

**February /March 2026**

# **OPEN DOOR**



The Thurstable  
& Winstree  
Team Ministry

**£1.00**

**For Churches in Tiptree, Tolleshunt Knights,  
Great Braxted, Messing & Inworth**

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[www.thurstablewinstree.org](http://www.thurstablewinstree.org)

**Deadline for the next edition: April/May 2026**

**Sunday 8th March 2026.**

**Items for the magazine:** can be emailed to [thurstableteamadmin@btinternet.com](mailto:thurstableteamadmin@btinternet.com) or delivered to St Luke's Parish Office or sent to [m.borgartz@btinternet.com](mailto:m.borgartz@btinternet.com)

## Harold Toms writes:



Traditionally, most people consider the Christmas celebrations to end on twelfth night and that is when the decorations are supposed to be taken down by. But, the traditional date for taking Christmas cribs down isn't twelfth night – which wouldn't allow time for those wise men from the East to arrive and be placed in it. The day on which cribs are supposed to be dismantled is actually February the second – Candlemas. Church seasons are usually forty days long (think of Lent, or the time between Easter and Ascension Day) so forty days from Christmas takes us to early February and the actual end of the Christmas festival which is the presentation of Christ in the temple, the set date for which is (as I've said) February the second. As I write this, well within the Christmas season, of course all my Christmas decorations are still up including my tree which, if it stayed in the house until February would doubtless look a lot less green.

The presentation really marks the end of what we might call the nativity readings in Luke's Gospel, the next event in Jesus' life recorded after this is when he is twelve years old. Mary and Joseph clearly decide to make something of a holiday of this essential Jewish ritual by going up to Jerusalem for it which wasn't really necessary. They probably went with something of a party with them (Grandparents and other family members). But, they weren't being extravagant; Jerusalem was only a few miles away and they took for sacrifice just "a pair of pigeons" which was the sacrifice specified for poor people. The rich would have offered a year old lamb and a pigeon.

Candlemas comes at the halfway point between the Winter solstice and the Spring equinox. It is itself a junction between the old and the new. When Jesus' parents took him to the temple it was similarly a junction – a meeting between the old and the new, Christ, who is the fulfilment of all scripture observing the old rite of purification as part of that fulfilment. At Candlemas we take a last look back at Christmas and Jesus birth and look forward also to Easter and the Cross. Candlemas is a bittersweet festival. Those Old Testament rituals were but a foreshadowing of the perfection that is in Christ. February can seem a bleak month, the third of Winter, but it is the shortest month and as the poet Shelley reminds us:

"If winter comes, can spring be far behind?" - Ode to the West Wind

(Percy Bysshe Shelley)

***Harold Toms,  
Licensed Lay Minister.***



# A PRAYER TO USE DURING VACANCY

Heavenly Father we thank you for the ministry of Anne-Marie our previous rector, and we pray your presence and blessing upon her as she settles into her new post as Archdeacon of Morgannwg.

We ask now that you will help us

- to share responsibility,
- grow in faith,
- love one another,
- care for those in need,
- reach out to others,
- and welcome newcomers.

Lord Jesus, guard and grow our churches as we serve you together in this period without a rector. Be with all those in the ministry team who will lead us during the interregnum, and all of those whose unseen and unheralded work behind the scenes ensures that the work of Christ continues.

Please guide those who are seeking the right minister for us, and those who are seeking the right church for their ministry, that together we may discover your way for the future and see your kingdom grow.

Amen.





Friends of St Luke's present



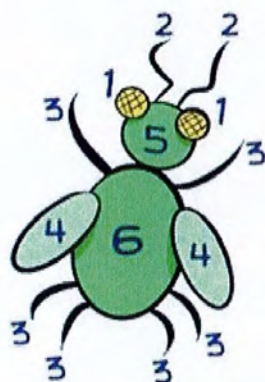
# BEEBLE DRIVE

Fun for all the family

Saturday 21<sup>st</sup> February 2026  
2pm to 4pm

£5 per head

Entry includes tea/coffee and biscuits



St Luke's Church Hall, Tiptree CO5 0SU

Contact Sandra Redgewell on  
[foslbookings@gmail.com](mailto:foslbookings@gmail.com)

# Ash Wednesday - 18 February

7.30pm Holy Communion and imposition of Ashes

St. Mary's Church, Layer Breton



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## Maundy Thursday Agape Meal

On Maundy Thursday, 2nd April, in St. Luke's extension we will be having our Agape meal followed by a communion service in the church. The meal itself starts at 6pm (setting up from 5.30pm) and comprises 3 courses of a simple bring and share buffet interspersed with some worship and singing. After the meal we move into the church itself for a communion service which concludes in silence as the church is stripped of everything to leave it bare and stark for Good Friday.

There will be a sheet in the lobby for you to sign up for with an indication of your food contribution and so we know the numbers attending.



**From Andy Butt**

**Tiptree Youth Project**

**Community Youth Worker**



## **Time for a new look!**

Looking out of the window we're beginning to spot the signs of new life in this new year. Spring bulbs are popping out of the ground and indeed snowdrops are flowering in my garden. It's a time to take stock and see the world freshen up. We've taken the opportunity to do that for TYPO too with a subtle new look to our publicity, brand image and email.

Our new logo – pictured here – shows we're now calling ourselves Tiptree Youth Project. We've dropped the O(utreach) from our name but not our values. Why have we done it? Well *The BBC* do it every few years so why couldn't we too? More seriously and simply it's easier to say and describes what we do, and identifies us alongside other similar church based youth engagement organisations across our county.

Going forward we hope you'll recognise our new name on our publicity, which we're in the progress of altering. Be patient these things take a bit of time, though do tell me if you spot anything bearing the old TYPO badge. My email is now [Andy@TiptreeYP.org](mailto:Andy@TiptreeYP.org) plus you can now contact our office at [Admin@TiptreeYP.org](mailto:Admin@TiptreeYP.org) and our website has migrated to [www.TiptreeYP.org](http://www.TiptreeYP.org) too

There's still time for you to sign-up to our Prayer Support mailings I mentioned last time I wrote. Do email me on the new address above if you'd like to join in.

**Andy Butt**

[Andy@typo.co.uk](mailto:Andy@typo.co.uk)





# LENT COURSE 2026

This year's Lent course will be using 'Christ and the Chocolaterie' by Hilary Brand, based on the film Chocolat. As in previous years, there will be two options for you to choose from:

- Tuesday evenings at St. Luke's hall, Tiptree 7.30-9pm, with refreshments
- Thursday lunchtime at 11.30 for 12-2) at 7 Birch Way, Birch Green, CO2 0NQ with a soup lunch

All are welcome to join us for any or all sessions. Attendance is free, no need to book for Tuesdays but for Thursdays please email Liz Dingle on [emdingle@aol.com](mailto:emdingle@aol.com) so she has an idea of numbers for soup.

## Session details and dates

Tues 24 Feb/Thurs 26 Feb	Giving up – the prelude to change
Tues 3 Mar/Thurs 5 Mar	Giving out – the power of a gift
Tues 10 Mar/Thurs 12 Mar	Getting wise – the possibility of change
Tues 17 Mar/Thurs 19 Mar	Getting real – the power of acceptance
Tues 24 Mar/Thurs 26 Mar	Growing up – the process of change







The Friends of St Luke's Present



# QUIZ NIGHT

Host Question Masters,  
BBC Essex Presenters

**Steve Scruton and Ian Wyatt**

Saturday 14<sup>th</sup> March 2026  
7.30pm at St Luke's Church Hall  
Tiptree CO5 0SU



Tickets £5 per head

Teams of up to 8

Bring own drinks and nibbles

Raffle



Contact Sandra Redgewell on  
[foslbookings@gmail.com](mailto:foslbookings@gmail.com)

# Books of the Bible

*Canon Paul Hardingham*

## Old Testament: Song of Songs

The title of this book, *'Solomon's Song of Song'* (1:1), claims to be written by Solomon, and while his name is mentioned seven times and several verses speak of the *'king'*, the book may be more about Solomon rather than written by him. However, it is reasonable to assume that Song of Songs was written in the tenth century BC, during Solomon's reign (971-931 BC).

The focus of the Song is God's choicest gifts of love and the voice of this love belongs to a woman, the beloved. It is her experience of love, both as the one who loves and as the one who is loved, that is most clearly expressed. The Song begins with her wish for her lover's kiss and ends with an invitation for intimate love. It describes the intimacies of married love as God intends it to be. She speaks profoundly of love; of its beauty and delight; its exclusiveness (2:16); its spontaneity (2:7) and its overwhelming power: *'Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame. Many waters cannot quench love; rivers cannot wash it away.'* (8:6,7)

God created man and woman, and established marriage as His purpose for society (Genesis 1:27; 2:20-24). This Song is part of the wisdom literature and shows us how to receive and live the gift of God's love with thanksgiving and celebration. However, the Song also speaks symbolically of the experience of intimacy to be found in our relationship with Christ: *'My lover is mine and I am his...and his banner over me is love.'* (2:16,4).

## Old Testament: Isaiah

Isaiah is often regarded as the greatest of the prophets. His name means *'The Lord saves'* and he began his 50-year ministry in 740 BC when King Uzziah died (6:1). Many scholars challenge the claim that Isaiah wrote the entire book, however there are striking verbal parallels between chapters 1–39 and 40–66.

