



Rector's Letter

In March we will go through the final weeks of Lent, through Passiontide and climaxing in the first week of Easter. The walk through Lent may have been feeling very long, tortuous and

painful, as we follow Jesus and his small band of disciples through the plots against the Messiah, his betrayal, arrest on totally false charges, to his flogging and eventual crucifixion outside the great and central city of Jerusalem. Central to the faith that we profess is the crucifixion, death and resurrection of Jesus. These events cannot be separated from one another. As

Christians we believe that Jesus died on Good Friday, was buried in a tomb, and rose again from the dead on Easter Day. In the Gospels we read that on the third day the tomb where Jesus' body

had been laid, was found to be empty. And although the empty tomb appears to be enough for at least one of the disciples to believe that Jesus had been raised from the dead (John 20:8-9), in reality an empty tomb

proved nothing. Grave robbers were not uncommon in first century Palestine. It was the appearance of the resurrected Jesus to his disciples that transformed a frightened group of men and women into courageous evangelists of the 'Good News'. I myself still feel that element of surprise, horror and deep gratitude, as I am faced with the knowledge of why

this man was here on earth. I sense the anticipation of the disciples as they feel the end is near, when their people will be freed from the oppression of a foreign nation occupying their



Rector's Farewell

You are all invited.

My Final Service as Rector of St. Andrews is **Sunday 2nd June at 3 pm**

After the service there is to be refreshments in **Sandon Village Hall** to which you are all invited.

I look forward to seeing many of you.

lands and conquering their nation. This month is a real rollercoaster of emotions as we complete our Lenten preparation for Easter, move swiftly through Passiontide and arrive at Easter Day.

Although we know the story so well, we cannot help but solemnly walk the Way of Sorrows, sense the terrible tensions of Holy Week and embrace the deep shock of the crucifixion that will lead us to the joy of Easter.

Thankfully, at dawn on that joyful Easter Sunday morning, something wonderful happened. It would have been unheard of in Jesus' time and never experienced again. The distraught and grieving women from amongst his followers came to pay their last respects to the earthly remains of their teacher and leader. They became overjoyed when assured that Jesus was no longer dead but was alive and waiting to walk with them once again.

Jesus rose from the dead on Easter Day and proved that no amount of evil can destroy the love of God for us, his children. Those who killed Jesus only served to prove his everlasting power and show us the extent of what our God would sacrifice to save us from ourselves.

This is the wonderful hope to which we cling - because as long as we live and have faith in the Easter experience, that hope will never die. It is the hope that we all find in Christ; his birth, life, death, resurrection and ascension. There is so much loneliness, sadness, anger, fear and hatred in the world today. Only the hope born of faith in Jesus, his death and resurrection, can give us the strength to overcome it all.

May the story of Easter bring you hope and joy in the risen Christ, now and always. Have a comforting Holy Week and a joyful Easter and come along to church and hear the wonderful stories.

As you may be aware I am retiring in June as the Rector of Sandon and Priest in Charge of All Saints, East Hanningfield. Last year in July I celebrated 10 years as Rector of St. Andrews. One of the wonderful highlights of the service was to see so many people attend who were not regular worshippers, but came to give thanks for my time at Sandon. I now invite you all to my final service in Church followed by a reception in the Village Hall. Here is your invitation and I look forward to seeing you then.

Terry

Farming Today

The 400 ewes were covered just before Christmas in readiness for lambing, which began on 5th February.

The vet student is returning for a third year's experience and the Night Lamber returned to us from John O'Groats for her 6th season. She oversees the lambing at night. Two students from Harper Adams have been interviewed and engaged for the 2024 harvest season.

300 acres of Spring Barley is yet to be sown, a crop previously not high yielding so not so popular, now with improved varieties it is more commercially grown. Likewise 150 acres of peas to be sown and sold for human consumption. It all depends on

the fields being dry enough again for work to commence. Fertiliser is purchased and yet to be applied.

The Health and Safety Review for family and staff has just taken place and will be repeated in the autumn.

120 willows have been planted adjacent to Sandon Brook. These should mature and be cut in 15 years and used for cricket bats. The annual Doe Show takes place at the beginning of February which family and staff attend – the big attraction this year, being a massive new combine with a 50-foot header able to combine 120 tonnes barley per hour/ 150 tonnes wheat per hour. The price of this combine is £800,000+,



"Tony. August 1964. Cappelle wheat 16 acres Sandon Lodge" is written on the back of this photo.

unbelievable and not on our shopping list!

Speakman family

After I had received the above from Gillian Speakman, I received an email from Hannah Speakman, Gillian's granddaughter and Philips' daughter with this photograph of Tony Speakman on what was, I believe, a .new combine. It was sent as a contrast to the new combine mentioned at the Doe Show. Of the photo Philip writes, "I think that the starting of that combine would likely have been paraffin to get it going before switching over to petrol. With all that dust, fuel and straw, what could possibly have gone wrong!! I think that the cut would probably have been about 10 feet. I think they are probably wider than 10 metres now.

"Tony (father) always wore a tie to work wherever he was and whatever he was doing as well as a cap of course, I still have one of his caps (not 100% sure it is the same one in the picture but I have a suspicion it probably is) that I wear every morning on my rounds. It is certainly greater than 50 years old and looks very similar to the one in the picture."

He adds, "I know that registration, CTW268B, is 1964 and I am

thinking it is probably a Clayson which was subsequently bought by New Holland and then of course Ford. That would resonate because we were and remain big Doe & Sons supporters. The nearest I can get is a Clayson M103 but I am not 100% sure.

