

# People and Parish

July/August 2017



In this issue.....

- The Power to Live
- All tied up
- Warden seeks culprit in car park

60p or £6 per year



The Parish Church of St Leonard  
Heath and Reach



Team Rector: Canon Grant Fellows, 01525 373217

## **The Parish of St Leonard, Heath and Reach**

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

Team Vicar	Revd. Noel McGeeney, The Vicarage, 2 Reach Lane, LU7 0AL, 01525 237633 <a href="mailto:saggart@yahoo.com">saggart@yahoo.com</a>
Church Wardens	Br Bede Falconer CoS, 46 Chiltern Gardens, LU7 3BL 07925 364480 Mrs Val Roberts, 7 Cotefield Drive LU7 3DS, 01525 852347
Secretary	Mrs Ann Gomersall, 173 Cotefield Drive, LU7 3DT, 01525 376572
Treasurer	Mrs Jill Thomas, 46 Redwood Glade, LU7 3JT, 01525 374175
Freewill Offerings	Mr Tony Mellodey, 12 Holts Green, Great Brickhill, MK17 9AJ, 01525 261552 / 07771 686005
Administrator and Church Hall Bookings	Mrs Kelly Burley, St Leonard's Parish Office, St Leonard's Church Hall, Leighton Road LU7 0AA. 07502 320025 <a href="mailto:stleonardheath@gmail.com">stleonardheath@gmail.com</a>
Office hours: 10.00am—1.00pm Tuesdays, Thursdays	

### **GROUPS AND ACTIVITIES**

Little Fishes	Mums & Toddlers, Monday 1.30 pm in the hall Contact: Parish Office
Choir	Sundays at 10.15am in Church, Contact: Jane Newman, 01525 237421
SLAP	St Leonard's Amateur Players, Contact: Mrs Nicole Waldoock, 01908 608304
Men's Breakfast Group	Termly, Saturdays at 8.30am. Contact Neil Forsyth on 01525 377047
Magazine Editors	Neil Forsyth, 01525 377047 and Claire Forsyth 07745 431356, <a href="mailto:stleonardsmag@gmail.com">stleonardsmag@gmail.com</a>
Magazine Advertising	Contact Parish Office 07502 320025

All copy to reach Editor by 15<sup>th</sup> of the month, please

# Thought for the Month



## THE POWER TO LIVE

To live well is hard work. The older we get the harder it gets, we have to put in more effort to do what we used to do naturally. A favourite phrase of mine refers to Mind over Matter, 'if you don't mind it doesn't matter! This article titled The Power to Live puts the responsibility of living into our own hands. . I have often wondered how much power we really have at all? We have the power to live well everyday. I am

convinced that attitude is the starting point.

A short reflection on Attitude:

We cannot choose how many years we live  
but we can choose how much life those years will have.

We cannot control the beauty of our face  
but we can control the expression on it.

We cannot control life's difficult moments  
but we can choose to make life less difficult.

We cannot control the negative atmosphere of the world  
but we can control the atmosphere of our minds.

Too often we try to choose to control things we cannot  
too seldom we choose to control what we can.

(John C Maxwell. Developing the leader within you.)

The line that strikes me most says, 'we can control the atmosphere of our minds'. I have heard it said that clergy have only one sermon and they repeat that all the time! My one sermon is 'let it go'. Whatever is holding you back, clouding your mind, keeping you down, let it go. The way to control the atmosphere of our minds is to continually spring clean, dispose of the baggage and waste that seeks to clutter the atmosphere of our minds.

How well do you cope with endings? Saying goodbye, coping with sadness, sorrow, grief and mourning? I refer to sadness as a small loss: sorrow as a large loss: grief as a traumatic loss: and mourning as an enduring loss. Rather than being defined by loss work hard at being defined by life.

Our role model for this of course is Jesus. His passion, suffering and death, as we follow his journey from the garden of Gethsemane through the events of Good Friday the time spent in the tomb on Holy Saturday until the day of Resurrection: what in Church language is called 'the Paschal Mystery'. We are invited to live the paschal mystery everyday, to live our lives as a constant letting go.

