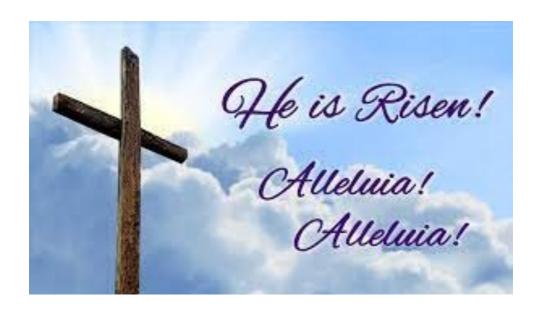




All the latest news for our communities for May 2023



be, belong, encounter, grow

Keep up to date on our websites:

www.ststephens-colchester.org.uk www.stmargaretscolchester.org.uk

Regular Weekly Services and Meetings

St Stephen's—Sunday mornings at 11:00 am together with our Wednesday morning Holy Communion or Morning Prayer services at 10:30 am.

2nd and 4th Sundays from 9:30—10:00 am (before Sunday Service) a time of Christian meditation

Messy Church on the first Sunday of the month, on the second & fourth Sunday of the month we have Morning Worship, including Holy Communion and Kids Club. The third Sunday we have Café Church in the morning including Breakfast Club and a short service of Holy Communion at 6 pm.

St Margaret's—Sunday mornings at 9:30 am and Morning Prayer on Wednesdays at 9:30 am

1st Sunday of the month is All Aged Worship, 2nd and 4th Holy Communion and Morning Prayer on the 3rd.

5th Sunday of the month (if there is one) joint worship at either St Stephen's or St Margaret's—see notices for further details

Three Together; St Stephen's, Wimpole Road and St Margaret's Worship & Meetings

Weekly Sunday Evening On Line Worship on Facebook at 6:30 pm. This will stream into our Facebook pages. You are able to join us live at the time or take part at an alternative time that better suits you.



Weekly Prayer Meeting at 10:00 on Tuesday via Zoom

<u>Click here</u> to access Zoom on the internet or Meeting ID: 195 594 506 & Passcode: 011904

You can also access Zoom Meetings via the telephone; please contact Andrew Topple for further information.

Pause for thought 'May 2023' Rev Lorraine

Over the last couple of weeks, I have been thinking a lot about journeying and pilgrimages' possibly hankering after an extended holiday walking the Santiago del Compostela.

I've been remembering about my time in curacy when I met up with some of my old friends, Rhun, Tom and Stephen who were cycling to all the Cathedrals in Wales over 8 days. I cycled a miserly 1 day of that-from Bangor Cathedral to St Asaph. I was proud of myself, and although I had quite a sore bottom, I did manage to keep up with them all for the 45 miles of their 450 miles.

If you have seen the film 'The Way' with Martin Sheen this powerfully shows how pilgrimages can feed the body, spirit and soul.

After finding out that his son has died trying to embark on the famous pilgrimage route 'Santiago del Compostela', Martin Sheen's character decides that it is important for him to finish what his son had started. At first, he didn't understand why his son would have chosen to do this. However, through this journey, this way, he learns more about his son. He can grieve, discover, and learn about himself, and his faith, he is able to meet new friends. All these things along the way led to truths being discovered and his life was totally enriched through his own pilgrimage.

Yet so often it can still feel like we are travelling alone. Very much like the famous Christian poem 'Footsteps'. I'm sure you've all heard it, but I'll recap it just in-case. It is a description of a dream, in which the person is walking on a beach with God. They leave two sets of footprints in the sand behind them. Looking back, the tracks represent various stages of this person's life. At some points the two trails dwindle to one, especially at the lowest and most hopeless moments of the character's life. When questioning God, believing that God must have abandoned his follower during those times, God gives the explanation: "During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you.

Whilst I was cycling or when I have walked you get preoccupied by chatting to others, sometimes you focus on the task ahead, and sometimes you can just be and nothing else matters. In all the times I have spent pilgrimaging I have spent a lot of time appreciating the beauty around me.

