

Parish Directory 2020

Telephone numbers appear after name – Ipswich (01473) unless otherwise specified.

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The Benefice comprises the parishes of Bucklesham, Falkenham, Hemley, Kirton, Levington, Nacton, Newbourne and Waldringfield in the Deanery of Colneys in the Diocese of St Edmundsbury and Ipswich.

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CHURCH SERVICES — These are detailed in the magazine each month. Everyone welcome. Baptisms, marriages, sick Communion etc. by arrangement with one of the Ministry Team (see above). When members of the Clergy or Readers are not available, the Churchwarden should be contacted.

PLAYGROUP Nacton Village Hall, Daily for 2½ - 5 years Info. Meryl Taverner; Sue Winder; Nacton & Bucklesham U5s						
			con	tact during sessions 659809		
TODDLER GROUP	Nacton Village Hall, Tuesd	ays 1.30pm - 3.00pm	Inf	formation as above		
1ST ORWELL SEA SCOUTS	1st Orwell Group (Scouts,	Cubs and Beavers)	1	Mrs Joanne Forsyth 659987		
BUCKLESHAM LADIES' GROUP	Every second Thursday of the month		Informat	ion Trudy Woollard 659654		
MOTHERS' UNION	First Wednesday of month, 2.00pm		ranch Leader Rev	v. Helen Davy 01394 270703		
Women's Institutes	Bucklesham Village Hall, 3 Levington Village Hall, 2 nd Nacton Village Hall, 3 rd We	Wednesday 7.30pm	Preside	Mrs Sheila Gregory 727622 nt Mrs Marian Rose 659638 t Mrs Paula Warner 659231		
CARPET BOWLS CLUB	Bucklesham Nacton <i>Se</i>	ecretary Mrs Judy Smith,		Mr Derek Barrett 659821 ose, Kesgrave 01473 239194		
COMMUNITY COUNCILS	Bucklesham Nacton			Rosemary Watson 659505 irman Dr Jos Leeder 659032		
Parish Councils	Bucklesham Levington & Stratton Hall Nacton		ng 659342 <i>Cle</i>	erk Mrs Angie Bugg 635341 erk Mrs Angie Bugg 635341 Clerk Ms Sue Brown 736519		
VILLAGE PRIMARY SCHOOLS	Bucklesham Nacton			acher Mrs Sue Todd 659389 Mrs Georgina Ryan 659370		
VILLAGE HALLS	Bucklesham Levington Nacton		Bookings Secreto	s Evelyn Bloomfield 659504 ary Mrs Mary Wake 659627 website: <u>Nacton village hall</u>		

MOBILE LIBRARY	MOBILE LIBRARY Every four weeks on Tuesdays – <i>Nacton</i> , Priory Park 9.20 – 9.40am, outside Village Shop 9.55 – 10.45am						
Contact: 263838	Levington, Bridge Road Lay-by 10.55 – 11.10 am. Bucklesham, outside 'Shann	on' 11.25 – 11.50am					
MOBILE POST OFFICE	Outside George Court, The Street, Nacton Mon. Tues. Wed. & Frida	y 8.30am - 10.30am					
ORWELL STORES NAC	TON Mr Robert Warner Mrs Paula Warner – The Street, Nacton	659231					
POLICE	Emergency 999 Local Needs (non emergency)	613500					
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the month of publication. Email: nactonchurchmagazine@gmail.com

Cover picture: Stream in Broke Hall wood, Nacton.

Contributions for the June magazine should be sent to:

nactonchurchmagazine@gmail.com by the 20th May please.

Should you have specific requests for prayer, please contact Rev Ian (01473 659875) or Rev Sarah (01394 448936) who are continuing a ministry of daily prayer throughout this difficult time.

We are pleased to say that there is now a Facebook page set up for the Benefice.

You can find it under here: The Orwell and Deben Rural Benefice

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The Reverend Canon Ian Wilson

Well, welcome to the new format for our parish magazine.

