

Parish Magazine

OCTOBER 2017



50p

Our regular monthly events include:

Every week:

- Tuesday Meet and Make 2 - 4 pm St Andrew's Centre
Saturday Coffee Morning at St Andrew's Centre

First week of the month

- Thursday Mothers Union - Quiet time (from 11.45 am) followed by lunch and meeting
Saturday Coffee Morning in St Catherine's Hall

Second Week of the month

- Wednesday Coffee Morning in St Mary's Church Hall 10 am - 12 noon

Third week of the month

- Wednesday Mothers Union - 7:30 pm Meeting at St Catherine's Hall
Thursday Prayer and Meditation - 2 pm St Catherine's Church

Fourth week of the month

- Wednesday Coffee Morning in St Mary's Church Hall 10 am - 12 noon
Thursday House Group - 10 am at 2 Adam Way
Saturday Men's Breakfast - 8:30 am (always last Saturday of the month)

SUPPORTING BASILDON WOMEN'S REFUGE

Female hygiene products, new briefs, hair brushes and shampoo for the women and for the babies and children nappies, wipes, clean bed and cot linen.

Due to lack of space: please only take items to St. Andrew's Church on the last FRIDAY (or as near as possible) of each month; then they can be taken to the refuge. If you are unable to take our offering to St. Andrew's then please do pass it to one of your Church Wardens or your Priest.

Mowing the lawn

Repetitive actions are so liberating.

Mowing the lawn, sweeping the floor, washing up, shelling peas (showing my age) or whatever it may be, takes a space in the mind and has the potential to release us to higher thoughts.

Or do they?

Mowing the lawn had become a litany of woes. As I turned the corner nearest the back gate, I would find myself wrestling with a situation that was painful some 7 years ago. The players may have moved on but, perhaps because of the hurt and sense of dishonesty of that situation, I have not.

As I approach the small patio by the back door, I am in danger of falling into another dispute. This one is more recent.

The space that the mechanical action has offered has been apprehended, stolen, by a complex set of emotions and thinly veiled anger. As the 1980s song goes:

Just when I thought I could not be stopped
When my chance came to be king
The ghosts of my life blew wilder than the wind

Such 'ghosts' are the memories of moments that catch on the thorns of our past, often times that can trap us, hold us back. These are "the voices singing in our ears, saying That this was all folly." as T S Eliot put it. Perhaps I might be bold enough (with my 'healing and deliverance' hat on) to name them demons.

Jesus affirms throughout his teachings, in word and action, that liberation is key to human well-being, both individually and corporately. Carl Jung (the psychoanalyst) said: "Our destiny is to become who we are", to accede to our God-given gifts.

During my time away (extended study leave) I sought out a psychotherapist and entered into the complexity of a potentially exposing relationship. The profound challenge and revelatory experience is not for the faint-hearted. I

was blessed in finding someone who could challenge, hold and be curious all at once!

However, the therapeutic relationship was not held in isolation. I was also exploring the world of 'mindfulness' or, as I have often known it, contemplative prayer.

The teachers I chose were to be found on CDs that Marylou had in the house and a fascinating book by a Vietnamese Buddhist called Thich Naht Han. My Buddhist guide said that the stillness of mindfulness was what he believed Christians called the Holy Spirit. That made sense to me as I began to replenish my energy and replace the anger with a compassionate stillness.

As I mowed the lawn so I began to be present in the 'wonderful moment'. As I began to treat this pained child that I met in my therapy with respect, so my desire to love without prejudice grew.

So the corner of discontent became a space for noticing the eucalyptus bark, the spring of the grass, the warmth of the sky. As I began to understand the connectedness of the ground I trod on to those who have not had the same fortune as me. The same sun warmed me as it warmed them. My compassion grew as I breathed gently in and then out. Breathing in love and breathing out peace.

So the ghosts, demons, memories, angers - call them what you will - began to claim less power, less of a hold.

Of course, I am not totally liberated. My demons race and rage, my anxiety will increase at times and I will find it hard to always engage in a generous way BUT I have found a pattern of contemplation, of mindfulness, of stillness, that will enable me to seek my destiny - to become who I am.

And in my search for wholeness may I also seek the wholeness of those around me and those far away. May I learn to hold all people with the compassionate eye of Christ.

