

PEW TALK

£1

September 2024

Prince of Peace
The Most High God
The LORD is peace
Father Son Holy Spirit
The LORD who provides
The God of Eternity
Wonderful Counsellor
THE ANCIENT OF DAYS
The LORD of hosts

EAST & WEST TILBURY AND LINFORD PARISH MAGAZINE

Parish web site: www.stcatherinesthurrock.org.uk

BITs And PiECes

100 Club - Revd. Michèle made the first draw of the new 100 Club year on August 4th. The winner was Iris Crane from East Tilbury village. On a few occasions Iris has asked me to check that her ticket was in the Drum. It had been and Iris was the first winner. When I checked with Iris at St. Francis Community Drop she had spent the money on a "spoil" at the Garden Centre. Plants or a Bacon Buttie??

100 Club tickets are still available at £10 for the year and you would have nine chances of getting your money back and two chances of winning £50.

Norman

The Tearfund BQN - Once again this year we are holding the Big Quiz Night in aid of Tearfund on Saturday October 19th. As in previous years we are looking for tables of 6 quizzers but if you cannot muster six please still join us - we will be able to make up a table. Equally, if you are more than six we will be very happy to see you - you might just have to share any prize should your table emerge triumphant. For information about the work of Tearfund their website is at tearfund.org and about our own BQN contact Chris or Kim Ford.

Our monthly Bible study and fellowship group restarts its meetings on Monday 28th September. Details are always in our weekly newsletters (which are available on our website).

The Childrens' Society - June Schroeder, who is our contact with the society and looks

after their collection boxes, would like to thank the box holders who raised a total of £143.37 this year. June also says that she has some collection boxes available if anyone would like this as a way to make good use of any spare change.

A reminder that Claire Frend has, once again, organised a 'Macmillan' Coffee morning at St. Francis on Friday 27th September from 9am to noon. Please think about supporting this very worthwhile charity which I know, from personal experience, does wonderful work providing support for those dealing with cancer.

Chris Ford

The Orsett show - takes place at the Orsett showground on Saturday 7th September from 9am to 5pm. As has been the case for many years the Thurrock Deanery will be in their tents / marquees to welcome visitors. There will be craft activities for children and somewhere to rest your feet and have a 'cuppa'. We expect that Bishop Adam, the Bishop of Bradwell, will be there for some of the time.

Our Harvest Festival - will be on Sunday 22nd September this year. As in previous years, we will be collecting non-perishable food for the Thurrock foodbank and cash collections for Tearfund. If in doubt about what food is needed just check on the church newsletter for details of the latest shortages.

Remember the local bus service returns from September - use it or lose it!

A prayer for all those affected by sickness and ill-health

Keep us, good Lord, under the shadow of your mercy. Sustain and support the anxious, be with those who care for the sick, and lift up all who are brought low; that we may find comfort knowing that nothing can separate us from your love in Christ Jesus our Lord. Amen.

Reflections from The Rectory



As the summer begins to draw to a close and we return to school, college, university or work we may be fondly remembering the activities we have been involved in over the months of July and August. Some people will have been away, others enjoying time out at home – and many appreciating the break from the normal routine and that need to be 'watching the clock' throughout the day. I have certainly enjoyed several 'days out' with my grandchildren and shared many happy times together.

In years past a great many of us might have sent a postcard from our holiday destination to our nearest and dearest back home. We would have described the location, the accommodation and details of the activities we were enjoying.

But as we discovered at a recent church service when I asked the congregation, 'When did you last receive a postcard or letter from somebody? Or when did you last write and send a postcard or letter?' - Communication has radically changed!

Many people couldn't actually remember when they had last received or sent a written communication via Royal Mail. Today we are much more likely to send a text, use Whatsapp or Facebook. It takes less time of course but does that make it better?

Very often as part of the churches lectionary readings we hear part of a 'letter' written by the apostle Paul. Paul had travelled widely on his missionary journeys and on route would help to set up church communities. Paul was very keen to keep in touch with these worshipping communities and so he wrote letters to them. In the New Testament there are 13 letters written by him. Nine letters are to church communities and 4 to a specific person that Paul knew.