My guess is that there will be a lot of new ways of doing things once we are able to return to something of what our lives were like before the COVID 19 social distancing and lockdown brought so many changes. Now, you may have noticed that I deliberately avoided the word 'normal' when referring to what our lives will be like 'post COVID'. Partly that's because what is normal for one person may not be so for another. In fact, a very experienced and wise nurse once said to me, 'The only normal people around are the people you haven't met yet!' It took a while for that comment to sink in, but how right she was. In one sense, normal is all about individual preferences and the contexts within which we live. Social psychologists even refer to the phenomena of 'social referencing'. This can be seen most clearly with teenagers where they change the way they speak and use language they would not use at home. They even change their accents depending on the social group they are interacting with, and this is all normal. However, there are common 'normals' for us in the UK. It is normal for us to have freedom of travel. It is normal for us to be able to go to our places of work, to shop where we wish, to go to restaurants, and to meet with family and friends. It is especially normal for us in the UK to form orderly queues and to be in close proximity with others who are also queueing. It is normal for us to not think twice about shaking someone's hand or take hold of a door handle in order to enter a shop. But, as the days have passed since lockdown, we are being told that social distancing where we have to be conscious of where we go and what we touch, where we will not be able to gather in large groups, will remain with us for some months yet, maybe even years. Of course, this is going to be a huge challenge for all of us and, as time passes, it is likely to bring more and more people into some form of poverty, whether it is financial, emotional, social, cultural, or perhaps even educational. There will be a serious impact on those who were just about getting by; on those who have health issues; on those who have invested in a future that they may never see; and on those who are vulnerable to exploitation and abuse. However, there is hope for that future which comes from the fact that social distancing and lockdown has meant that many people have discovered a desire to retain some of what this unprecedented time has brought. They do not wish to return to what was 'normal'! What they have discovered is the gift of time. Time to spend with those they live with. Time to take some exercise. Time free from the pressure to do more, earn more and spend more. Time even to be more spiritual. But more significantly, they have discovered time to think of others and time to be more generous of spirit. We will get through this and my hope and prayer is that when do there will be a new 'normal' where values of kindness and generosity override the

old 'normal' of self-centredness and excess. A new 'normal' where the weak, disadvantaged and vulnerable are given the care and support they are entitled to. Perhaps this has been made possible because people have been given the gift of time and, at a deeper level, would like to see a new 'normal' emerge. We will get through this and when we do, we will see that all things can be made new.

Sunday services.

Of course part of our new 'normal' is that our churches have remained closed during the lockdown. However, we are still praying and we are still worshipping as a Christian community on a Sunday. But our communal Sunday worship is a little different. Instead of gathering in a church, we gather on a Sunday morning in our own homes and are united by saying the same service together. This service is prepared by me and, together with my sermon for the week, it is emailed to the members of our congregations and others who wish to receive it. I also record my sermon and the service for those who would prefer to listen to them and these are sent out in the same way. The printed version of my sermon and the service, together with the recorded version of my sermon, are also added to our Facebook page that Rev Sarah manages for us and she has written about this in this edition of the magazine. In addition to emailing, we also print and post my weekly sermon and the service to those who do not have access to the internet. We will continue to worship in this way on Sundays until further notice and if you would like to receive my sermon and the service each week by email or by post, please let me know and I will ensure that you are included in the mailing.

With every blessing,

lan

The benefice Facebook page

The benefice now has its own Facebook page which can be found here. <u>The Orwell</u> and Deben rural benefice

Whilst we're still in lockdown and our churches are closed, every week the benefice weekly newsletter will be posted, along with an audio recording of the Rector's address for the week and a text version of the order of service for that Sunday's morning Prayer which is said at 10.00am by participants in their own homes. In addition, there will be other posts shared from the Church of England and our own Diocese, together with messages from the Rector that may be helpful during the lockdown period – check out the posts on how to talk to young children about the

virus and another on the effects of loss, grief and bereavement. There's also the opportunity to send a message to the benefice should you have any queries or would like a member of our ministry team to get in touch with you, or someone you know.

Best wishes

Sarah

Revd Sarah Jenkins: Assistant Curate

Lockdown thoughts

During these rather strange times, friends and family have been keeping in touch by sending us various messages through a range of e-media. Some of them are cartoon-style jokes doing the rounds, some are photographs of beautiful things spotted while out on walks, some are forwarded email greetings from their own parishes.

