

# Parish News

St Mary's Church, Saffron Walden

St John, Little Walden and St James, Sewards End

Part of Saffron Walden & Villages Team Ministry

March 2022

FREE

## Fair Exchange ...

Traidcraft - the original fair trade pioneer in the UK - was set up by a group of radical, church-based individuals over 40 years ago. They ran church stalls and markets selling goods, which were imported directly from artisans and growers in



over 30 developing countries. They wanted to demonstrate that trade could be different - and fair; fair trade was not aid, but a collaborative process of learning and trading simultaneously (<https://www.traidcraftshop.co.uk/about-us>).

In 1986 Traidcraft set up a sister charity called Traidcraft Exchange; the aim of this charity is to bring people together to fight trade injustice and to end poverty. It does this through setting up development programmes, and through campaigning and advocacy for better policies and practices here in the UK and around the world.

Traidcraft was also a co-founder of the Fairtrade Foundation in 1992 - many readers will know the familiar Fairtrade Mark on goods in supermarkets, which signifies that the suppliers have received a fair price for their goods and a proportion of the sale price (the Fairtrade Premium) is invested by the community where the goods originated into projects of their choice.



It is also important to note that The Fairtrade Foundation certifies mainly small scale farmers - many in the global South - who are often the first to face the results of climate change; many producers choose to invest their Fairtrade Premium in projects to protect the environment. Thus Fairtrade is a choice for nature, contributing to solutions needed to mitigate climate catastrophes to the benefit of us all.

On Sunday 6th March, after the 10 o'clock service, we will be marking the end of Fairtrade Fortnight by returning to the roots of Traidcraft with a stall selling a variety of goods, which we hope you will enjoy buying!

Hazel Colebrooke

Alison Trew

*(Photograph: The Fairtrade Foundation)*

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## PARISH NEWS - EDITORIAL DEADLINE

The deadline for contributions for each issue is the 1<sup>st</sup> Sunday of the previous month. Hence, the deadline for the **April** issue is **Sunday 6th March**.

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## The Rector's Letter

From The Rev'd Jeremy Trew

Jeremy writes...

Do you agree on everything with others in your Church? I hope the answer is no. It's not that I want us to be disunited. After all, Jesus' prayer at Gethsemane was for the unity of his followers, his Church. But unity, and uniformity are different things. Of course, we all know the world would be a better place if everyone saw things the way we do. But we also suspect that's not really true. We realise that a world of clones would be a dull and unimaginative place because creativity and cultural wealth come from diversity. We need difference, not only to be us, but to provide the challenges that we need in order to flourish as spiritual beings.

To aid us in our Living in Love and Faith discussions the Church of England came up with what have been called Pastoral Principles for living in a community of diversity. These Principles can be applied equally well to any area of life where there is diversity of belief, which means almost every aspect of being human. They are:

**Acknowledge prejudice:** No one is unconditioned by their experience of life, positively or negatively. All of us must reflect deeply on our attitudes and behaviour. All are loved children of God. The cross of Christ is for all. The journey from prejudice to hatred is a short one.

**Speak to silence:** Silence can provide a shelter to abuses of power. People must be given space, permission and opportunities to speak if they want to, so that those who are vulnerable can hear and be heard and thus not feel that they are alone.

**Address ignorance:** Ignorance is inevitable, but can and should be addressed. Taking Scripture and our tradition seriously should not necessitate ignoring pressing pastoral issues.

**Cast out fear:** There is fear about breaking ranks and speaking out; Fear that if personal circumstances are known we may face rejection or validation; Fear of how we may be held to account if we attempt to care. Perfect love casts out fear.

**Admit hypocrisy:** Christ died for all, yet we are still sinners, works in progress. Hypocrisy is inherent in any pilgrim faith. It should not, however, be blindly accepted, but questioned and challenged.



**Pay attention to power:** Inequalities of power contribute towards abuse and will continue to do so unless all who exercise power reflect on their use of it. Power should always be acknowledged.

I commend these Principles to all our Church communities. I believe them to be Godly and a good basis for Christian living.

Yours  
Jeremy



## From the editor...

Although the pandemic has severely restricted many of our Church activities, PARISH NEWS continues to need news items and interesting articles from local sources.

Whilst we are fortunate to have material available from the excellent website 'Parish Pump', what is most prized is material from within our parishes. Your editor will be pleased to receive copy on any topic of general interest to our readers. These can be sent at any time and will be considered for inclusion in future editions. Many thanks in anticipation!

Please note:

1. The opinions expressed in the articles in this magazine are those of the authors.
2. The Editor reserves the right to edit, or exclude, any article submitted. **Please be aware when submitting articles 400 words fits comfortably onto a page and that any article over 800 words will need to be edited to ensure readability.**
3. Illustrations and photographs are the property of the copyright holders and should not be reused without permission.
4. The Parish News cannot accept responsibility for the goods or services advertised in this magazine - advertisements are accepted in good faith.