I certainly didn't spend all my time in silence or, so intentionally praying or being religious and when I was cycling up hills, I certainly didn't feel like God was

carrying me. However, looking back, God was there in all those encounters, in a very special way.

If often feels like we must do something to see and feel and hear God's presence with us. It can feel like a chore. 30 minutes with God in prayer every morning, job done. Maybe some of us feel we need to climb to the top of the world or go to a 'Holy place' to find God, or even go on a pilgrimage. If we don't make this effort, does it mean that God isn't there?

However, Jesus was found in all sorts of everyday places. Jesus might have been found attending a wedding. He was often seen walking through a market-place. Jesus could be found eating dinner with tax collectors and sinners. Jesus could be found at the village well getting a drink of cold water. Jesus was often in church. Jesus might be found sitting on the waterfront. Jesus was always walking on his way to somewhere. He wasn't just at the top of a mountain, or just in the temple, he was out there meeting people.

I once read a statistic that based on Jesus' activities as recorded in the book of Matthew, they estimated that Jesus could have walked 21,525 miles in his lifetime. Doing this much walking and taking enabled Jesus to see faces, hear stories, experience the hospitality of strangers and feel the connection between the land and its people."

At the time of the 9/11 disaster in New York Michael Jackson had a concert in New York City that was attended not only by many concert goers but also by many of his close Hollywood friends, among them Elizabeth Taylor and Marlon Brando. It was said that Michael Jackson fearing another terrorist attack, along with Elizabeth Taylor and Marlon Brando rented a car so they could get as far away from New York City as possible.

One of the little asides in the story is that Michael Jackson and Elizabeth Taylor were annoyed with Marlon Brando because he made so many stops at KFCs and Burger Kings along the way.

While we think it would be very strange to see Hollywood celebrities noshing at a KFC or a Burger King or maybe even William and Kate in Home Bargains... that is exactly where Jesus would have been.

Jesus can be found at the busiest bus stop in Colchester. Jesus can be found at the motorway intersections where foot traffic is heaviest. Jesus can be found in the A and E, café and waiting rooms of the busiest hospitals. Jesus can be found walking along bike trails and in shopping centres.

The truth is, wherever you are, Jesus is!

At times and in unexpected ways, our eyes are opened to God's presence, and we comprehend once again the immeasurable love for us in Christ. Not just at the top of mountains and in church but often in the giggle of a baby, the love of a pet, the sun on a summer's day. In the local pub with friends and strangers, or at a hospital appointment.

Our lives are like long treks or journeys. Every trek has a beginning, a middle and an end. Some of us have yet to begin our trek with Jesus. Others are well on their way and others are nearing the end. Some days are harder than others, you might have saddle sore, or you might lose a bit of direction. However never forget that God is always with you, just like the poem. You may feel totally on your own with no one to travel with. Remember Jesus's words 'Do not let your hearts be troubled. Trust in God. Trust also in me.' Trust that he will be there to carry you if you need it.

Rev Lorraine

Letter from the Churchwardens

Our Annual Parish Church Meeting takes place on Sunday 21st May after the morning service. This is an important moment when we review all aspects of the church's life in the past year (and it was pretty eventful wasn't it?).

There will be reports which cover every aspect of the church's ministry and our finances. We will be electing churchwardens and some members of the PCC (Parochial Church Council) where there are vacancies or where members have come to the end of their term.

You may have been involved with St Stephens for years and years or you may have just started worshipping with us. If you are wondering about joining us more formally, please talk to Rev Lorraine about how you can join the 'electoral roll' which gives you the right to vote at the APCM.

But here's a bit of background regarding the PCC. If you have previously worshipped in a church from a different denomination, an Anglican church's PCC is a team made up of clergy and lay members of a parish church. Together they are responsible for the overall wellbeing, practical as well as spiritual, of their church, the church members, and the church buildings and grounds. The PCC also has a duty to promote the mission of the church within the wider community. Having an active and committed PCC that represents various areas of the church's life and works well together is crucial.

So as we approach the APCM, please pray for the church's future ministry, for your PCC members, and that the right people will come forward to serve on the PCC. If you are on the electoral roll, think and pray about whether you want to nominate someone to fill the vacancies. Talk to us about how you can do that.