Yesterday, our daughter sent us a photograph of our grandsons with their new haircuts, her first attempt at cutting and trimming. David looks as though he won't need a trim for months to come and gone are Alexander's baby curls. Perhaps she's taken to this new skill with too much enthusiasm? Friends too are developing new skills or reviving dormant ones as they find they either have no choice or have time on their hands.

I thought this paragraph which we were sent recently, written by the Rector of Fulbourn in the Ely Diocese, was worthy of wider circulation. The Rev Alice Goodman writes:

"Have we also become accustomed to our churches being locked? I haven't. I find myself grieving, even over the APCM meetings we've had to cancel or postpone, and, always, over the loss, temporary though it be, of our gathering together in worship. In the years after the destruction of the Temple in Jerusalem, the Jewish people had to learn to worship differently. And so, the altar in the Temple was replaced by the family table. This is where bread and wine are blessed at the beginning of the Sabbath, and where the Passover is formally celebrated. Maybe there is something for us to learn here, in and for this time. Behind our Parish Communion, behind every altar, every eucharist, after all, is the upper room where Our Lord broke bread with his friends. May we be reminded now at every meal with those with whom we break bread that Christ is with us. As we say grace and eat, may we know him to be a guest at our table, as he was with the travellers at Emmaus."

Perhaps we will all be a little more grateful for our food as we have learned in recent weeks what it is to be faced with empty shelves or limited choice although, by the time this article appears in the magazine, the panic buying may have eased off. The seeds I planted a fortnight ago are beginning to sprout so in time we should have some fresh salad leaves and vegetables. Meanwhile I've found a very useful link on www.levingtoncorona.info and have just ordered a veg box to be delivered.

Of all places to be in lockdown, this part of Suffolk is hard to beat. I feel very grateful for the beautiful countryside, the uncrowded footpaths, the chance to listen to birdsong, to feel the sun and the breeze and to watch Spring emerging.

Ali Bailey

10 Life lessons from Noah's Ark (Anonymous)

- 1. Don't miss the boat.
- 2. Remember that we are all in the same boat
- 3. Plan ahead! It wasn't raining when Noah started to build the Ark.
- 4. Stay fit. When you're 600 years old, someone may ask you to do something really big!
- 5. Don't listen to critics; just get on with the job that needs to be done.
- 6. For safety's sake, travel in pairs.
- 7. Speed isn't always an advantage. The snails were on board with the cheetahs.
- 8. When you're stressed, float a while.
- 9. Remember, the Ark was built by amateurs; the Titanic by professionals.
- 10. No matter the storm, when you are with God, there's always a rainbow waiting.

A Psalm for comfort

At a recent Bucklesham Bible study group, (before lockdown) we were all asked to read our favourite psalm. I chose Psalm 46 as I find it a source of comfort especially through these difficult times. I trust you find it a source of comfort too.

Janet Stalker

- **1** God is our refuge and strength, an ever-present help in trouble.
- 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,
- **3** though its waters roar and foam and the mountains quake with their surging.
- **4** There is a river whose streams make glad the city of God, the holy place where the Most High dwells.
- **5** God is within her, she will not fall; God will help her at break of day.
- 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.
- 7 The LORD Almighty is with us; the God of Jacob is our fortress.
- **8** Come and see what the LORD has done, the desolations he has brought on the earth.
- **9** He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire.
- **10** He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
- **11** The LORD Almighty is with us; the God of Jacob is our fortress.

Music for Morning Prayer

Dorrie Giles and Malcolm Gee of St Martin Nacton, have been putting together, each week, a list of hymns that link with the Morning Prayer service that Rev Ian is recording and distributing by email. If you would like Dorrie to add you to her circulation list for the hymns, please let her have your email address at dorrie.giles@btinternet.com
Our thanks to Dorrie and Malcolm.