Within the Cathedral of St. Alban's is a small chapel where there is a set of six sculpted and etched Perspex Angel figures depicting the emotional stages in the bereavement journey, originally designed by artist Claudia Brown for the empty statue niches in the Ramryge Chapel. The figures are: Denial, Anger, Bargaining, Depression, Acceptance and Peace. In the bookshop you can buy a set of the cards called the Ramryge Angels. I find it a place of calm and healing.

Martin Luther King said that 'forgiveness is not an occasional act but a permanent attitude' so to paraphrase, 'acceptance is not an occasional act but a permanent attitude'. Deep inner peace, called in the bible, Shalom, is preceded by acceptance.

Shalom!

Noel



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# *The Parish Registers*



## *Funerals*

*1st June Anthony Brian Perry*

*8th June Brian Kimble*

*13th June Mary Banwell*

### An Apology

In last month's report on the May Fayre, we unfortunately omitted to acknowledge some people who were kind enough to provide support to the Dog Show. These were:

#### **Dillamore's Furnishings**

Pets At Home, Aylesbury

Oliver & Hare

We apologise for the oversight and would like to express our grateful thanks for their contribution to the success of the day.

### **Daytime services at St Leonard's**

In addition to the two Sunday service at St Leonard's and the Tuesday evening service (see back page), the church is open for Morning Prayer at 8.45am.

The church continues to be open for visitors all week during daylight hours.

# Badminton Club

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# *The Villager*

*by Geoff White*

It is difficult to imagine now how people years ago managed without the mobile phone. Even when shopping in supermarkets these days, worried-looking shoppers are seen on their hands and knees, consulting their loved ones about which size of tin or what make of produce they should get. Also, what did we of more mature age do in our spare time without all staring at a game on a screen?

Of course, most of the working classes one hundred or so years ago were having to find labour to get money and eke out what little they had to live on. I was reminded of this the other day when my brother-in-law sent me an old token that he had purchased on E-Bay and thought it was something in which I would be interested. It was a halfpenny Token dated 1794 and was payable at the shops of the firm of Chambers, Langston Hall and Company, who specialised in the sale of lace from their shops at Leighton Buzzard and Berkhamsted. To replenish their inventory of lace, the firm commissioned women, many from the villages near their shops, to manufacture it for them. They were issued with the tokens, which they could then exchange for wages. On one side of the token, which is made of copper, is shown a woman sitting under a tree in a relaxing environment, working with **fabric to make lace. On the rim are the words "Lace Manufactory" and on the reverse of the token is a depiction of a sheep and the date 1794.** This represents wool, one of the raw materials used to make lace.

Bedfordshire was an important area for lace making and Leighton Buzzard was **noted in the county directory in 1785 as 'a pleasant town with lace makers among its traders'.** The village lace makers purchased the materials themselves and then sold the lace to a factor, who in turn sold it to a manufacturer. Different bobbins were used for different patterns, being made of wood or bone, which were carved **with family names and arranged on a pillow on the worker's lap. Some girls started learning from seven years of age and employers often provided schooling, which was paid for by money deducted from their wages.** There was a lace and plait making class in Heath and Reach in February 1917, which Mrs Margery Taylor ran. She had a Certificate of Merit from the Beds Lace Education Committee, which had instituted a revival of the craft in about 1906. The lace makers often worked from eight in the morning until ten at night.

With the coming of machinery, the cottage industry gradually ceased but the children of the village school kept the old craft going when they were shown the craft in 1996 and made some lace themselves.

## More Brains of Britain

*Beacon Radio (Wolverhampton)*

DJ Mark: For 10 points, what id the nationality of the Pope?

Ruth from Rowley Regis: I think I know that one. Is it Jewish?

*Lincs FM Phone-In*

Presenter: Which is the largest Spanish-speaking country in the world?

Contestant: Barcelona

Presenter: I was after the name of a country

Contestant: I'm sorry, I don't know the names of any countries in Spain

*Paul Wappat (BBC Radio Newcastle)*

Paul: How long did the Six Day War between Egypt and Israel last?