It's that time again

October 7th at the Village Hall

**An opportunity for crazy
gambling and extortionate(?)
laughter**

(in a safe money-free environment)



Tickets available from Linda Payne and the Wardens

Harvest

8th October

Shared Lunch

St Andrew's Church

from 12:30



PARISH DAY - 14th October St Andrew's Church



Taking the long view

Where and how is God calling us into the times to come?

WARY

If your question is WHO? Then let me introduce you to **Wickford and Runwell Youth!** A group of young people between the ages of 10 – 14 years who get together usually on the 2nd Sunday of the month to talk about topical issues, go out on activities and just generally HAVE FUN!!!!

The young people do not all regularly attend a church or even belong to one. We do talk about scripture and read the bible and pray, but everyone participates as they feel comfortable.

So, what are we doing between now and Christmas:



Harvest



Guy Fawkes



Advent
Sleep-out

If you would like to find out more or know of a young person who may like to join us, please feel free to talk to Marina or Mike at St Andrew's.



To begin our adventure with this amazing project, as a Parish, as Christians, as brothers and sisters of our fellow human beings, we shall be offering our financial help.

If you would like to begin 'fundraising' for Tumaini and the link we will be sharing with these generous people, then why not embark on our 'Loose Change' project.

Basically, find a container, any container, and fill it with your loose change!

When it is full, then empty it into a bag, pass it across to one of our lovely wardens (marking it carefully for Tumaini) and then start filling your pot again.

It is amazing how much you can gather in one place - and how little we miss it!

Also:

Please nag those who are enabling us to help for news and ideas that they might be able to offer us in our living life more fully.

Thanks!

PILGRIM COURSE

“Turning to Christ”

We will be running a 6 week course starting Monday
2nd October 19:30
at St Andrew’s Church

Exploring the heart of our Christian belief through the six questions candidates are asked at baptism.

Session One: Do you turn to Christ?

Session Two: Do you believe and trust in God the Father? **Session Three: Do you believe in his Son Jesus Christ?**

Session Four: Do you believe in the Holy Spirit?

Session Five: Do you repent of your sins?

Session Six: Do you renounce evil?

This is open to everyone, new members of our congregation, those exploring confirmation, thinking of coming to church or you if you would like to explore your faith a little further.

If you would like to know more please speak to me or a member of clergy.

It would help if we knew the likely numbers as we will need to order the books so would you please sign up on the sheets in church

Many Thanks, Steve Lissenden



THE BISHOP HAS A NEW CHAPLAIN



Evensong in Chelmsford Cathedral was enlivened on 3 September by the addition of Matt's licensing as Bishop Stephen's chaplain. It was good to be joined by members of all our churches as well as others from the parish, by Matt's family and friends - and even a couple of archdeacons turned up as well as staff from the bishop's office, to whom Matt will be both colleague and pastor.

Bishop Stephen was properly appreciative of how fortunate he is to have found such a chaplain: as those who have had the benefit of Matt's ministry, we knew he was on to a good thing! And we are delighted that Matt will still be with us for part of each week, keeping his feet firmly on the ground of parish ministry.

Jane

SAVE THE DATE:

SATURDAY 21st OCTOBER

the fabulous

SID

BOLAN

BIG BAND

comes to St Andrew's

Look out for posters and tickets very soon!

PLEASE SPREAD THE WORD!

Saturday 7th October
St Andrew's Church, 2 - 4 pm



ALL WELCOME!



WICKFORD & RUNWELL MOTHER'S UNION

We commenced our Autumn/Winter programme with a corporate communion at St. Andrew's at which Canon Jane officiated.

Thank you, Jane, for a lovely service and an encouraging address. The shared lunch was followed by a review of the Branch's activities over the past year.

Members were thanked and congratulated on their generosity at having voluntarily donated over £350 to good causes including "Brainwave" and "English for women". The meeting ended with a general discussion on the future of the branch and our programme.

Wednesday evening, September 20th., saw us gather in St. Catherine's Hall to hear Father Jo's account of his 3 month study leave. The talk was entitled "Teach us to sit still" What an enlightening and helpful time we had, learning how important it is in, this hectic world, to find time to be "still" Lots of practical tips on how to get to grips with stillness and silence. We were all given a very helpful sheet with short prayers to help us on our way.

