

**PARISH OF SOUTHMINSTER
MAGAZINE OF THE
CHURCH OF ST LEONARD**



AUGUST 2020

**O taste and see that the LORD [our God]
is good; Psalm 34: 8**

- 3 ReflectionThe Vicar
- 5 End of School Year Rev'd Peter
- 6 The Wheat and the Tares Brenda Sheppard
- 8 Reflection from Bishop Peter
- 10 Churches opening again - latest news
- Prayer for Southminster
- 11 Rotas, Flower Arranging,
- A notice about our offerings to God
- 12-13 Services in August for St Leonard's and Steeple churches
- 14 Services for Tillingham, Dengie, Bradwell and St Lawrence
- Southminster APCM details
- 15 What would be 'NORMAL' for St Leonard's Church
- 16 St Leonard the Green Ken Dunstan
- 18 Course in Christian Studies
- 19 Parish Registers: an update from January to May 2020
- 20 Backbiting Chris Martin
- 22 500,000 Steps for two Charities Harry Payne
- 24 Who are we?

**NOTE
FROM THE EDITOR:**

*Articles for the September
magazine by*

Sunday August 16th
please, to Kath Dunstan.
**New contributors will be
welcome.**

How long did it take
for you to decide why I
chose the cover picture
this month?

Editor

*There are several articles about
tasting, wheat, seeds, and sharing
- and I remembered that Jesus at one
time said "I am the Bread of Life".*

Reflection

**O taste and see that the LORD [our God] is good;
Psalm 34: 8**

The process of going into shops, restaurants and pubs has changed dramatically in the past month. As shops open and new protocols are set in place, we've been getting used to waiting outside the supermarket, standing 2 metres apart and respecting the distance when we enter the store. Likewise as the restaurants open: tables are set apart, names and telephone numbers are taken for safeguarding, and the staff (usually) wear face masks as they are speaking and serving. One-way systems are put into place to ensure that people don't bump into each other, and Perspex shields have been erected in front of the cashiers. We are learning new ways of shopping to limit the amount of time that we spend in the presence of other people; online shopping has become for some the normal delivery rather than special delivery; and some of the major retailers are looking to expand the online side of their businesses as lockdown eases, due to the demand for online retailing.

Churches and places of worship have new systems in place to enable people to pray and reflect on their situations and events, to light a candle, write a prayer or just recite a familiar passage of scripture. When we are able to meet together it will seem alien to the way that we are used to worshipping: no singing, no greeting each other in the peace, and no coffee afterwards – what is the world coming to? We may focus on the things that we are not able to do; or we could reflect on those things we *are* able to do, and *be grateful* for the people round and about us who look to us to give them help in their weakness.

I had the honour of speaking to the scouts the other evening and I was explaining to them that God did not send

this pandemic: God is not responsible for causing suffering. God sent His Son to do the suffering for us and Jesus came to bring us life into eternity. It would be foolish for me to say on one hand that God is a God of love, acceptance, healing and reconciliation; and on the other that He has sent a cause of separation, sickness and discord. That is not who God is – Jesus came to show us another way, an eternal way that is available to all. In the meantime we live in a fallen world where sickness, disease and suffering do exist. When Jesus travelled around the cities and villages He healed people of the diseases and sicknesses; He brought life physically but, more importantly, spiritually. The God we serve is an eternal God who desires that we live with Him eternally.

I went on to say to the scouts that some of the good things that have happened in the last twelve weeks i.e. community, courtesy, provision to those around us and relationship, are Kingdom of God principles; the way that God advocates for everyone. Those valuable lessons of lockdown that these scouts have learned are now driving forces for them for the future, to help build better communities.

The scouts have “tasted and seen” that the Lord and His Kingdom is good, but they need to develop that thought and grow in their knowledge and relationship of God, and we are the church that can help them grow. So, let us look for the good things that God has shown us, and has brought us in these weeks, for God is bringing people to our church to find out what this ‘Kingdom of God’ is all about.

May *you* truly know God’s kingdom blessings in your life now...

Peter

END OF SCHOOL YEAR

It was a very unusual end of term at the school; during a normal academic year there will be a end of term party for each year group; away days for the year 6's; an end of year service in church along with a "leavers service" for those moving on to other schools in September. However we did manage to organise a leavers' service, albeit different.