I note too that [/wakelyns.co.uk/bakery/storyofwheat/](http://wakelyns.co.uk/bakery/storyofwheat/) says, "Cappelle introduced resistance to eyespot, allowing wheat to be grown after wheat, an important advantage as fertility building long rotations were abandoned as synthetic nitrogen fertiliser became widely used. Cappelle dominated the UK wheat area (70%) during the 1960s. *Richard Cecil*



The New Holland CR11 mentioned at the Does Show. It will take about 90 seconds to unload its grain into a trailer but could need to unload every 12 minutes. That's a fleet of tractors and trailers to support it!



Keeping the county warm

Contact BFS for prompt delivery of your domestic heating oil direct from our local Danbury Fuel Services depot. You'll find no better service, no better value.



Fuel Services

T 01245 425251

www.bfsfuelservices.uk

Easter Services

This year Ash Wednesday and Lent follow hard on the heels of Christmas and Epiphany. We have only one Sunday between the two seasons. This can make us feel a bit rushed. No sooner have we celebrated the birth of Christ and put decorations away, than we are focusing on a season of self-denial and discipline, culminating in Christ's death and resurrection at Easter. A child recently asked "did they take Jesus straight out of the crib and put him on the Cross?" We could be forgiven for thinking the same. Somewhere 30 years of Christ's life have got lost from the record books.

Perhaps the proximity of these festivals can be to our advantage. It might help us to realise that it is the same person, God incarnate, lying in the manger and with his arms outstretched upon the cross. Perhaps we will remember more clearly that the child of Bethlehem whom angels, shepherds, and wise men adored is the same person whom the crowd of Jerusalem disown and condemn to die. Perhaps the depth of God's love will be revealed more fully to us as we connect the birth, death, and resurrection to new life as a promise and gift to all God's children. I do hope you will be able to join us for the services at Easter. Here they are:-

Holy Week and Easter Services



Come Worship With Us!

24th March – 31st March

Sunday

9:50 am Meet on the Green
10:00 am Palm Sunday Service

Monday

9:30 am Stations of the Cross

Tuesday

9:30 am Holy Communion

Wednesday

9:30 am Stations of the Cross

Maundy Thursday

9:30 am Stations of the Cross
7:00 pm Passover Meal

Good Friday

9:30 am Stations of the Cross
11:00 am Service in City centre
2:00 pm Last hour at the Cross

Easter Sunday

6:00 am Sunrise Service
in Churchyard
10:00 am Sung Eucharist





Monthly Soup & Sandwich Lunch at St Andrews Church

Generally 1st Tuesday of the month

Next Lunch is 5th March
Future dates 9th April, 7th May.

Join us for lunch once a month, for companionship & fellowship (and food of course!!)
We would love to see you.

No cost but
Donations gratefully received

Time: 12:00 noon – 1:30pm
Contact: Judy Cecil for more details on 01245 224747

Our Church is open!

The church is open for quiet contemplation and prayer every day from about 9.30am to 5.00pm (exact times will vary).



Mothering Sunday Service

10:00 am Sunday 10th March
An open invitation to all for our special Mothering Sunday Family Service.

Please join us to celebrate and give thanks for our Mum's as well as all who mother us and all that they do for us.
Please support this service where children receive flowers for their mothers.

The Claydon Clinic

*Physiotherapy
Sports Injury Rehabilitation
Acupuncture
Pilates*

www.theclaydonclinic.com
Tel/fax 01245 401255

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

TO LET

Family home in Southern Spain, with air conditioning.
Mijas Green (between Malaga & Marbella).

Overlooking Golf Course, 10 minutes to the sea.

Safe maintained communal garden & swimming pool.
Restaurants and village shop within walking distance.

3 en-suite bedrooms, sleeps 7.
Well equipped.

01245 471242/07831 350103



We meet in the St Andrew's Room on second Wednesday

of the month 1:00 pm to 2:30 pm so come along.

Further information

Contact: Alison 01245 474858 or e-mail: tots@sandon-church.info



Lent Lunch

Saturday 23rd March
12 noon - 1:30 pm
St. Andrew's Room

Come and join us for a Jacket potato and filling

All donations will go to the Bishops lent Appeal
All are welcome to this event

GROSSMORE DOORS

What we do:

- Installation, service, and repairs to...
 - Electric Rolling Garage Doors.
 - Patio Awnings.

Established for 30+ years.

Authorised retailer of SeceuroGlide and Luxaflex products.



For more information, visit <https://www.grossmoredoors-essx.co.uk>
Or call us on 01245 475999



Children's Easter Workshop

Tuesday 2nd April
2:00 pm – 4:00pm
Free Event

Bring yourselves and your children to our Easter Workshop in Church where we will hear the Easter story, sing songs and have fun with Easter crafts and activities and, of course, refreshments.

Please could you let us know if you are coming as this helps with our planning and refreshments.

To register please contact Alison Read, 474858, easter@sandon-church.info

Annual Parochial Church Meeting

Sunday 14th April
following the 10 am service

What is this?

This is the Annual Parochial Church Meeting which is an open meeting for all the members of the church who are on the Church Electoral Roll.

Should I go?

Yes!! Church members can vote for whom they would like to be the Churchwardens (any parishioner can vote in that part!) and who can be on the PCC (Parochial Church Council).

The PCC deals with all the developments and business that the church has to do, so it is important that you know who is a member.

It is also an opportunity to hear about the Deanery, the church finances, our church building and what we do for mission in our community and further afield. The Rector and church groups prepare reports and these help us to know more about what goes on in our church.

