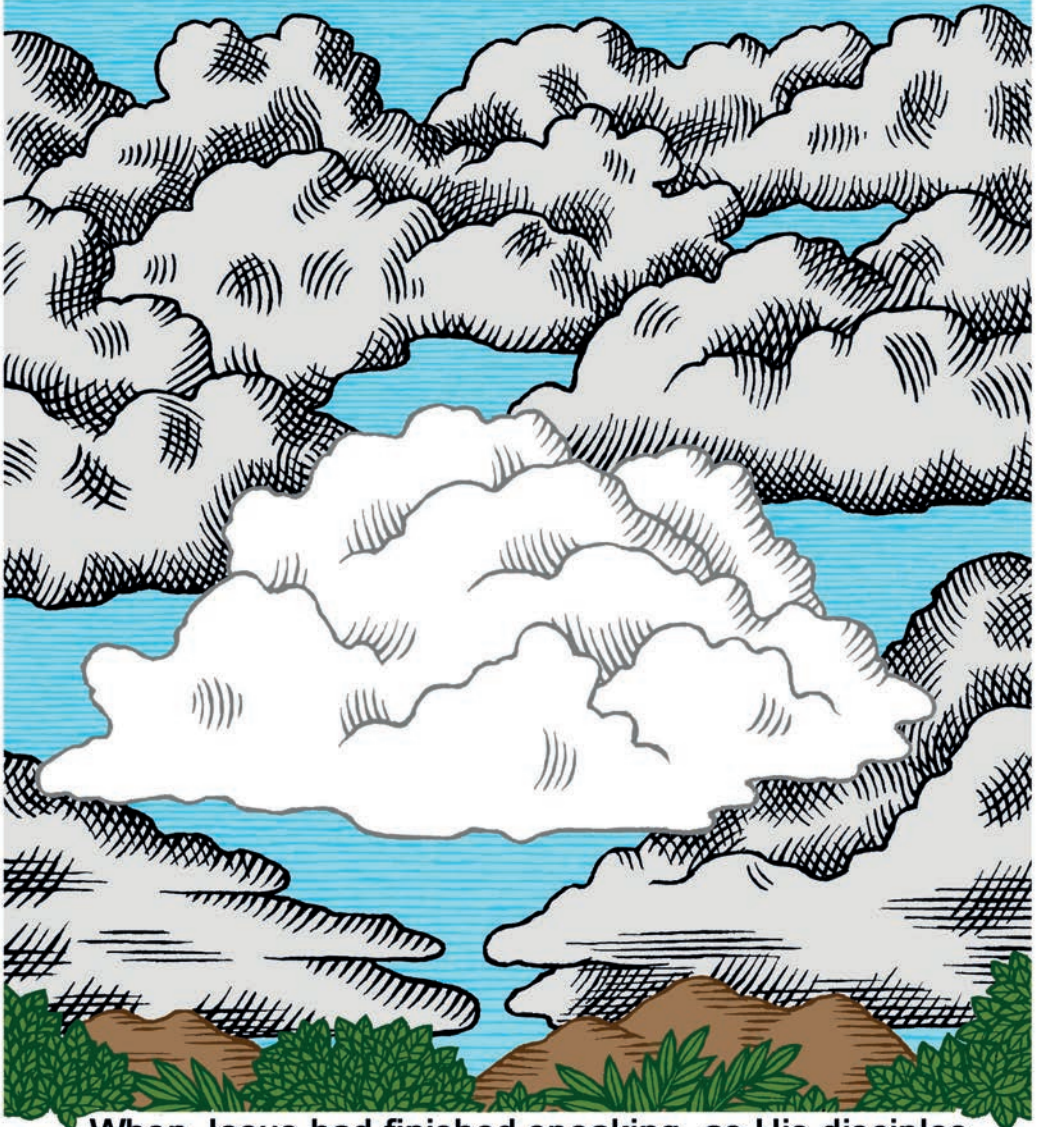


The Herald

50p

May 2026



... When Jesus had finished speaking, as His disciples watched intently, He was taken up into heaven and a cloud hid Him from their sight. Acts 1:7-9

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

Contents

| | |
|---|----|
| What's on when and where | 2 |
| From the ministry team | 3 |
| Ascension Day, 40 Days with the Risen Christ | 4 |
| Annual Parochial Church Meetings | 5 |
| St Margaret's Downham | 5 |
| News from Downham Church of England School | 7 |
| Downham WI | 7 |
| St Mary's Ramsden Bellhouse | 8 |
| Community Cuppa & Cake afternoon | 8 |
| Ramsden Heath Social Club | 8 |
| Ramsden Heath Horticultural & Allotment Society | 9 |
| Allotment Plots Available in Ramsden Heath | 10 |
| St Peter's South Hanningfield | 10 |
| South Hanningfield Village Hall | 11 |
| All in the month of May | 13 |
| No quibble guarantee | 15 |
| How a dying bishop said farewell to his diocese | 15 |
| You and a goldfish's attention span | 17 |
| Puzzle corner | 18 |
| Children's pages | 20 |
| Smile lines | 32 |
| Contacting The Herald | 33 |

Keep up to date with events as they happen

www.facebook.com/downhamchurch

The Herald is published monthly by the Parochial Church Council of Downham with South Hanningfield and Ramsden Bellhouse. Registered charity no: 1209033. Views expressed by contributors are not necessarily those of the Parochial Church Council.