We met in the school playground, seated two metres apart for the service and were blessed with sunshine. The staff gave out some umbrellas to keep some of the parents in the cooler shade! The Boys had their service first at 2.00 p.m. and then the girls came at 2.30 p.m. both with a parent and some siblings. The Headteacher, Xanthe Glynn, gave a short talk followed by the year 6 teacher who commended the year group for achieving amazing results. Although they had not sat tests the indications were that this group would have been the best for some years; so congratulations to them all!

I then presented to the students a personal Bible, our gift to them from St. Leonard's church, and a holding cross; both of which I suggested that they keep handy for comfort, reassurance and knowledge that they are loved.

We continue to pray for the students, parents, staff and the rest of the school that it, and they, will thrive in the coming academic year.

Rev'd Peter

The Wheat and the Tares

Most evenings during the past few months Viv Perry and I have been walking her dog Chloe across the field leading to the Pandole Wood. It has been very noticeable that amongst the field of rape we passed that there were some very big weeds amongst the crops. This got me thinking about the story in the Bible about the Wheat and the Tares.



Tares are another word for weeds that resemble wheat but are counterfeit. Whereas wheat bears good grain, tares' grain is like poison because that is what is on the inside of a tare. As we know, weeds are wild plants growing where they are not wanted but a lot of weeds are very pretty



and it's often hard to distinguish them from known flowers. Also, what fun it is to blow the seed heads of dandelions, which I expect most of us have done as children (or still do as adults!!) But how many seeds have we unknowingly blown into the air to scatter and to plant more unwanted weeds!

Matthew 13:24-29 and 36-43 tells of the parable of the wheat and the weeds (tares) and that the field was deliberately polluted by an enemy. We know how strong weeds roots can be but we pull them up where we can. In this parable Jesus was saying leave them, as He was referring to humankind, and, in His timing, He will separate the good seed from the bad and separate false from true believers when He harvests at the end of the age.

We all know wheat is good grain ground to make much needed flour. On the other hand, some weeds, for

example stinging nettles, can be used for good as they contain many nutrients and may be used to treat certain ailments. We have perhaps heard of nettle tea which must be used with caution and with correct medical advice.

Poppies are also weeds but are an attractive, lasting memorial, symbol of those who have lost their lives through war. Poppies grew on barren battlefields as they grow naturally in conditions of disturbed earth.



It is amazing how the stories in the Bible come be applied to our everyday lives. We can let weeds grow up into our lives by harbouring wrong thoughts or grudges; by our wrong speech or by mixing in the wrong company. These can, if we're not careful, grow up and choke our Christian walk. Satan, our enemy, often disguises wrong doings as attractive and we can be easily fooled so we need to have wise and discerning hearts. As the Bible says God is our judge and He lets the good crops and the weeds grow together, referring also to good and evil, and at the end of the age He will send His angels to weed out of His Kingdom everything that causes sin and all who do evil. (Matthew 13 v41).

Brenda Sheppard

Perhaps you too have noticed things on your walks that can be compared to stories or parables in Scripture? Viv and I have noticed a large fox and a large rat sharing our path at times which perhaps could be another story later!!! If you would like some help putting an article together please shout; some of us would love to help!



Brenda

Reflection from Bishop Peter

If we have learned one thing from this pandemic it is the immense significance of the infinitely small. We have seen the power for ill of a tiny virus that has devastated so many lives and stopped much of our world in its tracks. Yet the good news is that the Kingdom of God is also about the power of small things – but a power for good. Little things really count in the Kingdom of God. That is the essence of Jesus’ parables in Matthew 13, all focused on tiny seeds.

The Kingdom of God always begins small in all our lives: the seed of faith planted in from a Christian family in childhood, or as in my case, the seed planted by a friend whose life changed and challenged me. That seed is the word of God. Each seed is in fact Jesus himself bringing in the Kingdom: tiny yet dynamic, holding within it the potential for life and flourishing.

This is God’s world, God’s field, God’s soil. The Parables of the Sower and the Mustard Seed remind us that God is at work in his world, even though our human eyes often fail to perceive him. A tiny seed lies buried in the soil, hidden, out of sight and out of mind, yet it is active, growing, transformative. Eventually we see its amazing results: the seed that thrives in the good soil and gives abundant growth. God is always working, and the Gospel is in the seed.