Isaiah spoke during the stormy period marking the expansion of the Assyrian empire and the decline of Israel. The Assyrians destroyed the northern kingdom in 721. Judah was left to decide whether they would make alliances with other kingdoms or rely on God to protect them. Isaiah warns Judah that her sin would bring captivity in Babylon, which eventually took place in 586.

Isaiah sees the Messiah coming from the line of David. He speaks of a new temple being established (ch2); a child born with a new kingdom (ch9) and judging differently to other kings (ch11) as well as the nature of His suffering (ch53). The *'suffering*

*servant* (chapters 42–53) also applies to Israel as a nation, who are called to be a *'light for the Gentiles'* (42:6). Not surprisingly Jesus applies Isaiah's words to His own life and ministry. eg Is 61:1 quoted in Luke 4:18. Throughout his book Isaiah presents the full dimensions of God's judgment and salvation as *'the Holy One of Israel'* (6:1), as well as the *'Sovereign Lord'* far above all nations (40:15–24).

Isaiah looks forward to the promise of a new city of Zion (chs 60-66), in which the people offer praise to the Holy One of Israel. *'Behold, I will create new heavens and a new earth. The former things will not be remembered, nor will they come to mind.'* (65:17).

# Parent & Toddlers at St Luke's

Meet here every  
**MONDAY** morning  
9.15am – 11.15am

(includes holidays, but not bank holidays) photo by Marcus Spiske Unsplash



Everyone welcome! Parents  
or carers, grandparents,  
friends and childminders.



Meet up, have a chat, relax and play!



There is a small charge of  
£2.00 per family – drinks &  
biscuits are included



Further information from Margaret Peek 01621 810804  
or Maureen Horn 01621 817497



# Introducing Dame Sarah Mullally the 106<sup>th</sup> Archbishop of Canterbury

The Rt Revd and Rt Hon Dame Sarah Mullally DBE officially became Archbishop of Canterbury on 28<sup>th</sup> January 2026, when she was legally confirmed at St Paul's Cathedral.

Most people know that she had been Bishop of London for several years, and that she is the first woman to ever become Archbishop of Canterbury. But what else do you know about her?



*© House of Lords / photography by  
Roger Harris*

1. She was born in Woking in 1962, and is one of four children, with two sisters and one brother.
2. She attended Winston Churchill Comprehensive School and Woking Sixth Form College. She went on to South Bank Polytechnic and Heythrop College, University of London
3. She worked as a nurse in the National Health Service, which she has described as "an opportunity to reflect the love of God". She specialised as a cancer nurse and became a ward sister at Westminster Hospital, before being made Director of Nursing at Chelsea and Westminster Hospital.
4. In 1999, at the age of 37, she was appointed the Government's Chief Nursing Officer for England in the Department of Health. She was the youngest person ever to be appointed to the post. Bishop Sarah was made a Dame Commander of the British Empire in 2005 in recognition of her outstanding contribution to nursing.
5. She had become a Christian at the age of 16. While working as the Chief Nursing Officer for England, she discerned a call to ordination and entered training ministry at the South East Institute for Theological Education.
6. She was ordained in 2001 and served her curacy in St Saviour's Battersea Fields, initially as a self-supporting minister, before leaving her government post in 2004, which she has described at the time as "the biggest decision I have ever made".
7. In 2012 she was installed as Canon Treasurer at Salisbury Cathedral and three years later took the role as Suffragan Bishop of Crediton in the Diocese of Exeter, the fourth woman to become a Bishop in the Church of England.
8. On 12<sup>th</sup> May 2018, Bishop Sarah was installed as the 133rd Bishop of London at St Paul's Cathedral, the first woman to hold the role.
9. Bishop Sarah sits in the House of Lords as one of the Lords Spirituals, having been

introduced on 24<sup>th</sup> May 2018. Her maiden speech paid tribute to the NHS on its 70th anniversary, telling the Lords: "I am the Bishop I am today because of that first vocation to nursing, and compassion and healing are constants at the heart of who I am."

10. She was sworn in as a member of the Privy Council in March 2018 and became Dean of Her Majesty's Chapels Royal in July 2019.
11. As Bishop of London, she led the Church of England's Living in Love and Faith process from 2020 to 2023. This included the formative stages of discernment and decision making which saw the introduction of the Prayers of Love and Faith for same-sex couples.
12. She has served on the Church's National Safeguarding Steering Group and is also Lead Bishop for Health and Social Care issues.
13. As a Lord Spiritual, she has drawn from both her pastoral experience and her background in nursing and healthcare and has played a key role in the ongoing debates on assisted dying.
14. This year, she chaired the Triennium Funding Working Group that developed the Church of England's three-year spending plan that led to significant investments in local churches and parish clergy.
15. Archbishop Sarah is married to Eamonn, an Irish-born IT and Enterprise Architect who enjoys beekeeping and volunteering as a London tourist guide.
16. The couple have two grown-up children, Liam and Grace.
17. Archbishop Sarah has continued her interest in the health service having been a non-executive director at the Royal Marsden NHS Foundation Trust then at Salisbury NHS Foundation Hospital.
18. She is Chair of Christian Aid.
19. She has spoken openly about her dyslexia, describing her difficulties with writing and reading.
20. In her spare time, she loves cooking, walking and pottery.



# Book the Hall

## for your meeting, group or event

we are in St Luke's Church Extension, St Luke's Church,  
Church Road, Tiptree, CO5 0SU



**Good rates and  
improved facilities!**



**Hourly Rate:**

**£20 - regular bookings**

**£23 - one-off bookings**

***both including use of all facilities & kitchen***

**Wi-fi available for group leaders or speakers**

***(discuss your needs when making your booking)***



**Bookings & Enquiries to:**

**Gareth Williams: 01621 818069**

**Email: [hall.stlukestiptree@btinternet.com](mailto:hall.stlukestiptree@btinternet.com)**

**Why not give us a call?**

We now have a Facebook Page [www.facebook.com/tiptreechurchhall/](http://www.facebook.com/tiptreechurchhall/)



## **Regular Hall Bookings, at St Luke's:**

*For all hall bookings call Gareth Williams*

*01621 818069*

*Email: [hall.stlukestiptree@btinternet.com](mailto:hall.stlukestiptree@btinternet.com)*

<b>Weekly</b>	<b>Morning:</b>	<b>Afternoon</b>	<b>Evening</b>
Monday	Parent & Toddlers; Chair Yoga		
Tuesday	Tiptree Volunteers Coffee Morning, (2 <sup>nd</sup> & 4 <sup>th</sup> Tues)	Chair Pilates, Up in Lights Dance Academy	
Wednesday	Slimming World, WEA (autumn/winter)		regular private booking
Thursday	Sound Collective Coffee Morning & Choir	U3A Choir (2 <sup>nd</sup> & 4 <sup>th</sup> Thurs)	
Friday	Tiptree Art Club	Chair Pilates	
Sunday	Coffee after Service	KYDS Youth Drama Society	
<b>Monthly</b>			
Sunday	Sunday Club (3 <sup>rd</sup> Sunday morning)		
Tuesday	Little City (1 <sup>st</sup> Tuesday morning)		
Wednesday	U3A Line Dance (2 <sup>nd</sup> Wednesday afternoon) Tai Chi 2.30 pm (3 <sup>rd</sup> Wednesday) & 1.30 pm (4 <sup>th</sup> Wednesday)		
	Tiptree Tiplers (3 <sup>rd</sup> evening in month)		
Thursday	U3A History (1 <sup>st</sup> afternoon), Tiptree Garden Club (1 <sup>st</sup> evening), Flower Club (2 <sup>nd</sup> evening), St Luke's Ladies Group (3 <sup>rd</sup> evening)		
Friday	Messy Church (1 <sup>st</sup> Friday afternoon), Priory Heath WI (2 <sup>nd</sup> Friday afternoon in the month) Games Afternoon (4 <sup>th</sup> Friday afternoon)		

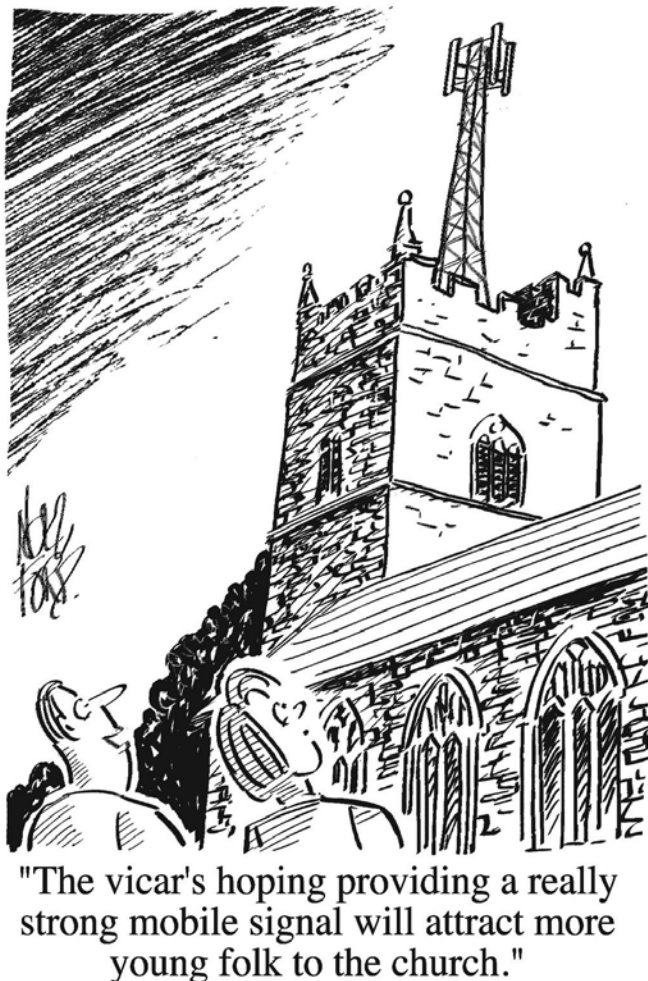
***If you are interested in making contact with any of the groups listed, please contact the Hall Bookings Administrator on [hall.stlukestiptree@btinternet.com](mailto:hall.stlukestiptree@btinternet.com)***

**Find us on Facebook:**  / tiptreechurchhall

*October 2025*

# Confirmation

Many people are baptised (christened) as babies, so the Church of England provides for confirmation for teenagers and adults who wish to affirm the promises made on their behalf as babies and make their personal commitment to following Christ. If you are interested in this please speak to Liz or Christine Newmarch or anyone on the Ministry team. It will involve a short course of preparation explaining what is involved in being a disciple of Christ and a service later in the year, which will be somewhere in the area but not at Tiptree this year.