Sometimes Paul is addressing a specific problem that has been brought to his attention and sometimes he writes much more generally. But whoever the recipient of the letters were they would always hear from Paul words of encouragement, instructions on how to stand firm in their faith, guidance on how to live out the Christian life of discipleship and how to love and care for one another. Paul knows that actions speak louder than words so if the Christian faith is to grow then these Church communities must really be living their best lives as shown in Jesus example and in so doing draw others towards God.

Paul appreciates that being a Christian in those early days would have had its challenges and sometimes it would have been very dangerous. Paul often found himself being put into prison for preaching and teaching and upsetting the religious leaders of the day and those in authority. Many of his letters were actually written during his imprisonment and rather remarkably Paul used the things he saw as inspiration.

On Sunday 25th August we listened to part of Paul's Letter to the Church in Ephesus. Finding himself chained to a Roman soldier he uses the image of the suit of armour to encourage the Ephesians to put on the 'armour of God'. He says,

"Stand ready, with truth as a belt tight around your waist, with righteousness as your breastplate, and as your shoes the readiness to announce the Good News of peace. At all

times carry faith as a shield; for with it you will be able to put out all the burning arrows shot by the Evil One. And accept salvation as a helmet, and the word of God as the sword which the Spirit gives you. Do all this in prayer, asking for God's help. Pray on every occasion, as the Spirit leads. For this reason keep alert and never give up; pray always for all God's people." (Ephesians 6: 10-20)

I concluded my sermon by encouraging the church family to read those verses every morning and imagine that with every item of clothing they put on they were putting on God's protection and strength for the day.

I think we would all agree that we continue to live in challenging times and so anything that helps us build up our resilience against the presence of evil will be of benefit.

Perhaps if you have the time and a copy of the New Testament to hand (*I am happy to source a copy for you if you don't have your own*) why not read some of Paul's letters. It is remarkable just how relevant and insightful his advice is today. And maybe, having been inspired by one of the world's best letter writers, why not write a postcard or a letter to somebody you know with words of love and encouragement. Technology is a wonderful thing but the thrill of a handwritten letter coming through the letterbox can still bring a smile to your face.

Stay safe, Keep well and protect one another.

Every Blessing to all, *Rev. Michèle*

Thurrock Foodbank

As mentioned in 'Bits & Pieces' we will be collecting donations of non-perishable food for the foodbank at our Harvest Thanksgiving service at St. Catherine's on 22nd September. However, if you are unable to be at the service your gifts can be left at St. Francis in Linford on a Wednesday between 10.30am and noon or on a Thursday between 11am and 1pm.

Sadly, in these difficult financial times, the foodbank is caught between a 'rock and a hard place' with personal donations being reduced and demand increasing as people struggle with their budgets.

Because of this mismatch between food donations in and food parcels out it is increasingly the case that the foodbank have to buy in stock.

As a fundraiser that you might like to support there is an **Autumn Concert** - by 'CDOT Voices' in aid of Thurrock Foodbank on **Saturday 5th October, starting at 7.30pm**, at Socketts Heath Baptist Church, Premier Avenue, Grays RM16 2SB. Tickets are £10 for adults and £2 children. They are available from Helen by email at warehouse@thurrock.foodbank.org.uk or by calling 07770 404484.

And finally, one of our original volunteers at the Linford distribution centre has decided that it is time to hang up her tabard after many years of faithful service, as one of our team leaders. Many thanks to Pat Webb from her Linford colleagues and the many clients that she has served.



