



# ALL SAINTS' MALDON PARISH NEWS

£1

July 2023

# Church info

Visit our website:  
<https://www.allsaintsmaldon.com>

<b>First Sunday</b> <b>2 July</b> <b>Trinity 4</b>	08.00 09.30	Holy Communion Worship for All PET SERVICE	Fr John Vicky & Betty
<b>Second Sunday</b> <b>9 July</b> <b>Trinity 5</b>	08.00 09.30	Morning Prayer Holy Communion	Adrienne Fr John
<b>3rd Sunday</b> <b>16 July</b> <b>Trinity 6</b>	08.00 09.30	Holy Communion Holy Communion	Fr John Rev Noelle & Rev Jordan
<b>4th Sunday</b> <b>23 July</b> <b>Trinity 7</b>	08.00 09.30	Morning Prayer Holy Communion	Alan Fr John
<b>5th Sunday</b> <b>30 July</b> <b>Trinity 8</b>	08.00 09.30	Holy Communion Holy Communion	Fr John & Rev Jordan Rev Noelle

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# The Parish Letter

## It's a team effort



One of my favourite annual sporting event is about to start – the Tour de France: a 3-week multi-stage cycle race across France; 22 teams of eight riders covering 2,100 miles in 23 days climbing in the Alps and Pyrenees, ending in a sprint finish on the Champs Elysee in Paris.

I'm a recent fan of road cycling – I've been watching since 2010 or so. (I've been watching rugby since the '70s to give you an idea.) And although I watch quite a range of sport, cycling for me is the ultimate team sport. When I first started watching, I couldn't understand how it could be a team sport; surely some individuals

were just stronger, faster cyclists than others? Then I realised the different roles each cyclist has to play in the team. This is true of all sports to some extent – you wouldn't ask a front row forward to play on the wing in rugby, just like you wouldn't ask a striker in football to stand in goal (not at the elite level anyway). And while



everyone on a field gives their all to get a win for the team, in cycling riders turn themselves inside out so that one person will cross the line first. From the domestique who goes back and forth to carry water bottles to teammates; or the one who works hard on the front of the peloton, face into the wind to pull back the breakaway while sheltering his team; the super domestique who pulls his leader up the final climb, only to be dropped a few kilometres from the finish, exhausted; to the lead-out man for the sprinter, finishing in the bunch, but with arms aloft celebrating, because his team mate has won – all of them give without reserve for the team. A new one on me was to see someone, clearly spent of all energy, hanging on to the back of his leader's group, only because his bike was the right size should the leader develop a mechanical problem and need to change bikes. That's dedication to a team. In road cycling, a win for one, is a win for the team.

I often think of a cycling team when I think of how teams operate. It would strain the metaphor too much to apply all the roles, but any team might aspire to the values that make a successful elite cycling team - mutual respect, recognition of different skills, generosity, humility, and unity.

In Paul's letter to the Corinthians he tells us we are the body of Christ made up of many parts- an ear, a hand, a foot, an eye. By ourselves we are not the whole body, but together, in our many individual parts we are one Body. It seems, as we work through a vacancy longer than we had hoped for, that we are very much both the Body of Christ and an elite cycling team.

We have recently elected and re-elected Wardens, deputy Wardens, officers, and PCC Members. We have retired clergy, new clergy, former clergy all stepping in to add strength to our team. Lay ministers, administrators and organisers, hospitality, musicians, readers, intercessors, florists... the list goes on and on. So many people, visible and invisible, pulling together. People taking up the strain now, people who have done their turn at the front. Everyone contributing. We are blessed to have so many talents in our Church. We are the Body of Christ -the people and the mission.

Many parts make this church the vibrant, energetic place of worship; a place of mutual support, ministering to our community and beyond - to people near and far, known and unknown. We are bound together as the Body of Christ, and, with the power of Christ moving in us, we each play our part in offering the gifts of the Spirit to each other and to God. When you are in the race of life, it's a team effort.

God bless

Adrienne

## Maldon & District Citizens Advice

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# CHURCH NEWS

A brief look at current Church events

## GENERAL SYNOD DATES AND UPDATE ON 'LIVING IN LOVE AND FAITH' GROUPS

The next meeting of General Synod will take place in York from Friday 7<sup>th</sup> to Tuesday 11<sup>th</sup> July.

The July meeting will include a substantial item on the proposals, which emerged from the Living in Love and Faith process, to enable same-sex couples who have marked a significant stage of their relationship such as a civil marriage or civil partnership to come to church to give thanks, offer prayers of dedication to God and to receive God's blessing.

Following a landmark debate at Synod in February, a series of implementation groups have been set up to take the proposals forward including refining a

set of draft texts known as Prayers of Love and Faith; working on new pastoral guidance for the Church of England and examining what pastoral reassurance will be required to ensure freedom of conscience for clergy and laity.

The Bishop of London, Sarah Mullally, and the Bishop of Truro, Philip Mounstephen, the co-chairs of the steering group overseeing the implementation groups, said: "The working groups set up by the College of Bishops to take forward the decision of General Synod on a way forward for the Church of England on identity, sexuality, relationships and marriage have been working at pace and are making good progress.

"We hope that work to refine the texts of Prayers of Love and Faith, together with aspects of the work of the Pastoral

Guidance and Pastoral Reassurance groups, will be in place before the meeting of Synod in York in July.

"We will be bringing a report to Synod updating in more detail on the progress that has been made.

"Recognising the complexity of the matters being considered, we anticipate that time could be made available at the November meeting of Synod for any further work required. "The next group of sessions will be held in London from Monday 13<sup>th</sup> to Wednesday 15<sup>th</sup> November.

### **CHURCH OF ENGLAND'S SOCIAL IMPACT INVESTMENT PROGRAMME GROWS**

The Church of England's Social Impact Investment Programme, which directs capital towards new solutions to deep-rooted social challenges, has invested £5.7m in its first two years, according to its 2023 Impact Report.

The programme, established in 2020, aims to support vulnerable people and communities, while generating sustainable returns that preserve the capital for future impact.

**Vanessa Morphet, Head of Social Impact Investment at the Archbishops' Council, said that the C of E works with** "excellent investment managers who have deep knowledge of the UK charity and social enterprise sector", and so she is "confident our capital will have a real, lasting impact where it counts most."

The programme has so far made four investments, including one to a fund which provides refuges for vulnerable women and their children.

### **RESPONDING WELL TO VICTIMS AND SURVIVORS OF ABUSE – GUIDANCE SUMMARY**

The response and support that victims and survivors can expect from the Church has been outlined in the House of Bishops' guidance 'Responding Well to Victims and Survivors of Abuse'.

An easy-read summary of the guidance

is now available on the Church of England website.

The guidance came into effect in April 2022 and introduced a set of minimum requirements regarding the provision of support. It includes therapeutic support, emotional and practical support from Support Persons, pastoral and spiritual support, and apologies.

Ensuring that victims and survivors who disclose abuse within the Church of England receive appropriate support is a central pillar of the Church's approach to safeguarding.

### **BISHOPS AGREE KEY AREAS FOR FURTHER WORK IMPLEMENTING 'LIVING IN LOVE AND FAITH'**

The House of Bishops has set out key areas in which it is requesting further work from the implementation groups who are taking forward the recent decision of General Synod on offering prayers of thanksgiving, dedication and for God's blessing for same-sex couples.

The proposals debated at Synod, which were developed after a six-year period of listening, learning and discernment known as Living in Love and Faith, would mean that, for the first time, same-sex couples could have a service in church in which there would be prayers of dedication, thanksgiving or for God's blessing on the two people concerned, following a civil marriage or civil partnership.

The proposals would not, however, change the Church's doctrine of Holy Matrimony. The texts known as *Prayers of Love and Faith* will be voluntary, with freedom of choice about their use. There will be protections both for those who, on grounds of conscience, will not be able to offer them and those who will.

Three implementation groups have been set up to refine the draft texts of Prayers of Love and Faith, to work on the new pastoral guidance for the Church of England; and also to examine what pastoral reassurance will be required to

ensure freedom of conscience for clergy and laity.

#### **LEGISLATION TO SAFEGUARD CHURCH OF ENGLAND ACADEMY LAND MOVES FORWARD**

The Church of England's lead Bishop for Education has welcomed a recent Government amendment to a Bill which safeguards land held for Church academies.

The amendment to the Levelling-up and Regeneration Bill will reintroduce clauses originally found in the Schools Bill, with which the Government decided not to proceed.

The clauses ensure that new sites for church academies, where they are relocated, continue to be held on charitable trust. The amendment was brought by the Government at the House of Lords Committee stage.