## Ditch Desperate Dan for Lent!

Arguably the single biggest thing you can do for the environment is eat less meat. Here are a few facts:\*

- The carbon footprint of a beefburger is fifty times greater than the carbon footprint of a similar amount of protein derived from pulses, beans or lentils.
- 80-85% of all agricultural land is dedicated to growing feedstuffs for animals or for animal grazing.
- A typical meat eater requires 10,000m<sup>2</sup> of agricultural land to support his or her diet; the equivalent of 1.5 football pitches, while a vegetarian requires just 3 penalty boxes.
- If we all stopped eating animal products, we would save 3.1 billion hectares of agricultural land – the area of the USA, Europe, Australia and China combined!



Meat has become a huge indulgence during my lifetime. It has also been long associated with machismo. Remember Desperate Dan and his cow pies? Just as many cars are designed with male ego in mind, and Top Gear massively played on that laddish culture, addressing our environmental crises is going to require new memes of masculinity!

I'm not quite a vegetarian. I'm an antelopian. That is, I eat meat as often as I think I could have caught an antelope – which is getting less frequent as I get older!

I devised my diet decades ago, on the assumption that a healthy diet would be whatever we were eating as our digestive system evolved. My primary school memory recalled the caveman diet of nuts, fruit, roots and berries, until the men decided to get up off their backsides and hunt an antelope. Returning victorious, they would light the fire, strike the drum, max out on meat, before crashing down under the jacaranda tree for another week or two, eating whatever the women gathered. Men, eh?

My antelopianism seems to be keeping me fit and is *very* affordable! My treat of the week is fish on Sunday evenings, whatever is sustainable from Saffron Fish, reserving meat for moments of celebration. That way I can afford something local and humane. I think we should all know where our meat has come from and how it was reared.

I don't want happy Herefords to stop grazing in Welsh valleys or sheep to cease populating the Lake District. There is a very real role for freely grazing animals in good Permaculture or Agricolology. They stimulate micro-organic activity in the soil. But we really should not be eating cheap, factory-produced meat, whether from the UK, Texas or Argentina – from a humanitarian point of view, let alone to preserve our future on this planet.

Eating less meat would mean all those billions of hectares could start sequestering carbon; there would be reductions in acid rain, water use, pesticides and the use of antibiotics, 80% of which goes into animal production. The alarming rate of extinction of species who have lost their habitats to feed our appetites, would also slow dramatically. Don't we owe it to God's creation?

So with Lent upon us, how about giving up meat for 3 or 4 days a week. Or entirely? Explore the wonderful variety of vegetables. Ditch Desperate Dan. Become an Antelopian!

Edward Gildea, Eco Team Leader

\*Mike Berners Lee 'How Bad are Bananas?' and BBC New Year Solutions Ep 1

*(Photograph: Erik Odiin on Unsplash)*



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## Swans on the Duck Pond

Seeing the front cover of the January edition of the Parish News with one of the beautiful swans, photographed by Lesley Green, that now frequent the duck pond between Freshwell Street and Park



Lane from time to time, I thought I would add a little to the picture. I have been very fortunate seeing these birds from time to time as I walk into town.

A few years ago, two swans arrived at the pond and came and went during the autumn/winter. Their visit has become a feature of the winters as they turn up again, year after year.

To see these large and graceful birds landing on the pond is a joy to watch as they have to use their large web feet to act as breaks, less they collide into the bank.

One year they prepared to make a nest on the east side by the footpath. The male cut the reeds and the female started to lay them out in a large circle. For some reason, best known to them, the pair abandoned the site.

This year they appeared again but were accompanied by two well developed babies/cygnets. A couple of days later they arrived with only one cygnet, who was chased off the pond by, what I assume was, "Dad" the cob. They were fledged,

As I write, in late January, the couple still come most days. To see these wild swans in our area is one of the joys of living in Saffron Walden. A small town which still lives close to nature. Long may this continue in spite of the increase in building sites.

Joe Hordern

*(Photography: Lesley Green)*



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## Archive Group

A monthly record of  
pieces of interest  
from our past  
Parish Magazines

March 1927

My dear Parishioners,  
Since my last letter a serious situation has arisen concerning the fabric of our beloved Church. A few weeks ago it was noticed that there was a bad crack in the principal beam of the Nave Roof almost exactly in the centre of the building. The Fabric Committee of the Parish Council at once took the matter in hand and called in Messrs.Wm Bell & Sons (who have had a large and varied experience in such work) to do whatever might be found necessary. The roof was examined first externally, but on this proving insufficient, scaffolding was erected internally right up to the part effected. It was then found that the Death-Watch Beetle had been at work and it became necessary to engage Sir Charles Nicholson, the eminent ecclesiastical architect to ascertain how far the weakness extended. At the time of writing we are all awaiting his report with no little anxiety.....We shall have behind us the sincere sympathy - moral and material - of the county and diocese in our effort to preserve for posterity one of the most magnificent churches of the kingdom. You will not, I think, fail to notice, how apposite under the circumstances are the articles now appearing in another column on the Great Restoration of 1789-1795.