Saturday October 19th 2024

6.30pm for a 7pm start

**St. Catherine's Church, East Tilbury Village,
RM18 8PB**

Tickets @ £7.50 ea available from Chris and Kim Ford

email: kimandchris.ford@outlook.com

'phone: 01375-675863

Come alone or with family / friends

Bring table snacks / drinks – tea / coffee / cake at the interval

tearfund.org/quiz

**Tearfund, 100 Church Road, Teddington, TW11 8QE, United Kingdom
☎ +44 (0)20 3906 3906 ✉ info@tearfund.org 📱 @Tearfund**

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tearfund

Breaking the land speed record - By Tim Lenton



One hundred years ago, on 25th September 1924, British racing driver Malcolm Campbell broke the land speed record for the first time. He recorded a speed of 146mph in a 1921 Sunbeam Grand Prix car at Pendine Sands, Carmarthen Bay, Wales.

Born in Kent in March 1885, Major Sir Malcolm Campbell MBE was a man with a passion for speed, whether on motorcycles, in cars or on water. He was also a journalist. He gained the world speed record on land and on water at various times, breaking nine land speed records between 1924 and 1935.

He had started racing cars in 1910 and had a near-fatal accident – the first of several – at Brooklands racetrack in 1912. His car was christened *Blue Bird*, after a 1908 drama about the pursuit of happiness, by the Belgian poet and playwright Maurice Maeterlinck. The name stuck and was used for all his subsequent speed record attempt vehicles on land and water. Years later, a slightly altered version of *Bluebird*, was employed by his son Donald, who was killed in 1967 attempting a new record on Coniston Water.



Sir Malcolm himself survived all his accidents and died in 1948 at Reigate after several strokes. He had been knighted by King George V and given a civic welcome in 1931. Early in his life he had worked for Lloyd's of London, initially for no pay, but made money by being the first person to realise that newspapers needed libel insurance.

He married three times. His second wife Dorothy – mother of Donald – described him as “quite unfitted for the role of husband and family man”.

Walking is a great way to exercise

You may be young or old, working endless hours, or retired. But there is one exercise you can still undertake almost anywhere, for however long or short a time: walking.

According to health specialists, the simple act of walking “ticks so many boxes – improving our brain, mental and musculoskeletal fitness, as well as our physical fitness.”



Here are five reasons why:-

Walking raises your heart rate and makes you breathe faster.

It gives you the benefit of a moderate aerobic workout – without the stress on your joints. As for your blood sugar levels, consider this: after a meal your blood sugar level rises and your pancreas releases insulin to bring it down. But even a five-minute walk can help

by blunting the spike in blood sugar. Try and keep your pace brisk – aim for 100 to 130 steps a minute.

Walking improves your bone density

Walking briskly engages the muscles along the back side of your body – the glutes, hamstrings and calves. They in turn put a bit of pull on your bones, which stimulates your bones to produce osteoblasts, which improves your bone density and reduces your risk of osteoporosis.

Walking improves your mood

It stimulates your parasympathetic nervous system (nerves that relax the body during stress) and stimulates your amygdala (that part of you which controls your emotions). And if you can walk near water (rivers, coast, in the rain) you get exposed to negative ions in the air. These electrically charged molecules are excellent for your mental health.

Walking helps your brain

You will sleep better, and your brain will be in better shape for memory and cognition. Walking also stimulates creative thinking – studies have found walking is a great time for problem-solving.

Walking helps your body shape

An instant way to look younger is to stand tall. So walk with your head up, shoulders back, and lengthen your back, to stand up straighter. And with firmer muscles, your overall body shape will improve, which in turn will boost your confidence!

And in the New Testament you can read that Jesus and his disciples and followers did an awful lot of walking.....Ed

Appeal for Blood donors



NHS Blood and Transplant have made a new appeal for blood donors.

"Blood stocks are critically low

We need your help now more than ever to keep providing lifesaving blood to the NHS. Please book an appointment in London, Bristol, Leeds, Birmingham, Manchester and other city centre locations."

And have issued an amber alert relating to both O positive and O negative blood as stocks are under the most pressure.

This comes after previous appeals in June and July. Although there was a good response then those new donors will not be able to make another donation for 12 weeks in the case of a man or 16 weeks in the case of a women.

Most of us will be aware of the need for blood transfusions and many will know of somebody that has benefited from one (in my case my son's battle with leukaemia over many years required a huge number).