The Herald is on sale in St Margaret's, St Mary's and St Peter's at 50p per copy. Alternatively you may purchase an annual subscription for £5.00. If you wish The Herald to be delivered to you please contact Robert Andrews on 01268 733817 or email distribution.theherald@downhamchurch.org.uk

What's on when and where

Sunday 3 May - Easter 5

10.00am St Peter's South Hanningfield Holy Communion

11.00am St Margaret's Downham Family Service

Note: No service at Ramsden Bellhouse

Sunday 10 May - Easter 6

11.00am St Margaret's Downham Sung Eucharist

Note: No service at South Hanningfield or Ramsden Bellhouse

Thursday 14 May - Ascension Day

7.30pm All Saints Stock Sung Eucharist

Sunday 17 May - Easter 7

11.00am St Margaret's Downham Group Sung Eucharist

Note: No services at South Hanningfield or Ramsden Bellhouse

Sunday 24 May - Pentecost

11.00am St Margaret's Downham Sung Eucharist

Note: No service at South Hanningfield or Ramsden Bellhouse

Sunday 31 May - Trinity Sunday

10.00am St Peter's South Hanningfield Group Sung Eucharist

Note: No services at Downham or Ramsden Bellhouse

Sunday 7 June - Trinity 1

10.00am St Peter's South Hanningfield Holy Communion

11.00am St Margaret's Downham Family Service

Note: No service at Ramsden Bellhouse

Note: We plan to introduce an informal afternoon service at St Peter's South Hanningfield on the second Sunday of the month, starting in June. More details in next month's edition of *The Herald*.

Other dates for your diary

Quiz night at South Hanningfield Saturday 9 May - see page 10 for details

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

What is it that you value? What are your priorities?

These are things that we might want to ask those candidates who are putting themselves forward in the local elections this month.

What do you value? What are your priorities?

We all have priorities and things that we value more highly than others. Some of these priorities and values may change as we go through our lives; others may not. They are things we may not even think about that often, but it is useful sometimes to pause and reflect on what we value and what we prioritise in our lives.

They are also questions that all organisations, including the church, should ask of themselves. But for the church (and indeed for all Christians) we might want to ask first, what would Jesus' answer be? What would he say his priorities are? What does he value?

Well, he wasn't asked the question directly (or at least if he was the Gospel writers didn't record it), but he was asked which of the 10 Commandments that God gave to Moses was the most important.

His response was: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.'" (Matthew 22.37-40).

The thing about local elections is that they can bring the needs of the local people into focus. From the state of our roads to our health care and education provisions, decisions made by the local government impact the lives of everyone within their area. For those who pray, praying for our politicians, whether local or national (and whether we voted for them or not) is an important thing to do.

And we can also perhaps ask ourselves, what is it about our village(s) that we value? What is it about the place that we live that we might want to prioritise? And as we think about our own values and priorities, can we draw on the priorities of Jesus, and look to how we in our community can love our neighbour as ourself?

God bless

The Revd Jacqui

Ascension Day, 40 Days with the Risen Christ

This year Ascension Day falls on 14 May.

40 days after Easter comes Ascension Day. These are the 40 days during which the Risen Christ appeared again and again to His disciples, following His death and resurrection. (Matthew 28; Mark 16; Luke 24; and John 20.)

The Gospels give us little of Christ's teachings and deeds during those 40 days. Jesus was seen by numerous of His disciples: on the road to Emmaus, by the Sea of Galilee, in houses, etc. He strengthened and encouraged His disciples, and at last opened their eyes to all that the Scriptures had promised about the Messiah. Jesus also told them that as the Father had sent Him, He was now going to send them - to all corners of the earth, as His witnesses.

Surely the most tender, moving 'farewell' in history took place on Ascension Day. Luke records the story with great poignancy: 'When Jesus had led them out to the vicinity of Bethany, He lifted up His hands - and blessed them.'

As Christmas began the story of Jesus' life on earth, so Ascension Day completes it, with His return to His Father in heaven. Jesus' last act on earth was to bless His disciples. He and they had a bond as close as could be: they had just lived through three tumultuous years of public ministry and miracles – persecution and death – and resurrection! Just as we part from our nearest and dearest by still looking at them with love and memories in our eyes, so exactly did Jesus: 'While He was blessing them, He left them and was taken up into heaven.' (Luke 24:50-1) He was not forsaking them, but merely going on ahead to a kingdom which would also be theirs one day: 'I am ascending to my Father and to your Father, to my God and your God...' (John 20:17)

The disciples were surely the most favoured folk in history. Imagine being one of the last few people on earth to be face to face with Jesus, and to have Him look on you with love. No wonder then that Luke goes on: 'they worshipped Him, and returned to Jerusalem with great joy. And they stayed continually at the temple, praising God.' (Luke 24:52,53)

No wonder they praised God! They knew they would see Jesus again one day! 'I am going to prepare a place for you... I will come back and take you to be with me that you also may be where I am.' (John 14:2,3) In the meantime, Jesus had work for them to do: to take the Gospel to every nation on earth.

Service for Ascension Day

The twelve churches that make up the Compass Group traditionally hold a joint service of Holy Communion for Ascension Day. This year it is the turn of All Saints Stock. The service starts at 7.30pm and we hope to see many of you there.

Annual Parochial Church Meetings

In the April edition of *The Herald* we wrote about the forthcoming APCM, the Annual General Meeting for the three churches that make up our Parish.

A reminder that the meeting takes place in St Margaret's Downham on Tuesday 12 May at 7.00pm. By the time you receive this, the closing date for nominations as churchwardens, members of the Deanery Synod and Parochial Church Council will have passed, but we hope you will come along to learn about what has been happening during the past year.