Yours very sincerely  
L. Hughes

To be continued in the next issue.....

Canon Chris Bishop. Archivist

## The Friends' Cathedral Visits

The Friends are currently organising two Cathedral visits. One to Ely on 28<sup>th</sup> April and another to Bury St Edmunds on 22<sup>nd</sup> June. The visits include a tour of the Cathedral and then lunch together in the Almonry or Refectory with the afternoon free for exploring. Both of these trips are on market day and the Bury trip is during the Cathedral's Flower Festival.

Later in the year we plan to visit Lincoln Cathedral which will be a first visit for many of us and an interesting day which we are all looking forward to.

Places on the trips are initially offered to the Friends' members but if seats are available we offer them to our congregation. If you are interested contact Pamela to check availability. To make sure you get first option on any future trips why not consider joining the Friends. Application forms are available on our Welcome stand near the west door. Always check the Church website for updated information.

Pamela Mugliston, Secretary



### Hearing Help Essex NHS Hearing Aid Support Service

Due to Covid-19 we cannot resume our Hearing Help Sessions at our community venues just yet, but the good news is we're able to offer appointments at our new Resource Centre on Moulsham Street in central Chelmsford, and also offer a door-step service for those who are Housebound, shielding, or have reduced mobility.

We are following Covid-19 guidance and are able to adhere to 2m social distancing. If you would like to book an appointment, or be added to our contact list so we can let you know when your nearest session will resume, please contact us on the details below.

If you have an urgent issue with your hearing aid, or need batteries, please contact your Audiology Department direct who will be able to help you.

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## From the Registers

### *Funerals*

7th January      Maureen Jennings

11th January     Olive Root

13th January     Malcolm Rumsey

13th January     Doris Mattock

## **Prayer for the month** *provided by the Prayer Team*

### **A Prayer for Lent**

Lord Jesus, Prince of Peace,  
walk beside us in the storms and empty desert places of life.

Lord Jesus, Word of Life,  
keep us close to the Scriptures and bring us words of hope.

Lord Jesus, Wonderful Counsellor,  
speak your truth to our hearts and fill us with your Holy Spirit of wisdom.

Lord, Jesus, Emmanuel,  
dwell with us as we wait  
and by your resurrection fashion us now into your Easter people.



“Mystery is not the absence of meaning,  
but the presence of more meaning than we can comprehend.”

Dennis Covington

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## Science and a sense of the Transcendent

*What is the difference between a cathedral and a physics lab? Are they not both saying: 'Hello'? - Annie Dillard*



Scientists often speak of a reality beyond the objects they are studying, and for some this is encountered in powerful – if rare – episodes of wonder and awe. The Christian writer J.W. Sire quotes this line from Annie Dillard in his book *Echoes of a Voice*, which explores spiritual or ‘transcendent’ experiences.

In his analysis of these experiences Sire describes moments that are “emotional, intellectual, highly charged, usually sudden, unannounced, often odd, some weird, others glorious”, and places them on three different levels:

A material object that points beyond the material reality. For example, someone might develop a sense of what is good and evil, based on the actions of others.

Experience of “something personal...just behind the surface of what we are directly experiencing, often something with which one feels at peace or even at one, or, perhaps, as dangerous or threatening.”

A felt presence that has a specific character or presence, e.g., holiness, or inspiring humility, fearful awe or wonder.

According to Sire, level 1-2 experiences are fairly common but level 3 is rare. He gives a wide range of examples, including scientists. Some of these people are religious or interested in spirituality, others are atheists. Some of their moments of transcendence carried a particular meaning, others simply sparked curiosity.

The famous geneticist Francis Collins described several significant moments when he was young: “being transported by the experience of looking through a telescope”, or “a Christmas Eve where the descant on a

particularly beautiful Christmas carol...left me with a sense of unexpected awe and a longing for something I could not name”.

These experiences meant that when Collins was faced with the question of belief in God, “all [his] arguments seemed very thin”. Now, as a fully-fledged scientist and a believer in God, he is able to say that “for a scientist who occasionally is given the remarkable privilege of discovering something not previously known by man, there is a special kind of joy associated with such flashes of insight.”

Most of us are not scientists, but we may well have had experiences like this in different contexts. How can we, in our engagement with scientifically minded individuals, make connections through our shared experience of the transcendent? Can we listen as well as explain, finding some common points of connection?

Dr Ruth M Bancewicz

Church Engagement Director

The Faraday Institute for Science and Religion in Cambridge

## All in the month of March

**175 years ago**, on 3<sup>rd</sup> March 1847 Alexander Graham Bell, Scottish-born American engineer, and scientist, was born. Credited with inventing the first practical telephone.

