

The Herald

50p

April 2026

Hosanna!

Crucify him!

Finished!

He is risen!

Alleluia!



Reservoir Group of Churches



The Parish of
St Margaret, Downham with
St Peter, South Hanningfield and
St Mary the Virgin, Ramsden Bellhouse

www.downhamchurch.org.uk

Ministry Team

Priest in Charge of the Reservoir Group of Parishes

The Revd Jacqui Pearson

The Rectory (formerly known as Oak View House)
Mill Lane, Ramsden Heath, Billericay CM11 1LY
Tel: 07704 777511 email: revjacquiepearson@gmail.com

Associate Priest

The Revd Barry Hobson

April Cottage, Highwood Road, Edney Common, Chelmsford CM1 3QE
Tel: 01245 249099 email: b.hobson@btinternet.com

Churchwardens

Lee Baxter 30 Louvaine Avenue, Wickford SS12 0DP
Tel: 01268 734266 email: leebaxter123@hotmail.com

Michael Roome 1 Broome Close, Billericay CM11 1SX
Tel: 07770 795388 email: mikeannroome@msn.com

Assistant Churchwardens responsible for St Mary's Ramsden Bellhouse

Beryl Clements 8 Duffield Road, Great Baddow, Chelmsford CM2 9RY
Tel: 01245 601298 email: randbclements@blueyonder.co.uk

Pauline Fordham 1 Oak Crescent, Wickford, SS11 7FF
Tel: 01268 766494 email: paulinesfordham@gmail.com

Assistant Churchwarden responsible for St Peter's South Hanningfield

Marguerite Sharpe 8 Collins Close, Rayleigh, SS6 9UJ
email: gables@hotmail.co.uk

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Keep up to date with events as they happen

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What's on when and where

Please be aware that there will be no services at St Mary's Ramsden Bellhouse for the time being (see page x)

Thursday 2 April - Maundy Thursday

7.30pm St Peter's South Hanningfield Group Sung Eucharist

Friday 3 April - Good Friday

2.00pm St Margaret's Downham Good Friday reflection

Sunday 5 April - Easter Day

6.15am St Margaret's Downham Sunrise service

10.00am St Peter's South Hanningfield Holy Communion

11.00am St Margaret's Downham All age Communion

Sunday 12 April - Easter 2

11.00am St Margaret's Downham Sung Eucharist

Note: No service at South Hanningfield

Sunday 19 April - Easter 3

11.00am St Margaret's Downham Group Sung Eucharist

Note: No service at South Hanningfield

Sunday 26 April - Easter 4

11.00am St Margaret's Downham Sung Eucharist

Note: No service at South Hanningfield

Sunday 3 May - Easter 5

10.00am St Peter's South Hanningfield Holy Communion

11.00am St Margaret's Downham Family Service

Thursday 14 May - Ascension day

Please note that there will be a service of Holy Communion for all the churches in the Compass Group at All Saints' Stock at 7.30pm

Other dates

Annual Parochial Church Meeting (AGM)

for the three churches in the parish

Tuesday 12 May 7.00pm at St Margaret's Downham

From the ministry team

Eating Together

Recently I listened to a programme on Radio 4 exploring the importance of eating together. The programme talked about how, in general, we are eating together less. Restaurants have become more expensive, whereas takeaways have increased in popularity; busy lives now mean families may eat at different times in order to accommodate various schedules and commitments. The presenter visited several groups and charities that have set up communal kitchens and restaurants that seek to bring people of all backgrounds together around the meal table.

It got me thinking about times in the bible when people eat together - specifically how Jesus made a point of gathering people (all sorts of people) around the dinner table.

Part of this was cultural, but even within his culture, Jesus subverted norms by 'eating with tax collectors and sinners'. Then, the evening before he was arrested, he gathered his friends around the holy Passover meal for the last time before his death, and applied that meal and all its meaning to himself - the bread and the wine forever representing his body and his blood and the sacrifice he made for us.

The meal that came to mind first, however, happened after Easter Sunday. The disciples are grief stricken and afraid. They have lost their friend and teacher, and they do not know what would happen next. At a loss of what to do, they went back to the reassuring familiarity of their previous lives: they got in a boat and went fishing. Only they didn't catch anything - not until Jesus, resurrected from the dead, turned up.

He then tells them to come to the shore, and together they share a meal - a breakfast of freshly caught fish cooked on a charcoal fire (John 21:1-14).

Special events and holidays become an important time for getting people together for a meal. I certainly miss my mum's Sunday roast dinners, and miss it most keenly on Easter Sunday afternoon. In the morning, however, I will gather with the church family, and we will gather together around the Lord's table as we celebrate Holy Communion. Jesus invites all to come and eat with him.

However you celebrate Easter and the start of Spring, I hope you may have the opportunity to gather with family and friends, sharing food together. And perhaps consider, how can we invite those whom we would not normally eat with, or who may have no-one to eat with?