Do please come and support your Church in Sandon

News from Farleigh Hospice

Pilot project to enhance overnight care

Farleigh Hospice is working with Marie Curie and Provide Community on a project to enhance the existing overnight care that people living with a terminal illness receive at home across mid Essex.

From 1st January to 31st March 2024, 8pm to 8am, calls to the Overnight District Nursing Service on 07580 912 693 are being assessed by Provide Community's team. They will then be triaged to a specialist team of Registered Nurses and Healthcare Assistants from Marie Curie, with additional staff from Farleigh Hospice, who will provide responsive palliative and end of life care and support to these people in their homes.

This project is funded by Marie Curie. Farleigh will use outcomes and lessons learnt to further develop its care in the future. www.farleighhospice.org/news

Walk for Life – Sunday 12th May

Register now for this popular family-friendly walk through one of the most beautiful parts of Essex along the towpath of the Chelmer and Blackwater Navigation. Choose between the 12 km ramble that begins at Paper Mill Lock, Little Baddow or



the more demanding 24 km route that starts at Heybridge Basin. Both walks finish in Chelmsford. To find out more and book your place, visit:

www.farleighhospice.org/walk

Rogation Sunday

10:00 am
12th May

Church Parade 'Cherries Barn' courtesy of Richard Speakman.

Come and see the sheep in their pen. Ideal for children.

Directions: you will find the barn off the Main Road (A414) by Hulls Lane. BRING A FOLD UP CHAIR if you wish, hay bales will also be available.

There are refreshments after the service with homemade cake.



Interlude on the Alde

Dawn breaks across the marshy ground
As birds awaken from silent sound;
The golden orb rises from its nest
From its daily, nightly rest
As a gentle breeze whispers, brushes
The tall, still greenish, river rushes;
They soon to be cut, despatched
For rooves, now far afield, new thatch.

It's Sunday morning, picture the scene
Maltings profile stands serene;
All tiles and cowl, from what had once been.
Where barley had been once malted;
As aromas wafted, amongst
Those beams - vaulted.

The breeze brushes through the marsh
On fair days, and harsh
The River Alde, slow and silted, now
Looks on and takes its bow;
As day trippers walk amongst the land
Where once Britten's presence
Walked the strand.

Moonlight now casts upon the scene
As evening draws its darken sheen
The audience starts to take their seats mark
We hear the sounds of music, hark;
Sounds from its music hall darkly
Arises to fill Maltings Hall
With Brittens notes - no longer barley.

At close, storm threatens our tranquil scene
As moonlight notes sound what had been;
The thunder, lightning, and show'ry rain
Will leave no sign, no trace
When stillness returns - its pleasing face.

*Richard Simmonds based on The Four Sea Interludes by
Benjamin Britten. 7th November 2023*



With Mothering Sunday in mind...

'Lend me your ears': a
phrase used by Mark
Anthony, and ever since
then, by the mothers of
millions of young
children.

Anon

Her children arise up and
call her blessed.

Proverbs 31:28

The mother's heart is the
child's schoolroom.

H W Beecher

Words Composed Upon a Walk

The horse chestnut, foreboding
stands
Silhouette against the sky
Its branches, leafless blackened
arms
No pattern there, though much I try

Winter's come, all leaves now past
The sky yes blue, but coldest air;
Jan'rys kiss has touched all things
The brightest flower, no longer fair.

But then a lonely daffodil I spy
Its flower, though drooped it stands
alone,
A foretaste of a Spring to come
When natures riot crowns her
throne.

Across the field, upon the breeze
The greying smoke gently blows:
That familiar smell of burning wood
Smells from childhood, we n'er outgrow.
The smoke passes lowly to the ground
All is still, no noise, no sound.

Now there 'mongst winters cold blanket lie
A sight to warm a winter heart
The first snowdrops amidst the stones
Planted there by natures art.

Even in the coldest month
Treasure there, can we still find
Lying spread around our feet
When we do but open eyes and mind.
Tomorrow I shall retread each step,
For I will ever be, in nature's debt.
31st January 2024

The Clock

The clocks dull dial, tarnished
some;
The hands, their foggy fingers point
To the inexorable path
We must all walk, sing'ly or joint.

The wooden case, bruises for all to
see
Tell its story of its age, years lent
Held for winding once a week
A reminder of their lives so spent;
Ingrained now in the clocks
wooden case,
In its hands, its face
Its foggy fingers pointing
To the next empty space.

11th February 2024.

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

Poetry by Richard Simmonds

Kindness is All

by Gervase Vernon

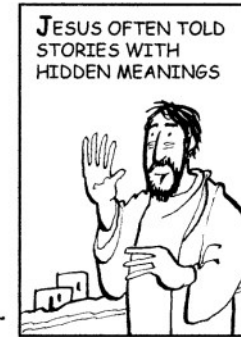
Between 1979 and 1981, I was working as a doctor in a Catholic hospital in Northern Malawi. On one occasion I took the opportunity to visit the Protestant mission hospital at Livingstonia, about half a day's drive away by motorcycle. There I met a missionary doctor sent by the Presbyterian Church of Ireland, Dr Donald Brownlie, who much impressed me.¹ The hospital was well run, he spoke the language, Chitumbuka, fluently and seemed to get on well his staff. In such small mission hospitals, much of the work was obstetrics and, as the only doctor there, he would have been performing Caesarean sections several times a week. There would also have been a heavy paediatric workload. Because of distance, there would have been no possibility of referring cases to another hospital.