Breathing in I calm my body
Breathing out I smile
Dwelling in the present moment
I know this is a wonderful moment

Thank you, Jo, for sharing so much of your journey and prayers with us.

October Thursday 5th. 12 noon Quiet time St. Andrew's
12.30pm Fish and chip lunch
1.30pm Chinese Auction

Saturday 7th. "Messy Baptism" St. Andrew's 2-4pm

Wednesday 18th 7.30 pm Canon Jane "My trip to Australia"

Branch Leader: Mrs Jeannette Cardnell -01268 452309

From our registers:

AUGUST

St Andrew's Church

Baptisms

10th Luna-Ann Worship
24th Chimdiuto Chiemerie Ehighbie

St Catherine's Church

Baptisms

13th Wilson Anderson
George and Sophie Hassall
20th Arthur Christian

St Mary's Church

Baptisms

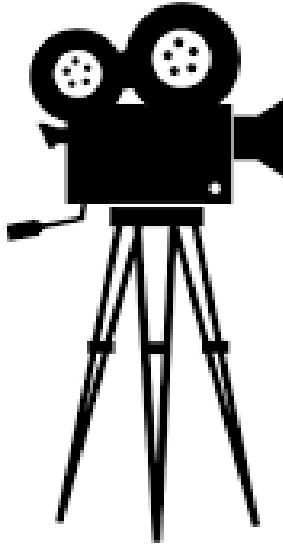
13th Luke Salt
27th Oakley Russel

Weddings

2nd Louise Saunderson and Philip Kevbany
11th Vikki Bishop and Jeff Olive
12th Ashleigh Djemal and James Duval

COMING SOON

to a church near you



Sunday Film Night

Look out for posters

First showing

St Andrew's 5th November

Wickford Carnival

A huge thank you to all those who set up, helped out and enabled us to offer free games to those who came to the Carnival.



The mayor tries his hand at feeding the rabbit



He was followed by a minion not too sure what that indicated!

Janet and John Trimmer



With great sadness and with much affection we say a farewell to Janet and John as they head north (well - to Norfolk).

Pictured above at one of our Murder Mystery evenings (in which John offered his thespian skills), Janet and John have been such a large presence (along with Poppy) at St Mary's Church and in Runwell.

Janet's support for a slightly nervous priest beginning a new ministry at Runwell hospital and John's more recent support on Synod, PCC and DCC as well as all the organising of reading rotas, interjecting beautifully in sermons and leading powerful intercessions has all fed into the life of the Church community.

So thank you, Janet and John. May God bless you on this next part of your journey.

Other dates to note:

Education Committee 8.15 pm 24th October at St Mary's Vicarage
Training for Chalice Ministers 2 pm, St Andrew's, 19th November
Bettie's Tea Shop and Bazaar, 9am-1pm 18th November at St Andrew's Church
St M Christmas Bazaar 25th November at Runwell Village Hall
Advent Quiet Time 8.30 pm St Catherine's, 4/12, 11/12, 18/12

Wednesday Cuppa and Chat

On the **second** and **fourth** Wednesdays of each month St Mary's Church hall will be open from 10 am to 12 noon.

In October that will be nth and nth



Please pop in for a tea or coffee and a chat!

QUIZ EVENING

28 October

7 pm for 7.30 start

at Christ Church

Contact Diane (01268 765235) for details
or turn up on the night.

Tickets £5 - to support the Wickford Archive



easyfundraising
feel good shopping

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be collecting free donations for **Wickford and Runwell Parish**?

There are over 3,000 shops and sites on board ready to make a donation, including *Amazon, John Lewis, Aviva, thetrainline and Sainsbury's* – it doesn't cost you a penny extra!

It's as easy as 1, 2, 3...

1. Head to <https://www.easyfundraising.org.uk/causes/wickfordrunwellparish/> and join for free.
2. Every time you shop online, go to **easyfundraising** first to find the site you want and start shopping.
3. After you've checked out, that retailer will make a donation to us for no extra cost whatsoever!

There are no catches or hidden charges!!

Thank you for your support.