**St Luke's Church**

**COFFEE AT THE NEW TIMES**




**Join us after morning service on Thursdays**

Meet up with us for coffee, chat and fellowship at The New Times each Thursday from 11am

Come along meet new people, good company & conversation. Just turn up.

We are at: The New Times, 87 Maldon Road, Tiptree, CO5 0BN

Contact Christine & David Eaton to find out more:  
01621 819166 Email: [christine.gorringe@btinternet.com](mailto:christine.gorringe@btinternet.com)

Photos by Jeremy Yapp 1992 22 on Unsplash & jay-yuen-shammyfoods BpPTUxSY-unplash

## What, oh what, is that person's name?!

Did your New Year Resolutions include the forlorn hope that you will be better at remembering people's names in 2026?

Many of us – and not only those of the older generation – have difficulty remembering names. It's not just TV personalities and so on, but people we meet in the street. We know exactly who they are, we see them every week in church or the supermarket, we know what job they do and which school their children go to. But as for their name – it's a blank.

Help is at hand, however. Not to solve the problem, but at least to name it. 'Anomic aphasia' is the clinical name for the inability to remember a name, even when we can remember everything else about someone.

There is also the strange truth that the cure for anomic aphasia comes spontaneously, often in the middle of the night, when that elusive identity pops unbidden into our memory. We must be sure, of course, to put the light on and write it down, because for sure it will be gone again with the morning light!

*Parish Pump*

## Can you get across the pedestrian crossing in time?

Have you ever had to hurry to make it to safety across the street because the pedestrian crossing light is about to turn red again?

If so, you are not alone. A recent study has found that pedestrian crossing timings are simply too brief for many elderly people and especially those with mobility problems.

The length of time given at crossing points usually assumes a walking speed of 1.2m per second. But the study found that the average speed of adults aged over 65 is only 0.77m per second.

So more than half of older people need to increase their normal walking speed by about 50 per cent, just to reach the other curb safely.

One of the researchers said: “This isn’t just a safety issue – it’s potentially a barrier to independence, physical activity, and social connection, all of which often decline in later life.”

Another said: “Allowing enough time to cross the road can boost confidence, support independence, and help them remain engaged in their communities, all key to a better quality of life.”

The study was published in the journal *Age and Ageing*.

*Parish Pump*

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## Church of England weddings at historic low

The Church of England conducted fewer weddings than ever in 2023, as the number of people in England and Wales getting married in religious ceremonies has slumped to a new low.

In 2023, 23,004 marriages were recorded by the Church of England and Church in Wales, according to recent data from the Office of National Statistics (ONS). It is the lowest number since the 1830s, except for 2020, when churches were closed during the pandemic.

In total, 216,901 weddings of opposite-sex couples took place in 2023. The majority (184,428) were civil ceremonies. There were 32,473 religious weddings, of which 70 per cent were held in Anglican churches.

The Bishop of Manchester, Dr David Walker, told the Daily Telegraph: “We want to reassure couples that they don’t have to be churchgoers to have a church wedding, they don’t need to be christened, and we welcome couples who already have children.”

*Parish Pump*





# Diary Dates for 2026

## FRIENDS OF ST LUKE'S

Events to be held in St Luke's Church Hall



21<sup>st</sup> February - 2pm

**Beetle Drive**

(Refreshments included)

14<sup>th</sup> March – 7.30pm

**Quiz Night**

(Hosted by Steve Scruton & Ian Wyatt of BBC Essex Radio)

25<sup>th</sup> April - 2pm

**Afternoon Line Dance**

(Refreshments included)

20<sup>th</sup> June - 2 pm

**Afternoon Tea Dance**

(Cream Tea included in ticket price)

26<sup>th</sup> September- 7.30pm

**Dance through the Decades Music Night**

(With our live DJ – Mick Boot)

3<sup>rd</sup> October - 7.30pm

**Quiz Night**

14<sup>th</sup> November – 7.30pm

**Old Time Music Night**

(With our Host – Tom Carradine)

Every 4<sup>th</sup> Friday throughout 2026 (2pm to 4pm)

**Games Afternoons**

\*For further information on any of the above events\*  
please contact [foslbookings@gmail.com](mailto:foslbookings@gmail.com)

## **2<sup>nd</sup> Feb: Candlemas, The Presentation of Christ in the Temple**

In bygone centuries, Christians said their last farewells to the Christmas season on Candlemas, 2<sup>nd</sup> February. This is exactly 40 days after Christmas Day itself.

In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present Him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple.

So, where does the Candlemas bit come in? Jesus is described in the New Testament as the Light of the World, and early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas.

The story of how Candlemas began can be found in Luke 2:22-40. Simeon's great declaration of faith and recognition of who Jesus was is of course found in the Nunc Dimittis, which is embedded in the Office of Evening Prayer in the West. But in medieval times, the Nunc Dimittis was mostly used just on this day, during the distribution of candles before the Eucharist. Only gradually did it win a place in the daily prayer life of the Church.

*Parish Pump*

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## **The Winter Olympics returns to Europe**

If you like snow-sports, you are in for a great month. From 6<sup>th</sup> to 22<sup>nd</sup> February, Italy will be hosting the 2026 Winter Olympics, officially known as Milano Cortina 2026. The opening ceremony is at football's famous San Siro stadium. The Paralympic Winter Games follows, from 6<sup>th</sup> to 15<sup>th</sup> March.

For the first time the Winter Games will have two host cities, Milan and Cortina d'Ampezzo, with events spread across 15 venues in northern Italy, using existing infrastructure to reduce costs. (Thus, Milan will host indoor events like hockey and figure skating, while Cortina hosts alpine skiing and snowboarding.)

Around 3,500 athletes from more than 90 countries are expected to compete for 195 medals across 16 Olympic disciplines. New this year is ski-mountaineering.

Snow gets an occasional mention in the Bible. Job tells how God "Says to the snow, 'Fall on the earth' ... He stops all people from their labour. The tempest comes out from its chamber, the cold from the driving winds. At His direction they swirl around over the face of the whole earth to do whatever He commands them."

Let's hope that the snow does a good deep swirl around Italy this month.

# Reflecting Faith: 'Breaking' the Word

*The Revd Dr Jo White considers the Sermon.*

For the last few months, we've been looking at the way that church services are put together. Last time we looked at the reading of the gospel, and how we honour that in our own body language (by standing up).

This month we will move on to 'The Sermon' which is often known as 'Breaking the Word'. This parallels if you like, the 'Breaking of the Bread' which follows later in the service.

The Sermon is intended to be an expansion and perhaps an explanation of the Bible readings that have been used in the service. Often it sets the scene and context for the verses which often seem quite random and disconnected.

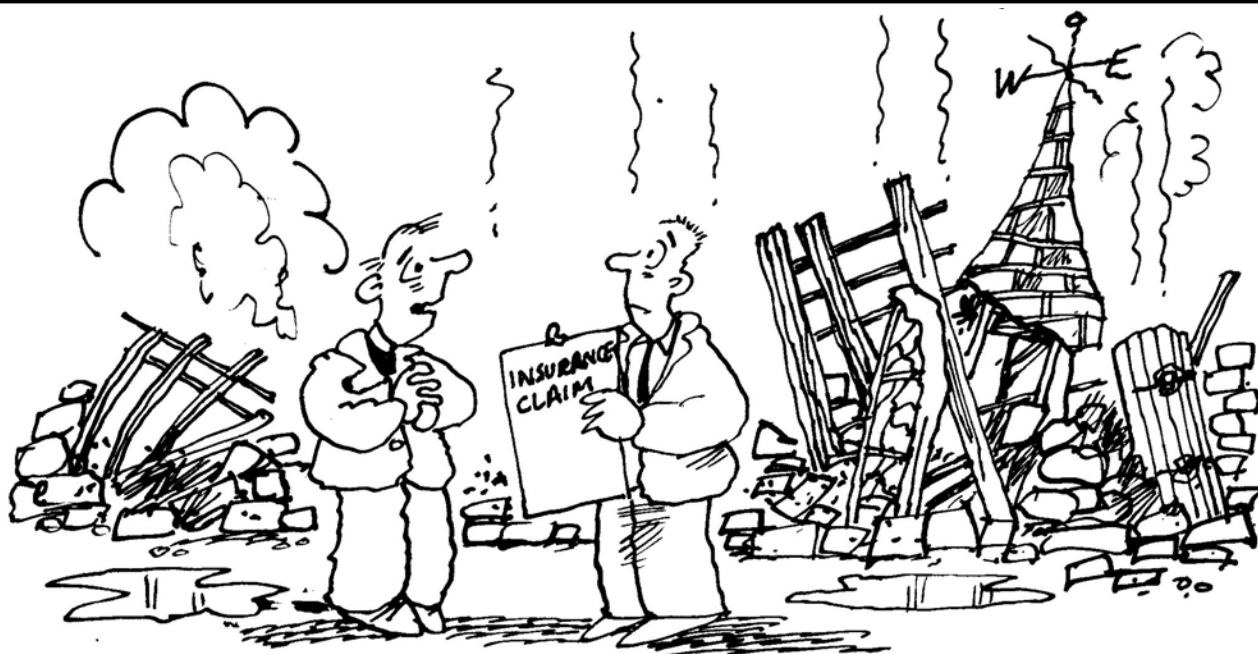
This is particularly true of the Old Testament reading, where not only the verses may be unconnected to readings from previous services, but often they are taken from totally different books; Isaiah one week and Jeremiah another.

