060) is recorded as consecrating two bishops of Glasgow as suffragans rather suggests expansionist ambitions. If there were such aims, the Canterbury put a dampener on them. Archbishop Lanfranc of Canterbury asserted his primacy by demanding Thomas of Bayeux (d. 1100), the first Norman to hold the



The Orb in York Minster showing Thomas of Bayeux (left). Photo : Alh1, Flickr

York see, swear obedience before being consecrated. The obdurate Thomas refused until he was forced by the king. Even then, on a joint visit to Rome to see Pope Alexander II, Thomas agitated for York to be regarded as equal to Canterbury and claimed control over several extra dioceses! Alexander – perhaps wisely – passed the thorny question back to the English, who, after further discussions, confirmed Canterbury's primacy. Thomas did valuable work restoring his northern province. Thomas rebuilt his ruined cathedral between 1080 and 1100.

Troublesome priests

Rivalry between Canterbury and York escalated again as part of Henry II's feud with Thomas Becket. Becket's contemporary in York, Roger, was supportive of his attempts to maintain church liberties but put loyalty to



Becket's murder. 19th c. wall painting in Bayeux. Photo: Cross Duck on Flickr

the monarch first. He was even suspected of being involved in organising Becket's murder in December 1170. Roger's relations with Becket's successor, Richard of Dover (d. 1184), were little better. Roger was beaten up by Richard's men at a council at Westminster in 1176 leading the king to impose a five-year truce between archbishops! Disagreements with his personnel back in York were less violent -- perhaps because of Roger's princely gifts to the minster (which again required rebuilding after a fire). He did well in

monetary terms – building himself grand palace and leaving an immense treasury to which the king helped himself after Roger’s death.

A royal archbishop

The king’s ties with the next archbishop were closer still: Geoffrey (1151?-1212) was his illegitimate son. (Geoffrey’s mother is unknown but may have been ‘Fair Rosamund’ Clifford.) Geoffrey took after his father as a warrior, waging a northern campaign in 1173 which resulted in the capture of the King of Scots, and became Henry’s royal chancellor. He protected his father following Prince John’s treachery and was appointed archbishop of York following Richard I’s accession. Although the half-brothers’ relationship was uneasy, he defended Richard against John’s later attempted usurpation and liquidated part of York’s treasury to help pay ransom for Richard. This infuriated York’s chapter of canons and led to disturbances in the city.

The many disputes in which Geoffrey was involved meant he was often away from York, affecting the administration of the archdiocese. He largely lost control of this – to the dean and chapter – and attempts to rule from Southwell or Ripon were unsuccessful. York was showing itself as an ecclesiastical power-base not wholly dependent on the person of the archbishop nor on the patronage of the monarch. Geoffrey died in Normandy in December 1212: a man loyal to family and friends but remarkably prone to argument and conflict.

Building a great cathedral

The more peaceful rule of Walter de Gray (d. 1255) saw York prosper and concerted attempts were made to eliminate undesirable practices such as hereditary livings. Sale of ‘indulgences’ was still permitted, however, and brought in much money to continue the restoration and furnishing of the minster. Walter wanted York Minster to be one of the greatest churches in the kingdom, overseeing the building of its two transepts. He personally gave a golden chalice and paten bejewelled with precious stones, a mitre and thirty-two copes! He purchased the manor (now called Bishopsthorpe) which



York Minster's south transept. Photo: Tom Blackwell, Flickr

remains the official residence of the Archbishop.

Creating a powerhouse

Walter Giffard (c. 1225-1279), another individual to combine being archbishop and royal chancellor, effectively led the English church in the last years of Henry III (Boniface of Canterbury being often abroad) and oversaw the accession of Edward I in 1272. Giffard built up a formidable administration at York, drawing in talented northern men to serve the archdiocese. He exerted increasing control over York's powerful suffragan see, Durham, something continued by his successor, William de Wickwane (d. 1285). Wickwane, on visiting Durham in 1281, was prevented from visiting the cathedral chapter. In response, he set up his chair on Palace Green (right), preached a fiery sermon which concluded with excommunication for the bishop and indictment for Durham! It is perhaps little wonder that, on his next visit, Wickwane was not only barred from the cathedral but physically assaulted.