With Easter blessings,

Revd Jacqui

Why Easter will never go away

How do you make sense of the Resurrection? Dead men don't rise, so why believe that this particular dead man did rise?

At the end of St Luke's gospel we read that: "they still did not believe it because of joy and amazement" (Luke 24:4). This is highly significant. The Gospels do not show us a group of disciples who were in a receptive frame of mind. After the crucifixion, they were in hiding, frightened and scattered. Then suddenly, they came out of hiding and were totally different; excited, joyful. By Pentecost they were confident, with one firm message: 'You crucified Jesus, but God raised Him up!'

How did they know this? Because of direct personal experience. Some of them had visited the tomb of Jesus: it was empty. Others claimed to have seen and touched the risen Lord. Were they hallucinating? People can hallucinate in groups – when taking drugs, for example. But of course, each one will see a different hallucination. But the disciples all saw the same thing. Or rather, the same person. Jesus.

Were they lying? Jesus had died a humiliating death as a criminal. Perhaps they wanted to rescue His good name. So, did they pretend they had seen Him?

This theory has a big problem. Their preaching led them into trouble with the authorities. They were beaten and imprisoned and some of them killed. People will die for ideas and causes which they believe in passionately. But not for things they have made up. We might suffer for our convictions, but we will not suffer for our inventions.

What about the 'swoon' theory? That Jesus didn't die on the cross, despite terrible wounds? That He recovered in the tomb, and then escaped? That the disciples nursed Him back to health? But Roman soldiers knew when a man was dead; and there was the guard on the tomb. Also, the events which followed simply don't fit. If the disciples had been hiding Jesus all along, they would have kept very low-key, and out of the way, so that the authorities did not come after Him again.

Besides, to preach that God had raised Jesus from the dead – which is exactly what they did preach – would have been a lie. Beatings and threat of death would soon have loosened their tongues. Inventions crumble under pressure; convictions hold fast.

Another reason for believing in the Resurrection is this: Jesus' continuing impact. Thousands and soon millions of people in every generation since have shared an inescapable sense of being 'accompanied' through life. Though unseen, they identify this presence as the Risen Lord.

Sometimes this experience of meeting Jesus is gentle and fitful. Sometimes it is dramatic and life changing. This reminds us that the resurrection of Jesus is not just an interesting historical puzzle. It is a vital, present day reality. It brings wonderful comfort, assuring us of the central Christian truths: death is dead; Jesus is alive; God is love.

This central notion was captured, most movingly, by the great Albert Schweitzer: 'He came to those men who knew Him not. He speaks to us the same word: "Follow thou me," and sets us to the tasks which He has to fulfil for our time. He commands. And to those who obey Him, whether they be wise or simple, He will reveal Himself in the toils, the conflicts, the suffering which they shall pass through in His fellowship, and, as ineffable mystery, they shall learn in their own experience who He is.'

Have a joyful – and a challenging – Easter.

Governance and succession planning in our three churches

Since the merger of our parishes, which became effective on 1 January 2024, St Margaret's, St Peter's and St Mary's have all been governed collectively by the Parochial Church Council of Downham with South Hanningfield and Ramsden Bellhouse. Parochial Church Councils (PCCs) are recognised as charities and share a legal status similar to that of Limited Companies.

As with all charities, we are required to hold an annual general meeting. During this meeting, we present our parishioners with reports detailing our finances, a summary of our achievements (or shortcomings) over the past year, and our plans for future development. It is also the occasion when we elect our churchwardens and lay members of the PCC. These individuals, together with clergy who are licensed to the parish, form the charitable trustees and the board of directors.

This year, our AGM, officially known as the Annual Parochial Church Meeting, will take place on Tuesday, 12 May at St Margaret's, Downham. The meeting will commence at 7.00pm, and we warmly invite all parishioners to attend. Among the current members of our PCC, five are aged 80 or above, seven are in their 70s, three are in their 60s, and only two members are younger than 60. We are deeply grateful for the dedication and support shown by these individuals in serving our churches. Nevertheless, it is inevitable that many of our present PCC members will need to step down in the near future due to age and other commitments.

We encourage members of our community to consider standing for election to the PCC. Meetings are typically held in the evenings, four times a year,

and rotate between our three churches. We are particularly keen to welcome individuals with experience in finance and administration. Given recent challenges and adverse publicity regarding safeguarding within the Church of England, we are especially eager to appoint someone willing to take on the role of safeguarding officer.

If you are interested in joining the PCC, please contact Mike Roome, who serves as both churchwarden and PCC Secretary. His details can be found on the inside front cover of this magazine.

Note: *In order to vote at the meeting or stand for office you must be on the parish electoral roll. To be on the electoral roll you need to be baptised, aged 16 or over, a member of the Church of England and either resident in the parish or have habitually attended worship in the parish for at least the last six months. If you meet these criteria and are not already a member, you can obtain an application form from one of the churches or by emailing treasurer@downhamchurch.org.uk Completed forms must be returned by 24 April.*

St Margaret's Downham

Alteration to service arrangements

Because it has been necessary to close St Mary's Ramsden Bellhouse for the time being (see page 10), services on the third Sunday of the month will now be at St Margaret's, rather than alternating between St Margaret's and St Mary's.

