

See page 25 for the source of this picture

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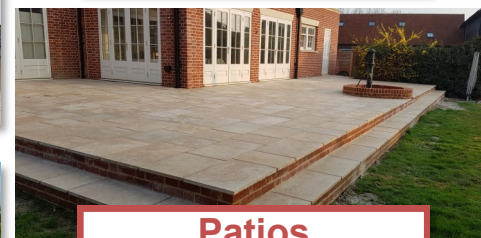
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## The Archbishop of Canterbury speaks about depression and Winnie the Pooh

The Archbishop of Canterbury has said that he takes antidepressants so that he can maintain an "Eeyore status", instead of "something much worse."

He referred to his depression during a recent lecture he gave in Canterbury Cathedral, where he also spoke of having sought professional help for his mental health.

Archbishop Welby said: "As the psychiatrist I see tells me, the aim is not to make me so laid back that I'm horizontal, but just to settle things enough that I react like an average sort of human being. I'm sad when things are sad, and happy when they're happy, and so on and so forth."

The Archbishop went on to say that he likens human emotions to the characters in Winnie the

Pooh, and compared himself to Eeyore, the often melancholy donkey, as opposed to a "bouncy" Tigger.

The Archbishop said that taking antidepressants "restore me to Eeyore status from something much worse." He went on: "Some of us are Tiggers, some of us are Eeyores. Probably, some of us are many of the other characters in Winnie the Pooh."

Archbishop Welby then recalled a conversation he'd had with a former Archbishop of Canterbury. "Rowan Williams

once said to me: 'There is almost no human situation that cannot be explained with the hermeneutical tools of Winnie the Pooh.' Only Rowan could say that and be both humorous and profound at the same time."

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## Rector's Letter

I am still reflecting on the Coronation service in Westminster Abbey last Saturday. Overall I see the coronation of King Charles III as a celebration of hope for the future.

The coronation is all about the future. With the Prince of Wales and Prince George, the coronation takes place with two generations of heirs – so with a perspective even farther into the future.

We saw that with Her Late Majesty Queen Elizabeth, and many of us have been struck how, as we began to emerge from the grief of her death, we could see the mantle being taken up by King Charles, almost seamlessly. As I looked through the various artefacts that are used at the coronation, I was struck by three values that are held in them and which seem to me to be particularly apposite for today. The first was that of mercy. There are four swords used in the service, the Sword of State, dating from the coronation of Charles II, the Sword of Temporal Justice, the Sword of Spiritual Justice, and the Sword of Mercy, all dating from the coronation of Charles I. The Sword of Mercy has a blunted tip, symbolising the sovereign's mercy. The same value is embodied in the

Sovereign's Sceptre with Dove, known as the Rod of Equity and Mercy, and symbolises the monarch's spiritual role.

In our world today, mercy, compassion and kindness, seem particularly valuable qualities for our King, not just to embody himself, but to encourage us all to demonstrate.

Secondly, the sacred ceremony of anointing holds amongst other profound values, the commitment to service.

King Charles and Queen Camilla were both anointed with oil of chrism, oil pressed from olives from the Mount of Olives, and blessed by the Patriarch of Jerusalem and the Anglican Archbishop of Jerusalem.

Oil of chrism is also used in anointing those baptised, and those ordained to be priests. It is an ancient mark of designating a person for a whole-hearted life of service.

Thirdly, the orb depicts the world, and a sense of the embrace of the whole world in its diversity and complexity.

Pope Francis gave a gift to the King of fragments of the true cross, now incorporated into the Cross of Wales that preceded the King's procession at the coronation service.

These three values, evident during the royal coronation, will sustain us into the future. Upon

these we can build our own hopes for the future: mercy, service, and the wide embrace of all people in our shared world."

The Archbishop of Canterbury preached at the Coronation service. He began by saying, we are here to crown a King, and we crown a King to serve. He went on to say that the King of Kings, Jesus Christ, was anointed not to be served, but to serve. Service is love in action. We see active love in our care for the most vulnerable, the way we nurture and encourage the young, and in the conservation of the natural world. We have seen these priorities in the life of duty lived by our King.

Each of us is called by God to serve. Whatever that looks like in our own lives, each of us can choose God's way today. On bank Holiday Monday during the Coronation weekend, the King wanted to use our time to foster working in the community. Here are a few suggestions how we can volunteer our time and effort in community service.

Reach out to a neighbour in need. Every neighbourhood has people or families in need, from elderly or handicapped people to struggling single-parent households. Perhaps mentor children at your local school. All organisations that

deal with children need adults of any age to work with the children in a variety of ways, from after-school tutoring to recreational and sports activities.

Volunteer at the Chelmsford food bank. There is no greater gift than helping feed those in your community who are down on their luck and would go hungry if not for the service provided to them. Donate blood. You can help save the life of one or more people simply by giving a pint of your blood at your local blood bank. Pick up litter along the road, at a local park, or along the banks of a river or stream. Many times there are organised efforts to clean some of these locations, but there is nothing stopping any of us from picking up litter when we see it. Helping people in our community makes the community stronger and healthier -- and makes you stronger and healthier in the process.

Martin Luther King Junior said, "Everyone can be great because anyone can serve. You don't have to have a college degree to serve. You only need a heart full of grace. A soul generated by love." So don't let us forget the Coronation of King Charles III. Let us pray for our King and Queen and follow their example of serving others.