Contestant (long pause): Fourteen days

## Living with Parkinson's and looking for local support?

Did you know there is a dedicated **Parkinson's UK Local Advisor** in your area, who can offer free and comprehensive support tailored to your needs? **Jackie Kennedy**, who covers Mid and South Bedfordshire, explains what her job is all about:

My role is about making sure people affected by Parkinson's and their families have all the information they need to take control of life with a progressive neurological condition, enabling people to play an active part in any decisions around treatments and helping make life as fulfilling as possible.

There are many things I can offer support with including: understanding Parkinson's and addressing the impact of Parkinson's on daily living; accessing appropriate health and social care services; securing relevant welfare benefits; signposting to local Parkinson's UK groups which offer friendship and a ranges of social activities, and planning for the future.

I can provide information, answer any questions and offer practical support by telephone, email and , when needed, through home visits, from the point of diagnosis and throughout the Parkinson's journey.

Please do contact me - no one has to face Parkinson's alone.

Jackie Kennedy, Parkinson's UK Local Advisor - Mid and South Bedfordshire and Luton

**T: 03442253795 E: [jkennedy@parkinsons.org.uk](mailto:jkennedy@parkinsons.org.uk) .[www.parkinsons.org.uk](http://www.parkinsons.org.uk)**

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## **A Warden's Tale.....**

It's official!!! Bede and I have been elected and sworn in as Churchwardens for another year. The process of our election was very simple really, no hustings or campaigning. There was no need for debates, disagreements or maligning the opposition and for one very good reason.....there wasn't any!! It would appear that, at this stage there is no one 'busting a gut' to be churchwarden and I honestly have no idea why that might be. I have enjoyed the job immensely (most of the time anyway) and the next year looks to be just as busy as the last two have been, MARVELLOUS!!

I think it will certainly be busy. We have major works to look forward to on the church building itself and will be working closely with the architect and the stonemason. I'm sure there will be all sorts of twists, turns and things to be learned but we look forward to seeing the project through. If it proves to be half as rewarding as finally getting the glass in our porch doors then I think Bede and I will be very happy indeed.

We are also very happy that our local Co-op together with the rest of the community of Heath and Reach will be supporting our seasonal lunches for the foreseeable future. It is great to know that we can continue to plan for our lunches without the worry about how they are to be funded. Our next lunch is to be the Summer Lunch and the chef, that's Bede, already has the menu planned. Not telling, before you ask, don't want to spoil the surprise. If you are willing to support us just join the Co-op for the grand total of £1 and opt to support us! What could be easier to help us continue with this fun and happy event? You will also be saving for yourself too. I plan to use mine to get all those lovely Christmas goodies.

We had a fun evening when the members of SLAP got together for a buffet and to watch the Robin Hood pantomime. "Oh no you didn't", I hear you cry! Might sound odd but when you think about it they really don't get to actually see it because they are in it! I probably laughed loudest as I was the only one who had no idea about what was about to happen.

Please feel free to come and join us at any of our services. We have Morning Prayer at 08:45 Monday to Friday, Communion or Evening Prayer on Tuesday at 19:30 and of course our regular Sunday services at 08:00 and 11:00. You may be thinking about coming just to find out what goes on....please do....You will be most welcome.

And finally, I am currently without my 'nice and cool shady place to park' in the church hall car park. If anyone knows it's location or who took it without consent please could you let me know? Personally I consider such behaviour appalling and whoever did this should be thoroughly ashamed of themselves. Mind you...I have wondered if this could be something to do with those strange men who were in the car park the other day taking that pesky tree down ;)

*Val Roberts*

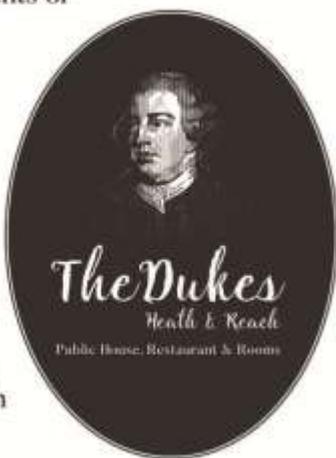
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# The year so far in pictures

The crib during Epiphany



Working to patch the driveway at the hall



The Men's Breakfast...ah, the men's breakfast!