St Margaret's Downham

Easter

We were pleased to see so many people at our services during the Easter period. We were blessed with fine weather and a clear sky for the Sunrise service on Easter Day, so for the first time in several years we experienced the rising sun during our service. Printing in black and white doesn't do justice to the experience, but you can see a colour photograph on the church's Facebook page www.facebook.com/downhamchurch



People congregate for the start of the sunrise service

Our main service on Easter Day took on a new format. Being the first Sunday of the month it would normally have been our monthly Family Service, but we couldn't celebrate Easter without Holy Communion, so our service was something of a hybrid. We weren't sure whether either congregation would turn up, but were pleasantly surprised by the numbers attending.

DOWNHAM VILLAGE HALL PRESENTS

The Big Summer Event

SATURDAY 27TH JUNE 2026

3PM - 7PM

BAR AND BBQ AVAILABLE



CAKE COMPETITION

(BAKE IT. DONATE IT. WIN IT.)



TOMBOLA
SWEET TROLLEY
COCONUT SHY
PIMMS TENT

RSVP/ FURTHER INFO CALL

PAULA 07974 071782

DEBBIE 07906 585656

News from Downham Church of England School

This year at Downham Church of England Primary School, we have been working alongside another school in our Berlesduna Academy Trust family (St Mary's in South Woodham) to run Forest School sessions for our youngest classes. Our EYFS (Early Years Foundation Stage) and Year 1 classes have had weekly adventures with the St Mary's team who have kindly come over to lead the sessions. The children have engaged enthusiastically, exploring our school's wildlife garden and our local environment. Many snails and flowers have been studied and there have been lots of opportunities for the children to take part in stories and craft activities outside. With the good weather finally returning, we are blessed to be able to take our learning outside and to enjoy the wonders of God's creation.

As Psalm 19 begins, "The heavens declare the glory of God, and the skies above proclaim his handiwork." In recent days, we have all been watching the news and enjoying social media stories about Artemis II's incredible voyage around the moon. The images from this adventure do indeed show God's amazing handiwork. As we embrace God's creation, we are encouraging the pupils at Downham Church of England Primary School to take on the role of being good stewards of the Earth. We are seeking to raise a generation of young people who will care for the Earth - the plants, the animals and, of course, the people! Psalm 19 finishes with "Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer." What a challenge this is to each of us as we live, work and play alongside each other!

Lynne Boyd

Humanities Leader at Downham Church of England Primary School

Downham WI

May is the month we start another year at WI. The present Committee members have all agreed to stand again and Wendy will remain as our President...Membership is continuing to flourish. Our Coffee & Craft morning group are planning some more projects, and several ladies are visiting St Luke's hospice to hand over some blankets that have been knitted. They have also been invited to have a look around the hospice which is situated at Bulphan.

We have booked some Interesting speakers for future meetings, including one who will demonstrate how to use a Defibrillator, in case the situation ever arises.

We are always happy to welcome new members. Our meetings are on the third Tuesday of the month at 2.00pm.

Sylvia Baldry

St Mary's Ramsden Bellhouse

Palm Sunday

Before the roof problems were discovered, we were due to host a joint service with Ramsden Bellhouse Baptist Church on Palm Sunday. Because St Mary's is closed the Baptists agreed to host the service, at which the Revd Jean distributed palm crosses and preached the sermon. We offer our thanks to the Baptist congregation for their support.

Continuing closure of the church

At the beginning of May, the Revd Jacqui, the churchwardens and PCC treasurer will be meeting with the Archdeacon of Chelmsford and a representative of the Diocesan Advisory Committee for church buildings to consider the situation at St Mary's. We will advise the outcome in a future edition of *The Herald*.

Community Cuppa & Cake afternoon

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

Tuesday 12 May 2.00 to 4.00pm

At our April meeting we were delighted to see so many new faces. We might even have to start making more cakes!! We raised over £200 again - charity yet to be decided. Look forward to seeing you all on 12 May to join us for a cuppa for 50p and a piece of homemade cake for £1.50.

Best wishes

Ramsden Cupcakes

Ramsden Heath Social Club

Our next monthly BINGO will be on Friday 1 May at 8.00pm. £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.

Following this we have a return visit from 60's JUKE BOX on Saturday 16 May at 8.00pm. Ticket prices are £7.00 for Members, £10.00 for Non-members Tickets on sale NOW. Come along & enjoy a fantastic night of LIVE music from the swinging sixties.

Please bring your own drinks & snacks to this event.

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

For more information/tickets please contact:

Dave Quinney on 07950 309524 or Dave Charlton on 07940 540819

Ramsden Heath Horticultural & Allotment Society

Our meeting on Thursday 2 April was a social evening, attended by 48 members who all enjoyed the 'fun quiz', organised by Paul and Angie James. An enjoyable evening was had by all. Thanks to Paul James for devising the quiz and to Angie for ensuring the clues weren't too obscure.

SPRING SHOW 2026

Our Spring Show this year was another great success, with the number of both entrants and entries up on last year ensuring that Ramsden Heath Village Hall was brimming with daffodils and tulips, potted plants, baked goods and handicraft items, all grown or made by our members and the children in their families. Rita's pop-up café was also well attended and we had to drag some guests out when it was time for the trophies to be awarded. It was a lovely afternoon, and the Show Secretary would like to thank everyone who entered and also all those who helped make the event run so smoothly.

The cup for Best in Show was won by Jenny Tillyer, again for another potted plant, this time a stunning potted cyclamen. Last year it was a clivia - how does she make them grow so well? Other trophy winners were



Teresa Flannigan, Brenda Burnell, David Moorby, Jane Granby and Sharne Gregory. The Children's shield was awarded to Isla Coyle for her bird feeder. Congratulations to all the trophy winners, as well as those who received certificates and placements.

Brenda Burnell

Show Secretary

The next meeting, on Thursday 7 May, will include our plant sale, in which members can bring along any plants they have grown to sell on. The proceeds will go to help boost Society funds. After the plant sale there will be an informal members' chat over coffee.