*Terry*





### Pet Service

Sunday 9<sup>th</sup> July at 10am  
in the Churchyard

A service for all members of the family!  
All pets GREAT and small are very welcome whether four-footed, two footed or no - footed

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### Spring

Daylight hours, lengthen now  
As buds appear on the bushes  
On standing looking through the window pane  
I watch the birds busy flying back again.  
They know that spring has come.

The bird box fixed on wooden fence  
In winter, sits crook'd on its mount;  
Vacant awaiting a tenant new  
Nested times, I can well recount.

Then I saw a flash of yellow blue  
Which caught me out of corner eye;  
My box was occupied, now  
An industrious blue tit by.  
It was then I knew,  
That Spring had come.

*Richard Simmonds  
22 April 2023*

### Advanced Notice St Andrew's Frosty Christmas Fayre

Saturday 18<sup>th</sup> November,  
Sandon Village Hall  
12:30 – 3:00 pm

### News from Farleigh

Farleigh Hospice provides award-winning care, free of charge, to people affected by life-limiting illnesses and bereavement in Sandon and across mid Essex. Here are some of the many exciting ways that you can support your local hospice charity this summer.

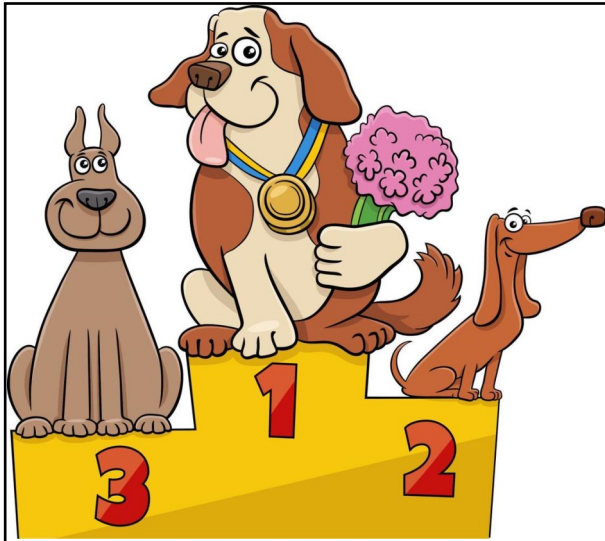
Danbury and Little Baddow Open Gardens - Sunday 11 June  
Homeowners in Danbury and Little Baddow will be opening their gardens for Farleigh so you can enjoy their beautiful blooms and fantastic flowers. Many of them will also be selling plants, produce, homemade crafts and refreshments.  
For more information on the gardens taking part, opening times and ticket information, please visit  
[www.farleighhospice.org/gardens](http://www.farleighhospice.org/gardens)



Splash Out! at [Maldon](http://Maldon) - Sunday 9 July  
Splash Out! is Farleigh's new family-friendly, wet and wild 5km obstacle course at Maldon Promenade Park.  
Get together with family and friends to slip and slide and wobble and wade your way twice around the 2.5 km course. You will go over, under or through a total of ten exciting obstacles including floating stepping stones, a giant dodge ball and a pit full of floating balls!  
To find out more and book, go to [www.farleighhospice.org/splash](http://www.farleighhospice.org/splash)

For more information on the care and support provided by Farleigh Hospice or to make a donation to the charity, go to [www.farleighhospice.org](http://www.farleighhospice.org)





### Saturday 8<sup>th</sup> July at the Summer Fete

Register on the day from 1:45 pm then enjoy the BBQ and sideshows .  
Judging will begin from 2:30 pm

Classes are as follows:

1. Most Handsome Dog (any breed)
2. Prettiest Bitch (any breed)
3. Most Appealing Eyes
4. Cutest Canine (under 24 months old)
5. Best 6 legs Dog and owner
6. Best Veteran (8+ years)
7. Waggiest Tail
8. Most Appealing Expression
9. Dog/Handler Look-Alike
10. Best In Show – The Judge's Favourite!
11. Best Junior Handler
12. Dog The Judge Would Most Like To Take Home

All classes £1.00.

Register at the event on the day.

Certificates for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>

### Miscellaneous observations

I burn about 2000 calories every time I put on fitted sheets by myself.

One who boasts of being a self-made person relieves the Lord of a lot of responsibility.

If you can't be kind, at least have the decency to be vague.

Living on Earth is expensive, but it does include a free trip around the sun every year.

You know that indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

### Annual Village Walk

Saturday 17<sup>th</sup> June leaving the church car park at 10:30 am. Walking mainly using footpaths to the Cricketers for lunch at 12 noon onwards.

Return walk will start at 2 pm getting back to Sandon at about 3:30 pm.

Details available later nearer the day. Please let David Farrar know if you are able to join the group.

### Keith's Garden Maintenance Services

For a free quote, contact Keith on: -  
M: 07958 462913  
T: 01245 931866



I can help with:

- General maintenance
- Grass cutting & scarifying
- Border edging & tidying
- Hedge trimming
- Weeding & pruning
- Patio & driveway cleaning

I'm local and fully insured



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## Farming Today

The lambing season went well in the end, after a shaky start. The first of the lambs are due to be sold at 40 kilo live weight next week. The abundance of grass created a problem with staggers. This is treated by adding magnesium to water and treating the ewes. Sheep do not like grass too lush. Unlike cattle, they do better on shorter grass.