Whether you are already on the electoral roll or not, this time of reviewing the church's work is a good time to prayerfully consider whether you want to get more involved. If you want to discuss that, talk to any of the clergy, the churchwardens or members of the PCC. We would be keen to help you think through what you what your gifts are and what you may feel led to contribute,

Best Wishes,

John Clifton

for John Clifton and Martin Kerins, Churchwardens



ALL WELCOME!

CAMPING 7th – 9th July 2023



Please see later for further information





Starting on Sunday 7th May At 6:30pm

Running for 8 weeks
St. Stephen's Church is
running

The Bible Course



The Bible course will help you understand the Bible for yourself.

Over eight session you will see the big picture of the Bible storyline – from Genesis to Revelation. Each session is interactive, with sections of teaching, discussion time and person reflection.

Dr Andrew Ollerton

Sign up at the back of the church or contact:



Dan Church Office

It's YOUR Newsletter

Please don't forget, if you have stories or items that they would like to contribute to future Newsletters please contact me at: office@ststephens-colcheser.org.uk.



Andrew Topple

KIDS' CLUB

Will be meeting in the hall on

14th MAY at 11 am

(on the 28th May, weather permitting, we will be joining with Wimpole Road for a joint PENTECOST service on the Recreation Ground.)

New Town Open Gardens Sunday 11 June

Once again we have been asked if we will open the Church to support this community event and serve refreshments etc during the afternoon. We will also be hosting a talk during the afternoon in the Worship Area by Rowhedge Owl Rescue and hopefully having live music during the afternoon.



However, we will need people to help with this on the day, so please can you let me or Lorraine know if you would be able to give up a couple of hours on the day to assist; hopefully on a rota basis.

Thank you. Andrew

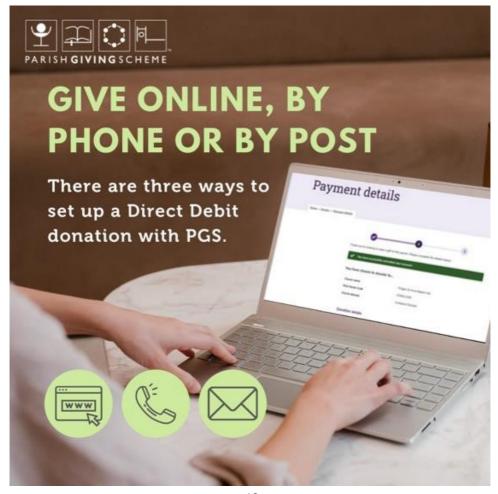


Time: From 11.00am - 4.00pm At: St. Stephen's Church, Canterbury Road, Colchester

Parish Giving

Whether by phone, by post or online, you can set up a Direct Debit donation with PGS that will help our parish fund the mission and ministry, enriching the life of our church in our community.

Begin your giving journey in just a few clicks at www.parishgiving.org.uk



A Day in the Life of a Guide Dog User / Severely Sight impaired Person.

Up early - shower and get dressed. Sort Thors breakfast with 2 trips to the garden (Spends as in spending a Penny). My breakfast another spend for Thor before he goes out free running and last spend for Thor (poo) to empty his tank before work. Managed all this without miss hap? Knocking something over at home, breaking something? Got safely round the Rec without another dog having a go at Thor? All good today!!!! Excellent! Going to Town today to return my daughter stuff. Dreadful weather so we go on the bus. Returned stuff and walked home. No incidents today? No one wanting to pet my dog? Telling me that if we are stationary they can pet my dog (guide dog excuse me!)! Distracting me and him while we are trying to cross the road? The bus driver wasn't cross because we stopped the bus and it wasn't the one we wanted? No, no and no?!?! Epic day!

I'm so great full - I bless God every day I have Thor. I am one of the very lucky people that have a guide dog. He doesn't cost me a penny to have. People very kindly donate a total of £55,000 for the cost of Thors care in his lifetime (or is it more now?). People wait at least 2 years to get a guide dogs once they have been accepted onto the waiting

list and are assessed as a person who will use a guide dog appropriately.