#### **The Bishop of Durham, Lead Bishop for Education for the Church, said:**

"Church of England schools provide a highly valued education to over a million children which is distinctly Christian, but serves a diverse community of all faiths and none."

#### **CHURCH COMMISSIONERS FUND POSTS A 5% RETURN IN 2022**

The Church Commissioners for England,

which manages the Church of England's endowment fund, delivered a 5% return in 2022, a "robust performance" in the face of "challenging" market conditions.

"Our aim is to support the mission and ministry of the Church of England through providing as much funding as we can on a sustainable basis, year in, year out, come rain or shine – and achieving these returns in a year of double-digit inflation, an unprecedented cost-of-living crisis, and Russia's invasion of Ukraine, is truly a testament to the skill and dedication of our investment professionals," said **Alan Smith, First Church Estates Commissioner**.

"As a result of our consistent strong returns over the long-term, we were able in 2022 to announce an increase in our distributions to the Church to £1.2bn over the next three years, a 30% increase over the previous three-year period."

The Church Commissioners for England manages the endowment fund of the Church of England in a responsible and ethical way. The portfolio is diversified across a broad range of asset classes to mitigate risk, and assets are invested with a long-term outlook. This approach has enabled the Church Commissioners to deliver an average annual return of 10.2% over the last ten years.

## **Introducing the Next Bishop of Bradwell, The Ven. Adam Atkinson**

It has been announced that the Venerable Adam Atkinson will be the next Bishop of Bradwell, succeeding the Rt Rev Dr John Perumbalath who was appointed as Bishop of Liverpool earlier this year.

Adam is currently Archdeacon of Charing Cross in the Diocese of London, a role he has served in since March 2020. He previously served as Director of Mission Development in the Two Cities area of London Diocese and as a parish priest in Stepney.

Speaking about his appointment Adam said:

"What a joy to be invited to join in with what God is doing here in Chelmsford. I pay tribute to the clergy and lay leaders and volunteers and servants of God in the parishes and ministries of the Bradwell Area. Particular thanks to the Area Deans but also to single out Archdeacon Mike, who has shouldered so much in the last several months. I



come to serve alongside you who have also been called to work for the Kingdom of God to come in Bradwell as it is in heaven." Welcoming Adam's appointment, The Right Reverend Dr Guli Francis-Dehqani, the Bishop of Chelmsford said:

"I am delighted that the Venerable Adam Atkinson will be joining us in Chelmsford Diocese as the next Bishop of Bradwell. Adam brings great experience from his role as Archdeacon of Charing Cross, from his service in local parish ministry and from his work in mission development and church revitalisation. He is a priest with a great passion for mission and community

service and his calling to this role is good news for the parishes of the Bradwell Area. Please join me in praying for him, and his wife Heather, as they prepare for the start of this new phase in their life and ministry."

In an email to London Diocese, the Rt Revd and Rt Hon Dame Sarah Mullally DBE, Bishop of London thanked Adam for his service saying:

"In recent years, I have worked closely with Adam as Archdeacon of Charing Cross. I have witnessed what an enormously positive influence he has been across the Two Cities Episcopal Area, as well as first-hand as part of The Old Deanery team. Before that, it was the Stepney Area that he knew, and knew him, so well, serving his title at St Paul's Shadwell, and later becoming Vicar of St Peter Bethnal Green.

"I am grateful for all that Adam has given to London. He will leave with our deep gratitude, and prayers for his episcopacy."

Adam will be introduced to Chelmsford Diocese and the Bradwell Area today with a visit to St Cedd's Church of England Primary School, Bradwell where he will meet with pupils and staff. He will then meet with people from parishes and worshipping communities during visits to Maldon Quay and St Martin of Tours in Basildon.

Ahead of this morning's announcement Adam joined Bishop Guli, Archdeacon Mike and other members of the Bishop's Leadership Team to pray at the Chapel of St Peter-on-the-Wall, Bradwell-on-Sea, a church dating from the years 660 to 662 and among the oldest churches in England. The chapel was built by St Cedd who landed at Bradwell after sailing down the east coast of England from Lindisfarne to bring Christianity to the people of Essex.

Adam will be consecrated as Bishop of Bradwell in the Autumn and start his ministry in November.



[Find out more about the announcement on our website.](#)

Please share your own welcome messages with Adam on social media using #NextBishopBradwell.



# All Saints' NEWS & VIEWS

**July 2nd Pet Service** (9.30am) with Vicky & Betty, our annual Pet service and blessing of the animals. All pets are welcome.

**July 22nd Coffee** (10.00am–12.00) +  
**Cream Teas** (2.00pm–4.00pm)

**Aug 5th Maldon's Carnival Day**  
(11.00-2.00pm) 'Cook-out' and stalls we will go ahead with our outdoor event this Saturday despite Maldon carnival being cancelled on that day.

**Sept 30th Harvest Supper** (6.00pm)



## MALDON IN BLOOM

The Maldon in Bloom Group is a friendly group of volunteers who enjoy community gardening and making a difference in some of the areas where they live. They have been running in Maldon now for 25 years.

The group undertakes litter picks around the town, maintains flowerbeds and planters and joins in with many Town events creating beautiful displays. Most recently the team joined in with the All Saints Christmas Tree Festival and the St Mary's Flower Festival.

If you would like to volunteer to join the Maldon in Bloom Team, please contact [deputytownclerk@maldontowncouncil.gov.uk](mailto:deputytownclerk@maldontowncouncil.gov.uk), or call the Town Council on 01621-857373.



A very big

**Thank  
You**

... 'from us to  
**Maldon in Bloom**  
who sent a team of volunteers  
to clear the weeds and have  
made our Vicarage front gar-  
den area look beautiful'

All Saints Church PCC &  
The Palmer family







## Reader's letters

In the May magazine a reader expressed his opposition to same-sex marriages taking place in church. This change is unlikely to come about in the short term, but, as readers of the April magazine may remember, General Synod has approved a proposal from the House of Bishops to allow those churches and clergy who wish it to offer a service of blessing to same-sex couples who have entered into a civil partnership or civil marriage.

I write to express in these pages my hope that, when the time comes, All Saints and its clergy and people will choose to welcome those in same-sex civil marriages and civil partnerships to our beautiful church, to celebrate their love and commitment to each other and to receive God's blessing.

Elisabeth Blyth

I very much enjoyed Ken's reminiscence. I too visited Lydd, but 10 years later than Ken when serving with the London Scottish (Gordon Highlanders) TA. We were firing 120 mm anti-tank guns. The shells were not live, but the propellants were very much alive.

To one side of our gun was another team (from the Buffs). They arrived late and the way they were handling their shells got us very concerned so we hid on the other side of our gun in case there was an accident and an explosion.

Regards, Geoff Dickman

### DIAL 111

One of our friends has recently suffered a mini-stroke and said she would like to make other people aware of the symptoms which can be very mild. She only had a slight tingle in her arm and it did not feel quite right.

She thought about ignoring it but changed her mind and phoned 111. A doctor there told her to go to A&E immediately. Which she did, by car. Once in the hospital they were amazing. They quickly put her through a number of tests and told her she had had a mini-stroke, and straight away put her on statins.

She is fine now, but it could have been very different if she had ignored it.

Yvonne Kneller

Before we moved to Maldon we lived in East Hanningfield where I was village coordinator for Neighbourhood Watch run by volunteers with advice and assistance from the Police. Our aim was protection from burglars. We communicated frequently with residents and our advice to them was if you have a side gate make sure it is locked at night and when away from home because most burglaries occur via the back of the house where intruders can't be seen. It is also important when you are away from home to pretend that you are still at home in the evenings so purchase a time switch enabling a table lamp in a front room to switch itself on when it gets dark and to switch itself off at your normal bedtime. It's also a good idea to lock any sheds.

Regards, Geoffrey Dickman





## a new initiative



Late last summer a conversation took place between staff at Longfield Medical Centre and Sara Osborn, a supervisor at NHS Human Resources Essex. It was felt that it would be good to launch a support hub in our local Maldon community for individuals and families to meet together in a welcoming space. Every last Tuesday in the month (for example, July 25, August 29) there is a coffee morning at Maldon United Reformed Church on Market Hill, between 10am and 12pm.

Following Covid, many people are still finding it difficult to resume social contact. The fact that there is so much room in the building makes it a safe and welcoming experience. Everyone can find their secure 'comfort zone', whether it be a listening ear or craft activities to join in with. At every session representatives are present from a number of organisations, for example the Fire Service, Parkinson's, Aging Well, U3A and others. Information is available about services which might make safety at home and life in general easier for you. Please note that this is not a Churches Together in Maldon project, but a secular one; though from time to time you will see our URC minister, Revd Anne Sardeson amongst us.