Some headlands have had to be sprayed off because of severe rye grass problems.

All the spring barley has been sown and fertilizer applied.

Later this month, we welcome 3 young students from New Zealand and Australia. We still have a labour shortage, having

dismissed an employee after a serious accident. The Police tested the tractor driver for drink and drugs and, unfortunately, he was high on drugs so instantly dismissed. Fortunately nobody was hurt.

Ringo, the 14-year-old working sheep dog, has had to be put down having suffered several small strokes and other health issues.

Footpaths around the farms have been sprayed – the legal requirement is 1 metre width for footpaths and a 3 metre width for bridleways.

Not wanting to mention the weather, but it was the wettest March since 1962. Quite needed after such a dry winter. *Gillian*

## Butts Green Garden Centre & Café

Mayes Lane  
CM2 7RW

Gifts - Plants - Food  
Open 9:30 am till 5:00 pm  
Tel: 01245 223524  
for reservations

## The Claydon Clinic

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*Acupuncture*  
*Pilates*

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Tel/fax 01245 401255

Email: theclaydonclinic@btinternet.com  
Old Southend Rd,  
Howe Green CM2 7TB



## Saturday 8<sup>th</sup> July

12 – 3:30pm

The fête will be held in the churchyard.

Do come along to our Summer Fête.

Grand Draw at 3 pm

- Homemade Cakes and Jams
- Tombola
- Children's Corner including face painting
- BBQ
- Refreshments
- Children's Toys
- Bric-à-Brac
- Plants!
- Teddy Tombola
- Grand draw tickets  
1<sup>st</sup> Prize £100  
2<sup>nd</sup> Prize Meal for 2 plus many other prizes.

It was a great success last year and with your help we hope to do the same this year.

Please contact Terry on 01245 698988 if you would like to:

- take responsibility for either a stall or sideshow or help to set up,
- have a a stall, as a charity it will be free, otherwise £15 per stall.

It is always a fun day and friends are made.





KING CHARLES BIRTHDAY CONCERT BY

## ESSEX POLICE CHOIR

St Andrew's Church, Hall Lane

Sandon, Chelmsford CM2 7RQ

**Saturday 10th June 2023**

Food & Bar Open from 4 p.m.  
Concert starts at 6 p.m.

Pre-booked tickets @ £5 each or £8 per ticket available at the door. Tickets available from our website:

[www.friendsofsandonchurch.co.uk/events/](http://www.friendsofsandonchurch.co.uk/events/)  
or contact

David 01245 471 484

Janet 01245 472 997

Darren 07391 516 403

Or Email: [info@friendsofsandonchurch.co.uk](mailto:info@friendsofsandonchurch.co.uk)

Organised by The Friends of Sandon Church

## Danbury and Villages Rotary

We were delighted with the response to our quiz night in April. A capacity attendance ensured a successful evening, The fish and chips arrived on time and the raffle sold very well, with lots of good prizes, courtesy of Rotarians, and we made a surplus of over £700 after expenses. We hope to hold another quiz in Little Baddow later on this year. Keep an eye out for details. We took the opportunity to pay tribute to one of our founder members, David Denyer, who has given tireless service to Danbury and Villages Rotary since we started two years ago. Paul Harris. was the founder of Rotary back in 1905 and the Paul Harris Fellowship in this country is an award given by clubs to recognise those who have made an exceptional contribution.

The Danbury Coronation Celebration on 7<sup>th</sup> May was a great success and we were pleased to help. We manned the car park and had a few games and our gazebo selling soft drinks etc. We will have made a surplus for our charity account. Another initiative we have undertaken, at the request of Chelmsford Rotary, is the collection of used blister packs that contained medicines of all descriptions. They have found a

recycling resource for them. Boots the Chemist at Eves Corner have very kindly agreed to be a collection point for these items and we will arrange their removal. Please save them from landfill and help the environment. The next event we have planned is a Race Night at Danbury Leisure Centre. This will be held on Saturday 10<sup>th</sup> June at 7:00pm for 7:30pm. Tickets are £12, which includes a fish (or chicken) and chips supper. Do come along and watch the races and perhaps have a flutter. Tickets are available from Linda on [lindabrowning1@icloud.com](mailto:lindabrowning1@icloud.com) or [info@danburyandvillagesrotary.co.uk](mailto:info@danburyandvillagesrotary.co.uk). If you would like to know more about Rotary or join a meeting, please use the above contact details. We are a diverse and friendly club, dedicated to helping others.

*Eric Cater*

## Better by half

As the music played at the end of a wedding in our church, my hopelessly romantic husband squeezed my hand, leaned in, and whispered fervently, "You are better looking than half the women here."

## Tea on the Green

3pm–5pm

Sunday 30<sup>th</sup> July

Did you miss it last year?

If so make sure you come along this year. Over 180 people came last year and we look forward to seeing more this year.

At 3 pm you will be served a free cup of tea or coffee and homemade cake. At 4 pm we will be joined by the Chelmsford Salvation Army Band for a Songs of Praise at 4 pm. Do join us and make sure you bring something to sit on.