Thor is freedom for me I can go out wherever I want when ever I want. I tell him to find Boots, the bus stop, Church, London to see my Mum, he has taken me to France on a boats.
BUT the reason he is such a good Guide Dog is because I stick to the guide dog protocols.



Cont...

I trained with him 7 years ago the protocols may have changed in that time and each guide dog owner does what works for them with their dog. For example I feel very much an Ambassador for guide dogs. I see him being a professional doing a professional job and he deserves the respect that goes with that. I think it's more than acceptable that if we are out for the day you need the toilet and a drink. I mix this with the guide dog protocol to mean when we get somewhere we both go toilet and have a drink likewise when we leave. I always carry a folding water bowl with us everywhere just as I would bring a drink for me. Tea for Thor comes to as I would bring pack lunch. Simple really. My Guide Dog trainer suggested a blanket for Thor to lye on if you are going to an informal places. Somewhere to "rest" while I do whatever. Attend a lunch club, activity club or have coffee. Before he settles or when we are about to leave he can say "hello" to people. If we are not staying long or it's an informal setting (food bank etc) I will say lye down but if I haven't specified where the choice is his. He may choose inappropriately (on purpose.!?!) and have to move as he's in the way but he can say hello to people in the meantime while moving! On the other hand not everyone likes dog and he knows when I say "come" "Iye down" and my finger is pointing to indicating where he is to lye he knows I mean now and he knows it!

What you can do to help - if you have to ask "can I...." Then the answer is always NO. If Thor is outside my home he is "on duty" so please do not distract him. Please don't be offended if people say no to help and are bad tempered. As I mentioned earlier they might have had a horrible day (like many people) I have a "mental map" and someone interrupting me or moving me is very disorienting and annoying. Some people like to think they are being helpful and they are in fact not being helpful. If someone asks for help or you offer help please ask "how can I help"? Everyone is different and would like to be helped in a different way. Personally I an very capable at asking for help and am very clear about how you can help me. I am also VERY good at playing the game that I can see when in fact I can't!!! I have lived and worked all my life "in the sighted world". Other people have far less confidence, don't go out so often, are proud and don't like to ask for help. Please be tolerant we disabled people can be very awkward as we all can be. Every penny given to Guide dogs is freedom for a severely sight impaired person. Thanks so much for your help and support it's very much appreciated!

Fiona Seager

Camping at Torrington Friday 7th July to Sunday 9th July 2023

We have booked a return to Thorrington for our annual camping. We have the indoor accommodation which can sleep 14 people (in bunk beds, with handy toilet and kitchen facilities) and then the fallen log campsite which is a lovely big open site set in the woods.

The weekend is open to all ages and some people come for two or one night, one day or just the Saturday evening. It is really flexible and open to all ages whether on our own or in a family. Everyone is welcome.

The plan for the weekend is very relaxed with arrival at the site from 5:30 on the Friday evening (it is fine to arrive anytime after this, but NOT before as there will be no warden on site). In previous years we:

- Had lovely take away fish and chips
- Relaxed around the fire while enjoying a sip of your favourite tipple. Some people sing and play any instruments they bring.
- Played sports.
- Sat reading and drinking tea, chatting and got to know each other.
- Completed in a go karting challenge and played human table football.
- Went on a nature walk.
- Had a group BBQ.
- Had a small service on Sunday morning in the outdoors.

On Saturday usually we have a group BBQ with people bringing food to share.

We break camp normally around lunch time on Sunday. Please also note that there is a noise curfew from 11pm-7am.

All the above is very relaxed there is never any pressure to do anything. People dip in and out of whatever they fancy. People bring their own food and we find this works well. We have a fully working kitchen in the indoor accommodation. There are showers and toilets on site. Cost guide - The bunk bed is around £15.00 per person per night with the camping £7 per person per night and free for under 5's. The indoor accommodation is split into different size rooms. There is additional small costs if you do some activities.

Cont...