Dr Brownlie had been there for eleven years, though a few weeks later, having upset some local politician, he would be expelled from Malawi on the trumped-up charge of performing an abortion. He was from Northern Ireland. He told me that, meeting the Reverend Ian Paisley back home

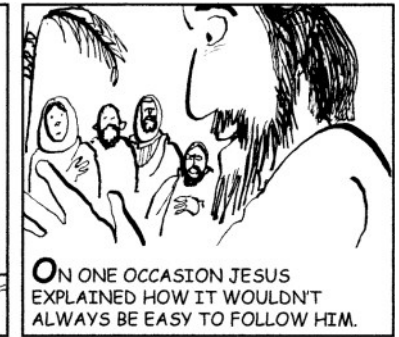
he had said to him, 'please consider that you might be wrong.' It was difficult at the time to imagine this gentle man having any effect on Ian Paisley, but, looking back now, we know that Paisley eventually changed his course. This doctor, brought up, presumably, to hate Roman Catholics, went out of his way to be friendly. 'Kindness is all,' he said to me. That phrase has stayed with me, and in two senses. In one sense, all human beings, black and white, male and female, Protestant and Roman Catholic, are of the same 'kind'. Our divisions, as St Paul would have it, are reconciled in Christ. In another sense, by taking on our nature, by becoming human in Jesus Christ, God has made himself of the same 'kind' as us, inviting us to belong to his 'kindred'. This 'kindness', however has not been won at a cheap price, but cost the life of Jesus, God's own son. Sin and evil are real and active in our world. The man who told me that 'kindness is all' would, within a fortnight, be expelled, at minimal notice, with his wife and family, from a country in which he had invested his whole life for a decade.

¹His obituary is at; <https://holeousia.com/being/sapere-aude/donald-brownlie/>

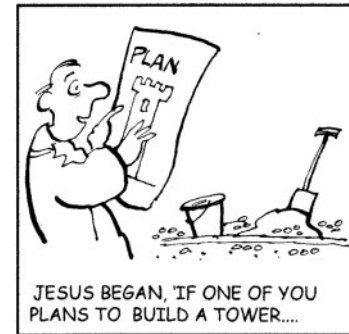
The tale of the Tower Builder



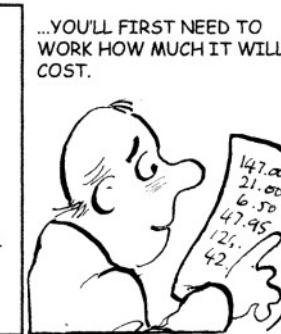
JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS



ON ONE OCCASION JESUS EXPLAINED HOW IT WOULDN'T ALWAYS BE EASY TO FOLLOW HIM.



JESUS BEGAN, 'IF ONE OF YOU PLANS TO BUILD A TOWER....



...YOU'LL FIRST NEED TO WORK HOW MUCH IT WILL COST.



IF YOU DON'T DO THE SUMS....



...YOU MIGHT MAKE A START,



....WORK VERY HARD ON THE FOUNDATIONS.



...THEN START TO LAY THE BRICKS....



...BUT SUDDENLY RUN OUT OF MONEY!!



THEN PEOPLE WILL LAUGH AT YOU!



TOWER TO BE CANCELLED BUILT HERE

WE NEED TO REALISE THAT ALTHOUGH FOLLOWING JESUS IS THE RIGHT THING TO DO, IT'S ALSO A GREAT CHALLENGE.

Church Services

St. Andrew's, Sandon

Services currently planned online via Zoom are shown in italics.

Sunday 3rd March	Lent 3	
	10:00 am	Sung Eucharist
Tuesday 5th	9:30 am	Holy Communion
Wednesday 6th	8:30 pm	<i>Night Prayer</i>
Thursday 7th	8:30 am	<i>Morning Prayer</i>
Sunday 10th	Lent 4	
	8:00 am	1662 Holy Communion
	10:00 am	Family Service
Tuesday 12th	9:30 am	Holy Communion
Wednesday 13th	8:30 pm	<i>Night Prayer</i>
Thursday 14th	8:30 am	<i>Morning Prayer</i>
Sunday 17th	Lent 5	
	10:00 am	Sung Eucharist
	3:00 pm	Worship at Howe Green URC
Tuesday 19th	9:30 am	Holy Communion
Wednesday 20th	8:30 pm	<i>Night Prayer</i>
Thursday 21st	8:30 am	<i>Morning Prayer</i>
Sunday 24th	Palm Sunday	
	10:00 am	Morning Worship
Tuesday 26th	Tuesday of Holy Week	
	9:30 am	Holy Communion
Wednesday 27th	Wednesday of Holy Week	
	9:30 am	Stations of the Cross
	8:30 pm	<i>Night Prayer</i>
Thursday 28th	Maundy Thursday	
	9:30 am	Stations of the Cross
	7:00 pm	Passover Meal
Friday 29th	Good Friday	
	9:30 am	Stations of the Cross
	2:00 pm	Last hour at the Cross
Sunday 31st	Sunrise Service	
	6:00 am	Communion
	10:00 am	Sung Eucharist
Tuesday 2nd April	9:30 am	Holy Communion
Wednesday 3rd	8:30 pm	<i>Night Prayer</i>
Thursday 4th	8:30 am	<i>Morning Prayer</i>
Sunday 7th	Easter 2	
	10:00 am	Sung Eucharist
Tuesday 9th	9:30 am	Holy Communion
Wednesday 10th	8:30 pm	<i>Night Prayer</i>