So what is the preacher's task here? It was once described to me as: to comfort the disturbed and to disturb the comfortable! That sounds a bit harsh, but when you think about it, isn't that what we really need from our God? When we are in difficulties, whatever the cause, we need to know He's there, and that He has our back, so to speak.

When things are going well for us, then that's a good time to be working on recognising another weakness in ourselves and working towards lessening it.

There's no sitting back on our laurels when we work for the Lord.

*Parish Pump*



*...er... apart from this little hiccup... it was an excellent church pancake supper...*





# Messy Church !



Join us here at  
St Luke's Church:  
after school on

**Friday 6<sup>th</sup> February**

**Friday 6<sup>th</sup> March**

**from 3 pm to 5.30 pm**

**& Good Friday 3<sup>rd</sup>**

**April at 1.30pm**

**For:**

**A simple  
meal**

**Songs**

**Friends**

**Games**



**Activities**

**Stories**

**Crafts**

**a short service**

St Luke's Church, Church Road Tiptree, CO5 0SU

 Find us on Facebook: [/tiptreestlukes](https://www.facebook.com/tiptreestlukes)

# Main Church Driveway

The Main Church Driveway had for some considerable time been in need of re-surfacing. Due to the continuous usage by vehicles ( and occasionally some very heavy ones ! ) and projecting tree roots, the driveway had become very uneven and was fast becoming a Health and Safety concern. Despite having to close the driveway whilst the work was carried out, the Contractors made good progress in getting the work completed within four days ( thanks to good weather ) and after the following weekend we were able to re-open it by the Wednesday.

The cost of this project is being supported by FOSL who have kindly agreed to continue raising funds, for which we are very grateful.

Although we appreciate that re-payment will be on a fairly long term basis, should any person/s either within our own Church membership or the wider Community feel that they would like to make a financial contribution to what we feel is a much needed improvement when entering the premises , then this would be much appreciated by St Luke's PCC.

Clive Eastbrook ( Churchwarden/Fabric Officer )



*After old drive dug out*





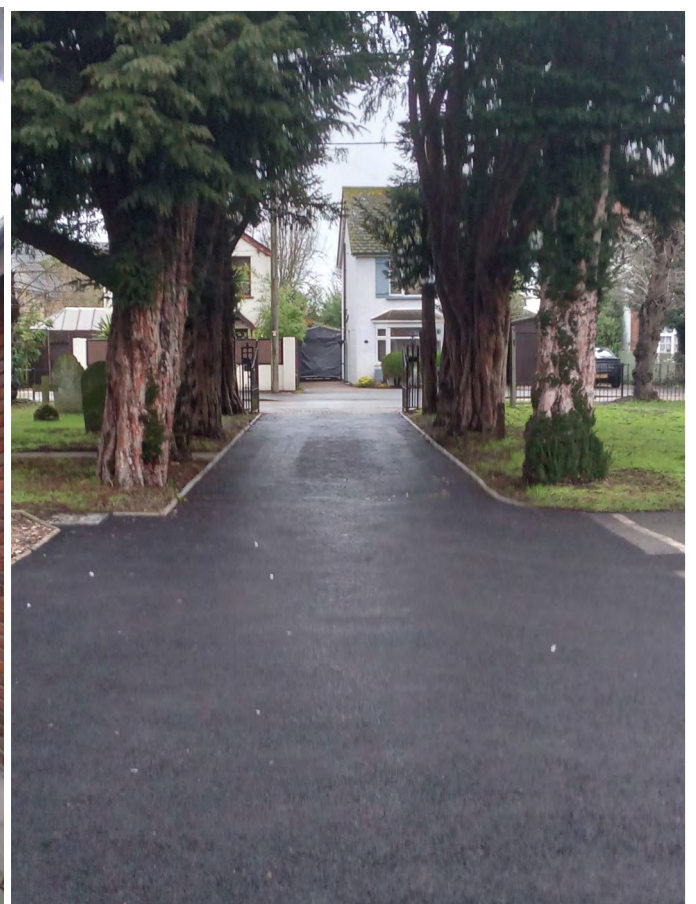
*Base layer*



*Prior to final top layer*



*Final top layer being laid*



*All finished!*



Friends   
of St Luke's, Tiptree



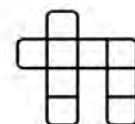
# Games Afternoon

4th Friday, Every Month, 2-4pm

£3 per person

Includes Biscuits, Coffee, Tea,  
& Good Company!

Rummikub, Cribbage, Scrabble, Mahjong, Cluedo...  
and many more Games available



## 24<sup>th</sup> Feb: Matthias the Apostle, the chosen one

Have you ever been in the position where someone is desperately needed – and you fit the bill perfectly? It is almost as if all your miscellaneous qualifications that never made much sense before now make PERFECT sense. And you sense that you have been chosen by God for the task....

If so, then Matthias is definitely the patron saint for you! Matthias came into the picture shortly after the suicide of Judas. The early Church was missing an apostle, and so the remaining 11 apostles prayed for guidance on who to choose as a replacement for this key role.

The qualifications for the job were specialised: the person had to have been a follower of Christ from His Baptism to His Ascension, and a witness of the Resurrection. There were two possibilities: Joseph Barsabas and Matthias. How to choose?

Again, Matthias' experience may mirror yours: the decision was out of his hands, and up to others. In this case, the apostles drew straws – and the 'lot' fell to Matthias. He had been chosen to replace Judas! The tragedy of Judas' betrayal had led to an opportunity for service by Matthias – and he was well prepared for the task. Are you prepared for any task that God might suddenly open before you?

Like the other apostles, Matthias had been in Jerusalem and had received the gift of the Holy Spirit at Pentecost, and he went on to do a good job. It is said he preached the Good News first in Judea, and then maybe in Cappadocia and by the Caspian Sea. It is thought he was martyred by the axe or halberd, and his relics eventually ended up being taken to Rome by the empress Helen.

Matthias is an encouragement to us to be faithful in small things - because you never know what the future might hold!

*Parish Pump*

---

### Flame of a Candle

See the candle flame a-burning  
See its flick'ring, dancing light;  
See how it, the darkness spurning  
Burns throughout the darkest night.

Light of faith, of God reminding  
As His Spirit, long ago  
Lit the first apostles, finding  
Faith within the Spirit's glow.

Light of life – God's life eternal  
Won through Christ's atoning death  
Sparing us from Hell, infernal  
Granting *us* His living breath!

Light of hope, in God victorious  
For we know that He will win  
When we'll see His flames of glorious  
Vict'ry o'er the pow'r of sin!

Light your candle, kneel and praise Him  
Kneel and praise the Lord of Hosts;  
Let your prayers and praises raise Him  
Father, Son, and Holy Ghost.

*By Nigel Beeton*

# *Smile*

I thought I was a good person, but the way I react when people drive slowly in the left lane would suggest otherwise.

\*\*\*

So, it turns out that being an adult is mostly just googling how to do things.

\*\*\*

Every time I close the door on reality, it comes in through the windows.

\*\*\*

## **Softly**

A churchwarden went to the Police Station wishing to see the burglar who had slipped in and out of the church during evensong. "You'll get your chance in court," said the Desk Sergeant.

"I don't want revenge," said the man. "I want to know how he got out of the service early without the vicar noticing. I've been trying to do that for years!"

\*\*\*

## **Hymns for Professionals**

Dentist	- Crown Him with many crowns
Contractors	- The Church's one foundation
Obstetricians	- Come labour on
Golfers	- There is a green hill far away
Politicians	- Standing on the promises
Librarians	- Let all mortal flesh keep silent

\*\*\*

## **Post-Valentine**

A man confided to his friend that he and his wife had had a serious argument the night before. "It finally ended," he said, "when she came crawling to me on her hands and knees."

"What did she say?" asked the friend, amazed.

The husband replied, "She said, 'Come out from under that bed, you coward!'"

\*\*\*

## **Political leaders**

"Don't worry about your son, he is set to become a great politician," the teacher said. The parents were delighted and asked how she could tell. "Well, he can say more things that sound well and mean nothing at all than anyone else in the class."

\*\*\*

## **Light**

A fellow nurse at my hospital received a call from an anxious woman. "I'm diabetic and I'm afraid I've had too much sugar today," she said.