Deep in the darkness of the soil the seed dies that the plant may grow and live. Hidden in death there is life, in destruction there is recreation, in sacrifice there is love, in the man Jesus there is God. When God invaded history to save us, he did not do so with a legion of angels. He did so with a seed planted in the womb of a peasant girl. That microscopic seed would one day grow to full life, change the world, and die out of love for you and me. That is why some theologians regard these parables as a ‘Marian’.

So, what are we to do in these anxious days of emergence? We

must understand afresh that imperceptible things still have real Kingdom influence in a society that is focussed on bigness. We live in a global village and are overwhelmed with huge social problems. As a result, we sometimes overlook the tiny seed possibilities that can change the world little by little. It's the little things that count in life: a word of encouragement from a loved one or church member; a little bit of patience to work with challenging people; a little bit of love to redeem a situation; thousands of single signatures on the Citizens UK petition for a real living wage for care workers ... **Little things have tremendous power.**

As we begin this gradual emergence, let's each pray: *Lord what small things do you want me to do to carry you back into the world today and tomorrow, as these restrictions lift.* This is a liminal and crucial time for the church of God and those of us who bear the seed of Christ. For we are the power of God in his world – he has made us and called so.

In this week, as Bishop Stephen has become Archbishop of York, St Cedd, who died young in another pandemic 1300 years ago, unites the Dioceses of Chelmsford and York. He made a huge difference for the Gospel here and up north at Lastingham and Whitby. He too reminds us that small things and small people have great power in God's Kingdom.

If we attend to the small things, Jesus will grow the church; we will minister more effectively to the poorest and the marginalised; and family generosity will better resource the diocesan mission. The tiny seeds of the Kingdom of God fall at our feet. Now is the time. Let those who have ears listen.

A suggestion:

Pray your way through Matthew chapter 13 and commit to one small change or action.

Latest news about churches reopening

Sadly, because of all the regulations during the Coronavirus pandemic, churches will still be closed for normal public meetings, but occasionally open for private prayer with limited numbers and with specific sanitisation arrangements. Reopening churches will occur during August following further advice on those who are shielded.

If you would like specific prayer, please contact the vicar., preferably by email but otherwise on 01621 772300

To keep aware of what is happening, and to participate on line with services, log into the website <https://www.stleonardsouthminster.org.uk/> and <https://www.facebook.com/groups/stleonardstogetherapart/>

Also, we have a WhatsApp group entitled “Together Apart Our Church”. Lots of people are involved in that.

These links have been greatly appreciated by regular Church family members and also by people who have not, to date, attended our church services - In difficult times, like this, we need to ‘allow’ God to point us in possible new directions and then to respond.

PRAY FOR SOUTHMINSTER:

w/b	2 August	North - East
w/b	9 August	Central - North-West
w/b	16 August	Central - East
w/b	23 August	Central - South
w/b	30 August	South - West



POSSIBLE ROTA DETAILS: YOUR AVAILABILITY FOR 2 MONTHS

We don't know when we shall be able to start worshipping in church again, but, in order to be well-prepared, please let Paul Lucas know if you cannot be available on any of the following dates.

November 2020	1	8	15	22	29	
December 2020	6	13	20	24	25	27

PLEASE REMEMBER THAT IF YOU ARE UNABLE TO FULFIL YOUR DUTY YOU SHOULD CHANGE WITH SOMEONE AND INFORM THE WARDENS OF THE ARRANGEMENT.

FLOWER ARRANGING

Kathy Pegg will be informing people if and when the regular Flower Arranging is to re-start. At the moment, just keep enjoying the lovely outdoors and keep your gardens in order (if you are able). Thank God that despite the pandemic there are good things around us and we should thank Him for creation.

A notice about our offerings to God.

Many of us use the facility of the offering plate to give our gifts to God. As the church is closed for the moment it may be a good time to think about a standing order to the church so that we are still bringing our gift. Many of us are doing this already – Thank you, but those who may be wondering how they can continue their giving through Standing Order the details of the church bank are here:

St. Leonard's church: Barclays Bank Sort code: **20.54.30**
A/c No. **80825107** Made payable to: Southminster
Parochial Church Council.

St. Lawrence & All Saints church: Barclays Bank
Sort code: **20.54.30** A/c No. **60842494**
Made payable to Steeple Parochial Church Council.