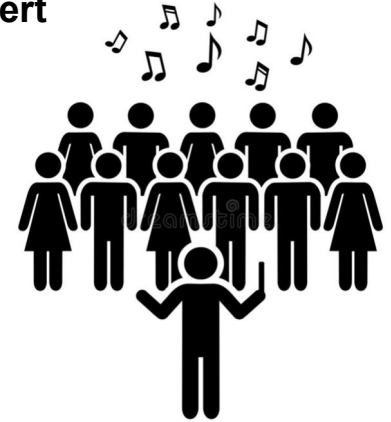
## Southend Boys and Girls Concert

Sunday 17<sup>th</sup> September at 4pm  
St. Andrews Church

We have enjoyed hearing this choir before and every time the audience is uplifted by these young voices

Tickets will be available in early July from  
David 01245 471 484  
Janet 01245 472 997  
Darren 07391 516 403  
Or email [info@friendsofsandonchurch.co.uk](mailto:info@friendsofsandonchurch.co.uk)

Pre book tickets @ £8 each or £10 ticket available at the door.  
Refreshments will be available at this concert.



## Churchyard Tidy

We need help to keep our churchyard tidy.  
Could you help?  
We have Saturday Mornings once a month to work together  
Saturday 3<sup>rd</sup> June  
Saturday 1<sup>st</sup> July  
Saturday 12<sup>th</sup> August  
Saturday 9<sup>th</sup> September  
We begin work at 10am and finish at 12noon  
Refreshments supplied to keep us going.  
Hope to see you



*The Churchyard working party  
was never seen again*

## A Days End

Looking intently to the western sky  
The light falls fast, these last moments of day,  
As birds cease their song;  
All now silent into the darkening air  
Where once music sang on each coloured wing  
A sound now silenced, strong.

The short winter days now lengthen their limbs  
As winters hands slowly release their grip  
And slowly we breath;  
The first greenest shoots dare to bare their heads  
As all nat'ral things respond to the call  
Of springs first tender caress.

*Richard Simmonds  
3 March 2023*



## Church Services

## St. Andrew's, Sandon

*Services currently planned online via Zoom are shown in italics.*

### June

<b>Thursday 1<sup>st</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Sunday 4<sup>th</sup></b>	<b>Trinity Sunday</b>	
	10:00 am	Sung Eucharist
<b>Tuesday 6<sup>th</sup></b>	9:30 am	Holy Communion
<b>Wednesday 7<sup>th</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Thursday 8<sup>th</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Sunday 11<sup>th</sup></b>	<b>Trinity 1</b>	
	8:00 am	1662 Holy Communion
	10:00 am	Family Service
<b>Tuesday 13<sup>th</sup></b>	9:30 am	Holy Communion
<b>Wednesday 14<sup>th</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Thursday 15<sup>th</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Sunday 18<sup>th</sup></b>	<b>Trinity 2</b>	
	10:00 am	Sung Eucharist
	3:00 pm	Service and Tea at Howe Green URC
<b>Tuesday 20<sup>th</sup></b>	9:30 am	Holy Communion
<b>Wednesday 21<sup>st</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Thursday 22<sup>nd</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Sunday 25<sup>th</sup></b>	<b>Trinity 3</b>	
	10:00 am	Morning Worship
<b>Tuesday 27<sup>th</sup></b>	9:30 am	Holy Communion
<b>Wednesday 28<sup>th</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Thursday 29<sup>th</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>July</b>		
<b>Sunday 2<sup>nd</sup></b>	<b>Trinity 4</b>	
	10:00 am	Sung Eucharist
<b>Tuesday 4<sup>th</sup></b>	9:30 am	Holy Communion
<b>Wednesday 5<sup>th</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Thursday 6<sup>th</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Sunday 9<sup>th</sup></b>	<b>Trinity 5</b>	
	8:00 am	1662 Holy Communion
	10:00 am	Family Service & Pet Service
<b>Tuesday 11<sup>th</sup></b>	9:30 am	Holy Communion
<b>Wednesday 12<sup>th</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Thursday 13<sup>th</sup></b>	8:30 am	<i>Morning Prayer</i>

### Sunday 16<sup>th</sup>

	10:00 am	Sung Eucharist
	3:00 pm	Service and Tea at Howe Green URC
	9:30 am	Holy Communion
<b>Tuesday 18<sup>th</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Wednesday 19<sup>th</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Thursday 20<sup>th</sup></b>		
<b>Sunday 23<sup>rd</sup></b>	<b>Trinity 7</b>	
	10:00 am	Morning Worship
	9:30 am	Holy Communion
<b>Tuesday 25<sup>th</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Wednesday 26<sup>th</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Thursday 27<sup>th</sup></b>		
<b>Sunday 30<sup>th</sup></b>	<b>Trinity 8</b>	
	10:00 am	Sung Eucharist
	3:00 pm	Tea on the Green
	4:00 pm	Songs of Praise