"Are you light-headed?" my colleague asked.

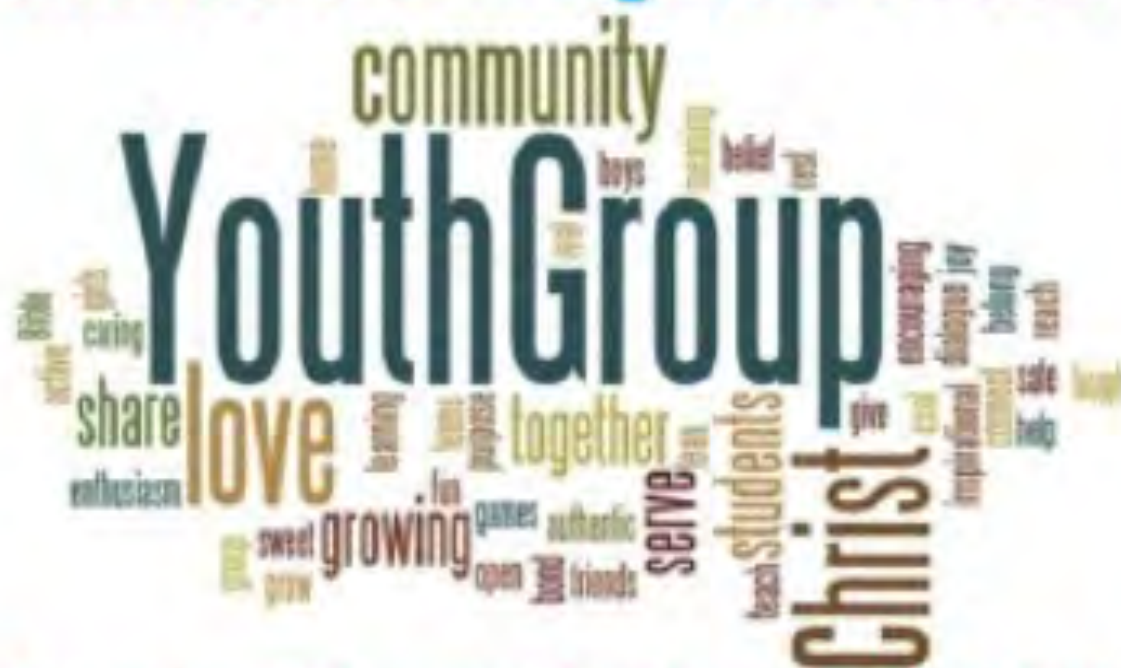
"Oh no," the caller answered, "I'm a brunette."

\*\*\*



# CITY

**Churches In Tiptree Youth**



**An inclusive Christian faith based Youth Club  
for young people in school years 7\* – 11 (ages  
11 – 16) \* open to year 6 from Easter**

**Fridays, Term Time, 7pm – 8:45pm**

**@ Tiptree URC, Chapel Road**

**Fun, games, sports, cooking,  
lifeskills, snacks, conversation**

**£1 per week, first session FREE**

**Want to know more?**

**Contact: [andy@typo.uk.net](mailto:andy@typo.uk.net)**



**CITY CITY CITY CITY**

**Churches In Tiptree Youth**

# The Big Bash!



JESUS OFTEN TOLD STORIES WITH HIDDEN MEANINGS



ONE STORY WAS ABOUT A RICH MAN WHO DECIDED TO HAVE A PARTY

HE SENT OUT LOTS OF INVITATIONS

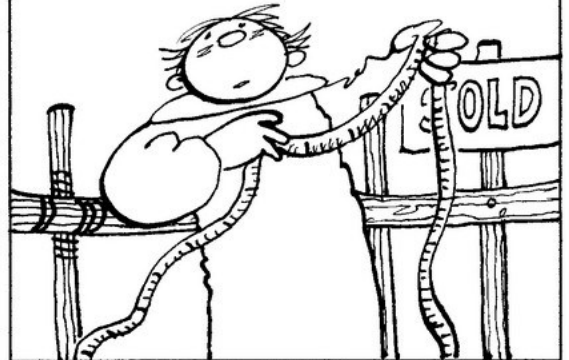


OH! NO!!

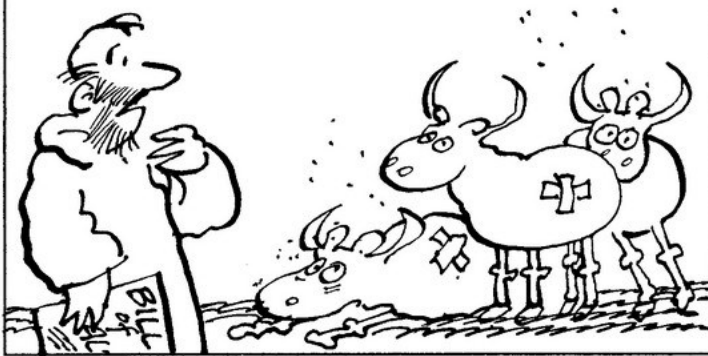


BUT PEOPLE STARTED MAKING EXCUSES

ONE MAN SAID HE HAD BOUGHT A FIELD, BUT NEEDED TO MEASURE IT



ANOTHER MAN SAID HE NEEDED TO TEST DRIVE THE OXEN HE HAS JUST PAID FOR



ANOTHER MAN SAID HE HAD JUST GOT MARRIED - AND HIS WIFE WOULDN'T LET HIM OUT!

SO THE RICH MAN INVITED ALL THE POOR AND NEEDY INSTEAD.



YES - I CAN COME TO YOUR PARTY

THE PARABLE MEANS WE SHOULDN'T MAKE EXCUSES FOR NOT FOLLOWING JESUS.

## Menai Suspension Bridge celebrates 200 years

If you have ever gone to Anglesey, chances are that you used the Menai Suspension Bridge (*Pont y Borth*, in Welsh). A lot of people do – an average of 13,300 vehicles a day, or about 4.8 million vehicles a year.

The bridge celebrates a big anniversary this year: it is 200 years old. It was formally opened on 30<sup>th</sup> January 1826, to link Anglesey (*Ynys Mon*) to mainland Wales (*Gogledd Cymru*).

The bridge is special – it is the world's *first ever* major suspension bridge, with a 176-metre span. Designed by Thomas Telford, it took seven years to build and has been a huge success. It made the crossing safer (until then farmers had had to swim their livestock across the strait), and it also made the crossing more dependable and quicker for everyone, cutting hours off the trip from London to Holyhead.

The bridge has changed a bit over 200 years – the original wrought-iron chains were replaced with high-tensile steel chains in 1940, the bridge was reconstructed after a fire in 1970, and in 1998 it was brought under the management of UK Highways A55 Ltd.

But the Menai Suspension Bridge is still a much loved and critical road bridge for Anglesey, and there will be warm celebrations for it this month.

To put the history of the bridge into perspective: it was built nearly 25 years before Big Ben (in 1859) and more than 60 years before the Eiffel Tower (in 1889).

# Eustace King

## *& Birkin Funeral Directors*



*Independent family funeral directors who pride ourselves on  
caring for our local community in their hour of need.*

Tiptree (01621) 819145  
87 Church Road, Tiptree, Essex. CO5 0HB

*Email: [tiptree@ekbirkin.com](mailto:tiptree@ekbirkin.com)*

# On the art of drinking well

The Rectory  
St James the Least of All



My dear Nephew Darren

You closed your last letter with the remark that it was time to retire to bed with a cup of cocoa. That may be all very well for the pious intensity of a theological college - although a stiff whisky was always acceptable in my day - but it is not a style to continue once in the parish. I do feel obliged to give you a few hints about what should and should not be drunk in public as a parish priest.

Morning visits are to be discouraged, but if one is unavoidable, and you are invited to have a drink, then it has to be coffee. It is the only time of day when a mug is acceptable - provided, of course, that it is bone china or porcelain. In the afternoons one changes to tea, but only from cups. Blended varieties may be all very well for Curates in their first year, but it should be Darjeeling for an incumbent. And fruit teas are for Quakers only.

If an inappropriate vessel is offered, then the drink should be accepted, but left untouched. Since the visit will be discussed in the finest detail throughout the parish the moment you have left, your host will soon learn why and not make the same error a second time. It is for the same reason that if you ever want to circulate a piece of news round the parish as quickly as possible, never put it in the parish magazine, just mention it casually during one of your visits. Everyone will know by teatime.

Alcoholic drinks must be carefully judged. A sherry - dry, naturally - is probably best if you are invited to lunch. In the early evening, a gin and tonic would be the drink of choice. To ask for whisky would indicate that you are about to go over to Rome, and a mineral water that you have your roots in non-conformity. Beer is never, ever drunk in someone's house unless you suffer from some personal tragedy, such as being the diocesan youth chaplain.

However, an occasional beer in the pub with the bell-ringers (who will be real ale fanatics to a man) or after choir practice - which seems to be the real purpose of holding practices anyway - or as a treat for the sacristan, will show you are a man of the people. It is some years since I visited the pub.

Understanding wine should be taught at every theological college as an essential part of the ministry. Develop a taste for claret, dear boy, and you will be starting your journey towards high office.

And perhaps you should give that tin of cocoa to the vergers.

Your loving uncle,

Eustace



# The funeral of Queen Victoria

by Tim Lenton

Exactly 125 years ago, on 2<sup>nd</sup> February 1901, the funeral of Queen Victoria took place.

