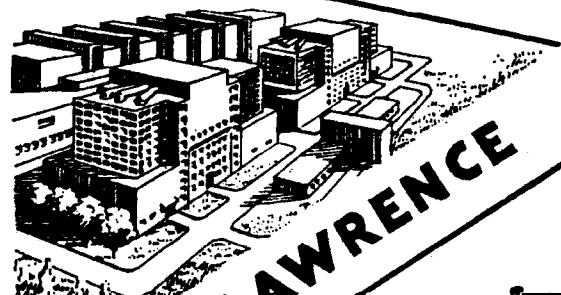


**ST. THOMAS, BRADWELL  
JUXTA MARE**

**WITH**



**ST. LAWRENCE**



## Looking Forward!

Dear Friends,

After 6 months in post, I am feeling much more settled in my new home and job. As we move into April, I shall be preparing to trek the Great Wall in China in May, for my 40<sup>th</sup> birthday. I'm hoping to give a presentation (if I successfully complete the trek!) at St James, Dengie on Saturday 9<sup>th</sup> June where the Church is holding its annual celebration weekend this year. Another presentation will be at St Lawrence Church on a date to be arranged.

Across the four churches we are having our annual meetings and elections of roles within the church at the beginning of the month, and then we look forward to worshipping together at the St Lawrence Centre on Sunday 29<sup>th</sup> April at 10am. Please come along if you can.

In Bradwell, we continue with our Pop-up Café on Friday mornings from 8.45-11am where you can come in for a tea/coffee, a biscuit and a chat. Please come and 'Pop in' and in St Lawrence, we have our Café Extra at the Centre in the Village on a Wednesday afternoon from 2.30-4pm, again, please pop in if you can.

We are also looking forward to a summer of weddings and baptisms across the 4 parishes. If you are thinking of these for yourselves or family, do feel free to get in touch with me.

This month, we celebrate our patron Saint, St George, on Monday 23<sup>rd</sup> April, also Mark, one of the writers of the four Gospels on Wednesday 25<sup>th</sup> April, and Mellitus, first Bishop of St Paul's on 24<sup>th</sup> April.

God bless,

Steven

### April Magazine

All copy for the April magazine should be sent to Roger Scurrell by phone (776341), posted through the letterbox of 6 St Thomas' Row, Bradwell, or by email to the address below, all by **Saturday April 14<sup>th</sup>**.

Those living in St Lawrence may give copy to Shirley Lea at 51 Main Road (779403) by this date. Copy may also be submitted as a jpeg, text or Microsoft Word or Publisher file, either on CD or, better still, by email to [stthomaspc@btinternet.com](mailto:stthomaspc@btinternet.com).

If you belong to an organisation that does not yet submit articles for the magazine we would like to hear from you. Any news you have is always very welcome.

## St Lawrence WI

At the March meeting Eve Regulous gave a talk entitled "Life of a Celebrity Agent", which was interesting and amusing, and there were a lot of questions and discussion afterwards.

Linda Paling told us that for the Bursary a pottery course had been arranged; this consisted of 3 sessions, and Linda had brought a selection of some beautiful jugs, models, etc, that she had made.

There will be a coffee morning and sale on Saturday, 26th May, in aid of a charity and WI funds. As always, cakes, bric a brac etc., will be needed, also help on the day.

The April meeting of the WI will be the AGM, with WI advisor Sheila Gunson.

the **WI**  
**INSPIRING WOMEN**

## Remembering those from Bradwell-on-Sea who were killed in action 100 years ago in World War I



In our Sunday service at St Thomas Church Bradwell-on-Sea on April the 15<sup>th</sup>, we will be remembering Walter Henry Page, Private 29281 in the 10<sup>th</sup> Essex Regt, who was killed in action aged 21 in the First World War 100 years ago on 12 April 1918.

Walter was born, lived in, and enlisted from Bradwell on Sea. Son of Mr. and Mrs. E. J. Page, of 2, Council Cottages, Bradwell-on-Sea, Essex. Awarded the Military Medal (M.M.). No known grave. Commemorated on POZIERES MEMORIAL, Somme, France. Panel 51 and 52.