### August

<b>Tuesday 1<sup>st</sup></b>	9:30 am	Holy Communion
<b>Wednesday 2<sup>nd</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Thursday 3<sup>rd</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Sunday 6<sup>th</sup></b>	<b>Trinity 9</b>	
	10:00 am	Sung Eucharist
	9:30 am	Holy Communion
<b>Tuesday 8<sup>th</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Wednesday 9<sup>th</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Thursday 10<sup>th</sup></b>		
<b>Sunday 13<sup>th</sup></b>	<b>Trinity 10</b>	
	8:00 am	1662 Holy Communion
	10:00 am	Morning Worship
<b>Tuesday 15<sup>th</sup></b>	9:30 am	Holy Communion
<b>Wednesday 16<sup>th</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Thursday 17<sup>th</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Sunday 20<sup>th</sup></b>	<b>Trinity 11</b>	
	10:00 am	Sung Eucharist
	3:00 pm	Service and Tea at Howe Green URC
	9:30 am	Holy Communion
<b>Tuesday 22<sup>nd</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Wednesday 23<sup>rd</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Thursday 24<sup>th</sup></b>		
<b>Sunday 27<sup>th</sup></b>	<b>Trinity 12</b>	
	10:00 am	Morning Worship
	9:30 am	Holy Communion
<b>Tuesday 29<sup>th</sup></b>	8:30 pm	<i>Night Prayer</i>
<b>Wednesday 30<sup>th</sup></b>	8:30 am	<i>Morning Prayer</i>
<b>Thursday 31<sup>st</sup></b>		

## Saint Andrew's Parish Church Contacts

Rector	Revd. Terry Brown*	
	tgabrown@hotmail.com	01245 698988
Church Wardens	Richard Cecil**	224747
	Andy Horne*	475279
PCC Secretary	Judy Cecil**	224747
PCC Treasurer	Nick Bobeldijk*	471756
Safeguarding Officer	Alison Read*	474858
Electoral Roll	Liz Bobeldijk*	471756
Bell Ringing	Mike Worboys	224612
Tiny Tots	Alison Read*	474858
Flower Arranging	Lesley Worboys	224612
Organ	Cathie Horne*	475279
Choir	Gill Haddington	476598
Magazine Editor	Richard Cecil**	224747

Parochial Church Council Members as \* above and Colin Bryan<sup>+</sup>, David Farrar<sup>+</sup>, John Gruby, Christine Mennie<sup>+</sup>, and Janet Terry<sup>+</sup>

Authorised to assist in the distribution of Holy Communion

As <sup>+</sup> above and Valerie Grimwood, Gill Hodge and Michael Puffett

## Regular Events see centre pages for full details of worship.

2 <sup>nd</sup> Sunday of the month	8:00 am	Holy Communion in Church
Sundays	10:00 am	Morning Worship/Communion
Tuesdays	9:30 am	Holy Communion
	7:45 pm	Ringing Practice
Wednesday (Zoom)	8:30 pm	Night Prayer
sandon-church.info		
Thursday (Zoom)	8:30 am	Compass Churches
compasschurches.org.uk		Morning Prayer
Thursday	7:00 pm	Choir Practice

Zoom services links can be found at the websites just prior to the service.

## St Andrew's, Sandon

[www.sandon-church.info](http://www.sandon-church.info)

Editor Richard Cecil  
 Advertising Claire Jefferies  
 Distribution Manager Alison Read  
 Copy for September's magazine by 10<sup>th</sup> August 2023 please.  
[magazine@sandon-church.info](mailto:magazine@sandon-church.info)



We celebrate as this couple are joined in matrimony

29<sup>th</sup> April John Castle and Jennifer Miller

We commend the following to God at their burial

27<sup>th</sup> February Kenneth Carr  
 1<sup>st</sup> March

Margaret June Worboys  
 20<sup>th</sup> March

Richard John Connolly  
 4<sup>th</sup> May

Maria Eustava Snell (Ashes)  
 Raymond Stanley Neall

9<sup>th</sup> May Jean Dean (Ashes)  
 Mark Ashley Purkiss

Clive Stuart Purkiss (Ashes)

## Howe Green URC

We have had some interesting preachers at our services in the last three months, as well as a couple of coffee mornings which were enjoyed by all those able to attend. So, thanks to all who supported us.

We now look forward to our next services here at the Chapel, starting on 18<sup>th</sup> June when we have an old friend Mike Shelbourne coming to lead our worship. The other two dates will be 16<sup>th</sup> July and 20<sup>th</sup> August. All the services will start at 3:00 p.m. and be followed by tea and cake so do come and join us if you can, you will be most welcome.

We are also planning to have our **Strawberry Tea afternoon on Saturday 24th June from 3:00 p.m.** and we look forward to sharing a pleasant time together with friends and neighbours, so put the date in your diaries!

*Pam Knott*

## Sandon WI

Report of February meeting of Sandon WI sent on 21<sup>st</sup> February Before the meeting started properly members were treated to a cream tea supplied by Karen West and Sue Wells.

The February meeting was our St. Valentine get-together with hearts festooned everywhere. It was also the occasion when the members split into 2 groups entitled 'How to knit and crochet' and craft based 'How to make hearts' for hanging'. These were led by Tracy Walters and Celia Kerslake respectively. A cup of tea and piece of cake followed before it was time to go home. *Monica Richardson*

This was Monica's last report. Sadly she died suddenly a few days later on 24<sup>th</sup> February. She was a keen historian and continued its study despite having a degree in the subject. Monica was a key part of the WI and is sorely missed. When the WI met in March this was clearly in their minds and it was a strange irony that the subject of the meeting was 'Wills-The Unspeakable Conversation'.