By the end of the early mediaeval period, archbishops were being routinely elected by the canons of York minster (rather than being imposed from outside) although it was far more common than now for them to hold many more preferments in often-distant parts of Britain and France. Once in office, they undertook regular 'visitations' across their province (sometimes, as we have seen, resulting in dispute and even violence). The battle between Canterbury and York over primacy was nowhere near being settled and archbishops had routinely to juggle and appease competing demands of monarchs and popes. **RCW**

(Sources: *Oxford Dictionary of National Biography*; <https://www.archbishopofyork.org/>; <https://yorkminster.org/discover/>)

⁵ Let your gentleness be known to everyone. The Lord is near. ⁶ Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
Philippians 4: 5-7



Australian Bush Fires

Having seen the media coverage on our television screens of the horrific bushfires in Australia, I discovered that a lady in Layer-de-la-Haye was asking people to check their domestic First-Aid kits for out-of-date burns dressings as they were urgently needed to treat the wildlife casualties, especially koala bears and joeys.

We had already been in contact with friends of ours who live in Australia and, whilst they had bags packed in readiness for a swift departure, they did not yet feel threatened, despite breathing smoky air. They were more concerned for their wildlife and feared that some bird species would not survive.

I tried to 'spread the word' – here I must single out Jane Groves for her tireless help! — and I was soon being given carrier bags and shoe boxes of precious commodities at Sunday services, finding packages left on pews when I watered the flowers, and had other donations delivered to my door; all of which I took along to the Layer-de-la-Haye Village Store, which had become the main collection point.

I took another collection along today (5 March) and, as I sent this article in for publication, they were still collecting and shipping out to Australia for free. The list had grown by this time and, apart from the burns/ordinary dressings, it included bandages, gauze, syringes, gloves and Micropore, koala mittens, wallaby pouches, bat wraps and joey pouches!



In the pictures at the top of the article you can see a bandaged-up baby Koala, hopefully on the way to a full recovery. On the left, you can see one of the very brave and talented search dogs trained to sniff out injured Koala bears – his name's Bear and he has become so famous that Tom Hanks wants to make a movie about him!

Thank you again to everyone who donated.

Mary Hanmer



Being Kind

In the Bible, Jesus spoke about being kind. Everyone has basic needs – we all need to eat and drink, we all need clothes to wear and someone to look after us when we are poorly. We also need friendship when we're feeling alone and forgiveness when we've done something wrong.

Sadly, some people don't have even the most basic things, like food, water and clothes. Helping people, whatever their need, is really important to God. Some of the ways Jesus suggested to be kind were:

- Giving a hungry person some food
- Giving a thirsty person a drink
- Giving someone who has few clothes something to wear
- Being a friend to someone who is alone, even if you don't know them yet
- Caring for someone who is poorly
- Visiting someone who is in prison

Perhaps there's an item in the news or something happening in the family that highlights one of these needs. This could be a good moment to talk to your child about how they would feel if they had that need, and then how they would feel if someone came along and helped them. Or, after school or nursery, you can ask your child about how their day went. If issues of kindness or unkindness come up, talk to your child about it. Can they be kinder in any way to their friends or teachers? Is there anyone there who needs a friend? Ask your child what their nursery or school teaches about kindness.

Something as simple as watching your children play and explaining what is kind or unkind behaviour when it happens can help children learn the difference. You might try placing a reward sticker for each kind act in a small notebook, which shows your child how much kindness they can share in just a day, a week, a month and so on.

There are so many practical ways to be kind in everyday places, like where we go to work or school, but also by giving or raising money for causes that bring relief to suffering people. As a family, there may be relevant charities you'd like to support, practically or with donations.