She had died at the age of 81 on 22 January, having ruled for nearly 64 years, and her death took her family, courtiers and subjects by surprise in difficult times. The Boer war was still in progress, and the previous year the Prince of Wales had been shot at in Belgium, by a boy who was protesting against the war.

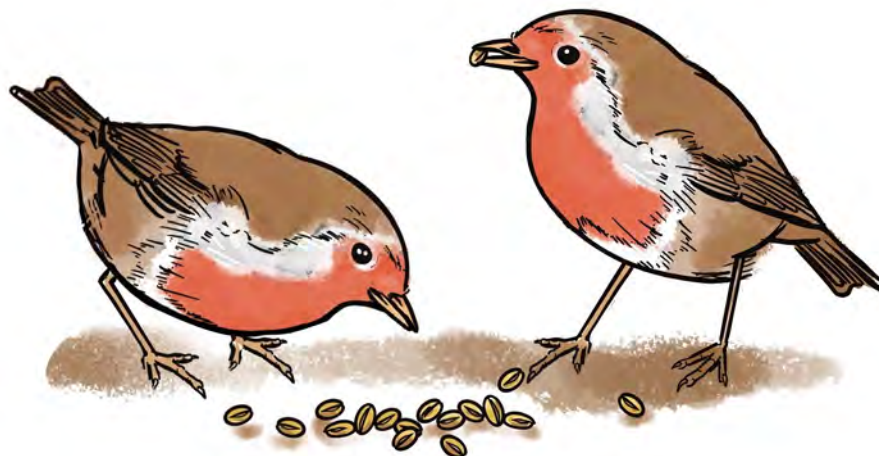
Her third adult child – Alfred, Duke of Edinburgh – had just died, another was near death, and she herself had been confined to a wheelchair, almost blind and often confused. She died at the remote Osborne House on the Isle of Wight, and when it happened there was no-one alive who could remember how to bury a monarch.

Victoria had asked for a full military state funeral, and there were secret instructions concerning mementoes of her personal servant, John Brown. The official service in St George's Chapel was chaotic because of timing errors, but it was followed by an emotional ceremony for the family on 4<sup>th</sup> February, in the mausoleum the queen had built for her husband at Frogmore, adjoining Windsor Castle, where the Queen was laid to rest beside her much-loved Prince Albert.

The total cost was £35,500 (£4.5 million). Victoria had outlived all the members of her Privy Council alive in 1837; all the members who had sat in the House of Commons at that time; and all nine of her bridesmaids.

What has been described as the godly domesticity of the Victorian era appealed to a mainly Protestant public, centring more on morals than on radical evangelicalism and effective prayer. One historian noted the transformation in the general British attitude from “aggressive, brutal, rowdy, outspoken, riotous, cruel and bloodthirsty” to “inhibited, polite, orderly, tender-minded, prudish and hypocritical”.

*Parish Pump*



## All in the month of February

It was

125 years ago, on 2<sup>nd</sup> Feb 1901 that the funeral of Queen Victoria took place.

\*\*\*

80 years ago, on 11<sup>th</sup> Feb 1946, that the Revised Standard Version of the New Testament was published. It was the first major English-language update of the Bible since the King James version was published in 1611.

\*\*\*

70 years ago, on 11<sup>th</sup> Feb 1956 that two members of the Cambridge spy ring, British diplomats Guy Burgess and Donald Maclean, announced that they had defected to the Soviet Union. They had both vanished in mysterious circumstances in 1951.

\*\*\*

50 years ago, on 11<sup>th</sup> Feb 1976 that John Curry won Britain's first-ever Olympic gold medal in figure skating.

\*\*\*

40 years ago, on 12<sup>th</sup> Feb 1986 that the Treaty of Canterbury was signed by Britain and France. It was the agreement to construct the Channel Tunnel linking the two countries. The tunnel opened in 1994.

\*\*\*

80 years ago, on 14<sup>th</sup> Feb 1946 that the Bank of England was nationalised.

\*\*\*

30 years ago, on 15<sup>th</sup> Feb 1996 that the oil tanker Sea Empress ran aground near Milford Haven in Wales, causing a major oil spill along the coastlines of Wales and Ireland.

\*\*\*

## All in the month of March

It was

90 years ago, on 5<sup>th</sup> March 1936 that the British fighter plane *Spitfire* made its first test flight from Eastleigh, Southampton. Powered by a Rolls-Royce Merlin engine the aircraft will enter service with the Royal Air Force in the next two years.

\*\*\*

80 years ago, on 5<sup>th</sup> March 1946 that Winston Churchill delivered his "Iron Curtain" speech.

150 years ago, on 7<sup>th</sup> March 1876 that Alexander Graham Bell patented the telephone.

\*\*\*

70 years ago, on 23rd March 1956 that Queen Elizabeth II laid the foundation stone of a new cathedral being built in Coventry. The new building was erected next to the remains of the 14th-century cathedral destroyed by the German Luftwaffe in 1940.

\*\*\*

155 years ago, on 27<sup>th</sup> March 1871 that England and Scotland played their first rugby international, a game won by Scotland.

\*\*\*

45 years ago, on 30<sup>th</sup> March 1981 that newly elected President Ronald Reagan was shot.

\*\*\*

# Wordsearch

## The Presentation of Christ in the Temple/ Candlemas

Candlemas, 2<sup>nd</sup> February, comes exactly 40 days after Christmas. In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present Him to the Lord'. Thus, we have the Festival of the Presentation of Christ in the Temple (Luke 2: 22-40). So where does the Candlemas bit come in? Jesus is described in the New Testament as the Light of the World, and early Christians developed the tradition of lighting many candles in celebration of this day.



Candlemas  
Forty  
Days  
After  
Christmas

New  
Testament  
Important  
Age  
Baby

Boy  
First  
Public  
Appearance  
Mary

Jewish  
Temple  
festival  
presentation  
described

light  
world  
candles  
lighting  
early



## **Tiptree Choral Society 2026 Programme**

Thank you all who joined us for our evening of Sir John Rutter in December! We had a huge turnout which was most encouraging.

I thought I would share our programme of music for 2026.

On Saturday 28<sup>th</sup> March we will be performing Brahms German Requiem. ( at St. Luke's Tiptree) This work is written in German so we have a lot of learning to do, but having started work on this, I can tell you that Brahms music is beautiful!

On Saturday 4<sup>th</sup> July, we will be presenting one of our "Barn Concerts" (near Layer Marney) when we hope to be joined by one of the Colchester Bands. This will be a varied selection of lighter music for a Summer's Evening and a chance for you to arrive early with your picnic hampers and make it a special time with family and friends.

Finally, on Saturday 5<sup>th</sup> December, back in St. Luke's, we will be presenting a concert with a Christmas theme which could include traditional carols and much much more!

We look forward to seeing many of you at our concerts this year, with sincere thanks from me, Clive Notley( Chair) on behalf of Tiptree Choral Society.

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## **A religious upbringing helps your health in later life**

Elderly people who had a religious upbringing have been found to be physically healthier, according to a recent study.

Scientists believe that one reason may be that they did not use drugs, cigarettes or alcohol when they were young. The data found that such people are reporting fewer difficulties with daily activities such as dressing or washing.

The study looked at older people across Europe, and the results were published in the journal Social Science and Medicine.

Many children in Europe who grew up after the Second World War had families who attended church on a regular basis, and who had Christian moral beliefs and values. For many children, this provided a sense of meaning in life, and a sense of belonging. They felt more 'connected', and hence more mentally and physically stable.



# How to Handle Temptation

*'I can resist everything but temptation'* (Oscar Wilde). During Lent we remember Jesus' experience in the wilderness (Matthew 4:1-11), when *'He was led by the Spirit to be tempted by the devil.'* (1). Temptation is a test of whether we do things our way or God's way. After 40 days of fasting Jesus was tired, hungry and vulnerable. Like Him, the Devil will attack us at our most vulnerable moments, especially when we are stressed.

***The first temptation was to turn stones into bread:*** Jesus' ministry was not about putting His own needs first, but being nourished by God's word. *'We do not live by bread alone but by every word that comes from the mouth of God'* (Deuteronomy 8:3). Like Jesus, we need to make God our priority and trust Him completely.

***The second temptation was to put God to the test:*** Jumping off the Temple pinnacle would have been a dramatic way for Jesus to gain popularity, but this was not God's way! *'Do not put the Lord your God to the test.'* (Deuteronomy 6:16). We too need to learn this lesson!

***The third temptation was to worship Satan:*** The devil took Jesus up a mountain to offer Him worldly power. In contrast, His calling as Messiah was to be marked by suffering and honouring God. *'Worship the Lord your God and serve Him only'* (Deuteronomy 6:13). This is to be our experience of living for God.

Jesus stands with us in our temptations. As we claim the promises of Scripture, like Him, we will find strength in the Spirit's power and the victory of the Cross.