Thursday 11th	8:30 am	<i>Morning Prayer</i>
Sunday 14th	Easter 3	
	8:00 am	1662 Holy Communion
	10:00 am	Family Service
Tuesday 16th	9:30 am	Holy Communion
Wednesday 17th	8:30 pm	<i>Night Prayer</i>
Thursday 18th	8:30 am	<i>Morning Prayer</i>
Sunday 21st	Easter 4	
	10:00 am	Sung Eucharist
	3:00 pm	Worship at Howe Green URC
Tuesday 23rd	9:30 am	Holy Communion
Wednesday 24th	8:30 pm	<i>Night Prayer</i>
Thursday 25th	8:30 am	<i>Morning Prayer</i>
Sunday 28th	Easter 5	
	10:00 am	Morning Worship and Baptisms
Tuesday 30th	9:30 am	Holy Communion
Wednesday 1st May	8:30 pm	<i>Night Prayer</i>
Thursday 2nd	8:30 am	<i>Morning Prayer</i>
Sunday 5th	Easter 6	
	10:00 am	Sung Eucharist
Tuesday 7th	9:30 am	Holy Communion
Wednesday 8th	8:30 pm	<i>Night Prayer</i>
Thursday 9th	8:30 am	<i>Morning Prayer</i>
	7:30 pm	Sung Eucharist
Sunday 12th	Easter 7	
	8:00 am	1662 Holy Communion
	10:00 am	Family Service at Cherries Farm
Tuesday 14th	9:30 am	Holy Communion
Wednesday 15th	8:30 pm	<i>Night Prayer</i>
Thursday 16th	8:30 am	<i>Morning Prayer</i>
Sunday 19th	Pentecost	
	10:00 am	Sung Eucharist
	3:00 pm	Worship at Howe Green URC
Tuesday 21st	9:30 am	Holy Communion
Wednesday 22nd	8:30 pm	<i>Night Prayer</i>
Thursday 23rd	8:30 am	<i>Morning Prayer</i>
Sunday 26th	Trinity Sunday	
	10:00 am	Morning Worship
Tuesday 28th	9:30 am	Holy Communion
Wednesday 29th	8:30 pm	<i>Night Prayer</i>
Thursday 30th	8:30 am	<i>Morning Prayer</i>
Sunday 2nd June	Trinity 1	
	3:00 pm	Sung Eucharist—Terry's Last Service

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
Organist	Cathie Horne*	475279
Choir	Gill Haddington	529305
Magazine Editor	Richard Cecil**	224747

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

Authorised to assist in the distribution of Holy Communion

As ⁺ above and Valerie Grimwood, Gill Hodge and Michael Puffett

Regular Events see centre pages for full details of worship.

2 nd 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	Ringling Practice
Wednesday (Zoom)	8:30 pm	Night Prayer
sandon-church.info		
Thursday (Zoom)	8:30 am	Compass Churches
compasschurches.org.uk		Morning Prayer
Thursday	3:00 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

Editor Richard Cecil
 Advertising Claire Jefferies
 Distribution Manager Alison Read
 Copy for September's magazine by 10th May 2024 please.
magazine@sandon-church.info



Howe Green URC

A big thank you to all those people who came to our Candlelit Carol Service before Christmas. It was good to see you all and of course a special thank you for those who helped in any way.

We are continuing with our monthly service on the third Sunday, so we will be here on 17th March, 21st April and 19th May. It is at 3.00 p.m. and followed by tea and cake.

We will also be having a couple of Coffee mornings (13th April and 18th May are suggested so keep a watch for the usual reminder or posters) and our very enjoyable Strawberry tea on 22nd June.

It is good to have continued support for the Chapel, which has been part of this village for many years and as well as having services of worship always helps the community in whatever way it can. So many thanks, and please continue to join us whenever possible.

Pam Knott



We commit to God at his burial
 Ronald John Cordrey
 21st November

Observations for Lent

The shortest distance between a problem and its solution is the distance between your knees and the floor. *Anon*

The one who kneels to the Lord can stand up to anything. *Anon*

A day in the life of...

Claire Jefferies tells us about her working day as a Healthcare Assistant in the Inpatient Unit at Farleigh Hospice.

I joined Farleigh Hospice as a healthcare assistant (HCA) with the Inpatient Unit (IPU) a year ago. Farleigh's Hospice at Home team assisted me looking after my mother during her last months. I just knew that this was something I wanted to do to help other patients and families.

I arrive at work at 7:10 am, ready for hand over at 7:30 am. The Nurse in Charge from the previous shift hands over to the next Nurse in Charge and gives an update on patients to all nursing staff coming onto shift.

Today, it is my turn to be Healthcare in Charge. I am responsible for the completion of all tasks and ensuring that patients' nutrition, personal care, repositioning and wellbeing are attended to.

Whilst one HCA is preparing and taking orders for patients' food and drinks, myself and my



colleague check that each patient is okay. Pressure areas are of great concern, so we monitor skin integrity and reposition anyone who needs to be made comfortable or who has been in the same position for a few hours. A new patient is due to be admitted so I check that the room allocated to them is ready. She arrives and is very tired and quite distressed. I and the nurse allocated to her then take her and her family to her room and settle her in. I make them a cup of tea, show them the call bell and give them some quiet time to adjust. After ten minutes, I go back in and can already see them looking more relaxed.

Once all the standard observations and initial admission assessments are complete, she has a sleep and I show her husband and daughter around the unit, the Sanctuary - our quiet spiritual area - and around the gardens. The family are still worried so we chat about their concerns.

At Farleigh IPU and Hospice at Home, we care as much for the

families as we do for the patients. It is not just one person's journey - we are there in this journey together. Feeling a little more reassured, I see the stress relax from their faces. The new patient has woken up and wants something to eat. Her family say she hasn't eaten for days, so this is reassuring.