Easter services

If you receive this copy of The Herald before Sunday 29 March, please be aware that the Palm Sunday service, scheduled to take place at St Mary's will now be held at 10.30am in the Ramsden Bellhouse Baptist Church. On Maundy Thursday, 2 April, the Downham Group of churches will be celebrating Jesus Christ's Last Supper with his Apostles, where he established the Holy Communion, in St Peter's South Hanningfield at 7.30pm. On Good Friday, the Downham Group of churches have a service of reflection on the events of Good Friday at 2.00pm in St Margaret's. On Easter Day there are two services at St Margaret's. Starting at 6.15am we have our sunrise service which is held in the churchyard, weather permitting. After the service coffee and hot cross buns will be served in the church. Being the first Sunday of the month, we would normally have our Family Service at 11.00am, but being Easter it will be a family friendly version of Holy Communion. If you normally attend our Sung Eucharist services on a Sunday we hope that you will enjoy this simplified version of the service.

Roger Francis Jamieson – RIP

We regret to announce the death on 27 February of Roger Jamieson, aged 87. Roger was a long-time member of the congregation at St Margaret's and one of our bell ringers. Ill health in recent years meant that he moved out of the area into a care home to be near his family. Roger's funeral will take place at St Margaret's on Friday 24 April at 12.00noon. All who remember him are invited to attend. After the service Roger will be buried with his late wife Gill in St Margaret's churchyard.



Roger was known for writing poetry and his poems often appeared in editions of *The Herald*. At his family's request we are reproducing his poem "The Key" that first appeared in the January 1990 edition of *The Herald*.

THE KEY

*Within this scheme of things
where lies the hidden key?
The meritorious answer
provides the clue to destiny,
Searching through the annals
time limits each mortal's plan.
The key to heaven must be
within each lifetime's span.
High in mountain solitude
or the cities hectic pace,
The key remains elusive
save for the hope of grace.*

*A cryptic sign we spy
as we glean this celestial ball.
We gather the precious grains
within the temple wall.
For Jesus gave redemption
to all who seek his face,
to love him is the answer
the Key, eternal grace.*

News from Downham Church of England school

Life at Downham Church of England Primary School continues to be as busy as ever! We are eagerly awaiting our new "adventure playground". Pupils had the opportunity to design and share their ideas for our new equipment and there is great excitement about it. Our 5Cs values (creativity, courage, collaboration, critical thinking and challenge) are important aspects of our daily

life at school and this new playground equipment will surely encourage each one of them. It is always a joy to see children working and playing together. Just this week, I was encouraged to see older children come alongside a younger child from the year group below and invite him to play and join in the break time games.

We have also received a generous donation from Essex Freemasons in the form of three “buddy benches”. These benches are designated seats which give children the opportunity to signal that they are feeling a little lonely, worried or left out. When children or adults see someone sitting on one of these benches, they know to offer help and support.

Throughout the year, our Collective Worship sessions have been focused on the 5Cs – one per term. During the Spring term, we have been considering Courage and finding out about different people in the Bible who were known for showing this trait. It is great to see the pupils living out our values in their daily lives. It takes courage to reach out to new people and invite them to join in our activities – there is always a risk of rejection. However, the potential of a positive outcome far outweighs the risk. New friendships are formed as commonalities are discovered and there are opportunities for having fun together.

We all need friends. Recent scientific studies have revealed the benefits of friendship, not just for our mental health but also for our physical health. Friendships can lower blood pressure, helping to maintain a healthy heart, and boost our immune and digestive systems. It has also been documented that having good friendships and strong social connections helps people to live longer. As the Spring becomes Summer, let’s take opportunities to reach out and offer friendship to those around us in our local community as we seek to live out our faith as Jesus taught us to do.

Lynne Boyd

Humanities Leader at Downham Church of England Primary School

Downham WI

Sitting down to write this report, the sun is out and let’s hope it is still shining when you read this.

On 28 April we are having a “bring & buy” event with proceeds to our local nominated charities. All are welcome to come along, 10.00am to 12 noon with homemade cakes and refreshments.

Our replacement speaker in March, Jean Fullerton, took us back to the blackout days of the second World War. It was amusingly told by Jean on how the cows were painted with white strips, cars painted mostly white, even the

tyres. Approaching traffic lights was very hazardous as they were covered up and you had to take pot luck!!

This month we are taking "subs" for the new year with new members joining. Our numbers are now 60 members and the group goes from strength to strength. Importantly members are making new friends every week and it's pleasing to see everyone having a good time.

Wendy



SAVE THE DATE...