On 13<sup>th</sup> April 2023, as members filed in, we were all in anticipation for our guest speaker Richard Pewsey and his talk 'Medical History on the Doorstep'. Home-made cakes were brought

in by Karen West, Jean Westlake and Val Pryke. A lovely selection. The top table had beautiful white roses from Elaine Wheeler. We sang Jerusalem and Wendy the president opened the business. Richard showed a picture of smallpox. He went on to inform us of the connection with Ingatestone where Mr Sutton set up his practice and inoculated thousands. Did you know we had a leper hospital in Bicknacre? St Giles with the churchyard opposite. We were also informed that the first Caesarian section was successfully carried out in 1820. Marsh fever was very common in Essex.

Most of the doctors had a connection with Essex. Although some of the tales were a bit gory, it was fascinating. Richard ended his talk with the great news that Chelmsford has the first Essex Medical school at Anglian Ruskin. This was followed with tea and cake. The raffle also had a great selection of prizes.

Up and coming meetings: June 8<sup>th</sup>, The True Price of Fish with Sea Shanties; July 18<sup>th</sup>, A talk from a member of Perrywoods Nursery.

We meet in the village hall every second Thursday except August, 1:30 – 4:00 pm. Sandon WI would like to welcome ladies to our meetings held at Sandon Village Hall. *Julie Fisher*

## Sandon WI

### May Meeting

We celebrated King Charles's Coronation. The hall had been decked out with flags and bunting. Members were asked to wear red, white and blue.

As it was our Annual Meeting, we started with a lovely ploughman's lunch which was catered for by one of our committee members, Sue Wells. This was followed by a meringue nest with fresh berries and cream.

After lunch the main business started and a discussion about this year's resolution took place.

We then listened to the main officers giving their year ending reports. Wendy Burns stepped down from president and the nominations for the coming years committee members were asked to stand. These ladies were then asked if they wish to stand as president and two stepped forward, Tracy Walters and Sue Wells, both committee members.

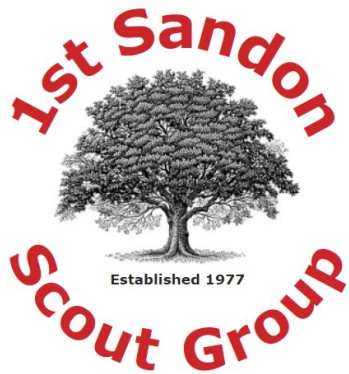
Tracy Walters was voted in as our new president. Fran Luke as Treasurer, Karen West as Secretary. The other ladies on the committee are Wendy Burns, Sue Wells, Iris Watts, Pat Farrell, and Julie Fisher, all under the watchful eye of Kay Lodge. Kay who was presiding over this part of the meeting also held a Royal Quiz after tea.

It was hoped that a few new ladies would join the team but no takers yet. The trading table, manned by Celia Kerslake, had a bumper array of items for sale. Next to that were WI favourites that members had brought in for the summer fête held at St Andrews Church in July. Pat Vickers was rallying around selling raffle tickets for this month's raffle. At 3:00 we all stopped for tea and cake. What a lovely selection was brought in by Kay Lodge, Iris Watts, and Gill Reed. Lastly the top table flowers were supplied by Pat Farrell

*Betty via Julie*







May I start by wishing you a very happy New Year as we start another year and look forward to lots of fun and building skills for life with our young people. Last year we had a varied programme and the young people and leaders had fun. We finished the year with a group Christmas party at TagActive and was enjoyed by all. We attended the Christingle service which was lovely and enjoyed seeing the candles lighting up the church. Photos included.

We are in need of more leaders and If you feel that you could help on Thursday evenings in either the Beavers, Cubs or Scouts please contact me by email [1stsandongsl@gmail.com](mailto:1stsandongsl@gmail.com)

*Yours in scouting,  
Jean, Group Scout Leader.*

This should have been in the March magazine.  
The editor apologises that it was not.



## Christians Against Poverty – CAP

CAP Debt Help provides support through community-based appointments to lift people out of debt and poverty. All their services are offered completely free of charge. The majority of their funding comes from individuals and churches that care about people in poverty. CAP helps people regardless of their religious beliefs and they are committed to being available to all individuals regardless of age, disability, pregnancy and maternity, race, religion or belief, gender identity, race, sex or sexual orientation.

The Chief Executive says, “People you come into contact with may be facing huge challenges: They may be weighed down by debt, stuck in long-term unemployment, struggling with a life-controlling habit, or navigating life on a very low income. These problems can cause people to become trapped in poverty, sometimes for life.

“We are passionate about helping people find a real way out. Through a large network of Debt Centres, Job Clubs, Fresh Start and Life Skills groups across the UK, we are tackling poverty head on, helping thousands of people year on year.

“We also help to prevent debt and poverty through the CAP Money Course, which teaches delegates how to better manage their finances. Thousands benefit from these courses each year.”

Briefly their trained Debt Advisers will work out a realistic budget that prioritises the essential bills. They negotiate affordable payments with each creditor and attempt to stop unfair interest and



charges where possible. In most cases a CAP Plan is set up and one monthly payment is made into the Plan to cover debts and bills. CAP will then distribute this to the creditors and it may be possible to build up some savings as well. CAP can advise on insolvency options if the debt is severe and help with filling out forms. The Plan continues until you are debt free.