**150 years ago**, on 16<sup>th</sup> March 1872 the first FA Cup Final was held at the Oval in Kennington, London. Wanderers beat the Royal Engineers 1-0.

**100 years ago**, on 10<sup>th</sup> March 1922 Indian independence leader Mahatma Gandhi was arrested and charged with sedition for his campaign of non-cooperation against the British Indian government. He was sentenced to six years in prison but released after two years as he needed surgery.

**80 years ago**, on 8<sup>th</sup> March 1942 the bombing of Essen, Germany, took place. It was the first attack on a German city by the British RAF following the Area Bombing Directive of 14<sup>th</sup> February, which authorised the bombing of civilian areas.

**65 years ago**, on 25<sup>th</sup> March 1957 the Treaty of Rome was signed, creating the European Economic Community (EEC) which came into force on 1<sup>st</sup> January 1958. It was renamed the European Community in 1993 and dissolved in 2009, having been replaced by the European Union.

**40 years ago**, on 3<sup>rd</sup> March 1982 the Barbican Centre in London was opened.

# Calendar for March 2022

*This calendar is provisional and subject to change due to Covid restrictions. See The Grapevine or the church website for the latest information particularly for streaming of services.*

## St Mary's, Saffron Walden

All services now take place in church unless shown otherwise. One service in church each Sunday is also streamed on YouTube [Y]: details on the church website.

### Ash Wednesday 2 March

- 8am Morning Prayer
- 930am Holy Communion with Imposition of Ashes
- 8pm Choral Eucharist with Imposition of Ashes



### Thursday 3 March

- 10am Silent Prayer in Parish Rooms
- 1pm Service with Prayers for Wholeness and Healing

### Friday 4 March

- 2pm Mothers' Union World Day of Prayer at Catholic Church

### Sunday 6 March

- 8am BCP Holy Communion
- 10am Holy Communion [Y]
- 6.30pm H2H Youth-led Service for All

### Sunday 13 March

- 8am BCP Holy Communion
- 10am Holy Communion [Y]
- 4pm Choral Evensong



### Sunday 20 March

- 8am BCP Holy Communion
- 10am Holy Communion [Y]
- 11.45 SMMA AGM
- 4pm Evensong

### Mothering Sunday 27 March (Clocks go forward)

- 8am BCP Holy Communion [Y]
- 10am Family Service
- 6.30pm Holy Communion with Prayers for Wholeness and Healing

## Regular weekday services at St Mary's

### Tuesdays

5pm Evening Prayer - by Zoom, see weekly bulletin for login details

### Wednesdays

8am Morning Prayer

9.30am Holy Communion

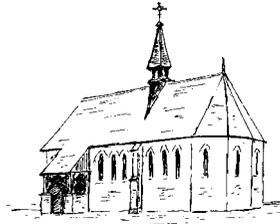
## St James', Swards End

### Sunday 13 March

9.30am Holy Communion

### Mothering Sunday 27 March

9.30am Family Service



## St John's, Little Walden

### Sunday 13 March

11.15am Holy Communion

### Mothering Sunday 27 March

11.15am Family Service



## When the angel told Mary she would give birth to God's Son

(Annunciation, 25 March)

Almighty, loving Father,

Thank you for the month of March, the month of Spring, the month when hopes are high and new things seem possible, when even coming through the pandemic seems possible.

This month we remember the day that the angel told Mary that she would bear your Son – how could that have seemed possible to her?

Help us to trust you as she did. Whatever we may face, help us to have peace and confidence, knowing, as she did, that nothing is impossible with you.

In Jesus' name.

Amen

Daphne Kitching (Parish Pump)



## Film Review



### The Dig

starring Carey Mulligan and Ralph Fiennes  
(Netflix 2021).

Everyone loves a tale about buried treasure, and *The Dig* provides an adventure story to rival any, albeit in a very English way. The film is based on the true story of the archaeological excavations at Sutton Hoo, in Suffolk, in the final days before the outbreak of the second world war. It resulted in one of the most significant finds ever made in Europe, revolutionising our understanding of the Anglo-Saxon period. What was unearthed was the grave treasure of a very great Anglo-Saxon king, whose name is unknown, but many have conjectured it to be Raedwald, king of East Anglia in the 7<sup>th</sup> century AD. The artifacts recovered included the rusted pieces of a great warrior's helmet (now reconstructed), weapons, golden-garnet jewellery, imported silver containers, drinking horns and vessels – all objects of the very greatest quality and craftsmanship, some from as far away as Constantinople (modern day Istanbul). The find opened a window on a time and culture we knew so little about that we had termed it 'The Dark Ages'.

The film is beautifully acted, bringing to life the central characters in the drama: Mrs Edith Pretty (Carey Mulligan), the owner of the Sutton Hoo estate, who employs a local excavator, Basil Brown (Ralph Fiennes), to explore the mounds on her land, which she hopes will prove to be ancient burial sites. Brown does indeed make an astonishing discovery. Later, when The British Museum takes an interest, archaeologist Charles Phillips (brilliantly acted by a pugnacious Ken Stott) takes charge, reducing Basil Brown's role to that of a rather menial assistant. This creates extreme tension between Brown and Phillips, which is no doubt exaggerated for cinematic effect, and adds to the drama.