DOWNHAM VILLAGE HALL PRESENTS

**The Big Summer
Event!**

SATURDAY 27TH JUNE

3PM - 7PM

BAR AND BBQ AVAILABLE

DETAILS TO FOLLOW...

PAULA 07974 071782

DEBBIE 07906 585656

St Mary's Ramsden Bellhouse

Some of you may have already seen on Facebook that it has been necessary to close St Mary's for the time being. Just after the last edition of *The Herald* went to print, our cleaner reported that several lumps of masonry had fallen from the ceiling into one of the pews. She also mentioned that she had been sweeping up a lot of chalk dust recently. We were fortunate that no one was in the church when the masonry fell, as the pieces were large enough to cause serious injury. Consequently, we had to close the church immediately. Within a few days, the pile of masonry had increased further, so we arranged for our builder to inspect the ceiling. Because of the height of the ceiling and the fixed pews, it was necessary to erect scaffolding to gain access. We discovered that whilst the north side of the ceiling was perfectly sound, the south side was in a poor state. Past repairs along the length of the church had been addressed by covering the ceiling with fibre boards, which have now started to disintegrate. (see photo on the right below)



Because the church is a Grade II* listed building, any repairs will require listed buildings approval, which is likely to take many months to obtain. A Grade II* listed building is recognised as particularly important and of more than special interest, which means any repairs must follow strict guidelines and receive official approval. Our architect has provided a specification for replacement of the ceiling using modern materials that may or may not be acceptable to the

authorities. The estimate for this work is in the region of £60,000 including VAT. Unfortunately, the listed places of worship scheme, which allowed listed churches to recover VAT on repairs, was scrapped by the present government. This is a significant sum of money, and as such, we must prayerfully consider our next steps. We are assessing whether it is possible for a congregation of St Mary's size to meet this challenge, along with the wider community and parish. We want to ensure any path we take is both responsible and hopeful. While the future of St. Mary's is not yet certain, we are exploring every option. Please keep the congregation and our leadership team in your prayers as we seek clarity on the way forward.

Ramsden Heath Horticultural & Allotment Society

Our March meeting was well attended with a great display of entries for the mini show. Our speaker was Ruth Goudy, who gave a very interesting and enlightening talk on flowers and our well-being with information about how plants affect our lives which some of us never knew. Ruth brought along lots of spring plants for sale, all at knockdown prices.



April meeting Our next meeting on Thursday 2 April will be a fun quiz, hosted by Paul and Angie James. Please bring your own nibbles and drinks. Maybe these will help stimulate the 'little grey cells'.

Spring Show. Saturday 4 April. Our Spring Show will be held at Ramsden Heath Village Hall on Saturday 4 April. Deadlines for entries are Monday 30 March for the children and Wednesday 1 April for members.

There will be a public viewing with refreshments available from 2.00pm, so even if you aren't a member do come along and see what lovely exhibits your friends and neighbours have produced. There will be flowers, plants, vegetables, cookery and handicraft items, all grown or made by our members and the children in their families. Everyone is welcome. If you have any queries or would like further information about the show please contact the Show Secretary: Brenda Burnell, 2 Allens Road, Ramsden Heath, CM11 1JF. Phone: 01268 710904, email: blburnell48@gmail.com.

Community Cuppa & Cake afternoon

**Ramsden Heath Village Hall
Dowsetts Lane CM11 1HX**

Tuesday 14 April 2.00 to 4.00pm

Thank you to all those who attended last month's Coffee Afternoon as we managed to raise £250.00 for HARP which is a Homeless Charity in Southend and a charity close to the heart of Tina Coveley who has sadly passed away. A friend and member of the Parish Council.

It was lovely to see quite a few new faces and the hall was buzzing. Looking forward to seeing you all again on Tuesday 14 April for a piece of homemade cake for £1.50 and a cuppa for 50p

Have a lovely Easter Holiday.

Best wishes

Ramsden Cupcakes

Ramsden Heath Social Club

The next event in April will be the annual HOT CROSS BUN NIGHT on Good Friday 3 April from 8.00pm. Members and non-members alike are welcome at the nominal entry fee of £2. As well as a good supply of hot cross buns (also available cold!), there will be some wall quizzes, with a prize for the winning team and a few games of free bingo, a lovely relaxing way to start your Easter weekend.....

Please be aware that, due to the Easter dates, our regular monthly BINGO will now take place on Friday 10 April at 8.00pm. Just £1.00 to play plus £2.00 for each book you would like to play. All welcome. FREE tea/coffee/biscuits at the half-time break, but please feel free to bring other drinks/snacks of your own.

All our events take place in Ramsden Heath Village Hall, Dowsetts Lane.

For more information/tickets please contact:

Dave Quinney on 07950 309524

St Peter's South Hanningfield

How lovely to enjoy some sunshine and by the time you read this Easter will be firmly upon us. We look forward to welcoming you to our Easter services that are noted at the front of *The Herald* and hope that the weather continues to dry up our very muddy car park !!