Pentecost at St Albans



Testament prepare to perform at the Sunday morning service



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# HAPPENINGS!



Thursday 13th July  
COFFEE MORNING  
in the Church Hall  
10am-12.00noon

Saturday 22nd July  
ST NICHOLAS, HOCKLIFFE  
celebrates 800 years of worship.  
See advert on page 19



Sunday 30th July  
CREAM TEA  
At the home of Alison and Charles  
Palmer, 12 Thomas Street  
3-5pm

## ADVANCE NOTICE!

Saturday 23rd September  
JUMBLE SALE  
in the Church Hall from 2pm  
Start sorting out your unwanted items  
now!



For more information on any of these events,  
phone 01525 377047

## Tied up

Having reached a reasonable age I am quite content to meander along accepting the malfunctions of both mind and body which inevitably come along.

At the same time however, it is assuring to know that all the information in my brain is enough to get me through everyday life, it's being a with a wealth(?) of knowledge!

**However, recently I have learned something new.....**

Did you know that shoe laces, some flat and others round, are made thus for a specific purpose? No, neither did I. The old boy in the cobblers told me this when I went in to buy a pair.

Let me explain. As we all know, laces tend to come undone at the most inopportune time, this being of course when it is nigh impossible to **fasten them. When younger it wasn't a problem to cock my leg up on a** low wall or fence and re-tie them, or even bend down to the floor. Well, my days of bending are over, and I cannot recall the last time my leg was cocked. Hence you may have seen me trailing laces, somewhat akin to the youth of today.

**Off to the cobblers I therefore hastened, trailing laces an' all. That's** when the mystery was explained to me. Flat laces do not come undone, whereas round ones do, the latter having been made to undo instantly, a benefit for those people having to change footwear often, such as dancers and military personnel.

That was what the old cobbler told me, information I have lived without for all these years. So you see, there is vital information for all still to be had, without resorting to the good old internet.

**Apparently most cobblers will tell you the same thing.... all cobblers in fact!**

*Derek Hardman*

# Afternoon of Quiet Reflection

at

**St Leonard's Church Hall**

with

Revd Noel McGeeney

Sunday 23rd July 2017

Commencing at 1.15pm

(with an optional lunch from 12.30pm)

Timetable for the afternoon:

12.30pm Optional Lunch (bring a packed lunch)

1.15pm Prayer & Reflection

3.30pm Tea & Coffee

4pm Prayer & Reflection

5.30pm Finish

To book your space or if you have any further enquiries please contact Noel

saggart@yahoo.com or St Leonard's Parish Office

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07502 320 025.

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## 1217-2017



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22<sup>nd</sup> July 2017: A Summer Soiree at Hockliffe Grange at 7.30pm. (For reasons of space, this is a ticket-only event. Tickets £15 available from Julia Dickens 01525 210210 [juliaedickens@gmail.com](mailto:juliaedickens@gmail.com).)

## CPRE Bedfordshire Photographic Competition

CPRE Bedfordshire, a local countryside charity, celebrates its 30th anniversary this year.

To mark this, the charity is running a photography competition open to all, to build a **picture of Bedfordshire's much0loved countryside and green spaces, and glimpse how these are changing.** The theme is:

### Bedfordshire—A Changing Landscape

**Entrants are encouraged to consider the ways that Bedfordshire's landscape, countryside and green spaces can be seen to change, throughout the year and over time, through natural or human factors.** We hope people will be inspired by the theme and that we get entries from across the county.

The competition is free and open to all— first prize £100, second prize—£50 M&S vouchers.. The deadline for entries is 16th October 2017. Full details about how to enter can be found on [www.cprebeds.org.uk](http://www.cprebeds.org.uk)

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Worth a smile.....

**A minister told his congregation, “Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read St Mark’s Gospel, Chapter 17.”**

The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17.

Every hand went up.

**The minister smiled and said, “ Mark’s Gospel only has 16 chapters. I will now proceed with my sermon on the sin of lying.”**

### **St Leonard’s Visiting Team**

We are a small group who enjoy meeting people and having a chat (maybe over a cup of tea!).