If you wish to be a donor the first requirement is that you are between the ages of 17 and 65 (although regular donors can continue to donate after their 65th birthday)

Personally, I have been a donor for many years and while I worked for the Port of London it was particularly easy as the blood teams came to our place of work. I can say from my experience that the whole donation process is pretty simple and usually takes under an hour from arrival.

I do realise that many of our readers may not be able to donate themselves but if we put the message out to friends and family and remind them that any of us may need a transfusion ourselves one day, it really is a case of "Every little helps".

And as our Saviour told us to "love our neighbour" this is surely one way to show it.

If you would like to know more, the website is at www.blood.co.uk or I am very happy to talk about it.

Chris Ford

Back to school

This month more than 10.7 million children will be going back to school. That means that millions of households across the country are now busy preparing for the big day.

Regular bedtime routines are back, packed lunches are planned, uniforms are washed and ready to go.



Some parents find it helpful to take children to the park for a good walk, or to go for rides on bikes or scooters in the final days of summer. The exercise will relieve stress, and help the children settle better at night.

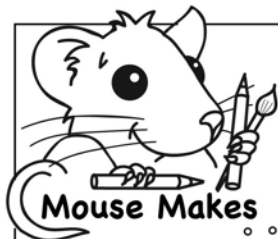
For younger, perhaps anxious children, hugs are also very important. For all children, it is good to get them into the habit of feeling gratitude towards God for the positive things that happen in their daily lives, and for all the things that they already have.

While it is normal to feel a bit anxious before going back to school, there are things that parents can do to help. Praying with their children and reading a bit of a child's story Bible to them each night will encourage their faith and remind them that they don't have to face the ups and downs of school life all on their own.

Churchyard News

Unfortunately, due to the Team Leader being unavailable through illness, the Community Payback team have not been able to cut the grass at St. Catherine's for several weeks and we do not have a date for their return. Fortunately our volunteer mowers have been able to keep on top of the situation.

And at last we have been advised by Chelmsford Diocese that the sale of the piece of the churchyard at St. James has been completed



HARVEST THANKSGIVING

"May the peoples
_____ you, O God!

May all the peoples praise you!
The land yields its harvest;
God, our God blesses us."

Psalm 67:5-6 NIV

"God ... has shown kindness by
giving you rain from heaven
and crops in their seasons.

He provides you with
plenty of _____. He fills
your hearts with joy."

Acts 14:16-17 NIV

"Honour the Lord with your wealth
and the first part of your harvest."

Proverbs 3:9 ERV

"Let us fear and respect
the Lord our God.

He gives us autumn and
spring _____
at the right time.

He makes sure that we
have the harvest at
just the right time."

Jeremiah 5:24 ERV

O A G A T H E R A I N S
S V O G M A U T U M N P
O G D O P R O D U C E R
I H J O Y V S H A R E I
L A N D H E P R A Y D N
T H A N K S G I V I N G
Y P F E R T I L E E P S
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S E A S O N F O O D A A
U N R E W K I F R U I T
N T T E N S C R O P S E
N Y H D P R O V I D E R

HARVEST • THANKSGIVING • LAND • EARTH • FERTILE • SOIL • SEED • SOWN
NEED • WATER • SUN • SEASON • AUTUMN • SPRING • YIELD • PRODUCE
FRUIT • GATHER • CROPS • PLENTY • PRAY • GOD • PROVIDE • JOY
BLESSED • GOODNESS • SHARE

Find the words from the questions too!



PARISH DIARY FOR SEPTEMBER

All services and events may be changed in the light of any new developments.