If you pray with your child at bedtime, it may be a good time to remember kindness. Perhaps share with each other how you were kind to someone that day, or how someone else was kind to you, and thank God for that.

(Source: www.churchofenglandchristenings.org with permission.)

How to join St Leonard's on Facebook:



1. Type www.facebook.com into your internet browser (e.g. Internet Explorer, Firefox, Safari) or download the Facebook app on to your phone or tablet, and open the app.
2. Follow the instructions to 'Create a new account', entering your details. Remember that you don't need to use any other part of Facebook to access our site: you don't need to add friends for example.
3. Using the search function in Facebook look for 'St Leonard's Lexden' or type www.facebook.com/stleonardslexden into your internet browser.
4. Click or press on the button that says 'Like' and has a thumbs up sign.
5. That's it! ***But, if it doesn't work, please contact a friend for help.***

Prayers with children

A prayer for when a friend is ill

Dear God, (*name of friend*) is ill.
They are not allowed to go to school
or come over to play.
I'm sad because I miss them.
They must be feeling miserable and
lonely as well.
Please be close to them.
Please be with the people who are
looking after them.
Please help them to get better and
to know that you love them.

Amen.

A prayer for the world

God of love and hope,
you made the world and care for all
creation,
but the world feels strange right
now.
The news is full of stories about
Coronavirus.
Some people are worried that they
might get ill.
Others are anxious for their family
and friends.
Be with them and help them to find
peace.
We pray for the doctors and nurses
and scientists,
and all who are working to discover
the right medicines
to help those who are ill.
Thank you that even in these anx-
ious times,
you are with us.

Help us to put our trust in you and
keep us safe.

Amen.

A prayer at bedtime

Before the ending of the day,
Creator of the world, we pray
That you, with steadfast love, would
keep
Your watch around us while we
sleep.

Tonight we pray especially for
(*names family or friends who are
affected by Coronavirus*) and the
people of (*country or place which is
affected by Coronavirus*).
Please give skill and wisdom to all
who are caring for them.

Amen.

A prayer remembering God is with us

Lord God, you are always with me.
You are with me in the day and in
the night.
You are with me when I'm happy
and when I'm sad.
You are with me when I'm healthy
and when I am ill.
You are with me when I am peaceful
and when I am worried.
Today I am feeling (*name how you
are feeling*) because (*reasons you
are feeling this way*).
Help me to remember that you love
me and are with me in everything
today.

Amen. Source: [https://\(www.churchofengland.org/
more/media-centre/coronavirus-liturgy-and-prayer-resources.\)](https://(www.churchofengland.org/more/media-centre/coronavirus-liturgy-and-prayer-resources.))



Night Prayer

You may wish to light a candle and have some reflective music playing in the background.

The eternal God is your refuge, and underneath are the everlasting arms.

Deuteronomy 33.27

Opening Sentences

The Lord almighty grant us a quiet night and a perfect end. **Amen.**

Our help is in the name of the Lord **who made heaven and earth.**

Pause and reflect on the day that is past.

Save us, O Lord, while waking,
and guard us while sleeping,
that awake we may watch with Christ
and asleep may rest in peace.

Bible Reading

You may wish to say here the psalm given below, or Psalm 27, or another chosen psalm.

Psalm 91

1 Whoever dwells in the shelter of the Most High ♦

and abides under the shadow of the Almighty,

2 Shall say to the Lord, 'My refuge and my stronghold, ♦
my God, in whom I put my trust.'

3 For he shall deliver you from the snare of the fowler ♦

and from the deadly pestilence.

4 He shall cover you with his wings and you shall be safe under his feathers; ♦

his faithfulness shall be your shield and buckler.

5 You shall not be afraid of any terror by night, ♦

nor of the arrow that flies by day;

6 Of the pestilence that stalks in darkness, ♦

nor of the sickness that destroys at noonday.

7 Though a thousand fall at your side and ten thousand at your right hand, ♦

yet it shall not come near you.