Fiennes recreates the Suffolk accent perfectly and is wonderful as the largely self-trained archaeologist, who left school at 14 and must now battle against the prejudices of the professionals. Perhaps surprisingly, the film only shows fleeting glimpses of the treasure unearthed by Phillips and his team. Central to the plot is Brown's initial work, the unearthing of the imprint in the sandy soil of a large clinker-built ship, 27 metres long, and predating the Viking period. This ship must have been sailed up the River Deben, then hauled uphill to Sutton Hoo before being buried as the elaborate mausoleum for a great man and his treasure. The wooden structure and its mortal remains had rotted away long ago, but the ship's iron rivets were still in their original positions. The film stunningly recreates



Photograph: Public Domain

the unearthing of this ghostly imprint undertaken so painstakingly by Brown and his two assistants: Mrs Pretty's gardener and her gamekeeper. What adds poignancy to the story is Mrs Pretty's ill health, her son Robert's growing attachment to the warm Basil Brown, and the threatening shadow of the approaching war. A totally unnecessary and fictitious love story is introduced between two of the minor characters, which rather detracts from, but never ruins, this charming film.

In the past I have used films as the basis for short courses on Christian themes, so I'm always on the lookout for a story that can provide starting points for good discussions. It strikes me that *The Dig* has some potential here. Firstly, it's a ripping yarn that will engage an audience. Then there are numerous references to time and time passing; questions of identity and where we have come from; death and decay; hope and disappointment; pain, loss, and love; and finally unparalleled generosity. When human stories are told, whether heroic or tragic, we cannot help but become engaged. And cinema can be a mirror in which to see ourselves; an invitation to reflect on our own attitudes and shortcomings, prompting big questions, such as which values are important in life, and what makes a good person?

Andy Colebrooke

The Sutton Treasures can be seen in The British Museum, Room 41

## **YOU in the PEW** interviewed by Chris Bishop

### **Bill Rose**

Bill's family origins were in Suffolk but he was born in Essex where his father was then posted during the early years of WW2. Successive postings led to a nomadic life both in England and abroad and it was not possible for the family to settle until the early 1950s. It was in Berkshire that Bill completed his education and it was through attending school chapel that his Christian journey commenced, leading to his confirmation in 1958.



Some years after professional qualification, a career move brought Bill back to Essex and in 1977 he settled in Saffron Walden to be near his office.

Continuing his Christian worship, Bill naturally turned to St Mary's but he was initially disappointed and looked elsewhere. After the birth of his son in 1983 a more welcoming St Mary's drew him back and in the following year young William was baptised here.

Over the next ten years or so, Bill was drawn into the life of the church and he felt privileged to be encouraged to take up a variety of roles including participating in and promoting support for the annual Friends of Essex Churches Sponsored Cycle Ride, starting up a support group for men, becoming a Sidesman, a reader, a stallholder at the church summer and Christmas fairs and being co-opted to serve a term on the DCC.

It was through friends at St Mary's that Bill met Anne and found true happiness. They were married in 1995, delighted to be permitted to have their union blessed at St Mary's. He believes that together they complemented and supported one another's individual contributions to the life of the church and together they were so pleased to host house group meetings in their home. Feeling spiritually strengthened, Bill engaged in other activities including the Sunday morning service transport team rota. For five years he found himself organiser of the Christmas fair, then in the role of co-ordinator of the Men's Group programme. He has served on the Baptism Team, Home Visiting Team and was involved in the Growing Healthy Churches ministry which he found challenging. For many years he has enjoyed the privilege of serving as an Assistant Churchwarden and also Verger at funerals. In recent times he has derived much pleasure from setting up the annual Easter garden display in the church.

Bill told me he has always been especially moved by the Holy Communion service on Christmas Eve (his favourite carol 'O Little Town of Bethlehem' that

for him, epitomises the peace and eternal hope of Christmas) and Sunrise Holy Communion on Easter Sunday.

He has also drawn great comfort from the sense of community and communion within the church family at St Mary's whose prayers and support he felt so deeply grateful for during Anne's illness and following her death two years ago.

Bill feels inspired by the music at St Mary's and the wonderful contribution of the choir to services of worship. He recalls their rendering of 'Jesu, Joy of man's desiring' as such a beautifully uplifting conclusion to a recent Holy Communion.

Bill has found taking part in Saffron Walden Churches Together events - the annual combined churches service, Agape meal and the Good Friday Walk of Witness - very moving, viewing them as a very relevant expression of Christian unity in the town.