May God bless our gifts to Him.

AUGUST WORSHIP

Details of the services which will happen on-line during August are listed here - on pages 12 - 13 so please use them so that we can all be involved in worship together, in church or at home, at this very difficult time. The set readings of the day and the special prayer (the collect) are shown. The details cover both Southminster and Steeple.

2nd August there will be a 10.45am service at Southminster.
9th August, the services will be: Steeple 9.15am and Southminster 10.45am; **16th August and 23rd August** : Southminster 8.00 am B.C.P. service. Steeple; 9.15 am Morning Worship; Southminster 10.45 am with on-line service together/apart.

Sunday 2nd August

Isaiah 55 : 1 - 5

Matthew 14 : 13 - 21

Lord God, your Son left the riches of heaven and became poor for our sake: when we prosper save us from pride; when we are needy save us from despair, that we may trust in you alone; through Jesus Christ our Lord. Amen.

Sunday 9th August

1 Kings 19 : 9 - 18

Matthew 14 : 22 - 23

Gracious Father, revive your Church in our day, and make her holy, strong and faithful, for your glory's sake in Jesus Christ our Lord. Amen.

Ninth Sunday after Trinity

Sunday 16th August

Tenth Sunday after Trinity

Isaiah 56 : 1, 6 - 8

Matthew 15 : 21 - 28

Lord of heaven and earth, as Jesus taught his disciples to be persistent in prayer, give us patience and courage never to lose hope, but always to bring our prayers before you; through Jesus Christ our Lord. Amen.

Sunday 23rd August

Eleventh Sunday after Trinity

Isaiah 51 : 1 - 6

Matthew 16 : 13 - 20

God of glory, the end of our searching, help us to lay aside all that prevents us from seeking your kingdom, and to give all that we have to gain the pearl beyond all price, through our Saviour Jesus Christ. Amen.

Sunday 30th August

Twelfth Sunday after Trinity

Jeremiah 15 : 15 - 21

Matthew 16 : 21 - end

God of constant mercy, who sent your Son to save us: remind us of your goodness, increase your grace within us, that our thankfulness may grow, through Jesus Christ our Lord. Amen.

There will be no service at Steeple on 30th August because, as a fifth Sunday it will be a United Service at St Leonard's at 10.45am

Bradwell-Tillingham-Dengie and St Lawrence Churches

If our Churches are still closed for public worship our church services will be 'Joint Benefice Services' and will be online at; <https://e-voice.org.uk/bradwellchurch/sunday-services/>

If restrictions are removed and public worship is permitted please see <https://e-voice.org.uk/bradwellchurch/> for church services and times for Bradwell, Tillingham, St Lawrence and Dengie.

This website has been adapted to cover all the churches in Bradwell, Tillingham, St Lawrence and Dengie over this coronavirus pandemic period.

SOUTHMINSTER APCM

Due to Covid-19, this year's Annual Parochial Church Meeting will take place later than usual and will be held in church following the 10.45am service on Sunday 4th October.

We will begin with the election of two churchwardens although wardens and ex officio posts will remain until January 2021.

Everyone from the parish is welcome to attend and vote.

We shall then proceed with the Church Council part of the meeting. Again everyone is welcome but only registered members of the church, i.e. those on the electoral roll are able to comment and/or vote.

There will be a booklet available in church 4 weeks before the meeting where various reports will be printed for people to read in advance of the meeting.

ST. LEONARD'S **NORMAL** REGULAR MIDWEEK EVENTS

At this difficult time we pray for all who are usually involved in these activities, both leaders and general participants.

The **Music Group** meets in church on Fridays at 7.45 pm & occasional Wednesdays. See weekly bulletins for details.

Bellringers meet occasionally in the tower but we don't have our own regular team now.

HENRY CLUB (Church Cleaning)

Our team is hoping to meet fortnightly 'as usual' so that means we'll be busy at 9.15 am on Fridays 14th and 28th August. If you have any questions or offers to help please contact Brenda Sheppard who is 'in charge' while Jacky is unavailable.

CHURCH GROUNDS WORKING PARTY

Details of these will be in the weekly notices.

Midweek Morning Prayer services (Mon., Wed. and Fri.)

8:00 am (about half an hour) in the chapel.