During this time, my colleagues have started on the personal care of our other patients.

After lunch, we ensure that everyone is comfortable. Some would like to sit outside - it is a lovely day and it does them the world of good to get some fresh air. Our new lady sits on her patio with her family. She is really settled now and they are so relieved.

During the day, the nurses do their medication round. As a drug checker, I assist by checking that the right medication is given to the right patient at the right time.

It's dinner time already. Fresh drinks are given to patients with their choice of supper. I then start writing my notes of everything we have done for each patient on our

system.

Hand over begins when the evening staff arrive. We leave the unit clean and tidy, ready for the next shift at around 8pm. I always want to leave knowing that I have done the best job I could do that day, to the highest standard. This is something that we all do at Farleigh



It is an absolute privilege to work at Farleigh Hospice. I count myself so lucky to have secured this position with such a wonderful team of people around me. We are all so humbled that patients and families let us care for them during what is the most difficult time in their lives. We are dedicated to their care, being

respectful and providing dignity and independence at all times.

If you are interested in working within the care team at Farleigh Hospice, please visit Farleigh's website for information on its current vacancies - www.farleighhospice.org/careers

First Quiz of The Year

Our early year quiz in January went well with 12 teams competing.

Our quiz master Ian Jefferies was helped in Claire's absence by Geoff Hales.



Ian and Geoff

The winning team was made up mostly of church choir members playing under the team name 'The Amazing Erbs'. They were closely followed one point behind by 'A Good Evening Wasted', followed again closely by 'The Groobies' another single point behind! In fact the first 8 teams were only separated by a point

TEAM NAME	1	2	3	4	5	6	7	8	BONUS ROUNDS	TOTAL	RANK
T1									0	13	
T2 The Quizmasters mates	6	8	6	J 5	5	8	8	7	29	87	4
T3 Miscellaneous	8	2	J 8	6	4	8	6	6	30	86	5
T4 Alison's Angels	7	6	8	5	2	7	6	J 5	28	77	11
T5 Same as before	7	6	5	J 7	4	7	6	6	28	83	8
T6 We are Foxed	9	5	7	J 6	2	7	5	5	26	78	9
T7 The Groobies	8	5	6	5	J 7	8	7	5	30	88	3
T8 A good evening wasted	8	8	6	J 7	7	8	6	4	28	89	2
T9 Stumped Again	6	8	J 6	5	6	8	7	6	27	85	6
T10									0	13	
T11 The Amazin Erbs	7	9	5	J 6	5	9	9	6	28	90	1
T12 The Woodentops	5	6	5	3	J 1	4	8	4	23	60	12
T13 Lucky for some	6	5	J 7	7	0	7	6	5	28	78	9
T14 The Fortnights	7	5	7	J 5	6	7	6	6	30	84	7
									0	13	

The Final Scoreboard



each time! I'm not sure how the scorer managed that but well done Geoff.

Our raffle 'team' of Alison and Lesley worked as usual very hard and sold an amazing £285 of tickets. All 15 or so prizes were provided free by well-wishers. Thank you very much.

The Rev. Terry Brown presented all winning teams members with a bottle of wine each.

In total we generated £965 from raffle and ticket sales so thank you all!

We will probably run another quiz later this year so please watch out for our adverts and the weekly e mail from Terry!! *David Farrar*



The winning Team



Third Place



Second Place



Chelmsford Plumbing & Heating Ltd

Reliable, family run business

All calls answered personally

Our charges are competitive,
100% clear and quoted in advance

Boiler servicing, breakdowns and repairs

New boilers and heating systems

Electrical work undertaken

T: 01245 478 588

W: www.cph.uk.net



Sandon WI

Tracy, Sandon's WI President, asked that we take time to remember our members that we lost in 2023, whilst singing Jerusalem; a moment of reflection.

Birthday cards were given out before our speaker, as it was a packed agenda for this meeting. Sheila Gunson was our guest speaker who was giving a talk on The Denman Quilt and its history.

Sheila explained about the quilt, while as a trustee of Essex Federation, she felt it was a great project to celebrate the 100 years. (The Federation of Essex Women's Institutes was formed in 1917.) The quilt would be going to Denman College and it would be in the Essex room. At Denman college each federation had accommodation/rooms named after them.

Sheila went on to give more detail regarding the squares and who had made each one, and the



meanings of the patterns which represented Essex. Sheila said she had now bought the quilt as Denman College, which was near Oxford, had now closed. She was enjoying taking it around other WIs, and passing on her knowledge. This also gave members a chance to see the quilt. It was a great insight to some of the crafts and commitment the members had.

Tracy and Karen, in turn, read the 4 WI resolutions,

- Dental Health Matters: calling on the Government to address the shortage of NHS dentists.
- Impacts of poor housing conditions: calling on Government to boost housing standards and regulations, and



T. PENNAK & SONS
FUNERAL DIRECTORS
1-3 Maldon Road, Great Baddow, CM2 7DW
PERSONAL SERVICE
anytime
01245 471157



to work with relevant bodies to increase availability of affordable and secure housing.

- Say 'no' to gambling advertising: calling for a collaboration between relevant bodies to achieve a ban in gambling advertising.
- Improving Outcomes for Women in the Criminal Justice System: calling for cross-government collaborations to deliver on a strategy set out in 2018 to reduce the number of women imprisoned for non-violent offences.

Once voted upon, we stopped for tea and cake.