Graham Miles is the new Lightwave Rural Chaplain for Suffolk



He writes "This role brings together my passions for church, farming and countryside. Lightwave is based at the college in Otley, recently renamed "Suffolk Rural" but then known as the East Suffolk Agricultural Institute, where my farming journey began in 1969-1972. I love reaching out to the farming and countryside communities in Suffolk, visiting farms and countryside communities taking with me God's love and support to all those I come in contact with in person or by phone. I am here for them, like God is here for me."

Graham is available for anyone in the countryside who could do with a listening ear and pastoral support at this time: You can contact him on 07413 683368 or email graham.miles.lightwave@gmail.com.

Amazon Smile

smile.amazon.co.uk

The Church of England in Suffolk now has an Amazon Smile Account. This is a shopping initiative that has helped thousands of charities and non-profit organisations raise funds. If you link your Amazon shopping account to the Diocese charity page, Amazon will donate a percentage of whatever you buy to us. Click here to sign up and select our account: St Edmundsbury and Ipswich Diocesan Board of Finance (Church of England in Suffolk).

Rainbows

Why are people putting rainbow pictures on their windows? Quite simply, people have been putting the colourful pictures on their windows to cheer up passers-by. The rainbows aim to make people smile while they are walking by, and also offer a message of hope. Rainbows are used as a symbol of peace and hope as they often appear when the sun follows a heavy rainfall. They serve to remind us that there is hope and light to follow even after dark times. Creating the pictures also serves a practical function, however, as it has given children a chance to flex their creativity while being home-schooled by their parents, following the nationwide school closures. Other parents have tasked their children with spotting the rainbows while out on walks, sparking the Twitter hashtag #ChaseTheRainbow.

Here are some pictures from rainbows seen around Nacton parish. If you have any pictures of rainbows on display in your parish, please send them in and we can all share. (nactonchurchmagazine@gmail.com)











Bluebells heralding spring in Paupers' Wood Nacton (and page 14).



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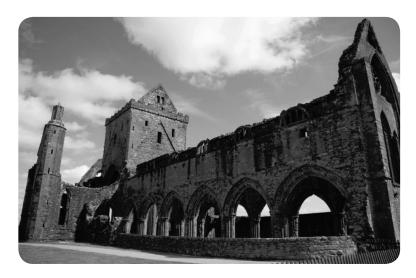
The Sign

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The nationwide church magazine supplement

'All sorts and conditions of men'



Geoffrey Lowson

ecently, we had a mini break in the small coastal town of Kirkcudbright in south west Scotland. The weather was a bit grim – do you remember Storm Dennis – but it was nonetheless very enjoyable and the town has much to commend it. It is often

referred to as the Artists' Town; it still attracts artists but one name from the past was Charles Oppenheimer (1875–1961) who produced many of those wonderful British Railways posters of yesteryear.

But it was a couple of excursions to

Continued overleaf

Continued from previous page

neighbouring towns that prompted this reflection on the fact that human beings can be so very different – as the Book of Common Prayer puts it "O God, the Creator and Preserver of all mankind, we humbly beseech thee for all sorts and conditions of men … ". Two stories, with the negative one first.

Wigtown, to the west is Kirkcudbright, is designated as Scotland's official book town: it is famous for its second-hand book shops, has an annual book festival and is the sort of Hay-on-Wye of Scotland. However, it is a dark bit of the town's history that I want to focus upon here - the story of The Wigtown Martyrs. The late 1600s were troubled times in Scotland: the restoration to the throne of Charles II in 1660 was followed by an upsurge in protest in Scotland by Covenanters, staunch Presbyterians who opposed what they saw as the King's moves to bring back Catholicism to Scotland by the imposition of rule by bishops. Tragically some of Covenanters were hunted down by government forces and if they refused to deny their faith, they were executed: there were 11 such executions in Wigtown. On May 11 1685, two women, Margaret McLachlan and teenager Margaret Wilson, were tied to a stake about 50 yards out on the mud flats of the River Cree estuary and left to drown in the incoming tide. It was assumed that the young girl would give in and swear loyalty to the King; by so doing, others would do the same. But she did not recant.

The second story is a love story – albeit with a slightly macabre twist!