Some All Saints members who have already made their way there have reported enjoying it very much. So why not come along and see?

Revd Dr Graham Blyth



## A visit to the Prayer Garden at All Saints' School

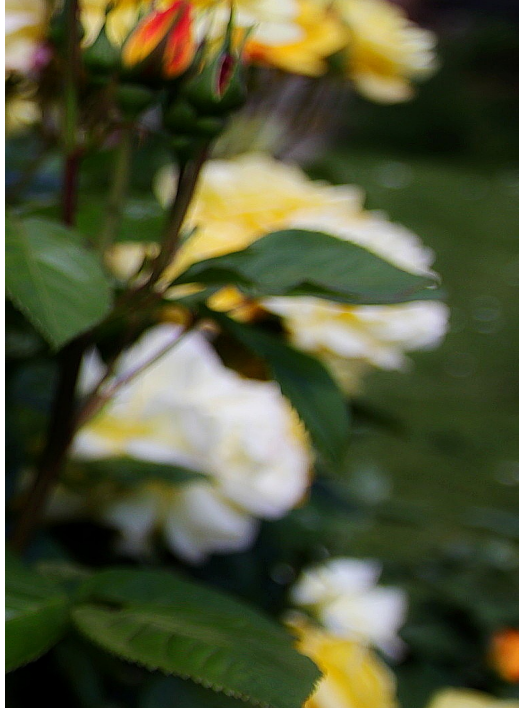
The older I get, the more I value some visual impact alongside a message. It can be really simple, but still meet you where you are, and be memorable. An example for me was the team game that Jordan included in the shared service at All Saints School last November, in which it wasn't a tragedy if your halo fell off (cardboard ones then) - you just needed to pick it up, maybe dust it off, and put it back on again.

I'm so glad I was able to

go along to one of the sessions Jordan organised in the Prayer Garden at All Saints School in early June. It was a leafy, peaceful area, with ten or so "stations" illustrating things you might want to talk to God about, for yourself and for others and for the world, with something at each station that you could actually do, as a visual symbol of committing it to God.

The group that morning were from years 5 and 6 (top Juniors in "old speak")

and I was really struck with the way they engaged with big subjects, like saying sorry to God (by writing on cut-out paper "laundry" and pegging it on a washing line), and giving your worries to Him and then blowing them away (as bubbles), - and lots more. Wider concerns were included too, such as trying out a small cardboard shelter, like a homeless person, or planting a mini flag of another country that was in need of prayer.



I did the "Forgiveness" station. Jordan explained how if you (or, as in my case, someone you care about) had been hurt by someone else, then to keep hanging on to the pain it caused and to never forgive that person would be like a root of bitterness inside of you, which would actually hurt you even more, so you needed to ask God's help to forgive them and then let go of your bitter feelings about them. So, you could choose a pebble, hold it very tight to symbolise nursing that wrong, and then symbolically let it go by tossing it into a shallow pool of water.

In fact everything was very practical and down to earth, as well as dealing with things that we wrestle with, and maybe over-complicate, - after all in the gospels Jesus said about children "to such belongs the kingdom of God". It was really great that those children had the chance to understand a bit more how they can relate to God and trust him. Let's keep them in our prayers.

Sue Frederick

## God's Garden

Plant three rows of peas:  
Peas of mind  
Peas of heart  
Peas of soul

Plant three rows of squash:  
Squash gossip  
Squash grumbling  
Squash selfishness

Plant three rows of lettuce:  
Lettuce be faithful  
Lettuce be obedient  
Lettuce love one another

Plant three rows of turnips:  
Turnip for services  
Turnip for meetings  
Turnip to help one another

Plant three rows of thyme:  
Thyme for God  
Thyme for Bible study  
Thyme for prayer.

Finally –  
Water freely with patience,  
Cultivate with love,  
And remember – you will only reap  
what you sow.



There are over 250 species of bee in the UK

Bee species are either solitary or social, meaning they either live on their own or in a group called a colony.

**Bees are dying in our country**

# BEE FRIENDLY



Did you know that May 20th was World Bee Day?

Neither did I, but it was, last year and every year. Apparently it all started in Slovenia in 2017 where the aim was to make the world more aware of the importance of bees and all pollinators and what they do for us.

About three quarters of the world's crops and one third of what we eat, rely on bees, wasps, flies and other insects for pollination. Their value has been estimated at over £100 billion, and Einstein is supposed to have said that if all the world's bees died overnight mankind would only survive for four years. In reality it may be more likely that prices in the shops would go sky high (more so than even now) and some food would be impossible to grow.

How many bees have you seen in your garden today? Bees are dying and we, as a country are doing badly—the habitat the bee needs to survive is disappearing fast and the number of bees and other pollinators is in decline.

What can we do about it? Probably not a lot, but I was watching a TV programme that suggested that if we made up 'bee hotels' and put them in the garden it would at least help. So I cut up some old bamboo cane with holes in it about 2-3 inches long, stuffed them in a flower pot, put a little earth around them to stabilize them and bingo a bee hotel. Similarly I filled another flower pot with earth, damped it a little, poked holes in it using an old biro and now another habitat for other pollinators to live in!

So far there have been no takers - but it's early days yet. .... Watch this space!



A 'bee hotel' made from an old bamboo cane and plastic flower pot



Create a bee hotel—leave an area of soil the bees can dig their homes in



# Welcoming new residents to Maldon



Churches in Maldon are working together to welcome new home owners in Maldon.

Last month I went to the CTiM practical training evening at Fullbridge Church. We filled and labelled about 100 welcome packs which included the red leaflet (*below*) ready for door to door delivery to the new residents to the South and North of Maldon, by teams later this summer.

'Karen' from the Sion Community in Brentwood was on hand to give a talk about what to do, what not to, and how to, do it and general guidelines for visitation.

More to the point a video has been made of the talk and will be available to view on YouTube under the title .....

## The Churches of Maldon

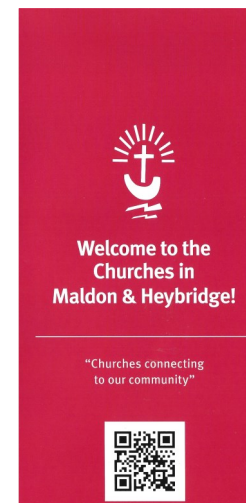
Maldon has a large number of churches which present the Good News of Jesus in a variety of styles. These churches are listed overleaf and the map shows their location.

All of these churches are members or partners of Churches Together in Maldon. This organisation has existed for 50 years and is a symbol of the fact that despite differences in approach, the churches respect one another and together proclaim the Gospel of the risen Lord Jesus Christ in Maldon.

Churches Together organises joint church events such as a Good Friday Walk of Witness, and a Christmas service. It also pools the resources of member churches to provide school work, youth work and refugee support.

You will be made very welcome at any of our churches.

**We hope to see you soon.**



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# A Budding World Champion

## Well done

Arthur committed each weekend this season to a mix of running, swimming and cycling events — competing anywhere in England or on the Continent.

He has won the Essex Schools Championship 3000m and now represents Essex at the English Schools championships in Birmingham.

Jean and Ken's grandson (see photo) Arthur Ballard has been interested in the triathlon from the age of ten. He joined the Blackwater Triathlon Club, which is based at the Blackwater Leisure Center in Maldon and started training.

Arthur, still only 15, claimed a superb gold medal at the **World Triathlon Multi sports Championship** in Ibiza. He was just old enough to enter the 16-19 age group,

This year Arthur raced in the **World Sprint Duathlon Championship**, a 4.8km run, 18.4km bike ride and 2.4km run. After a fantastic race he finished **first** and brought home the gold medal for the 16-19 age group. He finished an incredible ninth out of 700 competitors over all age groups, where the oldest competitor was 89. This was an amazing experience for Arthur on his first time racing abroad.

**Last year** he qualified for the **Thruxton Mass Attack Duathlon**. He was placed **first** in his age group and over all overall third out of all age groups and was selected to be part of the **England next Generation Squad**.

Arthur's main Focus is the triathlon where he started the season ranked second, nationally. All this has been achieved through hours of training, commitment, and of course the support of his parents and family.

We wish him all the best for this season and we hope to see him at the Olympic's one day.