Tuesdays 8.30 am "Just Prayer" also in the chapel.

HOME GROUPS

Normally Mondays at 10 am and Thursdays at 7.45 pm for 8 pm

ALPHA & ALPHA FOLLOW-ON

Groups usually meet at the Vicarage on Tuesdays at 7.30 pm

Check details on weekly bulletins.

Young people and children are always welcome, especially at 10.45 services, and Families are encouraged to attend the monthly **FAMILY CELEBRATION SERVICES**

Messy Church is once a month on Mondays.

The **Holiday Club** had to be cancelled of course.



St Leonard the Green

St Leonard seems to have been a Frankish nobleman during the sixth century who converted to Christianity as a member of the court of King Clovis, the Frankish leader who gave France its name. According to legend, he refused a bishopric, but chose instead to become a hermit, living in the forest of Limousin, in central France. Although he is famous for gaining freedom for prisoners I want to stress his choice of forest rather than a royal court as his home and place of work – which was chiefly prayer.

Forward fifteen centuries, and Southminster Parish Church carries the dedication to St Leonard as someone to remember and to copy. In the congregation prayer is valued and people are encouraged and equipped to pray. Happily, our village has its own public woodlands, Seasons Wood and Jubilee Wood and the Orchard Meadows open space including Neall's Orchard. We have a large churchyard, part of which is left fairly fallow to encourage wildlife, though people who have family graves there are encouraged to tend them. And then what?

In 1983, two British families set up a Christian field study centre in Portugal. They called it “A Rocha”, “The Rock.” It grew into an international conservation and teaching organisation dedicated to encouraging and teaching Christians and others to care for creation. One of its initiatives is Eco-Church. Our PCC is considering the help Eco-Church offers to help us as we remember the Gospel Command we call the Fifth Mark of Mission: “To strive to safeguard the integrity of creation, and sustain and renew the life of the earth.” Eco-Church's vision is “for churches of all denominations to care for creation as an integral part of loving their neighbours and

following God faithfully”.The first question people tend to ask after,“Will it hurt?” is likely to be,“How can we do it?” Once we’ve agreed that fulfilling the Fifth Mark of Mission, a part of the Second Great Commandment, is an essential part of being disciples of Jesus, A Rocha can help us.

It starts with a questionnaire, obtainable on the internet. The questionnaire covers five areas and to each of the questions there are four basic answers:“Yes,” “Sometimes,” “Working on it,” and “Need to find out.” If there are significant fours, that can provoke research.The areas covered are Worship and Teaching (We worship regularly and have several groups for teaching); Buildings (We have a medieval church); Land (we have a churchyard); Community and global engagement (We have a school, Little Lions, connections with youth, the Hackblock Trust ...) and Lifestyle (How the Church and its members make decisions that affect the environment).The answers will gain points according to how much they reduce the Church’s negative impact on the environment and these points can lead to an award: Gold, Silver or Bronze.A Rocha produces resources to help the next stage, each targeting one area and divided into three sections:

Think – a moment to reflect or a story to inspire

Do – a simple task to perform

Do more – a list of points for further study and action, with links to all sorts of helpful resources that are available online from a variety of different organisations.

That’s the introduction. Humankind was given “*radah*” according to Genesis 1:26. It means “management with responsibility.” Let’s use the help that’s offered, and manage as Leonard did.

Ken Dunstan

REMINDER about a journey of discovery for you.

The COURSE IN CHRISTIAN STUDIES

is an opportunity to explore the Christian faith with others. The course runs over two years, is open to anyone over the age of 16 and is based on weekly meetings in local groups.

This year we will be running the first term of all face to face groups entirely via ZOOM, with the hope of moving back to local face to face groups in January 2021 if it is safe to do so and in accordance with government guidelines.

If you are new to ZOOM, *do not be discouraged*, we are offering a short training session on how to use ZOOM, followed by the CCS Taster/Introductory event on 5th September starting at 10.30am

To register your interest in either or both events and receive an easy click on link invitation, email Diane Hardy
dhardy@chelmsford.anglican.org
or call her on 01245 294449

Is it difficult for you to commit to a regular weekly meeting?