Just Pampered

ESTABLISHED 2007

19 CHURCH STREET, GREAT BADDOW, CHELMSFORD, CM2 7HX

BEAUTY AND WELLNESS TREATMENTS FOR ALL

Skincare Facials, Microdermabrasion,
Galvanic and High Frequency,
Reflexology, Indian Head Massage,
Lash Lifts and Tinting,
Threading and Waxing Hair Removal,
Swedish and Deep Tissue Massages,
Maternity Treatments,
Natural Nailcare, Gel Polish,
Footlogix Footcare
and much more

Dual treatment room available

FREE PARKING, OPEN 7 DAYS, EVENINGS AVAILABLE

GIFT VOUCHERS FOR ANY TREATMENT OR VALUE

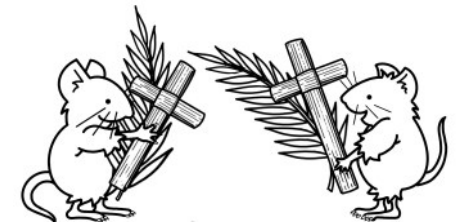
www.justpampered.co.uk

Call 01245 471888 WhatsApp 07570 493774

The raffle was drawn and a brief account of The February meeting was given.

Tickets had been sold for the Valentine's lunch which would take place before our main meeting.

Julie Fisher



Dark Waters

This is the title of a film. Judy and I saw a while back, possibly on i-player. I forget exactly how and when, but we were at home. Recently we stayed with relatives near to the university of Wageningen in the Netherlands. They invited us to join them at a showing of the film sponsored by the university. There was a virtually full auditorium, mostly of students, perhaps 150 people. Two people from the university introduced the film. Helouise spoke about the wide variety of chemical compounds that have been identified as PFAS. This is a class of chemical compounds. I will quote from Wikipedia. Perfluoroalkyl and polyfluoroalkyl substances (hence PFAS) are a group of synthetic organofluorine chemical compounds that have multiple fluorine atoms attached to an alkyl chain. They can be used to make coatings and products that resist heat, oil, stains, grease, and water. Fluoropolymer coatings can be in a variety of products. These include clothing, furniture, adhesives, food packaging, heat-resistant non-stick cooking surfaces, and the insulation of electrical wire. Many PFAS, including perfluorooctane sulfonic acid (PFOS) and perfluorooctanoic acid (PFOA), are a concern because they:

- do not break down in the environment,
- can move through soils and contaminate drinking water sources,
- build up (bioaccumulate) in fish and wildlife.

PFAS are found in rivers and lakes and in many types of animals on land and in the water. (from Centers for Disease Control and Monitoring, USA)
That is what is now known.

The film was also introduced by Nick who spoke, not from a scientific perspective, but a human perspective, arguing that it can be so hard to know when to take someone's story seriously and follow it up. Which takes us to the start of the film. I will try not to spoil it for those who have not seen it. Mr Tennant, whom it is hard not to describe as a rough cut diamond, appears in the offices of a law firm. He insists on seeing Mr Billott, who has just been made a partner of the firm in Cincinnati, with a whole bunch of video tapes. Remember them?

Well it turns out that poor Mr Tennant's cows, in West Virginia, have been getting sick and dying. He suspects the local chemical factory. But he needs help to get the evidence and make a case. The film documents how this

lawyer doggedly and determinedly makes the case against DuPont, the company running the neighbouring factory. Mr Tennant himself dies from the poisoning and Mr Billott has serious difficulties both in his home life and business life in this saga. No criminal prosecutions have been levelled, despite compensation having been paid. It cannot be that there was not criminal liability in the affair. In the closing part of the film it is noted that 99% of the world's population is estimated to have the PFAS in them. You will remember that they are not destroyed and they can damage many different parts of the body: teeth, thyroid glands, kidneys, liver, reproductive organs and more. Research continues.

As I left the film it was hard not to feel a sense of anger at the behaviour of Dupont, the injustice to Mr Tennant and admiration for the work of Mr Billott and his integrity as well as that of his company's chairman. As I prayed about this, I was reminded of a piece that Mark Oden wrote at the start of the covid-19 pandemic. He wrote that the real pandemic is sin. That seems to have spread to 100% of the world's population. As we discussed this after the film there was an agreement with that, but a sense of scale emerged. This behaviour is somehow

reprehensible in a way that the behaviour of many is not. I am sure that is true.

The question then emerges of how such behaviour is dealt with and should be dealt with. The law is important. It provides a means of restraining and in some cases correcting the excesses of poor behaviour. But what about the many whom we do not perceive have done much wrong in their lives? It's a toughie!

Let's go back to Nick's comments. How do we know when to take something seriously. I believe there is a message that has come quietly, almost through the back door that also is important and deserves our attention. A lone prophet spoke words that predicted a birth that happened in a displaced family to a young girl on the move. The family went hither and thither before the son began to gain a bit of a following. And then he was killed in a mock and rigged trial. Unlike the irreversible effects of PFAS, there does exist a remedy for the sin that pervades us all. Actually that remedy, a bloody affair on a cross, will, in due course, put all things right including the pervasive PFAS, itself a symptom of the most pervasive thing, that is sin.

Richard Cecil

A Trip to India

What is it when we visit India
that is so hard to put into words?
We come back and try to remember
the lessons we have learned.

The small things and the miracles are
all given by God's grace
The poverty does not bring bitterness
or even desire.

Burlavariparlem is a blessed place
Where God's spirit is a burning fire.

The boys and girls danced and sang
in Telegu we could not understand.
But we nearly learned to count to ten
when they repeated it again and again!