Jean & Ken Russell



# To those who bear the heat of the day

*All things trying and troublesome,  
All problems great and small;  
'Rules and regs' befuddlesome,  
Let's blame God for them all.*

He made diocesan bishops,  
And dean'ries sinking fast;  
And parishes who wonder  
Will their vicar be their last?  
(Refrain)

Who's going to be the Warden?  
And then there's PCC;  
(He made their glowing tempers  
And fractious chemistry).  
(Refrain)

And then there's Health and Safety,  
The things you mustn't do;  
Like climb up on a ladder,  
Or dare to clean the loo.  
(Refrain)

And then there's those church seasons,  
The coloured pulpit-falls;  
To keep up with the lection'ry,  
We memorize them all.  
(Refrain)

Safeguarding, Coronations,  
Flower Festivals, the Choir;  
With Sunday's exhortations,  
The list gets higher and higher.  
(Refrain)

The APCM's coming,  
Our finances have slipped;  
The parish purse is beckoning:  
(Let's bury it in the crypt).

*All things trying and troublesome  
All problems great and small;  
'Rules and regs' befuddlesome,  
Let's blame God for them all.*

Anon

## CROSSWORD ANSWERS

**ACROSS:** 1, Sabbatical. 7, Opinion. 8, Laing. 10, Olga. 11, Galilean. 13, Sardis. 15, Severe. 17, Adultery. 18, Flea. 21, Swazi. 22, Acetate. 23, Revelation.

**DOWN:** 1, Sling. 2, Brim. 3, Annual. 4, Ill-timed. 5, Abilene. 6, Colossians. 9, Gennesaret. 12, Diatribe. 14, Roulade. 16, Errata. 19, Learn. 20, Levi.



## The stage two of RideLondon

It started at the Promenade Park in Maldon and finished in the High Street outside All Saints', not that you could see much of the church, it was surrounded by waist high barricades, temporary commentary buildings and hospitality tents.

All 98 riders had a 133.1km (82.6 miles) course to race, which took them, via Goldhanger and Gt Wigborough to Abberton, round the reservoir, then back to Maldon, via Layer-de-la-haye, Tiptree and Wickham Bishops. Then on to 3 laps of a circuit from Wickham Bishops via Little Baddow to Maldon (High Street).

I thought I would get a position as close to the finish as possible so that I could get some pic's of

them crossing the line. So there I stood, camera at the ready, back aching, for half an hour waiting for the bikes to race towards me. Essex Radio gave a continuous commentary, "... they are only a few minutes away now ..." then "... one minute ..." then ... okay everybody give them a big cheer ... Everyone erupted, cheering and shouting and banging the barricades with their hands as the cyclist came tearing along. Essex Radio was thumping out something from 'Two Unlimited' - the noise was thunderous and ear-splitting ... then ... from nowhere ... the cyclist flashed by, and in less than 2 seconds they were gone - diminishing specs in the distance - and my photo's? - I was facing the

wrong way !!

But all was not lost. No! I was told that they had two more circuits to make. So this time I was facing the right way as they came round the corner by Ansell's the butchers. Again, the ear-splitting thunderous cheer from the crowd, the banging of the barricades - Essex Radio blaring 'Get Ready For This' ... and then the "... WHOOOOSH ..." as 98 bikes and 98 heavily breathing bodies flashed by in a long stream which again barely lasted more than two seconds. This time I got them - well the camera did - but it only had time to take two shots. Finally, the cyclists returned to the High Street, after climbing Market Hill to the finish line outside All Saints' ... phew!!





Since this event began in 2013 it is estimated that it has helped raise more than £80 million for charity.

## The 2023 Ford RideLondon Classique



The "RideLondon" is a yearly series of cycle races on roads around London and Essex for amateurs and professionals alike and was a consequence of the London 2012 Olympic Games.

Total prize: £60,000  
 Stage 1:  
 Saffron Walden – Colchester, 146.4km  
 Stage 2:  
 Maldon – Maldon, 133.1km  
 Stage 3:  
 London – London, 91.2km

From All Saints School

# the **BIG** question

Our latest big question, what would you answer?

## Who or what would you pray for?

I would pray for my sister because she is going through her GCSE's.

– By Archie

I would pray for the homeless people because everyone deserves to be sheltered when it is raining or snowing.– By Barnie

I would pray for different countries like Turkey, Syria and the Ukraine because they are having a hard time. – By Zach

I would pray for my Dad because he has a hard job. – By Esme

I would pray for my Dad because he has got a new job and I think he is doing very well. – By Emilia

## other news in school

### Prayer week

From the fifth of June we had a prayer week in school. We did this with Reverend Jordan, Reverend Julie and other wonderful volunteers from All Saints Church. Reverend Jordan set up our prayer garden which is part of our playground. Each class had a turn to go to the prayer garden and when we were over there we had lots of different activities to do.

One activity we did was praying for other countries if they had some trouble. So we drew flags of that country and while we did that we were thinking of a prayer for them in our heads. There was also a bubble blowing prayer where if you were stressed or worried you could use the bubbles to blow away any worries we had.

Another activity was, there was a box of cardboard that you laid in so you could feel what it was like for other people that don't have beds or homes. While you were in there you could write a prayer on the box.





My favourite part was going in the tent. You could light a candle for someone who is special and in the other part of the tent there was a moon and stars light which shone on the top of the tent. You looked up at the stars and prayed for people that are special to you, you imagined someone as being a star.

There were lots of different activities for lots of different reasons. Prayer week can be for opening up and putting yourself in different situations. It is about learning more about what prayer is and the different ways that we can pray.

Thank you to all the people who came to help, we had a really good time and learnt a lot about prayer. We would love to do it again next year.

**By Zach**



## Year 3/4 trip to Hanningfield reservoir

Near a lovely place called Hanningfield there is a Hanningfield reservoir nature reserve and it is a public place so schools, bird watchers and nature lovers can go there. Did you know you can go there for amazing adventures even when you are not at school?

On Monday 12th June year 3/4 went on a school trip to Hanningfield reservoir for our new topic called Dear Earth. When we arrived we felt adventurous, happy and like we were explorers. During our day there we did three fantastic activities. Here is a little more about them.



## Plant ID

The first activity was plant ID. We had a bit of paper with different plants and leaves on and we had to use it to identify some things we found. We found oak, alder, elder horse chestnut and so much more. We learnt all about different plants and trees, it was really fun.

Second of all

## Natural art

An artist called Andy Goldsworthy is famous for creating fantastic art work using things from nature. How you do it is you get loads of sticks, leaves and any other natural things you can find. Then you use it to make a picture or sculpture. We made a person out of leaves, sticks, bark and



much more, anything we could find. Some of us also tried to make the West Ham sign because some children supported them, but it went a bit wrong. We liked how we were being creative with nature and how you can be outside doing art, not just inside.

Last but not least

## Orienteering

The last activity was orienteering, it is like a treasure hunt. You have a map and you use it to get to different places where the stars. There were animals at the different places called Ratty, Mr Toad, Otter, Badger and loads more. It was a little bit hard but really fun. When we got to each place on the map we did a rubbing of each with a crayon.

*We would love to say a big thank you to the Hanningfield workers and staff and the staff at our school for taking us on a big adventure. We would love to go back there again. We would give it a five star review!*

**By Leila and Scarlett**

## How to keep young, as you grow old

When the US President Joe Biden announced that he was running for re-election, many of us thought he was too old. He will be 86 by the end of 2028. Trump will be 82. How could either of them run the United States at such an age?

The argument about Biden and Trump will doubtless carry on, but meanwhile, there is some encouragement for the rest of us who are ageing.

A 2012 study by the University of Edinburgh found that only about a quarter of the cognitive changes that occur as we age are determined by genetics. The other three quarters are based on our lifestyle choices.

Firstly, choose to exer-

cise. When you exercise in any way, you are not just making your body fit, you are also improving your brain health. This is because exercise promotes the release of a cell-making protein in the brain called BDNF (brain-derived neurotrophic factor), which is linked to learning and memory.

Secondly, choose to retain a sense of control and purpose in your life. We can't all influence world politics, but we can each of us can act for the general good of the people around us. In 2022, researchers in the US found that people who have a greater sense of purpose in life not only live longer, but have fewer health problems, including depression, blood

pressure problems and heart attacks.

Thirdly, choose to set yourself some realistic personal goals, no matter how small. Research shows that setting a goal – even just to lose weight, or tidy the garden, can make you feel immediately more worthwhile.

Fourthly, choose to keep spending time with other people. Remaining sociable in old age is vital – we are social animals and really do need those meaningful relationships.

Fifthly, choose to follow activities that allow you to keep learning – perhaps take up a hobby such as gardening, or even begin a foreign language.

*PP You jul23*

## St James the Least of All

*Editor: The Revd Dr Gary Bowness continues his tongue-in-cheek letters from 'Uncle Eustace'. If you would like a copy of our published booklet of Uncle Eustace's letters, please email us at: [enquir-](mailto:enquir-)*

# On why we don't bother to lock the church

The Rectory  
St James the Least

My dear Nephew Darren

Since I happened to be in your area last week, I tried to call in at your church, and was sorry to find it was locked and bolted, with surveillance cameras watching me.