Please remember there will be no mini show at our May meeting

Allotment Plots Available in Ramsden Heath

A number of allotment plots are currently available at the Heath Road site (CM11 1NA). The site is a registered charity, managed by the trustees who are South Hanningfield Parish Council.

Annual rent is £55 for residents of South Hanningfield, Downham and Ramsden Heath, and £75 for non-residents. There is a holding deposit of £125.00

The allotments are well maintained and provide an excellent opportunity for those interested in gardening or growing their own produce. For more information or to apply, please email contact@shallots.org.uk or call 01268 710820.

St Peter's South Hanningfield

We had a lovely Easter Day service, the sun shone and the church was full of daffodils and a lovely arrangement from Sylvia. It was good to see so many people, and we all had tea and cake after the service.

On 13 April we had a visit from a local U3A group. We started with tea and cake, a must at St Peter's! - then Sascha did a very interesting tour around the church telling us about all its fascinating features. We got to hold and touch the very precious old chalice. It's so pretty and beautifully made.

The next event is the Quiz Night on Saturday 9 May, 7.00 for 7.30pm in South Hanningfield Village Hall. Bring your own refreshments, £10 a ticket, 6 people per team. For tickets please ring 01268 710926. Please do come, it's such a fun night with lots of laughs and all for a good cause to raise money to keep St Peter's church up and running.

We are very excited that our new church pew cushions and new carpet are coming soon, Marguerite and Deidre have been sorting this out. St Peter's will be looking very smart!

Lots of love to you all

Mission Control

South Hanningfield Village Hall

Our next event 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.

No Parking on Pavement by Hall South Hanningfield Village Hall Management Committee requests that vehicles don't park up on the pavement outside the village hall because of the health and safety risks. Please alert the volunteer committee if you see such vehicles parked in this way outside the hall on 07891 653238.

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 dates are 5 May and 26 May.

Regular Activities

Coffee Morning 13 May

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

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

11.45am to 12.45pm Thursdays

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>

All in the month of May

It was:

400 years ago, on 4 May 1626 that the Dutch explorer Peter Minuit arrived on the east coast of what is now the USA. He negotiated the purchase of Manhattan Island from the Lenape Native Americans for \$24 worth of cloth and buttons. (Equal to about \$1,150 today.)

300 years ago, on 25 May 1726 that the world's first Circulating Library (lending library) was launched by Scottish poet and bookseller Allan Ramsay at his bookshop in Edinburgh.

250 years ago, on 4 May 1776 that Rhode Island became the first of the Thirteen Colonies to renounce allegiance to the British Crown and instead, to declare independence.

200 years ago, on 29 May 1826 that Ebenezer Butterick, American tailor was born. He and his wife invented tissue paper dress patterns in multiple sizes, and thereby revolutionised home dressmaking.

175 years ago, from 1 May to 15 October 1851 that the Great Exhibition was held in The Crystal Palace, Hyde Park. More than 10,000 exhibitors attended what is regarded as the first World's Fair.

100 years ago, on 4 to 12 May 1926 that the UK's General Strike was held. The Trade Union Congress (TUC) called a General Strike in support of 1.2 million coal miners. The strike lasted nine days, and had little effect.

90 years ago, on 7 May 1936 that British aviator Amy Johnson made the fastest-ever (at that time) solo flight from England to Cape Town.

Also 90 years ago, on 27 May 1936 that the RMS Queen Mary began her maiden voyage, sailing from Southampton to New York.

80 years ago, on 11 May 1946 that the first CARE packages for Europe arrived in Le Havre, to help people who were starving after WWII.

75 years ago, on 3 May 1951 that the Festival of Britain and the Royal Festival Hall in London were opened.

Also 75 years ago, on 9 May 1951 that the Lake District National Park was established as Britain's second national park.

Also 75 years ago, on 25 May 1951 that British spies Guy Burgess and Donald Maclean fled to Moscow. They were members of the infamous Cambridge spy ring.

70 years ago, on 24 May 1956 that the first Eurovision Song Contest was held in Lugano, Switzerland. It was won by Switzerland.

65 years ago, on 31 May 1961 that Michael Ramsay became Archbishop of Canterbury (until 1974).

60 years ago, on 6 May 1966 that the Moors Murderers Ian Brady and Myra Hindley were sentenced to life imprisonment for killing five girls, aged 10 to 17.

Also 60 years ago, on 30 May 1966 that British racing driver Graham Hill won the 1966 Indianapolis 500. He was the only driver in history to win the 'triple crown of motor racing': the Formula One World Championship, the 24 Hours of Le Mans, and the Indianapolis 500.

40 years ago, on 9 May 1986 that Tenzing Norgay (Sherpa Tenzing), died. This Tibetan/Nepalese mountaineer had been with Sir Edmund Hillary of New Zealand when in 1953 they became the first people to reach the summit of Mount Everest.

30 years ago, on 30 May 1996 that the Duke and Duchess of York (Prince Andrew and Sarah Ferguson) were divorced after ten years of marriage.

15 years ago, on 2 May 2011 that Osama bin Laden, Saudi Arabian-born terrorist, was shot dead by US forces in Pakistan. He was the founder of Al-Qaeda and is thought to have masterminded the 9/11 attacks on the USA.

10 years ago, on 31 May 2016 that Carla Lane, TV screenwriter, died. Best remembered for creating the sitcoms *The Liver Birds*, *Butterflies*, and *Bread*.

No quibble guarantee

Not that I speak from want, for I have learned to be content in whatever circumstances I am. I know how to get along with humble means, and I also know how to live in prosperity; in any and every circumstance I have learned the secret of ...both of having abundance and suffering need. I can do all things through Him who strengthens me. Philippians 4:11-13

For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith and pierced themselves with many griefs.