*Consider these verses:*

*'Watch and pray, so that you enter not into temptation. The spirit is willing, but the flesh is weak.'* (Matthew 26:41)

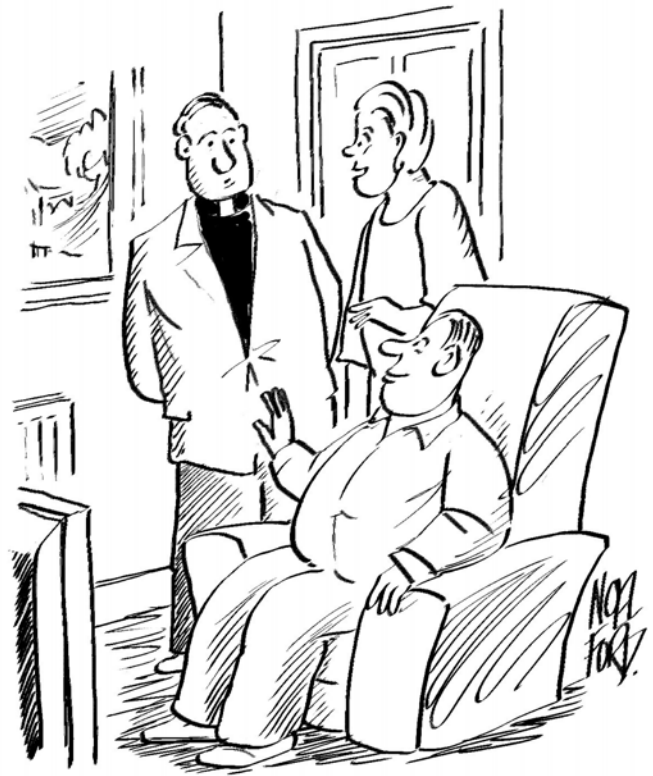
*'Since Jesus Himself has endured being tempted, He is able to help those who are tempted.'* (Hebrews 2:18)

*'Blessed is the man that endures temptation, for when he is tested, he shall receive the crown of life, which the Lord has promised to those who love Him. (James 1:12)*

*'If you look at the world, you'll be distressed. If you look within, you'll be depressed. But if you look at Christ, you'll be at rest!'* (Corrie Ten Boom).

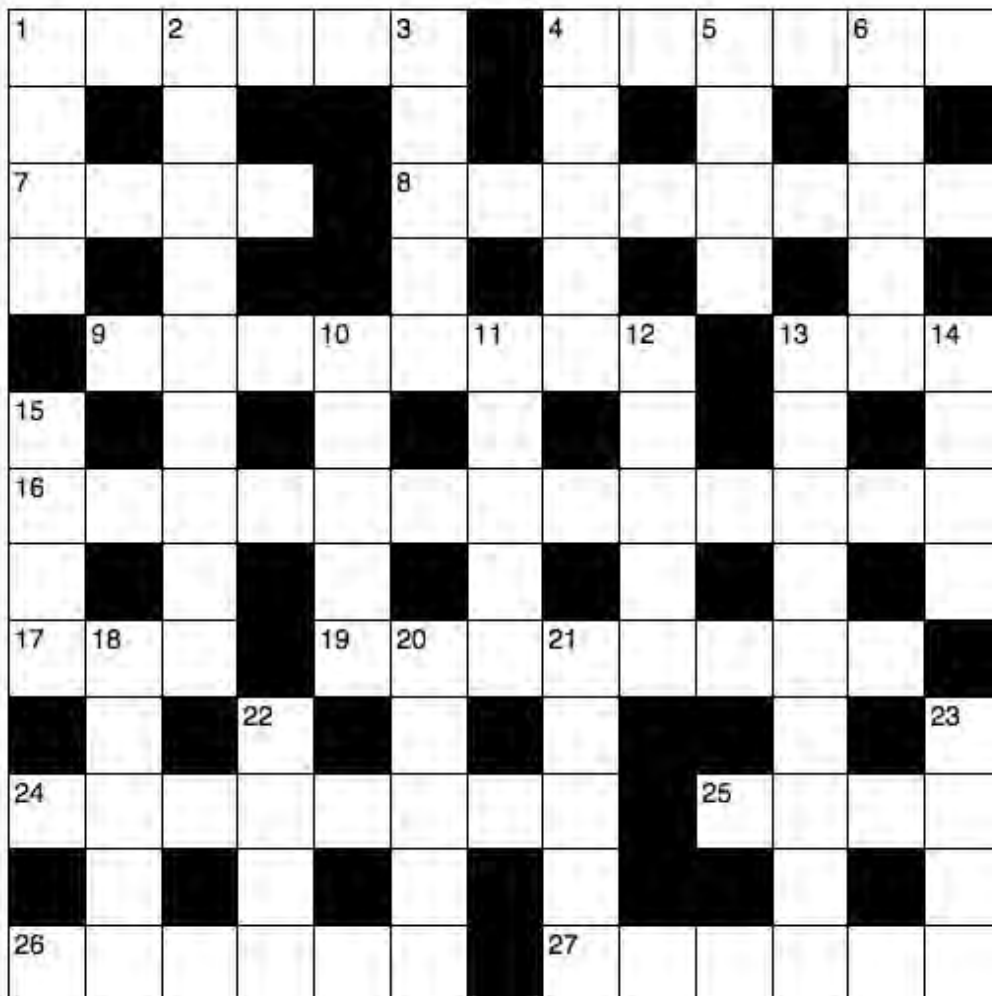


...and yet the Church Mice still put it about  
that they were poor



Henry is making a real effort for Lent –  
he's giving up the remote control and  
walking to the TV

## Crossword



## Across

- 1 'If you love those who love you, what — is that to you?' (Luke 6:32) (6)
- 4 'They threw the ship's — overboard' (Acts 27:19) (6)
- 7 The first murderer (Genesis 4:8) (4)
- 8 He was the head Levite in charge of the singing when the ark of God was brought back to Jerusalem (1 Chronicles 15:22) (8)
- 9 Samson was noted for this (Judges 16:6) (8)
- 13 Solicit money or food from passers by (Acts 3:2) (3)
- 16 What William Booth's Christian Mission became in 1878 (9,4)
- 17 Alliance of Religions and Conservation (1,1,1)
- 19 'I will praise your name for ever and ever. — — I will praise you' (Psalm 145:1–2)(5,3)
- 24 Simon had (anag.) (8)
- 25 Desperate (Deuteronomy 28:48) (4)
- 26 Elisha witnessed the boy he was seeking to resuscitate do this seven times before opening his eyes (2 Kings 4:35) (6)
- 27 The belly and thighs of the statue in Nebuchadnezzar's dream were made of this (Daniel 2:32) (6)

## Down

- 1 'Before the — crows, you will disown me three times' (Matthew 26:75) (4)
- 2 Relating to the books of the Bible between Acts and Revelation (9)
- 3 'They have — the Lord out of the tomb, and we don't know where they have put him!' (John 20:2) (5)
- 4 Belief (5)
- 5 'Take the following fine spices: ... 250 shekels of fragrant — ' (Exodus 30:23) (4)
- 6 'Do not — Jerusalem, but wait for the gift' (Acts 1:4) (5)
- 10 A seer (anag.) (5)
- 11 'Even there your hand will — me' (Psalm 139:10) (5)
- 12 The wild variety was part of John the Baptist's diet (Mark 1:6) (5)
- 13 A non-Greek speaker who was looked down on by civilized people (Colossians 3:11)(9)
- 14 Famous 1950s musical whose characters included members of  
16 Across, — and Dolls (4)
- 15 The province from which Paul wrote to the Corinthians (1 Corinthians 16:19) (4)
- 18 'He was standing in the gateway with a linen cord and a measuring — — his hand' (Ezekiel 40:3) (3,2)
- 20 'Today, if you hear his — , do not harden your hearts as you did in the rebellion' (Hebrews 3:15) (5)
- 21 The Jericho prostitute who hid two Israelite spies on the roof of her house (Hebrews 11:31) (5)
- 22 'And now these three remain: faith, — and love. But the greatest of these is love' (1 Corinthians 13:13) (4)
- 23 'God has numbered the days of your reign and brought it to an end' (Daniel 5:26) (4)

Tiptree Guild of Beer and Wine Makers

# Tiptree Tipplers



Meeting here every 3<sup>rd</sup> Wednesday  
7.30pm for 8.00pm

A fun night out in a friendly atmosphere  
Themed nights – see list

Why not come along & give us a try- no commitment  
New members always welcomed  
Annual membership only £35 with no entrance fee.

Upon arrival ask for Bill or Sonia who will welcome you  
and introduce you to our members





# Government urged to keep VAT grants for repairs

The Chancellor has been urged to retain a tax scheme for listed places of worship, as a survey, recently published, showed the majority of the UK population backs government support to help churches pay for repairs to their buildings.

A poll shows that two in five people, or 43 per cent of all adults, report having had contact with their local church. The majority of these, or 53 per cent, was for services and worship, but also 23 per cent – nearly seven million people in the UK – had contact for community support such as parent toddler groups, lunch clubs and food banks.

An estimated 2.8 million people – or four per cent of the UK population – have been in contact with their local church for a food bank. Church of England churches run or support 31,300 social action projects, including nearly 8,000 food banks, with emergency food provision and community cafés on the rise.

More than three quarters of the population – 77 per cent – said historic cathedrals and churches are local and national treasures. And two in five – 41% – said they had visited a church or cathedral simply to find a quiet space for reflection or prayer, with this figure rising to 50 per cent amongst young adults in the 18 to 34 age range.

The survey conducted for the Church of England by Savanta, shows 59 per cent of the UK population agree that the Government should help with the costs of repairing and maintaining historic churches.

The Listed Places of Worship Grant scheme was first put in place by the then Chancellor Gordon Brown in 2001 and allows for VAT grants on repairs of more than £1,000 to be claimed for essential repairs and maintenance.