If you or anyone you know is housebound, or might enjoy some company occasionally, please call Kelly on 07502 320025 and she will put us in touch.

We look forward to hearing from you.

*Anne Chapman*



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MORNING

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Thursday 10th August and  
14th September



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**“Like child abuse, loneliness carries a stigma, especially for an older generation too proud to ask for help. I hope by creating a helpline for older people The Silver Line will enable them to break through the stigma of loneliness, and thus save lives and comfort and protect older people in need.” Esther Rantzen.**

The Silver Line is a free confidential helpline which provides; information and signposting to services, community and voluntary support across the country; a friendship service to combat loneliness; and a means of empowering those who may be suffering abuse.

If you are feeling isolated or lonely, there is not only the helpline, but a telephone befriending service, where you are matched to a trained volunteer, who will phone on a weekly basis for friendship at a time convenient to you. So if you feel that you would benefit from the services of The Silver Line, please do not hesitate to call our 24/7 helpline on 0800 4 70 80 90.

**‘If you think it is for you, it *is* for you’.**

## **St Leonard's Parish Prayer**

Living God, you have given us St Leonard  
as an example of one who extended himself  
to relieve the difficulties of others;  
help us to know in our hearts the love you have for us all  
so we may reach out in genuine empathy  
to those in our community  
who feel lonely, isolated, or overwhelmed by grief or loss.  
Help us to grow together as a people  
united in concern for each other and love for you. Amen

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30th July	J Thomas & H Clark	
6th August	A Palmer & LPage	J Thomas & A Gomersall
13th August	A Chapman & S Halstead	
20th August	S Darms & A Payne	R Young & S Darms
27th August	H&R Ramsbotham	

# CALLING ALL RETIRED MEN AND WOMEN!

St Leonard's Old Boys (otherwise known as the SLOBs) are a group of retired folk who meet once a month to help keep the church and hall surrounds tidy

We meet normally on the first Monday of each month and tackle whatever light work is needed at that time followed by a "planning lunch" at the Axe & Compass.

There is no commitment to come every month but only as and when you can and only for two hours.

We meet at the church hall at 10.00am. The next meeting is on **3rd July**

Everyone welcome!

And finally.....

There's a fine line between cuddling and holding someone down so they can't get away



**Monday to Friday**

**9am—12pm, 12pm-3pm or 9am—3pm**

An independent preschool offering places for children from 2 years old, providing a range of activities to support children's learning through play

Contact Margaret Smithers, Early Years Teacher

Email: [hbpreschool@aol.com](mailto:hbpreschool@aol.com)

Phone: 01525 237172



## THE HEATH BAND



Would you like to learn a brass instrument?  
Do you already learn and would like to join a group?

Then come and join

### THE HEATH TRAINING BAND

At the Heath Barn, Eastern Way, Heath and Reach on  
Wednesday evenings (term time only)

Free tuition: 6.45 to 7.45pm - instruments available

Band practice: 7.15 to 7.45pm

For more information contact: [info@heath-band.co.uk](mailto:info@heath-band.co.uk)

[www.heath-band.co.uk](http://www.heath-band.co.uk)



heath-band



@heath-band

# Worship at St Leonard's

2nd July	3rd Sunday after Trinity
08.00am	Holy Communion (BCP)
11.00am	Family Service
4th July	
07.30apm	Holy Communion
9th July	4th Sunday after Trinity
08.00am	Holy Communion (Order 1 traditional)
11.00am	Parish Communion (Order 1)
11th July	
07.30pm	Holy Communion
16th July	5th Sunday after Trinity
08.00am	Holy Communion (Order 1 traditional)
11.00am	Parish Communion (Order 1)
18th July	
07.30pm	Holy Communion
23rd July	6th Sunday after Trinity
08.00am	Holy Communion (Order1 traditional)
11.00am	Parish Communion (Order 1)
25th July	
07.30pm	Holy Communion
30th July	7th Sunday after Trinity
08.00am	Holy Communion (Order 1 traditional)
11.00am	Parish Communion (Order 1)

For services during August, please check Parish website [www.saintleonardschurch.com](http://www.saintleonardschurch.com)