WHY NOT TRY THE ONLINE VERSION?

group learning when and where it suits you,

Further details available at

www.chelmsford.anglican.org/ccs

PARISH REGISTERS

An update from January 2020 to May 2020

Rev'd Canon Peter officiated at many services during this period, many of which were in neighbouring parishes who are in vacancy. Included in this list are only those with a Southminster or Steeple link.



We gave thanks for the lives of all these people and we pray for those who have been bereaved.

<i>Date</i>	<i>Person</i>	<i>Service</i>	<i>Burial</i>
23 Jan.	Rev'd Canon Sandra Ellen Manley	All Saints Maldon	St Andrews Althorne
31 Jan.	Patricia Anne Martin	St Nicholas Tillingham (Rev'd Steven Poss)	St Leonard's
3 Feb.	John Leslie Allington (Steeple)	Chelmsford Crematorium	
23 Feb.	Patricia Hawkins	Interment of ashes	St. Leonard's
25 Mar.	Patricia Eileen Burcombe	St Leonard's	St Leonard's
30 Mar.	Jeanette Irene Cox	Chelmsford Crematorium	
6 Apr.	Dawn Sylvia Simpson	Chelmsford Crematorium	
27 May	Jean Selina Dowsett	Chelmsford Crematorium	

We rejoiced with the families of these children as they were baptised, and we pray for their future within the Church family.

1 Jan. Carmel Laura Ada Bray; Jamie Ray Reginald Bray;
Jace Reginald Samuel Bray

9 Feb. Evie Beatrice Russ



BACK-BITING

Chris Martin

Some years ago a Muslim friend of mine was telling me that one of the rules in that religion concerns Back-biting. I was amused at first by the old-fashioned word but then began to think that it's an interesting idea that perhaps we could ALL do with a "commandment" to stop us doing it!

So what does it mean? I've always understood it to mean talking about somebody in an unkind manner behind their back.

I suppose people in the public eye – celebrities and politicians – are fair game for our criticism and, unless we know them personally, to have an opinion about some of their behaviour doesn't seem like back-biting. That's because they deliberately choose a career to have an effect on us one way or another without knowing us personally.

Celebrities want to entertain but also to be noticed, and just have to take the flak if we find something we don't like about either their work or their private lives. The problem with celebrity is that you don't have a private life. That's what you give up, if you want to be famous.

In a different way, politicians put themselves up for us to vote for them to influence the very way we live – and if we catch them not practising what they preach, it's natural that we should react in our conversations with each other. I would hardly call it back-biting if we talk about them.

It's talking detrimentally about our friends and neighbours – maybe even family – that comes under the heading of "Back-biting". Comedians used to make a lot of jokes about mothers-in-law but it's unfashionable to do so now, with modern attitudes about "equality" and "respect". Quite right too! Really, those jokes were a kind of

back-biting even though not told with bad intention. These days we wouldn't find them funny, any more than racist jokes are funny.

Back-biting is usually about something petty and unimportant: maybe about a point of view that somebody has that isn't quite the same as yours, or something about the way that person lives that is not quite how YOU would carry on. The problem is that not only is it just not very nice to criticise or talk about a friend behind their back, it could spiral out of control if it becomes common gossip. This is shown in the "trolling" that goes on amongst youngsters on their mobile phones and we've all heard of the unhappiness THAT causes. (1) But even on a day-to-day basis, if we see somebody doing something that we consider unwise, or voicing an opinion we don't agree with, or spending money on something we wouldn't buy, isn't it best if we just keep quiet rather than chat about it elsewhere? Or....speak to the person concerned if we think it's an issue? (2)

We are all capable of voicing an opinion about the goings-on in the lives of others, but since I heard the expression "back-biting" after decades of not hearing it, and found it was actually warned against in a certain religion, I've become more aware of its relevance to everyday life. And I hope that if I ever did it, I hope I don't do it now!!!!

So let's go back to what we were taught back in the 1940s/50s: "If you can't say something nice about somebody, better to say nothing at all!"