The older people came and shared a meal
Buttermilk, chilli chicken and rice
They have so little yet seem content,
Life is fragile yet heaven sent

We shared in worship and in prayer
In the 40 minute sermon we got nowhere
Translated to Kanada, still no clue
Yet God was there with us, we just knew.
Judy Cecil

Reflections for Holy Week

All the armies that ever
marched, and all the
navies that ever were
built, and all the
parliaments that ever
sat, and all the kings
that ever reigned, put
together, have not
affected the life of
mankind on this earth
as powerfully as has
that one solitary life.

James Francis

He suffered not as God,
but He who suffered
was God.

John Owen

The death of Christ was
the most dreadful blow
ever given to the empire
of darkness.

William Plumer

The best news the
world ever had came
from a graveyard.

Anon

The world cannot bury Christ. The earth is not deep enough for His tomb,
the clouds are not wide enough for his winding-sheet.

E Thomson

The empty tomb of Christ has been the cradle of the Church. *WR Nicoll*

The Christian church has the Resurrection written all over it.

E G Robinsonn

Support for Russian priest who prays for peace

Thousands of Russian Orthodox
Christians have been urging
Patriarch Kirill of Moscow to
reinstate a very popular priest in
the capital, the Revd Alexei
Uminsky, who has refused to
recite an official prayer for
Russia's victory over Ukraine.

An open letter, which attracted
more than
11,000
signatures,
including
the heads of
local
charities,
says, "The
decree
banning this
priest from
serving will
deprive
thousands
of people of
spiritual support – a great tragedy
for many believers, for children's
hospice patients, for hundreds of
prisoners and thousands of
homeless people."

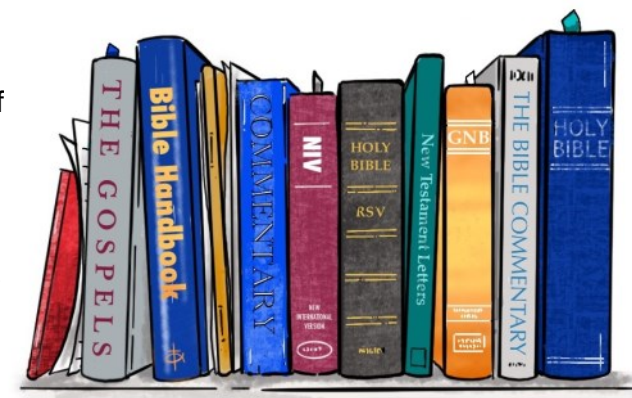
Uminsky had repeatedly warned
that he could not endorse the
invasion of Ukraine.

Now Russia's online news
agency, Gazeta.ru, says that Fr

Uminsky was banned from
ministering under a decree issued
by the Moscow Patriarchate, for
suggesting in a YouTube interview
that Christians should "pray for
peace, rather than victory".

The Russian news agency went
on to say that Uminsky has long
been seen as "a thorn in the
Kremlin's
side" for his
anti-
militarism.
He was
branded a
'criminal in
a cassock'
by the
Russian
Orthodox
Church's
own TV
channel
Spas, after

calling for mercy for the
opposition leader Alexei Navalny,
during his prison hunger strike.
For the moment, Uminsky
remains banned, and may face
defrocking as a priest. More than
300 Russian Orthodox priests,
who signed an appeal against the
Ukraine invasion of 2022, have
since been silenced, or forced to
emigrate.



Microwave Chocolate Pudding

An old family favourite.

Ingredients

175ml milk,
75g butter,
2 teaspoons vanilla extract,
175ml caster sugar,
300ml self raising flour,
60ml cocoa powder,
100g chopped milk chocolate,
120ml brown sugar,
420ml boiling water.
Ice cream to serve.

Put milk and butter into a 2 litre capacity microwave-proof bowl. Microwave on high power for 1½ minutes then stir until butter is melted. Stir in vanilla essence, caster sugar, flour, 2 tablespoons cocoa powder. Combine well then fold through the chocolate pieces. Level off with a spatula. Sprinkle with remaining cocoa and the brown sugar.

Then carefully pour the boiling water over the top. Place on a plate and cook uncovered on medium for 10 minutes. Let stand for a couple of minutes and then serve with ice cream. Just what's needed on a cold evening.
Serves 2-4-6 people!

Narelle Arnold



Thomsons
Home and Business
Computer and Internet Support

PC problems giving you a headache?
SALES • SERVICE • INSTALLATIONS

2 High Street | Great Baddow | Chelmsford | Essex CM2 7HQ
T: 01245 471 465
E: mike@thomsonsuk.com | W: thomsonsav.com



GOOD FRIDAY

11 AM ———
29.03.24

City Centre celebration followed by afternoon outreach.

What's happening?
Local churches' procession of witness' into the city centre to join with people from across the city to celebrate the message of Easter with live music, inspiring talk and prayer.

That's great tell me more
Rolling programme of evangelistic outreach and cool music in the afternoon aimed at those yet to believe.

when are we meeting ?
11 - 12 for celebration
1 - 4 for the outreach

Cool see you there 😊

'get the message?'

Supported by

LOVE ESS X.com
worship UNLIMITED
The WORD..... On The Street
ON THE MOVE
A MESSAGE FROM THE AREA
Motown Band



BUILDING SERVICES

- External & Internal alterations
- Windows, Fascia, Soffit and Guttering.
- Boundary Fencing, Drives, Patios, and Decking.
- Sheds, Summer Houses, Pergolas.
- General garden maintenance.
- Friendly, efficient, reliable service.



For more information and a FREE quotation
Phone Eric

07736 238138 • 01245 474587

Email: erw.buildingservices@yahoo.com