We tend to be a little more relaxed about matters of security. The key to the medieval lock was lost some time during Queen Victoria's reign and never replaced. How someone managed to misplace a foot long piece of cast iron, weighing about 10 pounds is a mystery. If it had fallen out of someone's pocket, it would certainly have broken their foot. Ever since, no one has bothered with locking the door – which makes me wish our burglars last year had thought of trying it, before wasting so much energy smashing a stained-glass window when they visited in the early hours one morning. On the other hand, were the key still in use, I should probably be arrested these days for carrying an offensive weapon.

As with most rural churches, keys which open just about everything in the village are hidden in various parts of the church. The vestry key is under my seat cushion, the organ key under a vase on the altar, the church hall key on top of the hymn book cupboard, and Miss Simpson's spare front door key inside the font. I have never been certain whether the latter is there for safety, or as a general invi-



tation. I am sure someone could usefully produce a book suggesting the many places that keys are likely to be found secreted in churches for the use of vergers, flower arrangers, cleaners – and thieves wanting to save themselves time and effort.

I suspect that the burdened look that many urban clergy wear is not because they are weighed down with parish troubles, but because they are obliged to carry with them a superfluity of keys needed to negotiate every door in church, hall, school, and vicarage. And why is there always one for which no one has any idea what it opens?

The only occasion I have ever thought it would be useful to be able to lock a church is when you have a party of visitors inside. So often, on hearing the words "let us pray" or the start of an appeal for funds, they bolt for the door.

Your loving uncle,  
Eustace



# THE LOVE STORY of Fambridge Ferry

*'Souvenir of 'Unveiling of the Stained Glass Window' part two*

Of the old monuments which survive the most interesting is the fine monument of Thomas Cammocke and his two wives (in the North Chapel). It has been placed too high to allow a proper inspection. It is a **marble monument with a figure of Thomas Cammocke** in the central compartment and his two wives Ursula (Wyrley) and Frances (Rich) kneeling on his left and right. Thomas Cammocke, of Maldon, died March 29, 1602. He had 22 children (nine by his first wife and thirteen by his second). They are shown beneath their respective mothers.

Of the second wife, Frances Rich, a romantic story is told. This is the tale as given by Morant in his History of Essex (1768):- *Mr. Malden, of Rayne, Servant to the Earl of Warwick, gave this relation, which was taken in writing:*

*'The Earl of Warwick going from Leighs to Rochford-Hall was attended by Capt. Cammock, who courted his daughter. He carried her off upon a horse, and*

*came to Fambridge Ferry [about 7½ miles from Maldon], where the Boat [i.e., the ferry-boat] was on the other side, and the tide violent. They found themselves pursued, and had no shift but to swim. The Captain advised her not to venture, but she said she would live and die with him, and took the water. When they were half over the Earl's servant came to the water-side and his horse neighed; upon which the horse that carried the Lovers turned round, and with much difficulty was brought to keep his course. They rode to Maldon, were wedded and bedded; and the Earl said, "Seeing she had ventured her life for him, God bless 'em.'"*

It is a very pretty story, but spoilt by one important inaccuracy. Frances Rich was not, and could not have been, the daughter of the Earl of Warwick. She was, as described on this monument:- *'Frances, the only daughter of the right Honourable Sr. Robert Riche, Knight, Lord Riche.'* This Sir Robert Rich, second Lord Rich, was eldest

son of the famous and unscrupulous Sir Richard Rich, Lord Chancellor, and first Baron Rich, who built "delicious Leeze" at Leighs, in Essex, and founded Felsted school near by, and who was one of the executors of the will of Henry VIII. His eldest son, father of Frances Rich, was born about 1537 and died in 1581. It was his (the Lord Chancellor's) grandson Robert, third Lord Rich, who, in 1618, became the first Earl of Warwick (of the Rich family). This first Earl of Warwick married the notorious Penelope Devereux in March, 1581, and could not have been the father of Frances Cammock, who in 1602, was the mother of 13 children. She was actually his sister. Whether or not it spoils the story of the elopement, it must be remarked that the adventurous and romantic Captain Cammocke was at the time a widower with nine children. He was a wealthy man with large estates in Essex, but in spite of his 22 children, of whom six were sons, his family seems to have become extinct in Essex soon after his death.

In fact they disappeared so quickly and completely that one is Tempted to speculate whether they could possibly have been

amongst the Essex people who emigrated to America in the 17th century. Cammack in Indiana State is a town which was

not founded until the end of the 18th century. How did it get its name?



## ... of that pizza

Summer evenings make it so easy to want a pizza – but before you reach for your next slice, there's something you should know.

Pizza is very high in salt. When the campaign group Action on Salt analysed the salt content of more than 1,300 pizzas from restaurants, takeaways and supermarkets, it found that one in two pizzas contain a whole day's recommended intake. That is 6g of salt a day, which amounts to roughly one level teaspoon, according to the NHS.

Takeaway pizzas were found to be the worst culprits. A basic Domino's cheese and tomato pizza contained 10.77g of salt, and a Papa John's double pepperoni stuffed-crust pizza contained 14.31g. Franco pizza, with spicy salami fried onion & chilli-infused honey, contains 7.18g, more than a whole day's worth. A Zizzi's rustica pizza margherita contains the equivalent of 1.2 teaspoons of salt.

The human body needs some salt to function properly, but too much can lead to high blood pressure, which can lead to heart disease.

# Saints Peter and Paul

by the Rev'd Stuart Ansell

*Matthew 16:13-19*

*Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, "Who do people say that the Son of Man is?" And they said, "Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets. "He said to them, "But who do you say that I am?" Simon Peter answered, "You are the Messiah, the Son of the living God." And Jesus answered him, "Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."*

Saints Peter and Paul share a feast day because on June 29th around AD 258 under the Valerian persecution, what were believed to be the remains of the two apostles were both moved temporarily to prevent them from falling into the hands of the persecutors. Both Peter and Paul are thought to have been martyred in Rome by the Emperor Nero, on the same day in the year 64. Other traditions claim that Peter was martyred in the year 64 and Paul three years later, in AD 67. They had both been imprisoned in the famous Mamertine Prison of Rome and both are said to have foreseen their approaching death, although neither death is recorded in the pages of the Bible. Saint Peter is traditionally thought to have been crucified upside down, but Saint Paul, being a Roman citizen, had the privilege of opting for decapitation by the sword.

The present Church of St Peter on Vatican Hill in Rome is said to have been built on the site of Peter's burial, replacing earlier churches built on the same site going back to the time of the Emperor Constantine. Excavations under the church suggest that this belief is actually older than Constantine.

Peter and Paul were as different as chalk and cheese. Peter was a married fisherman, in business with his brother Andrew and with James and John, the sons of Zebedee. When Peter's confession of

faith in Jesus as the Messiah was dragged out of him at Caesarea Philippi, Jesus gave him the nickname of "rock" and stated that it was upon the rock of Peter's faith that the Church would be built (today's reading).

Peter was poorly educated, impulsive and often got it wrong when he was with Jesus. He frequently seemed to speak for the other disciples in denying that Jesus' coming death would happen (Matthew 16:22), in telling Jesus at the last supper that Jesus would never wash his feet (John 13:8) but then asking for the whole of himself to be washed, and in deserting Jesus in his hour of need, then denying three times that he knew Jesus. (Luke 22:61).

Paul was just the opposite. He remained single throughout his life and was a well educated Pharisee and a Roman citizen. From the time of his dramatic conversion on the road to Damascus, Paul never looked back or flinched in his service to the Lord, no matter how trying his circumstances. Paul travelled around most of what was then the Roman Empire establishing Christian communities, and his many letters to those Christian communities form the bulk of the writings of the New Testament and the earliest writings after the death of Jesus.

Both Peter and Paul took the Church to the Gentiles. Peter had a dream at Joppa in which he was told by God to eat food



which he had always considered "unclean", according to strict Jewish practices. This persuaded him that Gentiles should be admitted to the Church, although we're not told of any missionary journeys which he undertook and his name seems to be associated mainly with Antioch and Rome.

It was Paul who really spread the gospel, by undertaking three missionary journeys and founding innumerable churches in the places he visited. Before his missionary journeys began, Paul went to Jerusalem taking with him a collection from the Gentile Churches as a gesture of solidarity and to help out with the terrible famine conditions in Jerusalem. Along with the other elders in Jerusalem, Peter accepted the gift, and the two men discussed together the mission to the Gen-

tiles.