8 Your eyes have only to behold ♦ to see the reward of the wicked.

9 Because you have made the Lord your refuge ♦ and the Most High your stronghold,

10 There shall no evil happen to you, ♦

neither shall any plague come near your tent.

11 For he shall give his angels charge over you, ♦ to keep you in all your ways.

12 They shall bear you in their hands, ♦ lest you dash your foot against a stone.

13 You shall tread upon the lion and adder; ♦

the young lion and the serpent you shall trample underfoot.

14 Because they have set their love upon me,

therefore will I deliver them; ♦

I will lift them up, because they know my name

15 They will call upon me and I will answer them; ♦

I am with them in trouble,

I will deliver them and bring them to honour.

16 With long life will I satisfy them



and show them my salvation.

**Glory to the Father and to the Son
and to the Holy Spirit;
as it was in the beginning is now
and shall be for ever. Amen.**

You may wish to use one of the following short readings or choose a passage of your own.

Sunday Evening

You, O Lord, are in the midst of us,
and we are called by your name;
leave us not, O Lord our God.

Jeremiah 14.9

Monday Evening

Thus said the Lord God, the Holy One of Israel: In returning and rest you shall be saved; in quietness and in trust shall be your strength.

Isaiah 30.15

Tuesday Evening

Jesus said, 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.

Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

Matthew 11.28-end

Wednesday Evening

Humble yourselves under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

1 Peter 5.6,7

Thursday Evening

Jesus said, 'I have said this to you, so that in me you may have peace. In the world you face persecution. But take courage; I have conquered the world!'

John 16.33

Friday Evening

God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

1 Thessalonians 5.9,10

Saturday Evening

Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'

John 8.12

Merciful God,
we entrust to your unfailing and tender care this night
those who are ill or in pain,
knowing that whenever danger threatens
your everlasting arms are there to hold us safe.

Comfort and heal them,
and restore them to health and strength;
through Jesus Christ our Lord. **Amen.**

Be present, O merciful God,
and protect us through the silent hours of this night,
so that we who are wearied by the changes and chances of this fleeting world,
may rest upon your eternal changelessness;
through Jesus Christ our Lord. **Amen.**

Visit this place, O Lord, we pray,
and drive far from it the snares of the enemy;
may your holy angels dwell with us in peace,
and may your blessing be always upon us;
through Jesus Christ our Lord. **Amen.**

The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.

Prayers Give us today our daily bread.

Forgive us our sins
as we forgive those who sin against us.

Lead us not into temptation
but deliver us from evil.

For the kingdom, the power,
and the glory are yours,
now and for ever. **Amen.**

(or)

Our Father,
who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.

And lead us not into temptation;
but deliver us from evil.

For thine is the kingdom,
the power and the glory,
for ever and ever. **Amen**

The Conclusion

In peace we will lie down and sleep;
for you alone, Lord, make us dwell in safety.

The Lord bless us and watch over us;
The Lord make his face to shine upon us and be gracious to us;
The Lord look kindly upon us and give us peace. **Amen.**

LEXDEN LADIES' GROUP

A good crowd of members, friends and visitors enjoyed an afternoon of nostalgia when Mary and Keith's ukulele band entertained us in the church on March 3rd.

Feet were tapping and heads were nodding to the beat of dance rhythms and songs of the '50s and '60s – the days of our youth!

Did we remember: "Memories are made of this", "Sweet Georgia Brown", "Catch a falling star", "Put another nickel in" and many more? You bet we did – and we knew all the lyrics! If there had been a bit more space, I bet a few would have been quickstepping round the floor.



The nine-member band, including our Sue and led by Mary, played almost non-stop with a brief respite provided by their resident poet who recited about his shed.

Afterwards, a welcome cup of tea, provided by a stalwart team, with everyone enthusing about the wonderful afternoon. We all felt so much better and happier away from the concerns of the world for an hour. We went away, humming the songs and remembering.

Thank you so much Mary, Keith and the band for coming to play for us and to Sue for making the arrangements.

As a result, we were able to send a good donation to the Colchester CAP fund.