Looking forward, here are some dates for your diary :-

Quiz Night Saturday 9 May, South Hanningfield Village Hall, 7.00pm for a 7.30pm start. Tables of 6 at £10 per ticket. We look forward to welcoming you to this annual event. Please bring your own refreshments. There will be a small raffle on the night. Please let Cathy 01268 710926 or Paula 07790 581511 know if you can join us so they can reserve a table for you. It is always a fun night so please come along.

Annual Flower Festival will be the first weekend in September, 5th 6th and 7th. Details to follow in due course.

Saturday 17 October we are extremely excited to be welcoming the **Historic Lighting Club** to our Church, where they will be displaying a huge variety of Victorian and Edwardian Oil Lamps. This will be an early evening event when the lamps will be lit to illuminate the church, both inside and out. Refreshments will be available and entry will be by way of a donation to our ongoing repairs. Details to follow

Wishing you all a very happy Easter

Mission Control

South Hanningfield Village Hall

St Patrick's Ceilidh Thank you to all who came to our Ceilidh Dance on Saturday, 14 March. It was a great success, and we managed to raise just over £800 in fundraising for the hall. Thank you to the Yardarm Ceilidh Band who provided a great evening of musical entertainment, and the dance steps were expertly guided by their caller. Thank you to Tesco, the Co-op and other local people who donated Raffle prizes for the occasion.

Our next event is a **celebration for St George's Day** We have booked Tom Carradine musical act for Saturday, 25 April. Doors will open from 7.00pm. Tickets are £15 each and bring your own drinks and nibbles. There will also be a Raffle! To book, please call Sandra on 07396 546050 or email shvhall@gmail.com

There will be a **Race Night** on Saturday, 27 June from 7.00pm. Tickets cost £5 per person to attend. Bring your own drinks and nibbles. Would any local businesses or family like to support the hall and sponsor one of the eight

races? Sponsorship of one of the races costs £30 and your support will be publicised on the night and after the event. The sponsorship will publicise your business to local people attending the event or why not have a nice memory of the evening in print for your family.

To book tickets and or to sponsor a race, please contact 07396 546050 or email shvhall@gmail.com

Raffle Prizes Needed If anyone has any suitable items that could be used as Raffle prizes, please can you donate them to us which would be used at future fundraising events for the hall. The committee would be very grateful.

SOUTH HANNINGFIELD VILLAGE HALL

Celebrate **St. George's Day** with us!



with **Carradine's Cockney Sing-a-long**
for a good-old fashioned knees-up featuring
Mr. Tom Carradine on the ol' Joanna

Saturday 25th April 2026 - from 7.30pm



**Bring your own
drinks and snacks**

For tickets or more information
scan the QR code or
Email: Shvhall@gmail.com
Phone: 07891 653238



South Hanningfield Village Hall,
South Hanningfield Road, Chelmsford, CM3 8HL
Registered Charity No. 301402

**TICKETS £15
PER PERSON**



Mobile library

The Mobile Library visit South Hanningfield Village Hall every three weeks.

Day of visit: Tuesday Time of visit: 11.25pm to 11.55pm

Next visit date is 14 April.

Regular Activities

Coffee Morning - Wednesday 8 April

Second Wednesday of each month from 10.30am – 12.30pm

Please call the listed contacts below to book a place.

Pilates & Keep Fit

Monday 9.45am – 10.45am

Thursday 10.30am – 11.30am

Contact Hayley on 07758 427379

Puppy Dog Training Classes

Monday from 6.00pm

Dog training for puppies of all ages

Contact Rachel on 07484 706085

or email Rachel@PuppyPotentialDogTraining.co.uk

Minis/Pre-School Classes for 1-4 years

Tuesdays from 9.30am – 10.15am

3-week trials available! Phonics with Robot Reg

Contact Laura Dack on email 2lauras@robotreg.co.uk

or 01268 956859 for more information.

Line Dancing

Tuesday afternoons 12.30pm-1.30pm (beginners) and 1.30pm to 2.30pm (more advanced)

Contact Richard from the Super Troupers Line Dance Club

email thesupertroupersldc@gmail.com or tel 07740 360554.

Boxfit Personal Trainer

Personal Trainer available from 7.00pm during Tuesday evenings.

For more information, contact Rachael, Boxfit instructor on 07912 344560.

1-1 Ballroom and Latin lessons and wedding dance lessons

Available with Callie every Wednesday afternoon and evening from 3.00pm £30 for a 45-minute lesson. Please contact Callie on 07885 630241

Tai Chi Beginner Class

Thursdays 11.45am to 12.45pm

Tel Sen 07853 239103 or email senfitness@outlook.com to find out more information.

Zumba and Yoga - Thursday night

Zumba 6.30pm to 7.20pm and Vinyasa Flow Yoga 7.30pm to 8.30pm.