Peter was the acknowledged head of the Church in Jerusalem, but despite this fact he and Paul didn't always hit it off. On one occasion Paul publicly denounced Peter for kowtowing to the Jewish Christians and refusing to eat with Gentiles, despite his dream. And when the big split came over the issue of circumcision, Peter and James were on one side of the divide while Paul was on the other (Acts 15). However, in true Christian fashion they were able to patch up their differences and Paul carried the day, thus truly opening up the Church to become a world-wide institution.

It's encouraging to know that even in the very earliest days of the Church, things didn't always run smoothly. If the leader of the Church in Jerusalem and the leader of the Gen-

tile Church could disagree so violently in such a relatively short time after Jesus died, our own disagreements don't sound quite so bad. Perhaps the fact to remember is that they sorted out their differences.

Perhaps it's significant that we in the Church of England often have ordinations at Pentecost, for Peter and Paul show us that priests can come from entirely different walks of life and can approach the gospel in entirely different ways. They show us too that we won't always agree, but that the way to sort out our differences is to face them openly.

Today both Peter and Paul are recognised as the earliest leaders of the Christian Church and it seems entirely fitting that both Peter and Paul should share this day together.

## Churches should work with local doctors

Churches can do great work in helping people's mental well-being, if they collaborate with charities and health services. So says the Bishop of London, the Rt Revd Sarah Mullaly.

Bishop Mullaly said that there are ways in which churches can aid the work of social prescribers, whom doctors use in community initiatives as part of holistic treatment for mental and physical health issues.

She said: "At the heart of social prescribing is the need to connect people. It relies on connecting people with other people and with resources, with welcoming and supportive contexts, and that's exactly what churches do: we build networks and provide safe spaces which combat social isolation, which has a profound impact on people's health."

For this reason, Bishop Sarah urges church leaders who are already running programmes to get in contact with NHS facilitators. "Ring up your GP and ask who your social prescriber is, and have a conversation about what you can offer," she said.



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# THROUGH THE FURNACE

BY F.E. READE

So this was the woman whom she had rejected. Had she, in doing so, cast away a blessing? Would it not have been better, after all, to have listened to her father and the Vicar, instead of following the dictates of her own self will?

She was roused from these reflections by the sound of a suppressed giggle, and a whisper in her ear,

"We all came to church because the piano was so out of tune with the damp that we could not amuse ourselves," tittered Amy. "Look, there is Mr Newlyn standing next to my brother; isn't he handsome?"

Margaret gave a hasty glance, and met a pair of dark eyes, which looked at her out of a pale, finely-featured face, the expression of which was strangely winning and pathetic.

Then came a movement in the crowd, the rain had abated, and Margaret slipped her hand into her father's arm and made her way with him out of the church into the cold wet street.

## CHAPTER III. (March 1904)

On Monday evening Margaret and her father were together in their sitting room. Margaret had some needlework in her hands, but she was giving it very divided attention. Although outwardly composed, she was conscious that she was nervously expecting to hear a knock at the door. Mr. Harvey appeared to be reading, but the words were passing before his eyes without conveying any meaning to his mind. He was thinking of the stranger who was about to invade his home, and trying to brace himself up to the effort of concealing from him that he would not be welcome.

"A necessary evil" was the light in which he felt inclined to regard the future lodger, or paying guest. The stillness in the room was so intense that when the knock came it made them both start. They looked shy-

ly at each other and then Margaret rose and went to the front door. She opened it and the light of the hall lamp fell upon her face as she stood there. The young man, who was in the shadow of the porch, glanced up at her and said in a pleasant, cultivated voice,

"Miss Harvey, I need not ask if you are at home; I am Philip Newlyn."

"Good evening," replied Margaret, rather stiffly, "please come in."

"May I leave my coat in the hall," said he, with perfect ease of manner, as he stepped in, "the night is cold and I am all muffled up." He hardly waited for Margaret's reply, but divested himself quickly of coat and muffler, threw them carelessly over a chair which stood in the hall, placed his hat on the top of them, and followed her into the sitting room.

"Here is Mr. Newlyn, father" said Margaret, wishing that she could speak in a natural tone of voice, but she felt inaccountably shy and constrained. Mr. Harvey rose and shook hands, making a remark about the weather. The young man replied with a shade of deference in his manner which sat well upon him; then, taking the offered chair he glided into conversation without the slightest effort. Mr. Harvey responded, and brightened visibly as the train of talk interested him more and more.

Margaret slipped out and reappeared after a while carrying her prettiest tray, with cups of coffee and biscuits. Mr. Newlyn took his cup from her with a smile and she sat down to her needlework and listened with admiration to the way in which he drew out her father on his favourite subjects. At the end of half an hour he looked at his watch and said with a glance at Margaret,

"The evening is passing most pleasantly, but I suppose that we must begin to talk about business,"

"Perhaps you had better see your room

first of all," said Mr. Harvey; "will you take Mr. Newlyn upstairs, Margaret?"

Margaret rose, took a small lamp from a side table, and asked the young man to follow her.

"This is the room," said she, opening the door and holding up the lamp so that he could have a good view of what the apartment contained. The large bed had been exchanged for a small one, which was screened off so that there was plenty of space, and the rest of the furniture had been arranged to the best advantage. Margaret hoped for some expression of pleasure or satisfaction, but her visitor looked about him with a calm air of inspection and merely remarked,

"Yes, I think this will do very nicely," and then added, "I can have my meals with you, can I not? I hate eating alone."

"Oh yes," replied Margaret, "if you do not mind living in a homely way."

"I have not been accustomed to luxury lately," he rejoined, with a slight stress upon the word, "in fact, I have been miserably uncomfortable. I am sure that I shall find your table an agreeable contrast to the one that I sit down to at present; we do not even have dinner napkins." A blush rose to Margaret's cheek. "I must get some then before he comes," she mentally determined.

"And as to flowers on the dinner table," he continued, "they never dream of such things."

"Flowers are scarce now, but I must get some," thought Margaret again.

"And the tumblers never look clean, and the silver! Well, I need not call it silver; pewter would be nearer the mark."

"I must use our good silver every day, and look after it myself, Sally would soon ruin it," said Margaret to herself, but aloud she remarked in quite a humble tone,

"Then you think that this room will do?"

"Yes, thank you," said he, taking another quiet look round, "have you a bath room?"

"Oh no, the house is too old-fashioned for that," replied Margaret, in dismay.

"Ah, that is one thing that we have got in

the boarding house, and I take care to get it every morning, at my own hour; of course one cannot live without plenty of cold water."

"You shall have a tub in your room, and Sally shall bring up a large can of cold water every night before she goes home," said Margaret.

"Thanks, I will make that do," replied he, and may she bring up my shaving water, and knock me up in the morning?"

"Yes, she shall have orders to do so."

"And what time do you have breakfast?"

"Eight o'clock. The shop opens at nine."

"Eight o'clock is rather early when one is not at work," remarked he; "I expect to get employment soon, but until then, I don't feel inclined to fag at getting up."

"Would nine suit you?" asked Margaret; "father will go into the shop then, and there could be a second breakfast for you, only you would have to eat it alone."

"Oh, I don't mind having breakfast alone, I am always as cross as a bear in the morning," said he, with a bright smile which seemed to belie his words; "nine will do splendidly; it is my favourite hour for breakfast."

Margaret led the way downstairs again in rather a queer frame of mind. She could not understand why she should feel as if she must try to please this stranger in every way, and she was afraid that her father would not approve of the second breakfast, with the time and trouble that it would involve.

Arrived in the parlour, the young man, with a few pleasant words accompanied by the charm of manner which seemed a part of him, contrived to fascinate still more deeply both father and daughter. When he offered to pay a guinea a week, as he was doing in the boarding house, they felt somehow as if he were conferring a favour upon them. Finally, it was settled that he was to take up his abode with them on Thursday, and to join them at their evening meal.