To the east of Kirkcudbright there is a ruin with the unusual name of

Sweetheart Abbey. I confess to never having heard of it before. Why the unusual name? In 1223, Dervorguilla, the daughter of the Lord of Galloway, married Sir John Balliol of Barnard Castle and their love was so strong that after his death in 1268, she had his heart embalmed and placed in a casket of ivory and silver, which stayed with her for the rest of her life. In 1273 she started the building of an abbey in memory of her husband and they were buried there side by side.

Two stories highlighting different aspects of human nature; the heartfelt love of Dervorguilla for her husband; Margaret's (and the others') love of her Church and God and then, by contrast, the unbelievable inhumanity of those who martyred her.

The same sort of stories continue to be acted out today. There are still 'All sorts and conditions of men.'



The Sign

The nationwide church magazine supplement

About us

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calendar & lectionary

- 1 Philip and James, Apostles
- 2 Athanasius, bishop, teacher of the faith. 373
- 3 4th Sunday of Easter Acts 2.42-end, Psalm 23, 1 Peter 2.19-end, John 10.1-10
- 8 Julian of Norwich, spiritual writer, c.1417
- 10 5th Sunday of Easter Acts 7.55-end, Psalm 31.1-5, 15-16, Psalm 31.1-5, 15-16, John 14.1-14
- 14 Matthias the Apostle
- **16** Caroline Chisholm, social reformer, 1877
- 17 6th Sunday of Easter Acts 17.22–31, Psalm 66.7–end, 1 Peter 3.13–end, John 14.15–21
- 19 Dunstan, archbishop, monastic reformer, 988
- 20 Alcuin, deacon, abbot, 804
- 21 Ascension Day
- 24 7th Sunday of Easter Acts 1.6–14, Psalm 68.1–10, 32–end, 1 Peter 4.12–14; 5.6–11, John 17.1–11
- 25 The Venerable Bede, monk, scholar, historian, 735, Aldhelm, bishop, 709
- **26** Augustine, archbishop, 605, John Calvin, reformer, 1564,
- **28** Philip Neri, founder of the Oratorians, spiritual guide, 1595
- 30 Josephine Butler, 1906, Joan of Arc, visionary, 1431, Apolo Kivebulaya, priest, evangelist, 1933
- 31 Pentecost Acts 2.1–21, Psalm 104.26–36, 37b, 1 Corinthians 12.3b–13, 1 Corinthians 12.3b–13





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prayer

Life-giving rays

I bind unto myself today The virtues of the starlit heaven, The glorious sun's life-giving ray, The whiteness of the moon at even, The flashing of the lightning free, The whirling wind's tempestuous shocks, The stable earth, the deep salt sea, Around the old eternal rocks. I bind unto myself today The power of God to hold and lead, His eye to watch, his might to stay, His ear to hearken to my need. The wisdom of my God to teach, His hand to guide, his shield to ward; The word of God to give me speech, His heavenly host to be my guard.

Amen

St Patrick's Breastplate (ascribed to St Patrick, 372–466, translated by Mrs C. F. Alexander)

Becoming Reverend

Matt Woodcock

Wednesday 6 October

It doesn't take a psychologist to realize that Anna is trying to prepare me for fatherhood. She has sent me an article about having twins from a male perspective. The guy articulated the enormity of the sacrifice: 'What I couldn't handle. and what put me totally over the edge, was finding out that I had to arrange my entire schedule around the boys. I initially thought that I'd be able to force them onto my schedule, but that just didn't work.' Anna knows me so well. Too well. Her card included this Mother Teresa quote: 'I know God will not give me anything I can't handle. I just wish he didn't trust me so much.' We can do this. I can do this.

Harry and I have embarked on our pioneer placement adventure. Our brief is familiarize ourselves with the Gilesgate and Sherburn Road estate area of Durham. We will meet the people, listen to God, and make connections with the local churches before presenting a report on our findings. The only thing we can't do is start anything new. That won't be easy for an impatient, restless sod like me. Stuart has called our placement a process of 'deep listening'. Harry and I walked the patch. We bumped into two officers from the community policing team who were really helpful. They said the estate used to be notorious. A virtual no-go area for the emergency services. This will be a good place to learn.