1 Timothy 6:10

Recently a man received two letters from his bank. One was telling him his debt was going to be passed to the enforcement department, and the other was offering him a new loan! Sensibly, he got some advice about what to do. If you are thinking of getting a loan or a credit card, do check the small print. Does the offer seem too good to be true? What are the charges if you miss a payment? Make sure you know before you sign!

Many experts wonder if cash will become a thing of the past, because we use credit and debit cards so often, even for small payments. Credit cards and bank cards have their advantages. They are simple and easy to use. If you buy something on a credit card that costs more than £100 you get extra legal rights. So, if it does not arrive or does not work you can claim against the credit card company. But don't forget that debit cards are not credit cards and you do not get the same rights.

Up until a few years back we had offers of credit cards, loans, and buy-now-pay-later deals, all the time. Now things are tighter, and debt is a big worry for many. The Bible warns us of the dangers of borrowing but offers us the assurance that God cares for us. No questions asked!

How a dying bishop said farewell to his diocese

How would you feel if your doctor told you that you had less than a month to live? This is how the Bishop of Guildford recently responded

The Bishop of Guildford, the Rt Revd Andrew Watson, was diagnosed with aggressive and untreatable cancer of the pancreas on 10 February this year.

After he was told that he had less than a month to live, Bishop Andrew wrote a letter to his diocese, to say goodbye and to reassure them.

He wrote:

“Only our good Lord knows exactly how long I have left, of course. But the conversation with my doctor – together with a sense that I am getting a little weaker by the day - means that my main focus now is on ‘cheerfully persisting towards a good death.’

Yesterday I signed a deed of delegation, handing over the interim leadership of the diocese to our dear Bishop Paul. I’m sorry that that means I will no longer be honouring my existing commitments...

I don’t fear the prospect of dying, and find to my relief that my faith in the resurrection of the body and the life everlasting has only grown stronger over the past few weeks. I’ve sometimes had private worries that, when faced with the starkness of a terminal diagnosis, my faith in the Risen Christ might falter. Well, it hasn’t. Or better still, God hasn’t faltered. Quite the reverse.

Nor do I feel short-changed by what’s happening. Of course, I have grumpy patches when I’m in pain, or not sleeping properly. (I’m only a saint in St Paul’s most generous definition of the term!) But I still consider myself as deeply blessed to have been born into such a loving family, to have met with Christ as a teenager, to have spent nearly 40 years of my life so joyfully married to the ‘wife of my youth’, to have raised four remarkable children (all equally remarkably partnered), and to have been entrusted with a series of fulfilling ministries within my beloved Church of England.

Of all the closing words to St Paul’s various letters to individuals and to church communities, perhaps the one I value most comes right at the end of his first letter to the Church at Thessalonica. We sense that the apostle is running out of parchment, and wanting to cram as much as he can into the last few inches; and he does a great job from my perspective, beautifully articulating so much of what I would want to say in what may well prove to be my last message to the Diocese of Guildford.

Could I encourage you to read these words quietly and prayerfully - so that each one of us, lay and ordained, might be freshly inspired to embrace God’s call on our lives with renewed vigour and gratitude:

‘We appeal to you, brothers and sisters, to respect those who labour among you and have charge of you in the Lord and admonish you; esteem them very highly in love because of their work. Be at peace among yourselves. And we urge you, brothers and sisters, to admonish the idlers, encourage the fainthearted, help the weak, be patient with all of them. See that none of you repays evil for evil, but always seek to do good to one another and to all. Rejoice always, pray without ceasing, give thanks in

all circumstances, for this is the will of God in Christ Jesus for you. Do not quench the Spirit. Do not despise prophecies, but test everything; hold fast to what is good; abstain from every form of evil.

May the God of peace Himself sanctify you entirely, and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and He will do this. Brothers and sisters, pray for us. Greet all the brothers and sisters with a holy kiss. The grace of our Lord Jesus Christ be with you.'

Bishop Andrew died, aged 64, on 2 March.

You and a goldfish's attention span

How long can you concentrate on any one thing? According to the now infamous study by Microsoft (back in 2015), our digital lifestyles have had such a detrimental impact on our concentration levels that our average attention span has fallen to below that of a goldfish.

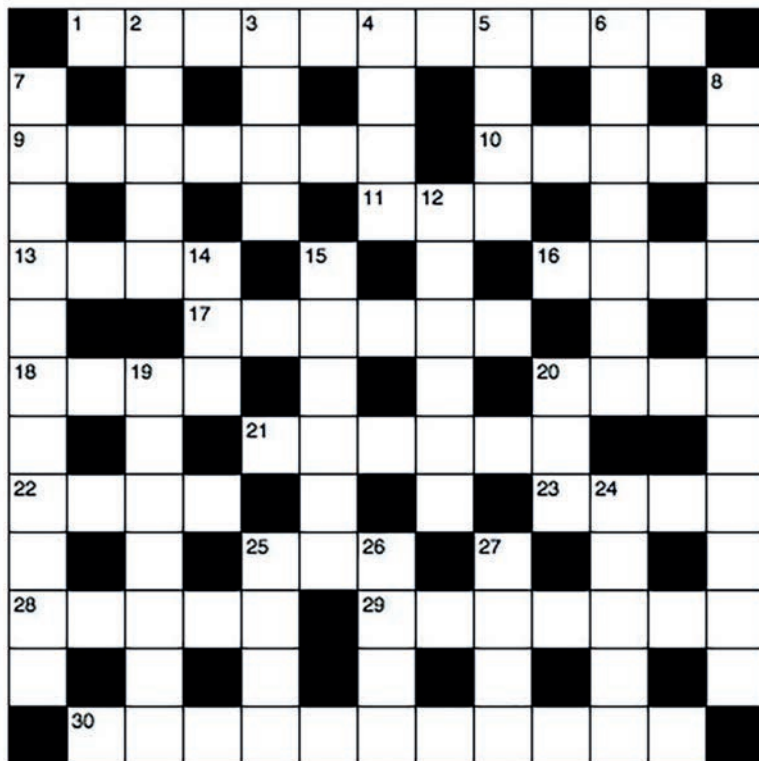
Humans now stay focused for just eight seconds, before being distracted by news alerts, social media and so on – while even a goldfish can concentrate for nine seconds.