Editor's comments:

(1) Jesus said, "You are to love your neighbour as you love yourself." (Matthew 22:39)

(2) Jesus said "If your brother sins against you, go and show him his fault, **just between the two of you.**" (Matthew 18:15-17)

500,000 Steps for Stroke Association and End Polio Now

It was back in May that I toyed with the idea of trying to raise money through just walking. I had done this before several times. When I was involved in the Southminster Boys Football Team years ago we used to have a sponsored walk, down Hall Road and around the Marshes to Burnham, coming out by St Mary's where the boys were picked up and brought back to Southminster. Then later in life as President of the Wickford Rotary Club, in 1996 a group of us walked around the Isle of Wight in four days. We managed to raise around £15,000 for a variety of Charities. I was raising money for St Luke's Hospice then. I then packed away my walking boots, that is until Christmas 2018. It was then I was diagnosed Type 2 Diabetic, with dangerously high Blood/Sugar levels. The Doctor put me on to medication, with the instruction exercise! The news was quite disturbing, it came as something of a blow. I was told, it is not the end of the world it was controllable and I could do something about my condition. I purchased a step counter. I felt with a means of registering steps, you could regulate and control your exercise, even set daily targets. I have to admit it was not all exercise, I reduced a lot of sweet things from my diet. Linda has always taken care over what we eat, a balanced diet they call it. I cut out my self indulgent sweet extras. Within a year my sugar levels were back to normal. I saw the Doctor and said I can come off medication and.....No you stay on medication and continue with exercising, that will keep you normal and stop you sliding back. That was the encouragement I received from my Doctor. Since then walking has been a regular exercise, not daily may be, plus my targets had slipped downwards a bit.

With Bob, and my friend from Wickford Bill, having a stroke within a week of each other at the start of Covid 19 I began to pick up on my steps again. I heard today 27/7 another Rotarian

friend has had a mild stroke. With Covid 19 came warnings.... Diabetics were at high risk, that is me. Asthmatics too, my goodness that is me again. Plus everyone over 70 should be extremely careful. Me again and in a day or so I was going to be 80! My targets were taken seriously once more. I then began to think maybe I could turn the exercising into something that will help those who suffer a Stroke, they lose the ability to do too much themselves. I had on my counter by now, a fairly accurate count of the number of steps I could achieve in a given time. I worked out worked out that I could reach 500,000 in three months. That would be about 250 miles. Or put another way about 22 times round the marshes, or 3.5 times round the Isle of Wight. That should be challenge enough; I am older now, a lot older!

I have been working on a Rotary project since the mid 1980's. That is the eradication of another Virus. Polio. It has been around since ancient times crippling and taking the lives of millions of Polio Victims. Jonas Salk developed a successful vaccine that changed the futures of millions. Yet the virus is still with us and yet to be eradicated. Rotary along with others have been vaccinating millions upon millions of children to rid the planet of this crippling disease. This would be an opportunity to use my efforts to aid both The Stroke Association and Rotary's End Polio Now campaign. Rotary is able to get a boost to any Polio effort 2-1. This from the Bill and Melinda Gates Foundation.

Should you wish to help I am using 'Just Giving' you could visit there and make any donation, anything will help. Just Giving take 15% to meet their costs, but you can reduce this downwards if you wish. It seems a little high to me. The link for your Browser is below. Thank You **Harry Payne**

https://www.justgiving.com/crowdfunding/henry-payne-1?utm_term=g6q98Knj7



WHO ARE WE?

Mission Statement

“To be a people offering praise and worship to God and serving him by being the Good News by our words and actions”

Web Site www.stleonardsouthminster.org.uk

Contact: vicar@stleonardsouthminster.org.uk

NORMAL PUBLIC WORSHIP IS A BIT DIFFERENT.

See page 10 and pages 12-13 for some details.

Sunday Services - will continue on-line, but with opportunities for a limited number of people to meet in the church.

(See pages 12-14 for details of special days and readings)

8:00 am Holy Communion (Book of Common Prayer 1662)

10:45 am Holy Communion or Morning Worship

Steeple Services similarly continue at **9.15am**

(Our Prayer ministry for any needs will continue even though it happens ‘at a distance’.)

Children and Young people are always welcomed especially for the **Family Celebration Services**



MESSY CHURCH is monthly on Mondays at 3.45 pm in church. The next one will be publicised as soon as it is allowed to happen.

‘LITTLE LIONS’ usually meet on Wednesday mornings in the Memorial Hall during term-time only. It is for babies/toddlers & their carers.



Morning Prayer (Mon., Wed. and Fri.) 8:00 am
and **Tuesdays at 8.30am** (Just Prayer)

This has been suspended for the moment, but we still pray!