The Papillon has two rooms with two bunk beds, one room with four bunk beds, and one room with six bunk beds. Please note you will need sleeping bags or sheet and duvet for the indoor accommodation. If visiting during the day the charge is £1 per person.

If you haven't been please have a think and feel free to ask us if you have any questions. We even have some tents people can borrow, and is cost is an issue please talk to us, we would rather people were included and we don't want money to be a barrier.

If you could be kind enough to let me know if you can come and whether you are camping or would like the indoor accommodation that would be great, my email address and, number is below.

Thank you

Peter Porteous-Butler 07876 492622 Email pb@peterbutler.com





Holiday Club 24 – 28 July

Please see Facebook and web site pages for further information & to book your place or click here



Youthy is Back!

on Thursday evenings during time

6:30-8:00 pm for ages 10-13

8:00—9:00 pm for ages 13—17

Simply come along and have a great time

For further information or if you would like to volunteer to help email or message Sarah at

sarah.daniels@ymcachelmsford.org.uk or 07508 151 225

Over 60's Lunch Club at St Stephen's on

15 May 2023

from midday for 12:30 lunch

If you are interested in coming along please give Jill a ring on 01206 572 605. Booking is essential for catering purposes.

Two courses will be served with tea or coffee to follow for a charge of £5.

Dietary needs can be catered for if known in advance.

Many thanks from The Lunch Club Team



FAIRTRADE CHURCH

FAIRTRADE

As we no longer have any stock from Traidcraft we won't be



holding any more Fairtrade

stalls in church.

We will remain a Fairtrade church and therefore an

Eco-church as long as we continue to use as many Fairtrade products as we can for our church refreshments and generally support Fairtrade.

Thank you for your support over many years. Please continue to support producers and farmers by buying supermarket Fairtrade items.

Thank you.

Beryl and Alison



KEEP UP TO DATE WITH WHAT'S GOING ON AT CHURCH AND AROUND THE LOCAL AREA

Watch our Facebook pages for all sorts of information about what is going and as well as the "Events" page on our web site.



Please <u>click here</u> to see the Events page

PRAYER FOR ACROSS OUR COMMUNITIES

Please pray for the people living in the following roads across out two parishes:



Week 1 from 1 May; Winsley Road, Beehive Court, Worsnip House, Moy Road and Stansted Road.

Week 2. from 8 May: Cannon Street, Rebow Street, Victoria Place, Prince Philip Road and Prince Charles Road.

Week 3 from 15 May: Belmont Place, Scarlett's Road, Recreation Road, Hooper Avenue and Fowler Road.

Week 4 from 22 May: Brookside Close, Bourne Road, Dudley Close, Bourne Court, Perth Close and Rockhampton Walk.

Week 4 from 29 May: New Town Road, Parkland Court, Smiths Field, The Willows and Holm Oak.

Anybody who wants to Prayer Walk these roads please do.

The Colchester Green Christian Group warmly invites you to

Workshops Belong

- . Worship
 - · Discussion
- · Learning
 - · Resources





Andy Jowitt is our Facilitator for the day.

After many years in parish ministry, then a sabbatical for A Rocha UK, he is now Community Engagement Officer for the Foxearth Meadows Nature Reserve near Sudbury. He will provide stimulating information and prayerful direction for us as we explore Care for Creation as part of mission, and Biodiversity in the Bible.

Saturday 24 June 2023

Assington Hall, Assington, Sudbury, Suffolk CO10 5LQ 10.00am to 4.00pm

Assington Hall is a Christian Conference Centre set in about 30 acres of woodland and pasture in the Suffok countryside. With excellent facilities, we are sure to enjoy its tranquility as we explore what God has to tell us about the environment.

Places are limited. To book in, please email: indexprint@btinternet.com



Donation requested: £14.50 Enquiries: 07831 101323

Please bring your own lunch; we will provide drinks throughout the day.