And it is not just the endless stream of information that hits us, but the type of information that is so distracting. Violence and endless conflict can leave you distressed and unsettled. Medical experts recommend regular non-digital breaks such as a walk, a chat, or even just staring out of the window.

Meanwhile, try these tips to calm your mind:

1. In the evening, reverse the settings on your device, so that you have white writing on a black background. This reduces the blue light that affects your brain's cyclic rhythm, disrupting your sleep/wake cycle.
2. Get moving. Exercise takes time, but it also sharpens your mind and increases your concentration. So, in the end you will get more done in less time.
3. Eat well. Avoid sugar and too much caffeine which make your mind busier.
4. Seek company. Anxiety levels rise after six hours, due to the changes in your brain hormones caused by social isolation. So, if you work from home, take your laptop to a coffee shop for an hour, or see a friend for coffee.
5. Fill the final half hour of your day with one simple task, rather than flitting from task to task.

Puzzle corner



Across

- 1 Overpowered (Deuteronomy 11:4) (11)
- 9 'The — are mantled with corn' (Psalm 65:13) (7)
- 10 'Each man—a sword to his side' (Exodus 32:27) (5)
- 11 On the death of Jesus the curtain in the temple was torn from— to bottom (Matthew 27:51) (3)
- 13 Stagger (Isaiah 28:7) (4)
- 16 'Anyone, then, who knows the good he ought— —and doesn't do it, sins' (James 4:17) (2,2)
- 17 Stir up or provoke (Acts 13:50) (6)
- 18 Burden (Luke 11:46) (4)
- 20 'As far as the east is from the—, so far has he removed our transgressions from us' (Psalm 103:12) (4)

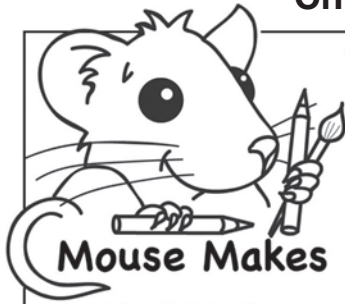
- 21 Sign (Luke23:38) (6)
- 22 'After that, Jesus poured water into a basin and began to—his disciples' feet' (John 13:5) (4)
- 23 The nature of the seven ears of corn which swallowed up the good ears in Pharaoh's dream (Genesis 41:23) (4)
- 25 Has (anag.) (3)
- 28 'This is the account of Shem, Ham and Japheth, —sons' (Genesis 10:1) (5)
- 29 'I will...make them drunk, so that they...sleep for—and— awake' (Jeremiah 51:39) (4,3)
- 30 Paul said of him, 'he often refreshes me and is not ashamed of my chains' (2 Timothy 1:16) (11)

Down

- 2 Worth (Matthew 13:46) (5)
- 3 'A bruised — He will not break' (Matthew 12:20) (4)
- 4 'Suddenly a great company of the heavenly — appeared with the angel' (Luke 2:13) (4)
- 5 Slip (anag.) (4)
- 6 'Take an awl and push it through his — — into the door, and he will become your servant for life' (Deuteronomy 15:17) (3,4)
- 7 Bountiful (2 Corinthians 8:2) (11)
- 8 'Therefore, as we have —, let us do good to all people' (Galatians 6:10) (11)
- 12 Acquire (2 Timothy 2:10) (6)
- 14 Container cover (Numbers 19:15) (3)
- 15 'He...became obedient to death, even death on— —!' (Philippians 2:8) (1,5)
- 19 Refrain (1 Peter2:11) (7)
- 20 'She began to—his feet with her tears' (Luke 7:38) (3)
- 24 One who worships Brahma, Vishnu or Shiva (5)
- 25 'Give to everyone who—you' (Luke6:30) (4)
- 26 'I lift up my eyes to the hills; where does my—come from?' (Psalm 121:1) (4)
- 27 One of those whom the Lord said would be taken from Jerusalem and Judah as judgment on them (Isaiah 3:2) (4)

Answers on page 33

Children's pages



WHO IS THE HOLY SPIRIT?

The Spirit of

_____ 
Genesis 1:2


The _____ 

of the Father.


Acts 1:4

The Spirit of

A _____ 
Romans 8:15

H _____ 
John 14:26

The Spirit of

_____ 
John 16:13

The Spirit of

_____ 
Acts 16:7

The Fruit of the Spirit
Galatians 5:22-23

___ O ___

___ Y

___ C ___

___ T ___

___ I ___

___ N ___

S ___


N ___

What happened when the Holy Spirit came at Pentecost?

read
Acts 2:1-41

How many believers were baptised that day?

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

 Look up the Bible verses and fill in the missing words. Look for them in the word search then look for these words below.

HOLY • SPIRIT • COUNSELLOR • COMFORTER
ADVOCATE • TEACHER • LORD • PROMISE
GLORY • GRACE • FAITH • DOVE • FIRE • WIND

Bible Bite

A short story from the Bible

It can be read in the Bible in
Samuel 8:1-10:1, 17-24

Samuel had been a good leader of Israel but he was now old. The leaders of the twelve tribes came to talk to him...