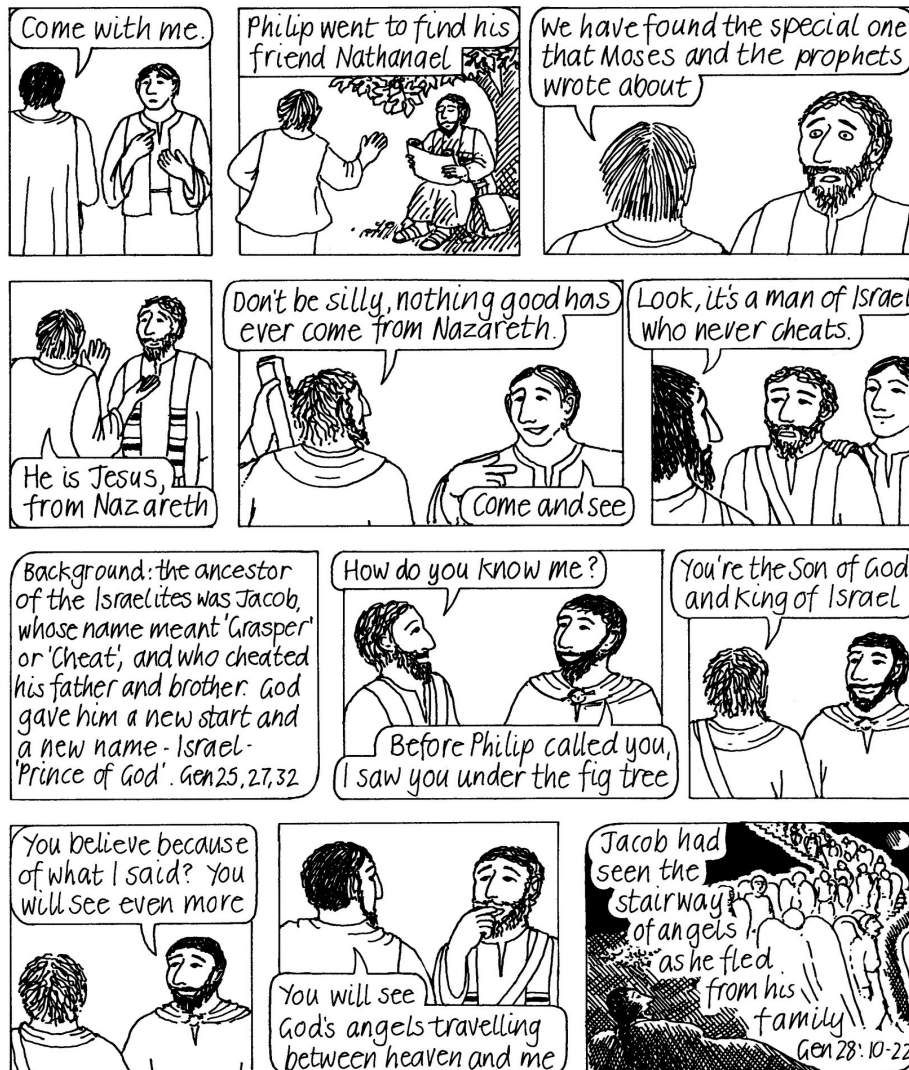
Continued next month

# Bible Bite

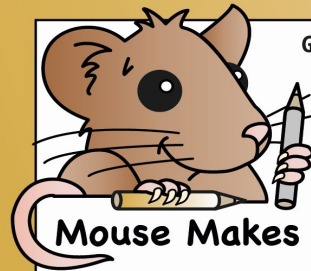
A short story from the Bible

It can be read in the Bible in John chapter 1 verses 35-51

After Jesus had called Peter and Andrew to be his disciples, he went to find their friend Philip ...







Where did Goliath come from?

1 Samuel 17:4

How tall was Goliath?

\_\_\_\_\_ cubits.

1 Samuel 17:4

What was Goliath's armour made of?

1 Samuel 17:5,6

What weapons did Goliath carry?

a J A V E L I N,

a \_\_\_\_\_  
and a \_\_\_\_\_

1 Samuel 17:45

How many stones did David take from the stream?

1 Samuel 17:40

Where did David's stone hit Goliath? On his \_\_\_\_\_

1 Samuel 17:49

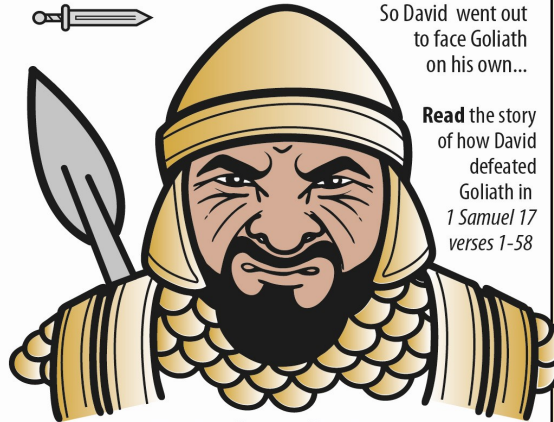
**Goliath**, the champion of the Philistine army, taunted the Israelites.  
"Choose a man to fight with me and if he kills me then we will be your servants!"

The Israelites were afraid, but **David**, a shepherd boy who had come to bring food to his brothers on the battlefield said:

"The **Lord** who delivered me from the lion and bear will deliver me from the hand of this Philistine."

So David went out to face Goliath on his own...

**Read** the story of how David defeated Goliath in 1 Samuel 17 verses 1-58



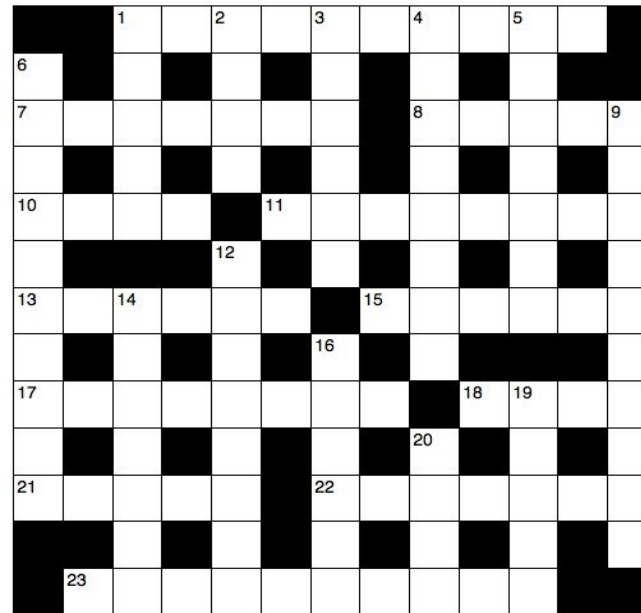
I L A D E S W O R D B K L  
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O U L S G R I M M L H O O  
N C P R H S H E P H E R D  
E K G A T H I T I D E D O  
S H I E L D G R O U N D M  
P H I L I S T I N E S O U

ISRAEL • SAUL • DAVID • LORD • GOD • PHILISTINES • BATTLE • CAMP  
CHAMPION • GOLIATH • HELMET • ARMOUR • JAVELIN • SHIELD • FIGHT • BEAR  
LION • SHEPHERD • STAFF • STONES • BAG • SLING • STRUCK • HIT • FELL • GROUND

# CROSSWORD

## Across

- 1** Relating to the Jewish day of rest (10)  
**7** Point of view (Matthew 22:17)(7)  
**8** 20th-century Brethren philanthropist whose construction company became one of the UK's biggest, Sir John — (5)  
**10** Girl's name (4)  
**11** Peter was accused of being one in the courtyard of the high priest's house (Luke 22:59) (8)  
**13** The fifth of the 'seven churches' (Revelation 3:1-6) (6)  
**15** 'Now the famine was — in Samaria' (1 Kings 18:2) (6)  
**17** Banned by the seventh Commandment (Exodus 20:14) (8)  
**18** Insect most closely associated with itching (1 Samuel 24:14) (4)  
**21** Bantu tribe which gives its name to tiny landlocked country in southern Africa (5)  
**22** Familiar material in churches that use an overhead projector (7)  
**23** Last book of the Bible (10)



## Down

- 1** The young David's favourite weapon (1 Samuel 17:40) (5)  
**2** 'Your vats will — over with new wine' (Proverbs 3:10) (4)  
**3** Once yearly (Exodus 30:10) (6)  
**4** Milled it (anag.) (3-5)  
**5** Region north of Damascus of which Lysanias was tetrarch (Luke 3:1) (7)  
**6** Comes between Philippians and 1 Thessalonians (10)  
**9** Lake where the first disciples were called (Luke 5:1-11) (10)  
**12** Abusive outburst (8)  
**14** Are loud (anag.) (7)  
**16** Printing errors (6)  
**19** 'Take my yoke upon you and — from me' (Matthew 11:29) (5)  
**20** Jacob's third son (Genesis 29:34) (4)