Pay as you go. Tel: Charlene on 07772 443028

or email info@sakurayogastudios.co.uk

Upholstery Class

Friday morning 9.30am – 1.00pm Contact Fiona on 01621 776586 or 07887 507208

Wickford Board Game Club

Friday evenings from 6.00pm - the club are a friendly mix of players of all ages and experience levels with a huge range of modern board games for those interested to come and try! For more information, contact Mike on 07958 456575 or look up the Wickford Board Game Club on Facebook.

Zumba and Pilates - Saturday mornings

Zumba from 9.20am to 10.20am and Pilates 10.30am to 11.30am.

Pay as you go Tel: Charlene on 07772 443028

or email info@sakurayogastudios.co.uk

If you would like to book the South Hanningfield Village Hall for any regular activities or events, please call Sandra Graves, our Bookings Secretary on 07396 546050 or email shvhall@gmail.com to check availability and prices.

Please continue to support our local village hall in 2026 and if there are any other ways you can help us, let us know. Please contact the Chairman, Clive Vallis for further information on 07891 653238.

Website <https://e-voice.org.uk/shanningfieldvillagehall>

Facebook page <https://www.facebook.com/southhanningfieldvillagehall>

A history of our Easter chocolate

Chocolate. Just a mention of the word can trigger off all kinds of emotions: craving, greed, passion. Few foods have the ability to get such a hold on people. As you buy your Easter eggs and bunnies and whatever else this month, here are some of the facts of chocolate:

Where does chocolate come from? Chocolate is made from the seeds of the tropical cacao tree, *Theobroma cacao*. The Greek word 'theobroma' means literally 'food of the gods'. The Cacao Tree is found in Latin America.

Who first discovered it? The Aztecs. The cacao beans were used to prepare a hot, frothy beverage with stimulant and restorative properties, something like hot chocolate.

Who was (probably) the first chocoholic? The Emperor Montezuma. He drank 50 goblets a day of the frothy drink.

Who used chocolate as currency? The Aztecs. 100 cacao beans would buy a slave; 12 cacao beans bought the services of a courtesan, etc.

When did chocolate as we know it today begin? Surprisingly, not until 1879. That year Rodolphe Lindt had the inspired idea of triglyceride cocoa butter. The cocoa butter in chocolate contains saturated fat, but a normal level of consumption doesn't have any bad effects.

At what point does a chocolate lover become a chocoholic? It is generally considered to be when a person feels impelled to consume 12 or more 60 gram bars of chocolate per week. Chocolate contains its own cannabinoid (a chemical that prolongs pleasurable sensations) and when you eat chocolate, there is an increased blood flow in areas of the brain which are also activated by addictive drugs such as cocaine. But scientists agree that occasional over-indulging will cause no long-term problems... except perhaps around your waistline!

How to get the best from your chocolate:

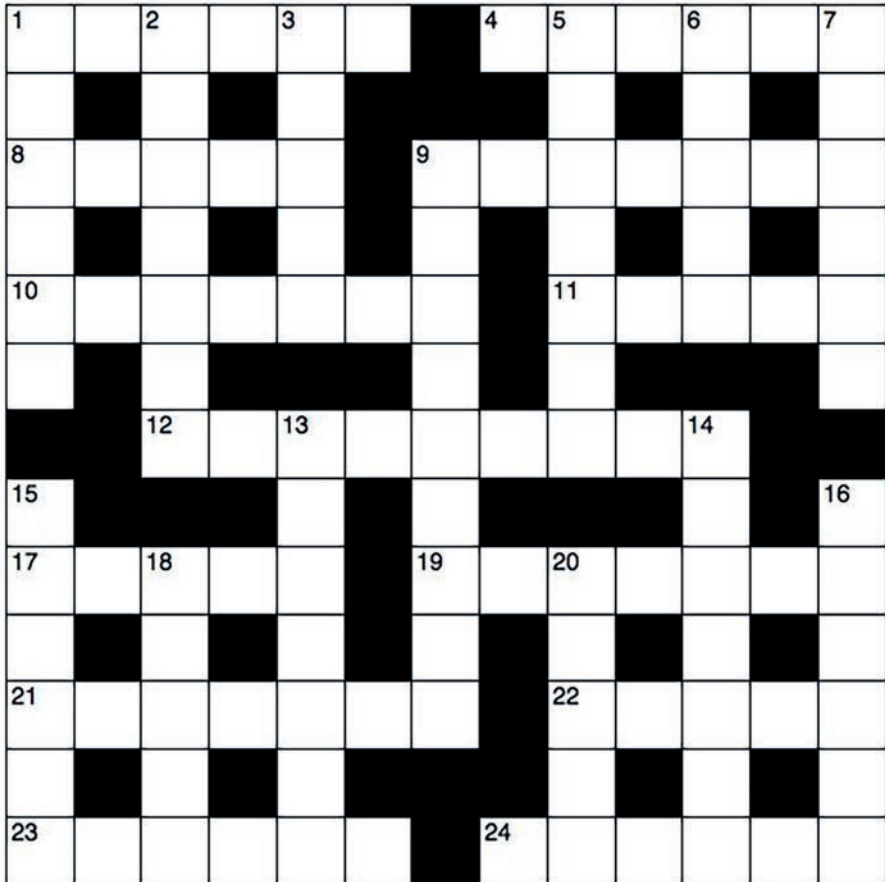
Keep your chocolate cool (16 – 18 degrees Centigrade) and in a dry, airtight place.