At our next meeting, which was scheduled for Tuesday 5th May at 2.30pm, we were due to welcome Hugh for another nostalgic afternoon with a talk on "My Roots in rural South Shropshire". Given the current situation, this will likely be postponed but all will be welcome to attend when it is rescheduled.

Margaret (Photo: Graham Tyler)

Film Review: Dark Waters (2019)

A tenacious US lawyer uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. While trying to expose the truth, he soon finds himself risking his future, his family and his own life. This, in a nutshell, sums up the story in *Dark Waters*, a disturbing and unsettling film which features a 'David versus Goliath' conflict between corporate lawyer Rob Bilott and the mighty chemical company DuPont, battle which spans 21 years from 1998 to 2017.

When the film begins, Rob has just been made a partner in a prestigious Cincinnati law firm which normally only acts for large corporations. He receives a 'phone call from his grandmother who lives in his home town of Parkersburg in West Virginia. She is concerned about a farmer-friend whose cows have developed life – threatening deformities. It seems that DuPont have been dumping a toxic chemical—used to make their non – stick coating, Teflon — in the nearby creek, poisoning the water supply for this town of 70,000 inhabitants. Later Rob finds clear evidence of an increase in human cancer cases and birth defects in and around Parkersburg.

Rob has a hard job convincing his firm that they should act for the victims of DuPont's negligence but eventually the senior partner is swayed by the weight of the evidence. At some point the public health authority gets involved and carries out blood tests on large numbers of Parkersburg residents. These tests take four or five years to analyse but, when the results finally come, they clearly show the unexplained illnesses and deaths are due to the poisoning of the water supply. A class action on behalf of 3,500 plaintiffs results in DuPont paying damages of \$671million.

In the words of Mary's song (the Magnificat) the mighty were certainly put down from their seat, the humble and meek were exalted, the hungry were filled with good things, but I doubt if the rich were sent empty away.

Hugh Beavan



Gardening Diary

29 February

The latest jet-stream-driven sequence of depressions have caused extensive flooding in Wales and Northern England. The rain means I look out on distant flowering trees, shrubs and spring bulbs

but stay in-
doors. A

flowering

Christmas cacti shows how confused our plants are with the changing climate. I find these easy to grow from broken off stems. People kill theirs by overwatering. I wait until the soil feels dry before watering solely with collected rainwater. My collection system of water butts and tanks must be the biggest in Colchester! If anyone ever needs a particular size or length of plastic pot, I have an extensive pot library!



7 March

A break from the clouds and rain. I abandon the growing piles of paperwork to look at council-planted areas. A lot of road verges have daffodils flowering. The horticultural jewel is Castle park. Daffodils, bellis belle and polyanthus stand out. I have not seen blue bellis belle before. I have some of the dwarf daffodils doing well in containers. The daffodils on the rockery are equally happy. I have my



hyacinths in a semi-shaded area. Unlike other spring flowering bulbs they do not multiply.

14 March

This Covid-19 virus seems to have got the government in panic mode. I am fit, getting plenty of exercise and really doubt any pesky virus will cause problems to me. However, my sedentary elderly neighbours are a different matter. Several groups are suggesting offers of shopping for them might be helpful so I will just let them know when I am going shopping and ask do they want anything.

16 March

My winter flowering jasmine is doing OK but for flowering I prefer the Japanese quince. I still have the later variety of snow drops flowering. The blue flowering grape hyacinths are approaching peak flowering. I seem to be the only one in Colchester that grows the fabulous yellow deronicums (see right). They are just starting to flower.



The mahonia is in full flower now and there is a small, self-sown small bush nearby doing its best. As the frosts seem to have finished I could put my orange, lime and lemon shrubs out...

Andy Hamilton

(You can follow Andy's gardening progress on his Facebook page:
<https://www.facebook.com/Blooming-Colchester-564285567085224/>)

Appeal for unwanted hanging baskets

I'm asking for any unwanted hanging baskets (no bigger than 12-14 inches) in good condition that I can refill and sell at a future coffee morning. Please do put them aside for me and then, when it is safe to do so, we can liaise to arrange dropping off or collection. Many thanks.