Please see our weekly newsletter for the latest Information. It can be found on our

Website: www.stcatherinesthurrock.org.uk

1 Sep	14th Sunday after Trinity 'Worshipping Together' at St. Catherine's N.B. There is no 4.30pm service of Holy Communion	10.00am
4 Sep	Mid-week Communion at St. Francis <i>Then the community support 'drop-in'</i>	10.00am 10.30am-noon
5 Sep	Foodbank at St. Francis Meeting of the Linford Womens' Institute at St. Francis	11.00am-1pm 2.00pm
7 Sep	Orsett show at the Orsett show ground	9.00am-5pm
8 Sep	15th Sunday after Trinity 'Worshipping Together' at St. Catherine's	10.00am
11 Sep	Mid-week Communion at St. Francis <i>Then the community support 'drop-in'</i>	10.00am 10.30am-noon
12 Sep	Foodbank at St. Francis	11.00am-1pm
15 Sep	16th Sunday after Trinity Holy Communion at St. Catherine's N.B. There is no 4.30pm service of Café Communion	10.00am
16 Sep	P.C.C. Meeting at St. Francis	2.00pm
18 Sep	Mid-week Communion at St. Francis <i>Then the community support 'drop-in'</i>	10.00am 10.30am-noon
19 Sep	Foodbank at St. Francis Wedding rehearsal at St. Catherine's	11.00am-1pm 4.00pm
21 Sep	Church cleaning at St. Catherine's Wedding at St. Catherine's	10.00am-noon 3.00pm
22 Sep	Harvest Festival Holy Communion at St. Catherine's 'Bring and share' lunch at St. Catherine's	10.00am 12noon
23 Sep	Bible study and Fellowship Group at St. Francis	10.30am-noon
25 Sep	Mid-week Communion at St. Francis <i>Then the community support 'drop-in'</i>	10.00am 10.30am-noon
26 Sep	Foodbank at St. Francis	11.00am-1pm
27 Sep	'McMillan Coffee Morning' at St Francis	9.00am-noon
29 Sep	18th Sunday after Trinity Holy Communion at St. Catherine's St. Catherine's open afternoon and churchyard clean-up	10.00am 2.00-4.00pm

Life Events during August

Baptism

3	August	Harriet Mary Snow
13	August	Bella Shea Horwood

Weddings

30	August	Charles Dennis Wesley & Hayley Lisa Hymas
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Committal of ashes

None

Funeral & Burial

None

Public will be able to feel the tree rings of Sycamore Gap

Members of the public are now able to feel the rings of the felled Sycamore Gap tree, thanks to a new art exhibition.

The 200-year-old sycamore was cut down last year in a "malicious act of vandalism". But it has now been 'brought to life' through a series of five prints, created from a disc of the trunk.



The prints are on display at four locations along Hadrian's Wall. One of them, named Access, has been hand pressed, so that the 3D shape of the wood and tree rings became embossed on the paper. Visitors can touch the print and feel the rings.

The National Trust explains that the art exhibition is only part of an attempt to "ensure there is an enduring legacy of the tree informed by the huge public response to its loss."

The five bespoke prints have been named 'Heartwood.' They were taken from a 90cm disc of the original tree. They show every tree ring, groove and detail from the cross-section of the almost heart-shaped trunk.



If you would like to support the work of the parish and the churches of St. Catherine and St. Francis, this QR code will take you to our 'Give A Little' donation page.

The Priest in charge

REVD. MICHÈLE MARSHALL

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Essex, SS17 0QA.

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The Usual Service Pattern

- ♦ 1st & 3rd Sunday's, 10am at St. Catherine's 'Worshipping Together'.
- ♦ 1st Sunday's, 4.30pm at St. Catherine's 'Holy Communion'.
- ♦ 3rd Sunday's, 4.30pm at St. Francis informal Service of Holy Communion (Café style).
- ♦ 2nd, 4th & 5th Sundays 10am at St. Catherine's Holy Communion.

Wednesday 10.00 a.m. Holy Communion at St. Francis

For Baptisms, Weddings or Funerals please contact Revd. Michèle Marshall

Our Churchwardens

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PEWTALK Editor

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St. Francis Centre

The centre is available for hire at very reasonable rates. To discuss availability please contact Sheila King at:-

sheila.kingbookings@outlook.com

Copy Dates for Pewtalk

20th September 2024

23rd October 2024

22nd November 2024