A humbling encounter that particularly sticks in his mind from many years ago occurred after a Christmas fair held in the church. The clearing up had been completed, peace and order restored. Bill, thinking he was alone in the church, was returning bibles and gift envelopes to the pews before locking up, when he became aware of young voices in the remembrance corner. Then three small boys appeared in the central aisle asking him what he was doing and volunteering to help. They said that they had just lit a candle for their Gran and Bill asked if she was unwell and whether she lived in Saffron Walden. They shook their heads and said quietly that she wasn't here. "Where then?" Bill asked and they all solemnly inclined their heads and silently pointed upwards.

Bill told me that the wider Rose clan does have a coat of arms with the motto 'Constant and True'. He is not unhappy with that but on a personal level would like to offer as an alternative, 'Amor Omnia Vincit'. From his own experience of life, 'Per Ardua ad Amor' would also seem to ring true!

## **What are you doing this Lent to grow closer to Jesus?**

In the busyness of life, are you able to find time to pause, reflect and pray?

During this Lent, Bishop Guli has encouraged us to do just that, to pause, reflect and pray. In response to this the prayer team will be putting up prayer spaces over three weeks in Lent with a new one going up each week starting on 7th March. During this time we will be inviting some classes from St Mary's School to explore the stations too. Our prayer is that the stations give you the space to stop and pause this Lent, reflect on what has been, and to pray for what is to come as you grow closer to Jesus.

The Prayer Team

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## Could you help young people to explore relationships?

Who is your favourite person with whom to share good news or quiet moments? Or those things that frustrate you, or make you laugh, or share your worries with? Every day we engage in a variety of relationships with different people including children, our spouse, colleagues, and people we meet. Hopefully, those relationships are happy, friendly and, where appropriate, loving. Having loving relationships helps to sustain us, define us, and keep us healthy, emotionally, and physically.

But building and sustaining those relationships takes effort and requires skills that are not just inherent. So how do young people learn what these skills and qualities are when so many of them do not always have positive examples of a good relationship? So many of them are exposed to relationships between celebrities which are often portrayed as short-lived with acrimony and tension.

For the last 20 years **Explore Relationships** has worked in schools to empower young people to explore what it takes to create and sustain happy, healthy and loving long-term relationships. We run sessions to provide a unique opportunity to explore the realities of lasting relationships in today's world.

We work with real-life volunteer couples who open themselves up to questioning by young people, enabling them to think differently about love, commitment, and long-term relationships. They do this by:

- Counteracting negative or unrealistic media portrayals of relationships to help young adults understand what real relationships are like
- Provide hope to young adults that healthy, happy and loving relationships do exist, and they too can have this type of relationship in their future
- Help young adults recognise that all relationships, romantic or otherwise, require time and effort, that experiencing challenges is part of life, but these can be overcome.

So, could you be one of our Volunteer Couples? We are looking for all types of married couples to use their experiences to support our sessions. As a Volunteer Couple, you will spend time together with groups of around 30 young people in classrooms where you will answer their questions about experiences within your own relationship. We are not seeking the "perfect couple" - in fact, you may be on a second or third marriage, or have faced and overcome significant challenges together. We have found that young people respond best to couples who are prepared to share what they have learnt, are

open, honest and, most importantly, authentic. We asked one of our couples what they get out of being an Explore Couple? They said:

We get an immense sense of satisfaction from being Explore Volunteers. We want young people to be as prepared as possible to cope with their future close relationships and to have the skills they need to deal with the inevitable issues that they will face. It's important that young people realise that difficulties can pull you together rather than tear you apart, so an honest chat with people who have coped with life's challenges and survived, will help them look at their own relationships more realistically, and will help them see that real life can be more satisfying than the media portrayals of what the 'perfect marriage' is all about.

If you would be interested in helping young people explore what it takes to build and sustain those long term, healthy relationships please contact Rose Abrehart on [rose@explorerrelationships.org.uk](mailto:rose@explorerrelationships.org.uk) or call on 07843207505

Also visit <https://www.explorerrelationships.org.uk/>

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Gelio



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## St Mary's Music News

Last year, during the third, gloomy, wintry lockdown, the Epiphany Carol Service had to be cancelled. This year's joyous service on Sunday 23 January was the first Rev'd Jeremy Trew had ever attended, and I hope it will form part of his traditional worship in future. The music opened with the fireworks of MacMillan's *O Radiant Dawn* and progressed through a varied range of music – Holst's thoughtful *Nunc Dimittis*, Rutti's rustic *I Wonder as I Wander*, Moles' luminous *Tribulis Miraculis*, thunderous *Glorious and Powerful God* by Wood, concluding with Bainton's expectant *And I saw a new Heaven and a new Earth*. The small but perfectly formed congregation joined in the carols with enthusiasm. Much of the service was accompanied by our increasingly confident organ scholar, Yechan, including as the recessional Bach's choral prelude on *Wie schön leuchtet der Morgenstern*. A wonderful antidote to one of the gloomier months of the year.

And to conclude the process of lightening up January, the Candlemas service on the fourth Sunday of Epiphany was full of rousing hymns, as well as the more contemplative motet *When to the temple Mary went* by Eccard.