Thursday 7 October

Our New Testament lecturer is a brilliant

man but a spiky character. And that's being polite. When one of our class offered a comment that he didn't agree with, he snapped back: 'You are wrong!' I'm hanging onto his every word. It's New Testament gold.

An American priest from Alabama is teaching us Anglicanism. He answers to 'Father'. He began by explaining that our history was one of intense infighting between the three main wings of the Church of England - evangelical, liberal and catholic. Over the years there has been constant tension between them. To be an Anglican is to exist within this tension. It's a weakness and a strength. Former Archbishop Michael Ramsey said that 'Its credentials are incompleteness with the tension and travail of its soul. It is clumsy and untidy, it baffles neatness and logic.' This describes where I am right now. I am a theological and liturgical magpie. A bit of this. A bit of that. Whatever works.

A St John's College music student called Zach has a room opposite Paul and me on B Floor. We'll have some fun with this guy. I love that the undergrads are mixed in with the trainee revs. We have a lot to learn from each other. Zach joined us for Compline in the chapel tonight. I asked him later if he thought we were in tune. 'Not really,' he replied.

Friday 8 October

It was interesting to note in our first seminar on leadership that charisma seems to be frowned upon. One quote was read out that said: 'Charisma becomes the undoing of leaders. It makes them inflexible, convinced of their infallibility, unable to change.' Surely it depends on how you define charisma? The Church of England has been churning out too many leaders with a severe lack of it for generations and look at the state we're in. I long to see more vicars with a deep commitment to Christ who'll anger, frustrate, inspire, and make us laugh and cry. We seem scared to death of leaders with a personality.

Generally speaking – many priests in the Church of England seem to be

prayerful, introverted. academic and safe. They relate to certain type of person at a certain type of church. And that's fine. All I'm saving is let's seek to redress the imbalance a bit. Encouraging people into Christian leadership who have an infectious, living faith, and can relate lesus to the ordinary working man and woman, should now be high priority. Surely? We've

ordained generations of clergy who effortlessly talk the language of Radio 4. Let's now ordain a few who talk the language of Coronation Street. I'm glad that's off my chest!

Joel Wood has become my spiritual muse. I'm a sponge for his passion, wisdom and thirst for Christ. We got deep over a beer in the Shakespeare tonight. He's had a call from a top screenwriter he knows from his writing days. She wants his help on developing a new TV detective series. Joel said it feels like a beautiful woman catching his eye 26£9.99).

in the street and tempting him. A few years ago he'd have done anything to talk to her. Now he's worried that it will take his focus away from being a priest. This is a leader I'd follow.

Saturday 9 October

Anna has come to Cranmer for the night. She makes things nice. She's a nester. My college room now feels like a home. She's decked it out in lamps and candles and quality drapery. Our babies are

sucking Anna dry of nutrients. Her gums are swollen and bloodied. Her chin is covered in spots. But my heart still pounds with an intense love for her.

We went for a meal to Jason and Ruth's house tonight. Jason says they have the 'spiritual gift of hospitality'. Who says that? He has a point, though. The dining table was more appropriate for a state visit. I felt like the

Chilean ambassador taking my seat. It was adorned with candles in ornate silver holders. Rolled napkins were laid out at exact angles. Best of all, our place names were written out in flowery calligraphy. I tried really hard to be civilized and not dominate the conversation. Results were mixed once the wine flowed. I have the spiritual gift of talking crap.

This is extract from Becoming Reverend by Matt Woodcock (Church House Press, £9.99).



Mrs Diot

Ronald Blythe

To Little Gidding, the three of us. You would find the hedges

White again, in May, with voluptuary sweetness.

And, of course, we did.

Long ago, I attended T. S. Biot's memorial service in Westminster Abbey, and heard Sr Alec Guinness read this third *Quartet* from the pulpit. It was written during the Blitz, and that fiery turmoil could not have been further away than pensive Huntingdonshire. My aunt Daisy Upjohn lived there. So did red kites.