# Prayer Diary July 2023

1		Peace in Ukraine
2	Trinity 4	The Church's Mission via the internet
3	St Thomas	Churches dedicated to St Thomas
4		The people of the United States of America
5		All shop workers
6		Friends of Essex Churches
7		All NHS staff and Carers
8		For all who are disabled
9	Trinity 5	The Mission to Seafarers, and all whose lives are lived on the seas
10		The RNLI and HM Coastguard
11		The work of General Synod
12		Staff in Primary and Junior schools in our Parish
13		Staff at Plume School
14		Staff and pupils at All Saints' School
15		Messy Church
16	Trinity 6	Our Mission and Ministry Unit
17		Our Area Dean
18		The Salvation Army
19		Students who will be leaving school
20		Rev Julie Willmot and her three Parishes
21		Researchers and Scientists
22	Mary Magdalene	Churches dedicated to St Mary Magdalene
23	Trinity 7	Staff who work in our local hospitals and especially hospital Chaplains
24		Those who work with the mentally ill
25	St James	Churches dedicated to St James
26		The staff of Essex County Council
27		Those who live alone
28		Those who are unemployed
29		Ambulance and Air Ambulance Services
30	Trinity 8	Staff and residents of the town's care homes
31		Hospice staff and Chaplains

# FOR YOUR DIARY

JULY 2023

	All Saints 08.00	All Saints 09.30	All Saints 18.30 <i>Apr-Oct</i> 16.00 <i>Nov-Mar</i>	St Giles 09.30	St Andrew's 11.15	St Georges 09.30
<b>First Sunday</b> 2 July Trinity 4	Holy Communion Fr John	Worship for All PET SERVICE Vicky & Betty		Holy Communion Rev John Brown	Holy Communion Fr John	
Monday 3 July						Holy Communion Fr John
<b>Second Sunday</b> 9 July Trinity 5	Morning Prayer Adrienne	Holy Communion Fr John	Evensong Alan	Holy Communion Rev Julie (P) & Rev Jordan	Holy Communion Rev Julie (P) & Rev Jordan	
Monday 10 July						MP&P Julia
<b>Third Sunday</b> 16 July Trinity 6	Holy Communion Fr John	Holy Communion Rev Noelle & Rev Jordan (P)		Holy Communion Fr John	MP&P Lynne	
Monday 17 July						Holy Communion Fr John
<b>Fourth Sunday</b> 23 July Trinity 7	Morning Prayer Alan	Holy Communion Fr John		MP&P Gerald	Holy Communion Fr John	
Monday 24 July						MP&P Julia
<b>Fifth Sunday</b> 30 July Trinity 8	Holy Communion Fr John & Rev Jordan	Holy Communion Rev Noelle		United Benefice Service Holy Communion at St Giles Fr John & Rev Jordan (P)		
Monday 31 July						NO SERVICE



# PARISH DIRECTORY

VICAR	In Vacancy
ASSISTANT CURATE	Rev Jordan Palmer All Saints Vicarage, Church Walk, Maldon CM9 4PY Tel 07535 001840 jordanmpalmer@outlook.com
HONORARY ASSISTANT PRIESTS	Rev John Dickens Tel 01621 858136  Rev Noelle Taylor Tel 07779 491723
AUTHORISED LOCAL PREACHERS	Mrs Adrienne Knight Tel 01621 841329  Alan Marjoram Tel 01245 243868
CHURCHWARDENS	Dennis Johnson Tel: 01621 842410  Colin Brown 01621 850484
DEPUTY CHURCHWARDENS	Mrs Vicky Tropman Tel: 01621 857291  Mrs Jenny Clinch Tel: 01621 840057
HON TREASURER	Eddie Sewell Tel: 01621 851961
PCC SECRETARY	Mrs Julie Ovenden Tel: 01621 858803
OFFICE ADMINISTRATOR	Mrs Barbara Gale Tel 01621 928538
ORGANIST and CHOIRMASTER	Dr Stuart Pegler Tel: 01621 850530
RECORDER OF THE CHURCH	Mike Gibson Tel 01621 784354
SAFEGUARDING OFFICER	Mrs Elizabeth Blyth Tel 01621 854068 Email: elisabeth.blyth@gmail.com
PARISH NEWS EDITOR & WEB SITE MANAGER	Mike Kneller Email: bigglesworth@btinternet.com

## ACTIVITIES

ACTIVITY	CONTACT	TELEPHONE
Choir Prac/Thu (7:30pm)	Dr. Stuart Pegler	01621 850530
Choir Prac/Sat (11.30am)		
Junior Church	Elaine Brown	01621 850484
Sunshiners (Pre School Group Thursdays 9:15 am)	Gill Nelson	01621 852119
Tower Bell Ringers	Peter Chignell	01376 571170
	Dennis Johnson	01621 842410
Handbell Ringers	Derek Hall	01621 741690
Flower Group	Betty Smith	01621 854143
Bible Society	Joan Downham	01621854655
Childrens Society	Elaine Brown	01621 850484
Beavers, Cubs, Scouts and	Zoe Franklin	Email
Explorer Scouts (14-18yrs)	1stmaldonallsaintsscoutgroup@gmail.com	
Meeting Point	Barbara Gale	01621 928538
Maldon Pioneers	Mike Frederick	01621 840951
Ramblers Club		
Prayer Group		
Messy Church	Elaine Brown	01621 850484

To register your daughter's interest in joining either:  
Rainbows, Brownies, Guides or Rangers please visit  
[www.girlguiding.org.uk](http://www.girlguiding.org.uk) or tel: 0800 169 5901.

### From the Registers



# ‘Herdsman with Cows by a River’

by Albert Cuyp

‘What is this life, if full of care, we have no time to stand and stare?’

Those words of W H Davies provide the theme for this year. The paintings chosen celebrate creation in all its wonder and diversity, and we are encouraged to take time to look anew and so become aware of the author of that creation. But this month it

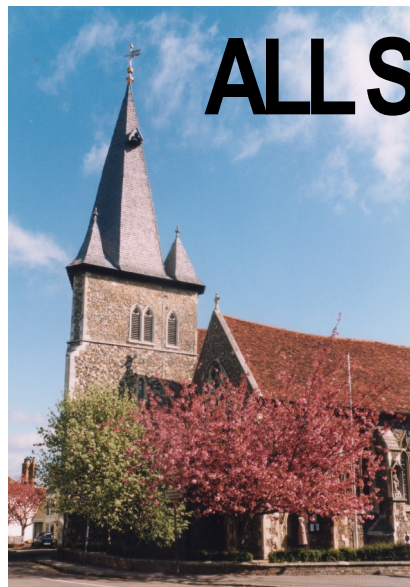


is the other way around as we sense the animals looking at us in ‘Herdsman with Cows by a River’ painted in 1650 by the Dutch artist, Albert Cuyp.

It is a very ordinary scene of nature. Yet there is a radiance and a tranquillity that strike us as we see the herd of cows standing in the still waters. Around them there is a lot of movement: birds fly in the sky, boats are sailing off into the sunset and two fishermen are busy at their work to the left of the canvas. But the cows and their herdsman are quiet and contented, relishing this moment of the day closing, and contemplating the world going by. And two of those cows seem to be looking out into our own world. In many of Albert Cuyp’s paintings the sun bathes each scene in a golden light. Here the clouds are gathering in the sky as the sun sinks down in the west, but there is still a glowing calmness brought by the light of the sky above.

In this month of July we are probably planning holidays. Some holidays can be a frenetic rush, others are those occasions when we simply sit back and relax, letting what we see around us bring refreshment and renewal. It is the way we are encouraged to savour the joy and delight of Scripture in what is called *lectio divina*. Monastic teachers compared it to cows grazing in the field. They pointed to four stages: Lectio – we take a bite of scripture; Meditatio – we chew on that word; Oratio – we savour its flavour and nourishment; and Contemplatio – we digest its goodness to feed body and soul.

The herd of cows in Albert Cuyp’s painting have spent the day doing just that – grazing and ruminating in the fields nearby. The herdsman has brought them to the river to relax in the water. Soon they will take the journey home to the farm and the safety of the cowshed. Tomorrow will bring them the opportunity to graze anew in the gift of another day. Walt Whitman wrote in one of his poems, ‘I think I could turn and live with animals, they are so placid and self-contain’d, I stand and look at them long and long.’ As we stand and look at the cows in this painting, perhaps we may realise that whether at work or on holiday, in Sunday worship or Bible reading at home, God can feed us through His world around and in His word in Scripture. As long as we take the time and the care to savour the delights that He offers us.



# ALL SAINTS *MALDON*

[www.allsaintsmaldon.com](http://www.allsaintsmaldon.com)

## PARISH OFFICE

Requests for Baptisms and Marriages should be made at the Parish Office situated in the Church (St Katherine Room) - entrance via the main entrance door from the High Street - on 1st and 3rd Wed of the month between 7:00 and 8:00 pm

This cover is sponsored by



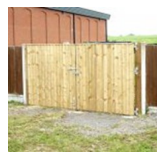
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