If you wish to get in touch, call them on 0800 328 006 or go to [capdebthelp.org](http://capdebthelp.org).

## Church History

I realised recently that a little booklet we keep in church about the history of the church needed reprinting. I then noticed that it needed updating. And so a proverbial hornets' nest was opened!

The main item that struck me was that the story of the bells needs to include the recent restoration work. I asked for some help to proofread and was told, rightly, that some parts repeated information. So I worked up a revision and redrew a plan of the church and things seemed to be going well.

It is now 5 years since the church had a quinquennial inspection. This is an inspection every 5 years that is paid for by the diocese to ensure that the church building is in good order. So Andy and I organised another one which happened late in April. This is with a new architect to us, David Whymark, because the previous one was about to retire. I mentioned to him that we have been looking at updating our document about the history of the church.

As I write this, we have yet to see the report of his inspection. That might well form an agenda for

further work on the church building to keep it in good order. In the meantime, though, he has sent a variety of information from different sources. Just trying to figure out what has been sent is a task in itself. But David has also opened a correspondence with a Dr Peter Bettley who is architectural historian, with a particular interest in churches. His specialist knowledge relates to the 19<sup>th</sup> century. That's usually a significant period for churches of all ages. He revised the Pevsner Architectural Guide to Essex (2007) so he knows his way round Essex and its churches pretty well, and has accumulated a good deal of information over the years.

So we 'discover' that there is a Pevsner Architectural Guide. There is also a Royal Commission survey of Historic Monuments of 1923, telling us of a time one hundred years ago, before Hall Lane had a significant number of houses and there were pylons as a backdrop. There is also a Historic England official listing. It seems that Sandon is not in the Lambeth Palace collection, possibly because it did not apply for a grant from The Incorporated Church Building Society. And there are some notes from someone called Clarke, I know no more. Fred Chancellor

contributed to a publication called the Essex Review in 1986 and in 1994 when the St Andrew's Room was built a survey was done as the door in the original north wall was revealed. This door now hangs in the organ loft of the church.

So there is a lot of information. I am happy to share the task of making sense of it. Do contact me if you think you might be interested. The cover picture this month comes from Clarke.

*Richard Cecil*

## Across The Grass

Stepping from the cars warmth, its safety, yes  
Venturing forth 'cross the grassed pebbled track;  
I gaze at trees, skyscrapers as tall.  
Well at least that's how they look to me,  
As they stand elegant bathed in majesty.

The track raised up gently through some scrub  
With ferns, bracken and briars each side  
The day a coolish Winter morning type.  
The path a solid gravel now - well trodden  
The cold fresh dewy air drew me still on.

Wise folks remaining home wrapped and warm  
Thought I, as I walked that slow wooded climb  
The earth fell away to my left and beyond;  
Where men had once dug the stone and sand  
But now used by cycles, a track on the land.

My eyes alighted 'pon a simple bush  
It's branches dormant and blackened now;  
With lichen of blues and green, shining  
bejeweled.  
That simple bush with natures necklace  
Adorning the beauty of forest's actress

But then that fresh tangy air stirred my lungs  
With oxygen filled - forests free gift;  
The worlds troubles reduce for that moment when  
All seemed right with the world - all at once,  
Yes in that moment through trees, amongst.

All thoughts of the vile Russian war were gone  
For that moment all was peace and birdsong.  
The air, the lichen and the pebbled ground  
Had cleansed my soul and mind, without a sound;

I walked back across the grass, brownish green,  
To the spot where before I had been.  
Different perhaps from the one an hour before  
But in the world, I so regret, still at war.

*Richard Simmonds*  
17/18 February 2023

## God - the Three in One

This month we celebrate Trinity Sunday. The doctrine of the Trinity is one of the most important of the Christian faith, for it goes to the very heart of what God is like. The Bible is quite clear: there is one God, but He is revealed in three 'persons' – the Father, the Son, and the Holy Spirit.

Have you ever wondered at what point in the Bible God is revealed as being more than one person? Well, you don't have to read very far: only to Genesis 1:26, where God (Elohim – a plural noun) says: Let US make man in OUR image. (Gen. 1:26)

The Bible reveals a pattern: God the Father lives in heaven and has never been seen. God the Son became the incarnate Jesus Christ, who made known to us the Father, and God the Holy Spirit, who is unseen, has been sent to live within and to equip His people, the Church.

The Trinity is basic to our salvation – for these three persons in the one Godhead have combined to save us from our sins: it is the WILL of the Father, the saving WORK of the Son, and the indwelling WITNESS of the Holy Spirit. (John 14:16, 23-26).



*Enabling churches to house the homeless*

'Hope into Action' is a national Christian charity which 'enables the church to house those without a home'. <https://www.hopeintoaction.org.uk/>. Our vision is that members of the different churches in Chelmsford would get together to support one house. We would need to gather a team of twelve people. The residents might be a refugee family, or ex-prisoners, but not the 'street homeless' to whom

CHES is already providing an excellent service. It is also possible to invest money in 'Hope into Action', enabling them to rent out the house, while keeping ownership of the property. There would be two benefits; one family housed, and also a diverse group of Christians getting to know each other by being involved in a joint project. If you are interested please contact us on [gervase@jgvernon.co.uk](mailto:gervase@jgvernon.co.uk). If enough people are interested we will arrange for a speaker from 'Hope into action' to come and give a talk in Chelmsford.