We want a king like all the other countries



God told Samuel

It's not you they are rejecting but Me.



If you have a king, he will take your sons to be his army and your daughters to work in his palace.



He will take the best of your land, your crops and your animals



We still want a king.

Samuel sent them home.



I was hoping he would choose me..

Saul and his servant were looking for some donkeys that had run off.



They decided to ask Samuel to ask God where the donkeys were



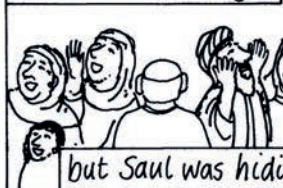
God told Samuel that Saul was to be the king



Samuel called everyone to a meeting and told them that God had chosen a king.

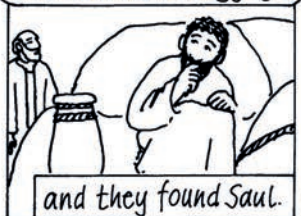


God told them that Saul was to be their king...



but Saul was hiding.

He's behind the luggage.



and they found Saul.

The people cheered!



Long live the King!



- PROPERTY MAINTENANCE
- GENERAL BUILDING WORKS
- HISTORIC/LISTED BUILDING REPAIRS
- NEW ROOFS/REPAIRS
- FLAT ROOF REPAIRS/RENEWAL
- DAMP PROOF SPECIALIST
- PROPERTY RENOVATIONS
- PLASTERING
- FENCING

D K & SON BUILDING CONTRACTORS LTD

Big enough to cope, small enough to care

We are a family run business, established in 1991. The services we have been providing to our clients in London, Essex, & Suffolk are second to none.

We are fully insured, and are members of the FMB trustmark scheme.

CONTACT DETAILS:

07703-182572

07856-683154

dks.building@btinternet.com

www.dksbuilding.co.uk



Autism Anglia

Registered Charity No 1063713



FEDERATION OF
MASTER BUILDERS



TRUST MARK

Government Endorsed Standards

www.trustmark.org.uk



**Your local boutique five star hotel, restaurant,
wedding and events venue**

Celebrate

- Private Dining
- Parties
- Celebration of Life
- Wakes
- Baby Showers
- Proms
- Weddings

Dine



BREAKFAST

Mon-Fri 7:30-10:30am
Sat-Sun 8:00-11:00am

**LUNCH &
AFTERNOON TEA**

Wed-Sat 12-3pm

DINNER

Wed-Sat 6-9pm

SUNDAY LUNCH

12:30-4:30pm

Escape

- Live Entertainment
- Craft Activities
- Wellbeing Events
- Meetings
- Corporate Events
- Boutique Bedrooms
- Dine & Stay

01268 422464

info@downhamhall.com

Castledon Road, Downham, Essex, CM11 1LG

WWW.DOWNHAMHALL.COM



downhamhallessex



downhamhall

Downham Village Hall

School Road, Downham, CM11 1QN
Registered Charity No. 296139



Downham Village Hall is available for hire

Rates are on our web site: downhamvillagehall-essex.co.uk

- full kitchen facilities
- air conditioning and air filtration
- ideal for wedding receptions; christening/children's parties etc. and can accommodate 80 people comfortably seated and up to 100 for buffet style events
- perfect for small meetings and events e.g. yoga, pilates etc.
- a large car park opposite the Hall

For viewings, availability and rates please contact our Bookings Secretary, Viv Fawkes on 01268 711757 or 07732 709926 (also on our web site). For other enquiries email us at contact@downhamvillagehall-essex.co.uk

Ramsden Heath Village Hall

Dowsetts Lane, Ramsden Heath, CM11 1HX

REGISTERED CHARITY NO. 1070622



The Village Hall Committee would like to remind you of the excellent facilities available for hire within your village:

- **Large Hall, ideal for family / children parties**
- **Small Hall, ideal for meetings or small groups**
- **Kitchen facility**
- **Car Park**
- **Picturesque surroundings**

For further information: availability, rates or request a viewing
Please contact either the Chairman, Gary on 01268 710791
or Letting Secretary Kerry on: **07875 761243**

Look out for our new website: www.ramsdenheath.org.uk

South Hanningfield Village Hall

South Hanningfield Road, South Hanningfield, CM3 8HL

Registered Charity No. 301402



Available For Hire within the village hall:

- Main Hall
- Small Hall
- Kitchen
- Toilet facilities in Main and Small Halls
- Bar facility in small Hall
- Car park
- Wi-fi, projector and PA system

Our village hall is available by the hour or day.

It is suitable for weddings, christenings, birthdays, parties, clubs and societies.

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

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

For bookings and further information, call our Bookings Line 07396 546050 or email shvhall@gmail.com to check availability and prices.

Christopher THE LOCKSMITH

ARE YOUR LOCKS BEHAVING BADLY?


We Value Old Fashioned Customer Service
A Local Trusted Family Business Since 1989

 Specialist in UPVC & Wooden Doors

 No Call Out Charge

 No Fix No Fee

 All Work Fully Guaranteed

 10% Senior Citizen Discount



For More Advice & Help Call Christopher:

07772 111 222

www.christopherthelocksmith.co.uk

Isabel's Flowers



Flower arranging classes and floral deliveries

Telephone:
07715 386228 for details



Keeping the county warm

Contact BFS for prompt delivery of your domestic heating oil direct from our local Danbury Fuel Services depot.
You'll find no better service, no better value.



Fuel Services

T 01245 425251
www.bfsfuelservices.uk

RUNWELL ART CLUB



Downham Village Hall,
50 School Road,
Downham, CM11 1QN

We are a group of talented, friendly amateur artists working in various mediums, from Acrylics, Pencils, Pastels, to Water-mixable Oils, and Watercolours.