Never put your chocolate in the fridge (if you already have, let it warm to room temperature for a couple of hours before you eat it).

Bring out the full flavour of chocolate by drinking water with it.

If you are drinking tea or coffee, don't bother with expensive chocolates – you won't be able to appreciate them properly!

Puzzle corner



Across

- 1 Relating to the whole universe (6)
- 4 The disciple who made the remark in 8 Across (John 20:24) (6)
- 8 'Unless I see the nail marks — — hands, I will not believe it' (John 20:25) (2,3)
- 9 He urged King Jehoiakim not to burn the scroll containing Jeremiah's message (Jeremiah 36:25) (7)
- 10 Baptist minister and controversial founder of America's Moral Majority, Jerry — (7)

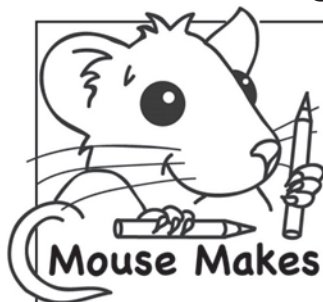
- 11 'Look, here is — . Why shouldn't I be baptized?' (Acts 8:36) (5)
 12 Repossessed (Genesis 14:16) (9)
 17 Port from which Paul sailed on his last journey to Rome (Acts 27:3–4) (5)
 19 'Moses was not aware that his face was — because he had spoken with the Lord' (Exodus 34:29) (7)
 21 Roonwit, C.S. Lewis's half-man, half-horse (7)
 22 Grill (Luke 24:42) (5)
 23 'The lot fell to Matthias; so he was added to the — apostles' (Acts 1:26) (6)
 24 'I was sick and you looked after me, I was in — and you came to visit me' (Matthew 25:36) (6)

Down

- 1 Coastal rockfaces (Psalm 141:6) (6)
 2 Academic (1 Corinthians 1:20) (7)
 3 Publish (Daniel 6:26) (5)
 5 For example, the Crusades (4,3)
 6 11 Across is certainly this (5)
 7 He reps (anag.) (6)
 9 Liberator (Psalm 18:2) (9)
 13 Man who asked the question in 11 Across was in charge of all her treasury (Acts 8:27) (7)
 14 They must be 'worthy of respect, sincere, not indulging in much wine' (1 Timothy 3:8) (7)
 15 The human mind or soul (6)
 16 'O Lord, while precious children starve, the tools of war increase; their bread is — ' (Graham Kendrick) (6)
 18 'We played the flute for you, and you did not — ' (Matthew 11:17) (5)
 20 Bared (anag.) (5)

Answers on page 33

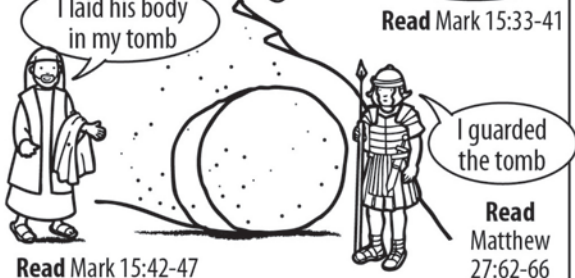
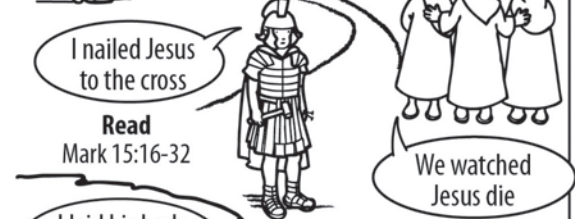
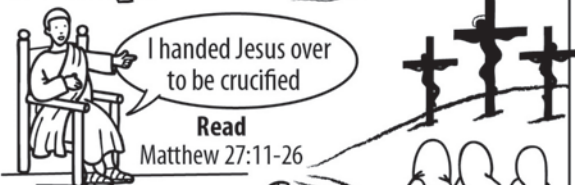
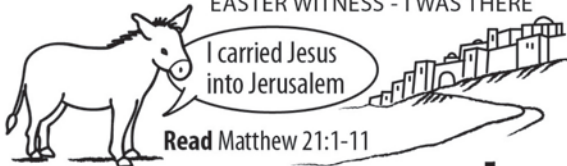
Children's pages



GOOD NEWS
 OHOSANNA
 DEATHQB
 VNCOEUI
 UAHNAARO
 MIREVSU
 ALIVETDR
 RISENEOK
 YOTHORNS
 PALMSQKA
 RPILATEN
 CRUCIFYG
 RHIQUAKE
 OCJESUSL
 STOMBVDY
 SRYEMPTY