Now our very hard-working music librarians, Margaret and Yvonne, are putting away the numerous Advent, Christmas and Epiphany carol books and sheets, as well as swapping the red service books for green ones, and bringing out the music for Lent and Easter. It is a real labour of love to keep everyone supplied with the correct music. Every member of the Senior and Junior choirs (about 75 in all) has their own number, allocated on arrival in the choir, and every book and bit of sheet music is numbered. All of this kit is put into numbered lockers, along with a large eco-friendly jute bag and a folder. This means that no-one can "inadvertently borrow" and retain someone else's music. The numbers of those who fail to return their music on time are listed on the choir notice board of shame, which is a very effective system!

The Annual General Meeting of the SMMA will be held in the Parish Rooms at 11.30 on Sunday 20 March after the morning service. Everyone is welcome. Very sadly we shall be saying farewell to Bron Ferland as Chair of the Association, after many years in this role. There will be a proper tribute included in the report on the AGM in the next Newsletter, but meanwhile the whole SMMA is very grateful for her wise leadership during her time in office.

Otilie Lefever

## **The Guild of the Holy Trinity – The Guild of Servers**

The Guild of Servers at St Mary's has existed for generations but since the start of the Covid epidemic, in January 2020, the Guild has needed to operate in a completely new manner. I have served as a member of the Guild for over 40 years and there has been no period, until now, when the presiding priest has not been assisted by a Sub-Deacon and servers. However, it is worth reiterating the purpose of the Guild of Servers and the way it has operated in more normal times, and the effects of 'lock-down' on how we serve at the present time.

The Guild of Servers fulfils an important role in the liturgy of St Mary's. Traditionally the members of the Guild have served at the services of Holy Communion every Sunday at 8.00am and at either 10.00am or 11.45am Communion (after the All Age service) to support the presiding priest. We, the Servers, are conscious that, in assisting the priest at the Altar, we are also leading the congregation in worship. The Guild draws its members from all areas of the Church family of St Mary's, and St James' and St John's – the PCC, welcomers, sidemen and women, bell-ringers, the Baptism group, and others.

A server, with increasing experience, carries out duties of increasing importance. Traditionally, one begins as a Taperer, progresses to being a Crucifer and, when licensed by the Bishop, may serve as a Sub-Deacon and administer the Chalice. Occasionally, at festivals, we have a Crucifer and two Taperers. In addition to leading the clergy procession and the choir, if in attendance, the Crucifer and Taperers accept the Communion elements and the Alms from the Offertory Procession. The range of tasks performed by servers within the ritual of Holy Communion is contained in a small pocket booklet 'Notes for serving at the Altar' which is given to each server.

The Guild includes a small team of Sub-Deacons who serve in turn at the 8.00am (1662) Holy Communion. A bigger group traditionally provided a Team Leader, two Sub-Deacons and a Crucifer at the 10.00am Eucharist. At this service the Sub-Deacons administer two chalices at the main Altar with a third accompanying a second Priest, Deacon or Ordinand to offer the Chalice at the additional station in the South Chapel. On occasion, if there is no second priest, we need to call upon a fourth Sub-Deacon to administer in the South Chapel.

Since 'lock-down' the administration of the Communion elements has needed to change. We are all aware that Communion is given from the bottom of the Chancel steps by the priest and one sub-deacon only, and with a minimum of ritual – no procession, no offertory, and no ablutions at the end. With one only sub-deacon needed to assist the priest, the number of Sundays

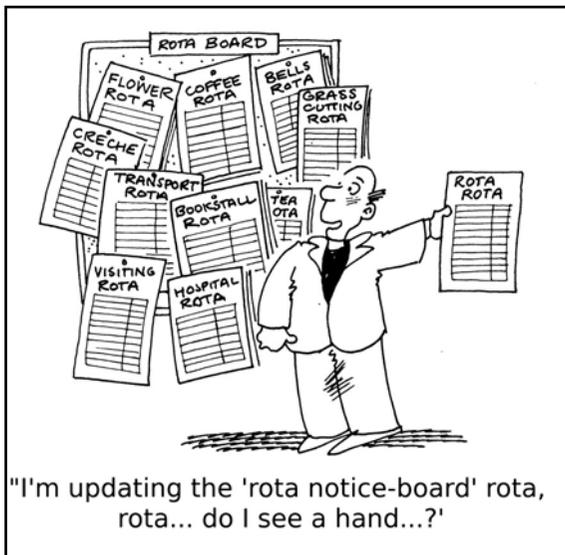
a member of the Guild is asked to serve has reduced noticeably. However, during this period a number Guild members have retired and I wish to record our sincere thanks for the many years of faithful service given by Hamish Walker, Stewart Hodgson, Lawrence Gooderham, John Mumford and Mark Robarts.