*Gervase and Susan Vernon*

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An advertisement for Thomsons, featuring a woman looking stressed at a laptop. The text includes the company name 'Thomsons', 'Home and Business Computer and Internet Support', 'PC problems giving you a headache?', 'SALES • SERVICE • INSTALLATIONS', and contact information: '2 High Street | Great Baddow | Chelmsford | Essex CM2 7HQ', 'T: 01245 471 465', and 'E: [mike@thomsonsuk.com](mailto:mike@thomsonsuk.com) | W: [thomsonsav.com](http://thomsonsav.com)'.



## The Brilliant Pascal

Four hundred years ago, on 19th June 1623, Blaise Pascal was born in central France. This brilliant mathematician, physicist, theologian and philosopher invented one of the first mechanical calculators – among many other things.

Pascal, whose mother died when he was three and who was brought up by his father, was prominent from a young age in different scientific fields – he laid the foundation for the modern theory of probabilities, created Pascal's principle of pressure, invented the hydraulic press and the syringe, and devised a primitive roulette wheel while searching for a perpetual motion machine.

He created his calculator – the Pascaline – to assist his father, then the local administrator at Rouen, in his tax assessments. It operated by counting integers and thus was in a sense the first digital calculator.

The measure of your real wealth is how much people would still value you if you lost all your money. – *Anon*

The nice thing about living in a small town is that when you don't know what you're doing, somebody else always does. – *Anon*

At the age of 31 he had a mystical experience that he called a “night of fire”, which changed his life. After that he became involved closely with the Catholic Church (as was his similarly brilliant sister, Jacqueline) and wrote extensively on theological matters, insisting that men must be brought to God through Christ alone. His scientific training lent his Christian writing a strength of argument, and he produced many memorable quotes, such as the words he put in Jesus' mouth: “Be comforted; you would not be looking for me if you had not found me.”

Pascal was never a well man, possibly suffering from coeliac disease, and died in great pain in 1662, probably from a combination of stomach and brain cancer. One of his last major achievements was introducing the first bus service to Paris, using a carriage with many seats on a fixed route at a fixed price. Whereas most buses are late, this service was before its time and closed in 1675. *Tim Lenton*



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## Mascarpone Salmon

### Ingredients

A splash of olive oil,  
4 salmon fillets,  
2 diced spring onions,  
2 crushed garlic cloves,  
1 tbsp plain flour,  
400ml veg stock,  
100g mascarpone cheese,  
50g baby spinach leaves,  
150g sun-dried tomatoes,  
juice of ½ lemon,  
300g grated parmesan.

Heat a large frying pan and add a splash of olive oil followed by the salmon fillets. Brown them on both sides and set aside.

Reduce the heat and add the onions and garlic and cook for about 1 minute.

Sprinkle over the flour and mix it to create a paste.

Pour in the stock slowly, stirring as you do to prevent it becoming lumpy.

Add the mascarpone and stir all together.

Now return the salmon fillets to the sauce and add the spinach leaves till wilted.

Add the sun-dried tomatoes, a squeeze of lemon juice and Parmesan.

Season at the end and decorate with basil leaves if you have some.

*Narelle Arnold*

## This next one...

A local DJ was introducing a record at our annual church fete/parish party.

"This next one," he said, "is for Charlotte, a choir member, who is a hundred and eleven! Hey, Charlotte, congratulations on a ripe old age!"

There was a short pause and then the DJ said in a somewhat more subdued voice, "I'm sorry, I got it wrong. This next one is for Charlotte, who is ill."



So many flowers, such surprising  
sight  
The blue, so strong, caught sunlit  
bright  
The paths, down old gravel  
workings  
The tracks been made, twisting,  
turning.

## A Carpet Set Against The Sky

A carpet set against the sky  
A blue of deepest sea blue hue  
Unfolded to our eyes that day  
A bluebell walk in woods and  
through.

Early May, in full flush were they  
No bold Spanish ones, there to  
see  
Only single blooms showed their  
heads;  
In wooded clearings, under tree.

A brief spell lost, wooded paths  
entwine  
Trees lie felled by mists of time;  
For years to come bluebells will  
flower  
As mossed trunks decay in  
natures bower.  
Our time, so brief a walk that day  
Our tracks not marked upon the  
way  
We left behind no sign we came  
But, as bluebells, will return  
again.

*Richard Simmonds 3 May 2023.*

Church of St John the Baptist, Danbury

## Monthly Lunchtime Concerts in the Church

**Fridays - 12.15pm to 1pm**

9<sup>th</sup> June Entertaining folk duo Jonny Dyer and Vicki Swann are back by popular demand

14<sup>th</sup> July Classical guitarist Mark Jennings brings us a programme of virtuosic music for classical guitar

11<sup>th</sup> August Anne Skinner presents a dance themed collection of music for flute

Come along a little earlier for a sandwich lunch, available from 11.45am, or you are welcome to bring your own. Entry is free.





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