We meet every Friday, 10am to 1pm

NEW MEMBERS ARE WELCOME

Contact: Carole Wellby – 01268 560005

Facebook: www.facebook.com/runwellartclub

CARTER & WARD OF WICKFORD LIMITED

Reg. Office:
Construction House. 82 Runwell Road.
Wickford. Essex. SS11 7HJ



BUILDERS & CONTRACTORS

Builders of Distinctive Houses in Wickford and Rayleigh



Tel. 01268 733421

Website: www.carterandward.co.uk

HEMMINGS STORE TOO

Situated on the corner of Glebe Road,
Ramsden Bellhouse

- Post Office
- Cash Machine
- Foreign Currency (pre-ordered)
- Travel Insurance
- Newsagent / Newspaper deliveries
- General Stores
- Off Licence
- Lottery
- Dry Cleaning
- Delicatessen
- Fresh rolls and sandwiches
- Tea and coffee available



Credit cards taken

A unique family run store, catering for all your convenient needs

Always at your service

Telephone 01268 710921

Phill Bright

Interior & Exterior Painter



41 Waverley Crescent
Wickford SS11 7LW

Tel: 01268 766457
Mob: 07944 679656

K&R Footcare

Foot health practitioner

Providing foot care in the comfort of your own home

Treatments include:

Toenail cutting

Corns

Callus/hard skin

Thickened/fungal nails

Please contact Kellie Wise: 07984764719

WREATHS CROSSES BOUQUETS

Eileen's Florist

**272 London Rd, Wickford SS12 0JZ
01268 735388**

WEDDING FLOWERS



Service Department:
01371 504048
service@owlshall.co.uk

Installations Department:
01371 850698
sales@owlshall.co.uk

Delivering complete wastewater solutions

***Installs | Homebuyer/seller surveys
Servicing | Repairs | Emptying***

owlshall.co.uk

Visit our
online store:
owlshall.co.uk/shop
or scan the QR code





CHELMSFORD
PLUMBING & HEATING

01245 478588

**A trustworthy family run business specialising in Gas,
Oil, LPG, Electrical & Plumbing services**

- ✓ All calls are answered personally
- ✓ Confirmed bookings given
- ✓ No job too small!

Boiler Installs, Servicing & Repairs

New Heating Systems

Plumbing Repairs

Electrical Services



Bishop's Forest Pre School

Led by experienced and passionate staff on our 10 acre site in Rettendon Common, our Froebel-inspired, term time Forest Pre School for 3 to 5 year olds values curiosity, connections and the wonder that comes from learning outdoors.

hello@bishopsforestschoo.co.uk

Call: 07729 624222

Smile lines

Breakable

There was a very gracious lady who was posting an old family Bible to her brother in another part of the country. "Is there anything breakable in here?" asked the postal clerk.

"Only the Ten Commandments," answered the lady.

Morning prayer

"Somebody has said there are only two kinds of people in the world. There are those who wake up in the morning and say, "Good morning, Lord," And there are those who wake up in the morning and say, "Good Lord, it's morning."

Money

There is the story of a minister who got up one Sunday and announced to his congregation: "I have good news and bad news. The good news is, we have enough money to pay for our new building programme. The bad news is, it's still out there in your pockets."

What God is like

A Sunday School teacher began her lesson with a question, "Boys and girls, what do we know about God?"

A hand. "He is an artist!" said the little boy.

"Really? How do you know?" the teacher asked.

"You know - Our Father, who does art in Heaven... "

Prodigal

Prodigal son - one who left his home behind but took everything else.

Swear

You never really learn to swear until you learn to drive.

When technology goes wrong

The father of a family - who was a big-time techie - got his oldest daughter an iPhone for her birthday. He also got an iPad for his son. Later he bought an iPod for the youngest daughter. Then, when his wedding anniversary rolled around, he got his wife an iRon. That's when things went wrong.

Geraniums

A man burst into a flower shop and urgently demanded two pink potted geraniums. The clerk explained that they did not have any, but could offer him African violets instead. "No," said the man sadly. " It was geraniums that my wife told me to water while she was gone."

Contacting The Herald

Contributions to the June edition

Copy for the next edition of The Herald should be sent by email to Robert Andrews at theherald@downhamchurch.org.uk by **Thursday 21 May**. 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.

Advertising in The Herald

All general enquiries about advertising should be addressed to Mike Roome on 07770 795388 or email advert.theherald@downhamchurch.org.uk

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, Overwhelmed. 9, Valleys. 10, Strap. 11, Top. 13, Reel. 16, To do. 17, Incite. 18, Load. 20, West. 21, Notice. 22, Wash. 23, Thin. 25, Ash. 28, Noah's. 29, Ever not. 30, Onesiphorus.

DOWN: 2, Value. 3, Reed. 4, Host. 5, Lisp. 6, Ear lobe. 7, Overflowing. 8, Opportunity. 12, Obtain. 14, Lid. 15, A cross. 19, Abstain. 20, Wet. 24, Hindu. 25, Asks. 26, Help. 27, Hero.

S. CARTER & SON

Independent Family Funeral Directors
& Monumental Masons

Serving the Community since 1840



Prompt personal attention day or night

Funerals carried out in all districts

Pre Arranged Funeral Plans available

Ample on site parking • Horse drawn funerals

Woodland burials • Green Funerals • Private Chapels of Rest

Dove release • Home visits by appointment

Funerals tailored to your requirements

Memorial Headstones, additional inscriptions and renovations

32 London Road, Wickford, Essex SS12 0AN

01268 733108

Email: scarterandson@gmail.com www.scarterandson.co.uk