There are also a number of Lay Assistants who do not serve in Communion services in the Church but who are licensed by the Bishop to give Holy Communion within the community to the sick and housebound. They have agreed, if needed in an emergency, to administer the Chalice in St Mary's Church. The churches of St John, Little Walden and St James, Swards End also have Lay Assistants licensed to administer the chalice.

Although we are fortunate to have a good group of servers, we all also have other responsibilities in St Mary's, or in other Churches. To balance these various commitments, we ask members to serve only on Sundays when they are free of other church and/or family commitments. However now, because of retirements, we need two or three people to serve at the 8.00am 1662 Holy Communion services. If you are interested in assisting in worship by serving at the Altar, or becoming a Lay Assistant, then please do contact me. We are happy to welcome new members.

We look forward to serving again at the Altar, assisting Rector Jeremy and the clergy team, when a more normal and traditional pattern of services resumes.

Noel Starr



## The NEW Chancel Roof

The lead-workers finished on Tuesday 1<sup>st</sup> February and Bakers of Danbury cleared up and finished their work on the roof the following day. The new roof looks superb.

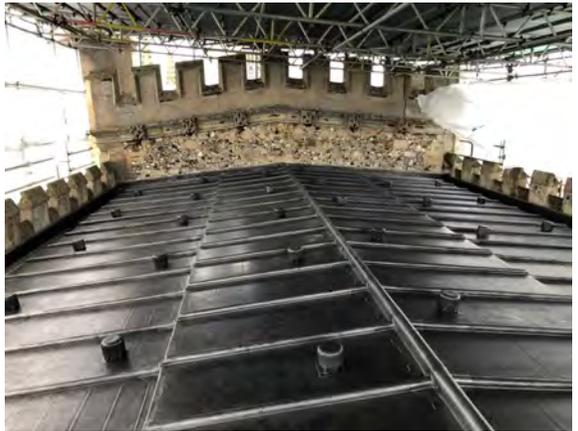
The scaffolding has still to be dismantled as I write but should be all gone by the time that you read this. The removal of the scaffolding is being held up by the wind. The metal sheets on the very top of the scaffolding, which make up the temporary roof, can only be removed in light winds or complete calm. In high winds, once unfastened these sheets become impossible to control and they would fly off and might hit someone on the ground.

On the other hand, the high winds lately have shown that the loud roaring sound that we used to have in the chancel has now gone. It was caused by the old copper lifting in the wind where it had become unfixed from the boarding underneath. The copper was not going to be ripped off the roof but it was noisy!

In case you're wondering what the round items are that are on the roof in the above photograph, they provide ventilation under the lead and under the boarding below the lead without which the lead would corrode. (Yes, lead does corrode if not installed properly.) As soon as the lead is laid, 3 inch diameter holes are cut in it so that the ventilation mushrooms can be welded in place. The picture on the right gives a close up view.

Now we await the final invoices and we'll be discussing with Bakers what needs to be done to make good the grass which was under the scaffolding and where they parked their vans. We will also need to schedule the re-decoration where the old roof leaked water to the inside of the church. However, we won't be worrying about the metal on the chancel roof anymore, it should last at least 100 years.

Steve Hasler





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## God in the Arts: 'The Potato Planters' by Jean-Francois Millet

### Enter my rest

At this time of the year, we are planning our gardens for the Spring and Summer ahead. The book of Genesis opens with a glorious account of God's work of creation, and it also tells us that God rested on the seventh day.

We all need to find that balance of work and rest, of activity and slowing down in our lives. And we are not always good at that because our world seems to be in the fast lane. We rush everywhere, we rush out of habit, and we rush because everyone around us is rushing.

This month's painting, 'The Potato Planters' by Jean-Francois Millet, a 19<sup>th</sup> century French artist, portrays two peasants at work. They don't seem to be rushing, but Millet has certainly portrayed the hard toil of their work, digging in the earth from sunrise to sunset to eke out a living. Millet was the son of a farm labourer and many of his paintings convey the severe realism of peasant life. We can sympathise with the couple working on the land, and our eyes focus on them as they dominate the canvas.

But in the corner under the shade of a tree there is a donkey and a sleeping child. The donkey knows only too well the reality of toil and work, but here he is resting, enjoying the peace and the shade. Andy Merrifield, an American philosopher, has just published an account of his travels with a donkey, Gribouille. As they journey together, the donkey teaches him the value of patience, the importance of going slowly through the world, and the preciousness of tender friendship between humans and animals. They are all caught up in the little donkey in this painting.

The man and woman in the foreground may reflect our own lives with the duties, the expectations and the demands called of us at work. Take time to focus on the donkey, enjoying his rest. Take time this Spring and Summer to find relaxation and recreation. The world may carry on spinning around us, but we can stand apart, and enter into the rest that God enjoyed after His work of creation.



The Rev'd Michael Burgess (Parish Pump)

# The Belsey Bridge Weekend Away 27<sup>th</sup> - 29<sup>th</sup> May 2022



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