Liz Adams



MOUSE TAILS

All the Church mouse community were busy preparing for their Easter celebration, their second favourite event of the year after Christmas. The youngsters were making Easter cards for their parents and family with bits and pieces foraged from the many Church events, plus planning their Easter bonnets and festivities.

Molly had been busy knitting herself a multi-coloured hat which she was decorating with feathers, ribbons, paper flowers and eggs, planning to add some fresh flowers on Easter Sunday. Meanwhile, Rupert had fashioned himself a straw hat and was decorating it with bits of bird eggshells left on the ground after the nestlings had hatched. He said he didn't want any flowers or ribbon on his hat as that sort of stuff was not for tough mice like him!

Grandpa and the Dads were busy foraging for suitable bits of food and Grandpa supervised the making of special beers, cordials and wine. Mums were agreeing who'd do what with the foodstuff they managed to get, knowing that there would be hard boiled eggs from the humans' egg-rolling and hopefully some hot cross bun crumbs that could be pressed into a cake. The youngsters were hoping to find pieces of chocolate and wondered if that kind lady, who loved mice, would leave them a present of mini chocolate eggs again.

The Woods cousins would be coming to stay for a few days as usual, using the underground tunnels made by moles and rabbits. These were much safer than trying to cross the busy road and it meant that they could bring their old sledge, loaded with contributions, including lots of watercress (a rare treat) plus wild berries, nuts and herbs. Daisy's husband had made his now-famous elderflower wine, so they were all looking forward to seeing their relatives again.

At one of the adults' Easter-planning sessions, Grandpa joined the group looking very serious. "What's wrong?" Mum asked. He told them that he had heard from the humans about something called a virus, which they

could catch from each other. This meant there would be no breakfasts, lunches, coffee or biscuits until further notice and the mice would need to do as their Woods cousins did and live off the land.

All of the mice were very concerned, not just for themselves (because they could always find food of some sort) but also for the humans and hoped that they would not get sick.

Grandpa was glad that they felt like this and said that, of course, the Church would stay open and their special services would still go ahead with the mouse choir singing their favourite hymns accompanied by Tommy Organ and his little band. They agreed this was far more important than what food they would eat. Grandpa ended the meeting with prayers for the safety of St Leonard's congregation with whom they had lived in harmony for so many years.

CT



**I am a simple plant
Of basic green and white.
I'm usually treated with disdain
Which causes me both grief and pain.
I struggle on through lack of care,
But even so I clean your air.
So while you sleep and every day,
My work continues on its way.
Spare a little thought now
And treat me with respect:
I am that simple Spider Plant
Clean air you can expect.**

Sally Christie - 1996



Poets' Corner

When Mary thro' the garden went
There was no sound of any bird,
And yet, because the night was spent,
The little grasses lightly stirred,
The flowers awoke, the lilies heard.

When Mary thro' the garden went,
The dew lay still on flower and grass,
The waving palms above her sent
Their fragrance out as she did pass,
No light upon the branches was.

When Mary thro' the garden went,
Her eyes, for weeping long, were dim,
The grass beneath her footsteps bent,
The solemn lilies, white and slim,
These also stood and wept for him.

When Mary thro' the garden went,
She sought, within the garden ground,
One for whom her heart was rent,
One who for her sake was bound,
One who sought and she was found.

When Mary thro' the garden went by Mary Coleridge (1861-1907)

REGULAR SERVICES

NB. All public worship is currently suspended

MAGAZINE DEADLINE

Deadline for items for the **JUNE 2020** edition:

SUNDAY 12th APRIL

Please submit items to the Editor

email: magazine@stleonardslexden.org.uk

or post to 'Magazine Editor, St Leonard's Church, Lexden Road, Colchester CO3 4BL'

Please include your name with any submission and limit text to 500-600 words maximum. Longer articles may be edited. Thank you.

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