It remains a county of non-emphatic things, such as the unlisted flower that my botanist friend, Stephen Garrett, found in a dried-up pond. It was a long drive by track and motorway. And there was the dull façade, which I have never found dull at all, and the bumpy evidence of human presence in the grass, and of God's presence everywhere. You can see for miles.

The hospitality of plainness is what is offered – is what the little king was offered. And how strange for him to be in Cromwell-land! Where the entire book of Psalms was recited daily. Now and then, I have sat in the chapel and thought I could still hear the holy drone.

The east window once contained a rarely depicted Joseph of Arimathaea, but now it frames greening trees, which wave against the glass. The seating is collegiate, the east end, font, and commandments are enduring brass. Outside, John Ferrar's tomb tilts. I want to stay for hours, but our hired car must



be returned by six, and so we join the workers on their way home, we and the red kites. Filgrimages are like this. An effort, a prayer, a conclusion.

Back home, the white cat sits where we left her, on the disintegrating brick wall. Ivies and moss hold it together. She always waits until the sun warms it up. She meets us with restrained joy, and a lively appetite; a holy animal. Adrian comes to cut the grass.

1 remember having dinner in London

with Valerie, Biot's widow. It has been pouring with rain, and when she takes her coat off she is covered with - sapphires.

'Mrs ∃iot!' I say.

'Cats, dear,' she explains. A homely Yorkshire woman. In 'A Dedication to my Wife', Eliot wrote:

To whom I owe the leaping delight That quickens my senses in our wakingtime.

There are photos of them, not young, not old, smiling into the camera. I never asked if she had been to Little Gidding. I said I knew Yorkshire, a little. An American publisher and his wife were giving us dinner at the Dorchester. It was all so unlikely, yet happening. Like life itself.

I watched the last train to Suffolk make its drenched way. The night was light. Rainwater streamed down the carriage window. Footballers got out here and there. I felt wide awake, too. And now, all these years later, I can't remember what we said or what we ate. Just damp clothes and sapphires in a London hotel, and a generous American publisher helping us on with our coats. 'It was before your time,' I tell the white cat. Although she is no spring chicken. How beautiful she is, how perfect.

In my T. S. Biot poems, Old Possum's Book of Practical Cats is sandwiched between Four Quartets and Murder in the Cathedral. I expect he decreed this. The wills of poets are adamant – famously, where Valerie was concerned. Solicitors, too, follow instructions. But writers tend to lose the way, going off at a tangent, chasing hares. Dreaming. Trying to think of what somebody said 40 years ago, and not of sapphires in the rain.

This is an edited extract from Borderlands by Ronald Blythe (Canterbury Press).

recipe

Banana Pumpkin-seed Bread

This is a different take on the standard banana bread loaf, introducing new textures and delicious flavours. Coconut sugar can be substituted with normal sugar, if you can't find it.

Method

- 1 Preheat the oven to 180°C/350°F/Gas 4, and line a square tin with baking parchment.
- **2** Mash the bananas and add the seed or nut butters.

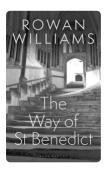
Ingredients

ripe bananas — the riper the better 4 tablespoons nut or seed butter, eg. almond 100g (4 oz) coconut sugar 1 teaspoon real vanilla extract 1 teaspoon bicarbonate of soda ½ teaspoon baking powder 1 egg 200g (8 oz) plain flour (wholemeal flour works well) a handful of pumpkin seeds a handful of sunflower seeds

- **3** Add the rest of the ingredients except the flour, and mix well. Then fold in the flour. Alternatively, whizz the whole lot together in a food processor or mixer.
- **4** Spread the mixture evenly in the tin, and bake for about 50 minutes to an hour, depending on the size and shape of your tin, until a skewer or a knife will come out cleanly.
- **5** Cool for a few minutes in the tin, and then on a wire rack.

This recipe is from the Church Times, adapted by Terence Handley-Macmath.

books



THE WAY OF ST BENEDICT

Rowan Williams Bloomsbury, £12.99 (£11.69)

Although Rowan Williams is not a Benedictine, this book clearly emerges from a life

of prayer, wisdom, and the love of God. It offers "an invitation to look at various current questions through the lens of the Rule and reflect on aspects of Benedictine history that might have something to say to us".