JESUS • DONKEY • PALMS
 HOSANNA • PILATE • THORNS
 CRUCIFY • NAIL • CROSS
 QUAKE • DEATH • BURY
 TOMB • STONE • EMPTY
 ANGEL • MARY • HEAVEN
 RISEN • ALIVE • GOD
 GOOD NEWS • CHRIST
 SAVIOUR • EASTER • JOY

EASTER WITNESS - I WAS THERE



Bible Bite

A short story from the Bible

It can be read in the Bible in
Luke 22:24, John 13:3-17

Jesus and his disciples were celebrating the Passover with the special meal. The disciples were bickering again.

I'm most important because I've known him the longest

But I've given up the most to follow him!
I'm the oldest!



There was a reason why no-one wanted to be the least important - the roads were mud and everyone's feet got very dirty.

It was the job of the least important servant to wash everyone's feet...



The disciples didn't have a servant, and none of them wanted to do the feet washing...



Jesus took off his outer robe and tied a towel around his waist.



He filled a large bowl with water and started washing the disciples' feet.

Peter couldn't believe what he was seeing!



Are you really going to wash my feet?

You will understand later why I am doing this.



I can't ever let you serve me like this!

If you don't let me, you will no longer be my disciple



Then wash all of me!

If you've had a bath, then you only need your feet washing!



Once Jesus had washed all their feet, he put his robe back on and sat down.



Do you understand why I, your teacher, did this? I am setting you the example of how you are to serve each other. Do it, and God will bless you.



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Smile lines

When you mix children and religion...

You get some unexpected gems. The following are extracts from religious exam papers...

- In the first book of the Bible, Guinnesses, God got tired of creating the world, so He took the Sabbath off.
- Adam and Eve were created from an apple tree. Noah's wife was Joan of Ark because Noah built an ark. The animals came on in pears.
- The Jews are a proud people and throughout history they've had trouble with unsympathetic genitals.
- Moses led the Jews to the Red Sea where they made unleavened bread which is bread without any ingredients.
- The Seventh Commandment is: Thou shalt not admit adultery.
- Moses died before he ever reached Canada.
- Solomon, one of David's sons, had 300 wives and 700 porcupines.
- Jesus enunciated the golden rule, which says do unto others before they do one to you. He also explained a man doth not live by sweat alone.
- It was a miracle when Jesus rose from the dead and managed to get the tombstone off the entrance.
- The people who followed the Lord were called the twelve decibels.
- St Paul cavorted to Christianity down the Damascus Road. There he preached holy acrimony, which is another name for marriage.

Miscellaneous observations on life...

- My mouth doesn't seem to have a backspace key.
- Behind every successful man is a surprised mother-in-law.
- Tax collector: a person who has what it takes to take what you have.
- It's nice to see people with plenty of get-up-and-go, especially if some of them are visiting you.
- "Most cars on our roads have only one occupant, usually the driver."
- When I was a kid and getting put to bed at 9.00pm, I couldn't wait until I was a grown-up and could stay up until whatever time I wanted. That time is, apparently, 9.00pm.
- Every evening, I turn my troubles over to God. Why not? He's going to be up all night anyway.

Contacting The Herald

Contributions to the May edition

Copy for the next edition of The Herald should be sent by email to Robert Andrews at theherald@downhamchurch.org.uk by **Thursday 16 April**. Please send files in .doc, .docx or .rtf format. Because we wish to maintain a common house style please keep any formatting to an absolute minimum and do not embed photographs or other artwork. If you wish to include photographs or other artwork they should be sent separately in .jpeg or .pdf format. If you are unable to use email or are unsure about file types please telephone Robert on 01268 733817, but be aware that the telephone line has BT Call Guardian installed to deter nuisance callers, therefore you may have to announce your name and press the # key in order to be put through.

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Advertising rates are currently:

Full page	£100 for 12 insertions
Half page	£60 for 12 insertions
Quarter page	£40 for 12 insertions

We will accept one off or limited run insertions on a pro rata basis

If you have existing artwork your advertisements should be emailed to advert.theherald@downhamchurch.org.uk preferably in .jpeg or .pdf format. If you wish us to produce artwork for you this can be arranged for a small one-off fee.

Answers to the Crossword puzzle

ACROSS: 1, Cosmic. 4, Thomas. 8, In his. 9, Delaiah. 10, Falwell. 11, Water. 12, Recovered. 17, Sidon. 19, Radiant. 21, Centaur. 22, Broil. 23, Eleven. 24, Prison.

DOWN: 1, Cliffs. 2, Scholar. 3, Issue. 5, Holy war. 6, Moist. 7, Sphere. 9, Deliverer. 13, Candace. 14, Deacons. 15, Psyche. 16, Stolen. 18, Dance. 20, Debar.

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