Wickford and Runwell Youth

Our parish youth group meets every month. We enjoy a variety of activities ranging from visiting Base Jump at Rayleigh, going ten pin bowling, to enjoying a South African style BBQ. Every other month we meet for "Bible & Crisps" an opportunity to reflect on the Bible while we share crisps and snacks. The group is open to anyone aged from 9.

The meeting point for activities and venue for Bible study sessions will be **27 Blake Hall Drive, Shotgate, SS11 8XA** unless alternate arrangements are made prior to an event. **Contact:** Marina Bailey - 078007 60975

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Advertising in the Magazine is simple:

just send the advert to the editor whose contact details are on the inside cover

Charges for 2017: £26 small size - £40 large size - £75 half page per year

The magazine is also found on our Church website increasing the circulation

PIANO TEACHER

Has a few vacancies for pupils
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Adult beginners very welcome

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Graham & Anita Hellewell

WICKFORD AND RUNWELL TEAM MINISTRY

<u>CLERGY</u>	Jane Freeman	St Andrew's Church	734077
	Norbert Mutuku	St Catherine's Church	733147
	Jo Delfgou	St Mary's Church	732068
	Matt Simpkins	<i>(Wednesday, Saturday and Sunday)</i>	765524
	Sue Wise	<i>(Sunday, Tuesday, Wednesday and Thursday)</i>	07941 506156
<u>P.C.C.</u>	Vice-chairman	Pam Petts	734183
	Secretary	Sian Simpkins	765524
	Treasurer	Yvonne Branson	458778
	Electoral Roll Officer	Pam Petts	734183
<u>St Andrew's</u>	Churchwarden	Val Bryan	561446
	Churchwarden	Marina Bailey	424899
	D.C.C. Secretary	Marina Bailey	424899
	D.C.C. Treasurer	Mike Gibson	734293
	Hall Lettings	Reg Warne	766749
<u>St Catherine's</u>	Churchwarden	Richard Feldwick	733362
	Churchwarden	Andrew Morl	
	D.C.C. Secretary	Sarah Randall	
	D.C.C. Treasurer	Steve Lissenden	763670
	Hall Lettings	David Jackson	735458
<u>St Mary's</u>	Churchwarden	Val Harris	571933
	Churchwarden	Lyn Gordon	421685
	D.C.C. Secretary	Coral Upham	
	D.C.C. Treasurer	John Skinner	456892
	Hall Bookings	Alan Jones	765360
		Linda Payne	732033
<u>Mothers' Union</u>	Enrolling Member	Jeannette Cardnell	452309
<u>Parish Magazine</u>	Editor	Jo Delfgou	

FOR INFORMATION ON **GIFT AID AND PLANNED GIVING** PLEASE CONTACT
 CHRIS BEAUCHAMP ON **762205**.

SUNDAY SERVICES

<u>St Andrew's</u>	9:30am 6:30pm	Sung Eucharist Healing Eucharist (<i>on 3rd Sunday</i>)
<u>St Catherine's</u>	8:00am 9:30am 11:00am 6:30pm	Holy Communion Family Worship Sung Eucharist Evening Prayer (<i>Sung Evensong 4th Sunday</i>)
<u>St Mary's</u>	9:30am 6:30pm	Sung Eucharist Taizé (<i>2nd Sunday</i>)

WEEKDAY SERVICES

Monday	9:00 am	Morning Prayer at St Catherine's
Tuesday	9:00 am 7:30 pm	Morning Prayer at St Andrew's Eucharist at St Mary's
Wednesday	9:00 am 9:30am 10:30 am	Morning Prayer at St Catherine's Eucharist at St Catherine's Eucharist at St Andrew's
Thursday	9:00 am 10:00 am	Morning Prayer at St Mary's Eucharist at St Mary's
Friday	8:30 am	Morning Prayer at St Andrew's
Saturday	9:30 am	Morning Prayer at St Catherine's (<i>1st Saturday of the month</i>)

OFFICE HOURS

St Andrew	Saturdays	11:00 - 11:30am	in the Church
St Catherine	Mondays	7:00 - 8:00pm	in the Church
St Mary	Mondays	7:00 - 7:30pm	in St Mary's Hall

Find us online:

www.wickfordandrundwellparish.org.uk