This is done through a series of "studies" — "Shaping Holy Lives", "A Perspective from England", "The Future of Europe", and "A Benedictine on

Mysticism: Abbot Cuthbert Butler", etc. Some appeared in previous books, which are listed.

The scope of Williams's knowledge is remarkable, and the varied chapters reveal insights that would be of value to a wide audience. Some offer a detailed, speculative theological approach, requiring the reader to recall St Benedict's opening injunction Ausculta, "Listen!"

While little mention is made of Benedictine worship, there is an important study on the relationship between mission and contemplation which should be compulsory reading for those involved in church growth.

The Revd John-Francis Friendship is a senior team member at the London Centre for Spiritual Direction.



THE PRIVATE JOYS OF NNENNA MALONEY

Okechukwu Nzelu Dialogue Books £16.99 (£15.29)

"Pregnant at graduation.
Unmarried, the

black father nowhere to be seen. These things aren't supposed to happen to people who go to Cambridge." So laments Joanie Maloney, unmarried mother of Nnenna.

The action of this novel ranges dialissues deftly touched on, the clashes between generations, and, crucially, how skin-colour can warp, but also

between 1992 and 2010, with crucial early scenes in Cambridge, and most of it set in Joanie's hometown of Manchester, where she is bringing up her daughter Nnenna. But she doesn't tell Nnenna anything about the identity of Maurice, her Igbo-Nigerian father.

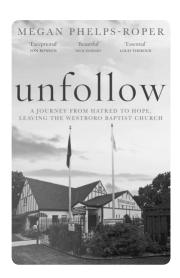
Now that Nnenna has reached the age of 16, she is desperate to understand her colour and her background, to know who her father is, and to reveal the unknown half of her true identity

Okechukwu Nzelu is another new Nigerian writer to celebrate: *The Private Joys of Nnenna Maloney* has the same clear, well-written prose and natural dialogue, the same important human hes illuminate, a human life.

Peggy Woodford is a novelist.

All three of these books can be purchased online at our Church House Bookshop: **www.chbookshop.co.uk**





UNFOLLOW:

A journey from hatred to hope Megan Phelps-Roper Riverrun £14.99 (£13.49)

Westboro Baptist Church in Topeka, Kansas — founded by "Gramps" Fred Phelps — is internationally notorious for its practice of picketing, displaying slogans such as "God hates fags", "Thank God for 9/11", and — after the Sandy Hook shooting — "Pray for more dead kids". Megan Phelps-Roper is Fred Phelps's granddaughter and was also — until she was 26 — a willing and active participant of this maverick independent church.

But then she left. Unfollow is her absorbing, candid, self-penned story about what it was like growing up in this aggressively self-righteous community, and why she had to go.

It t took this intelligent woman (a trained lawyer) 26 years to allow her questions to come to a head. Slowly, she began to recognise that Westboro's ideology "favoured fear and control over mercy and grace". She grew increasingly uncomfortable with the pain and distress that her activities were causing to others, and their disjunction with the example of Jesus.

Her eventual departure from Westboro was a painful and heroic act, as she found herself ostracised by her family and on a "path of doubt and scepticism and confusion and awe". This is a thoughtful, brave, and timely book.

Malcolm Doney is a writer, broadcaster and Anglican priest.

poetry place



And I, what fountain of fire am I among This leaping combustion of spring? My spirit is tossed About like a shadow buffeted in the throng Of flames, a shadow that's gone astray, and is lost.



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wordsearch

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BUBBLEGUM CARAMEL CHOCOLATE HONEYCOMB MINT PISTACHIO ROCKYROAD STRAWBERRY VANILLA

Can you find the words listed in the grid? They may be written in any direction. The sender of the first correct solution to be opened after the end of the month will receive a £10 book token.

Send your entries to: May Wordsearch, The Sign, 3rd Floor, Invicta House, 108–114 Golden Lane, London EC1Y OTG.

The closing date for submissions is 10th June.

The winner of the February Wordsearch was Margaret Wells.

Name	
Address	
	Postcode
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