The future of the scheme is in doubt after the Department of Culture, Media & Sport (DCMS) announced an interim arrangement earlier this year with a reduction in the amount of money available from £42 million a year to £23 million and a cap of £25,000 per building. The scheme is due to come to an end in March 2026 and there has been no confirmation from the Government on whether it will be renewed.

The Church of England is responsible for 45 per cent of the UK's Grade 1 listed buildings. More than 12,500 of its church buildings have listed status.

Current estimates show that around 260 churches and cathedrals have reported that their essential repair projects are at risk because of uncertainty over the scheme's future and big increases in costs as a result of the £25,000 limit on claims.

*Parish Pump*

*The Government announced on 26 January that the Listed Places of Worship Grant Scheme will be replaced with a new capital funding scheme called the Places of Worship Renewal Fund. The details are awaited.*

## Our long love affair with coffee

London's first coffee house opened in 1652, using beans imported from modern-day Yemen. Although many in Cromwell's Britain had doubts about this new drink, others welcomed its reviving effects - and asked for another cup.

Nearly 400 years on, coffee drinking in Britain is a vast industry. We drink 98 million cups of it every day. Even though a takeaway flat white can now cost you more than £5 in London, still coffee has become a daily necessity for millions of us.

And nearly 400 years on, we can better appreciate why this should be so.

Coffee keeps us awake. This is because when caffeine accesses the brain, it actively blocks our adenosine-producing receptors, which run our sleep-promoting system.

Coffee makes us alert. The caffeine drives our brain towards a more excited state which allows us to process information faster.

Coffee can also improve our mood, especially during the winter, when the loss of daylight acts as a depressant.

And although too much coffee can make us jittery and even prone to heart palpitations, there is even growing evidence among neuroscientists that coffee can even help to lower our risk of neurodegenerative diseases such as Parkinson's and Alzheimer's.

*Parish Pump*

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## Peaceful mind

*There is a lot of talk about 'mindfulness' these days, and how to find calm moments in our daily lives. Both the BBC and Classic FM have even got radio stations devoted to 'mindful' and 'calm' music.*

The Bible tells the story of Jesus and His disciples in a boat. The wind blows, the waves rise, and the disciples are stressed. Like them, we also get hit by storms in life. Like them, we can't control what comes our way. But like them, we can know that Jesus is also with us. Why not take a moment to ponder these promises:

In peace I will lie down and sleep, for You alone, Lord, make me dwell in safety.  
(Psalm 4:8)

The Lord gives strength to His people, the Lord blesses His people with peace.  
(Psalm 29:11)

For God is not a God of disorder but of peace - as in all the congregations of the Lord's people. (1 Corinthians 14:33)

*Parish Pump*

# St Luke's Ladies Group

- 19 February** Andrew Wiltshire - Talk to be confirmed
- 19 March** Three Women of Special Operations Executive WWII - Kate Cole
- 15 April** Mandy & Baloo the Police Dog (retired)
- 21 May** Apron to Mortarboard - Sharon Gould
- 18 June** AGM & Roy and Amanda Dancing Demonstration
- 16 July** Fraud Protection - Tammy Blest (Essex Police)

Various local charities are supported every year.

Look out for details about outings on the noticeboards.

**MEETING IN THE CHURCH EXTENSION**  
**3rd THURSDAY IN THE MONTH**  
**at 7.30pm**  
**ADMISSION £5.00**  
**INCLUDES RAFFLE**  
**& REFRESHMENTS**



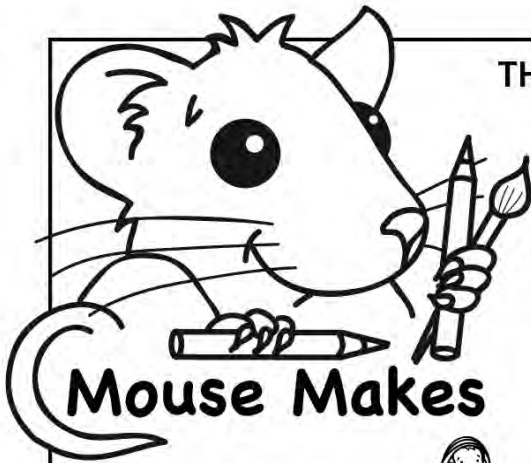
## Keeping the county warm



**Fuel Services**

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.

**T 01245 425251** [www.bfsfuelservices.uk](http://www.bfsfuelservices.uk)



Read the story in  
Luke 4:1-13

## THE TEMPTATION OF JESUS

After Jesus was baptised in the River Jordan where did the Holy Spirit lead him to? v1

How many days was Jesus being tempted by the devil? v2

What did Jesus eat? v2

What did the devil tempt Jesus to turn a stone into?  
What did Jesus say? v3-4

What did the devil offer Jesus if He worshipped him?  
What did Jesus say? v7-8

What did the devil ask Jesus to do?  
What did Jesus say? v9

## FIRST TEMPTATION THE DEVIL SAID:

"If you are God's Son order this stone to turn into bread."

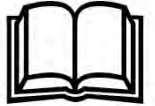
### JESUS REPLIED:

"Man shall not live on bread alone."

Read Deuteronomy 8:3

### WE LEARN:

Read the Bible  
Learn God's word.



## SECOND TEMPTATION THE DEVIL SAID:

"I will give you power and wealth if you worship me."

### JESUS REPLIED:

"Worship the Lord your God and serve only Him."

Read Deuteronomy 6:13

### WE LEARN:

Put God **first**  
Worship *only* Him.

1

What did the devil ask Jesus to do?  
What did Jesus say? v9

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



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

JESUS • BAPTISED • RIVER • JORDAN • HOLY SPIRIT • LED  
WILDERNESS • DESERT • FORTY DAYS • HUNGRY • DEVIL  
TEMPTATION • STONE • BREAD • WRITTEN • SON • WORLD  
KINGDOMS • GLORY • WORSHIP • SERVE • GOD • HIGH  
JERUSALEM • TEMPLE • SON • JUMP • DOWN • LIFT • FOOT • LORD • TEST • LENT

## THIRD TEMPTATION THE DEVIL SAID:

"If you are God's Son throw yourself down, the scriptures say God will take care of you."

### JESUS REPLIED:

"Do not put the Lord your God to the test."

Read Deuteronomy 6:16

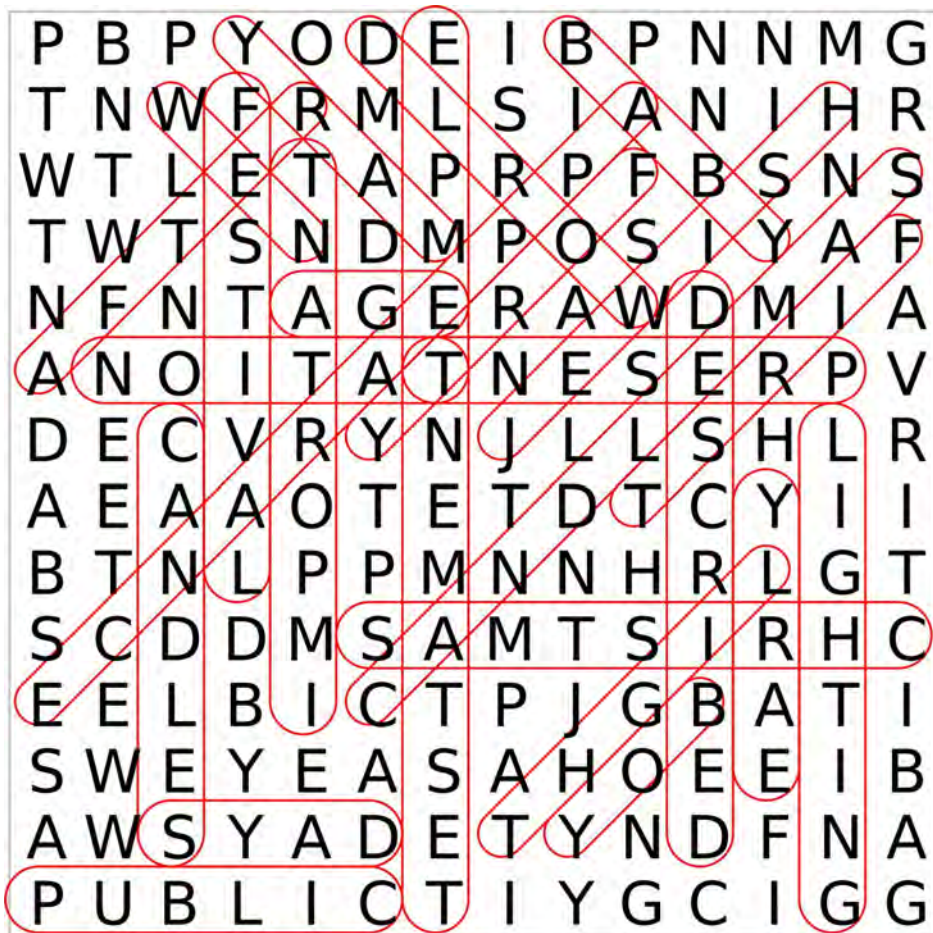
### WE LEARN:

God cares, **trust**  
Him do not test Him.





## Solutions:







**Love is patient;  
love is kind;  
love is not  
envious  
or boastful  
or arrogant.**

***1 Corinthians 13: 4***

The opinions expressed in Open Door are not necessarily those of the Ministry Team, Team Council or Parochial Church Councils of the Thurstable and Winstree Team Ministry. Open Door is not responsible for errors or omissions, accuracy of the content, nor the failure of any published event to go ahead.