ST STEPHEN'S BADMINTON CLUB FOR ADULTS

MEETING IN THE HALL ON THE LAST FRIDAY OF THE MONTH

7:30 - 9:30 pm

Silver Threads at St Margaret's



A warm welcome awaits you on Wednesday afternoon

Tea and company - 1st Wednesday of the month 1.30pm to 3.00pm

Knit and Natter - 2nd Wednesday of month 1.30 to 3.30pm

Fun and Games - 3rd Wednesday of the month 1.30pm to 3.00pm

Food for Thought - 4th Wednesday of the month 12.30pm -1.45pm

booking essential for catering reasons – to book call 01206 564017

Tea and Chat - 5th Wednesday (when there is one) 1.30-3 pm

Transport to St Stephen's Church

If you'd like to come to Church, but you are struggling and a lift would help, please speak to Belinda and she will see if she can start up a lift rota.



If you could help with proving lifts to people, please also speak to Belinda.



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O Colchester Town Hall

#colchesterjobsfair

FREE ENTRY & OPEN TO EVERYONE

MEET FACE-TO-FACE WITH 25+ EXHIBITORS AT THE JOBS FAIR











TheJobFairs

thejobfairs.co.uk



Could you help someone with dementia do things they love?

Volunteer for our Side by Side service and share your passion with someone living with dementia.

Together, you can do anything from play a round of golf, listen to music, or simply have a cuppa and a chat.

Alzheimer's Society operates in England, Wales and Northern Ireland. Registered charity number 296645

Get in touch today to find out more

0333 150 3456

sbsessex@alzheimers.org.uk

alzheimers.org.uk/ sidebysidevolunteer



Craft Fair

Sat 13th May 2023



Bourne Mill
Colchester CO2 8RT

10.00-3.30

Unusual and unique gifts created by local artists and crafters.

Refreshments available Free admission



fb: @bournevalleycrafterscolchester email: bournevalleycrafters3@gmail.com





Bourne Mill, Colchester

Sunday 14 May 2023 11.00am-4.00pm

nationaltrust.org.uk/bourne-mill



WANTED GARDENS!

NEW TOWN OPEN GARDENS SUNDAY, 11TH JUNE, 1-6pm

CONTACT:

ANN MORRIS

01206 798132



of Oesophageal Cancer.





Rainbow Tots

A warm and friendly group for you and your little one to meet and make friends in your local area.

Wednesdays (term time)

Fun free play sessions with rhyme time to finish!

1.15pm-2.30pm

St Stephen's Church Canterbury Road CO2 7RY

Snacks for the tots & refreshments for the adults

£1.50 per child (+50p additional child)





Little Lambs

parent and pre-school group



Mondays in term time 9.30-11am

Everyone welcome £1.50 per family

He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young. Isoiah 40 v.11



Contacts Carolyn 07748793926



Baby & Toddler Group Coffee morning

Mondays 9 – 11 am
(term time)
Toys, singing,
fun and refreshments

Contact us at: <u>wimpoleroadmc@gmail.com</u> / Facebook message / 07847 846292



A free Community Café in conjunction with Colchester Foodbank at St Margaret's Church Hall

Stansted Road, Colchester, CO2 8RA Every Friday from 11:00am to 1:00pm

The café will offer free refreshments and everyone is welcome. We will also have different community groups and charities from week to week providing support and care to the local community. So come along for a chat and a cuppa.

Every Friday

the following partners will be available this week





Contact Information

St Stephen's Church Centre, Canterbury Road, Colchester CO2 7RY

Rector: Rev Lorraine Watts

Curate: Rev Dan Cant

Curate: Rev Belinda Kerins

Administrator: Andrew Topple

The Church Office is open on:

Tuesday 12 noon - 3 pm Wednesday 12 noon - 3 pm Thursday 9 am - 12 noon

Tel: 01206 869091

Email: office@ststephens-colchester.org.uk

Website: www.ststephens-colchester.org.uk

Facebook: St Stephen's Church Members -Colchester

Church Wardens: John Clifton and Martin Kerins

For Centre bookings contact: Andrew Topple in the Church Office

For urgent prayer requests (Prayer Tree) contact Andrew in the office or Rev Lorraine

The June newsletter should be available by Sunday 28 May Please send any items to
Andrew for inclusion as early as possible, and no later than
Monday 22 May to:

office@ststephens-colchester.org.uk