*They shall grow not old, as we that are left grow old:*

*Age shall not weary them, nor the years condemn.*

*At the going down of the sun and in the morning,*

*We will remember them.*

***We will remember them.***

*Information from Bronwen Cook and [WWW.roll-of-honor.com](http://WWW.roll-of-honor.com))*

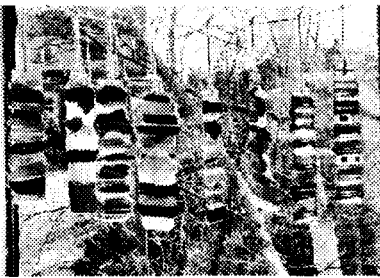
## **Craft workshops in the Anne Harper Room, St Lawrence Church.**



Eight ladies keen to try a new craft recently attended a fused glass workshop in the Anne Harper Room, a spacious, light, warm area with kitchen and toilet facilities. Jane Pudney very kindly provided a delicious lunch and refreshments throughout the day. Although it was a cold day the sun was out and showed off the stunning views.

The workshop was led by Fenella Miller a local artist who specialises in both fused glass and the more traditional stained glass. She is also responsible for the artwork visible on the information board in the church yard.

The participants learnt how to cut and handle the glass, and understand a little of its properties when heated in a kiln. They made a light catcher, and designed a tile or dish, by cutting and laying out flat sheets of specialised coloured glass onto a clear glass backing. They added "frit" which is ground glass in various grades to give texture and form to their design.



The completed designs were taken by Fenella to be fired in a kiln. The results were stunning. Everyone was very pleased with what they achieved, and loved the location at the beautiful St Lawrence Church.

Fenella will be holding a further workshop in the Anne Harper Room in March and holds workshops throughout the year in the district, as well as one-to-one classes at her home in Maylandsea. She is always happy to discuss commissions for one off, unique pieces of artwork.

If you would like to know more about Fused Glass workshops, or any of the above, Fenella can be reached at [fenellamiller@aol.com](mailto:fenellamiller@aol.com). For those of you who use Facebook she has a page "Fenella Miller Glass Artist"

## MUSICALITY

Singing is good for you - it's official. In an article in the Daily Telegraph the headline was 'Let's have singing on prescription' with the author saying that joining a choir may help those suffering from a range of chronic illnesses.

Singing helps and teaches you to breathe properly. Most of us only use a very small amount of the capacity of our lungs to breathe. There are such things as specialist 'breathing choirs' which help people with Parkinson's disease to strengthen their voices. A choir for Chronic Obstructive Pulmonary Disease has also been set up and singing in any choir can help improve any respiratory problems by gaining greater control of breathlessness and improving respiratory stamina. It also helps strengthen vocal chords which are muscles, and need exercise. The Royal Marsden Hospital has set up a choir for past and present patients (and staff too, I think) as they have recognised the value of singing.

Eighty per cent of us are upper chest breathers. The upper chest is associated with anxiety and stress so when you start breathing from your abdomen, or using the rest of your lungs, it induces calm. This sort of breathing will not only make you sing better but can give you an energy boost if you take a few of these deep breaths when you feel you need it.

That singing is uplifting and helps to raise the spirits and improve mood, is, perhaps its best documented benefit to health. A Swedish study said that it increases oxygen levels in the blood, and triggers the release of 'happy' hormones which help lower blood pressure and stress levels, and has proved to provide great improvements in those with clinical depression.

That is all wonderful, but singing is also great fun. You come into contact with wonderful and interesting music. If you join a choir you make friends and learn to work and enjoy things together. You do not need to join a specialist choir as mentioned above. There are many choirs around, jazz, rock, gospel, musicals and ones with a more traditional ethos. Any or all will benefit you in the same way. Why not have a go?



*Music Lover from St Lawrence.*

## **April weather lore.**

April has the reputation of being unreliable as showers aplenty may be expected. Like many generalisations, this is not to be relied upon. In St Lawrence April has been one of the drier months during the last thirty years and in 2007 it almost failed to register with the rain gauge at all.

However, in times past the temperature seems to have concerned folk the most. Perhaps this was just an effort to cheer themselves up after the winter months as

A cold April

The barn will fill.

or

A cold and moist April fills the cellar and fattens the cow.

A special name has been long used for a period which may come in the latter part of March or the early days of April. This is the 'blackthorn winter', when the thorn is white with blossom and the weather generally still cold. This is a reminder that summer is not yet here, even if days are lengthening and sometimes milder, for

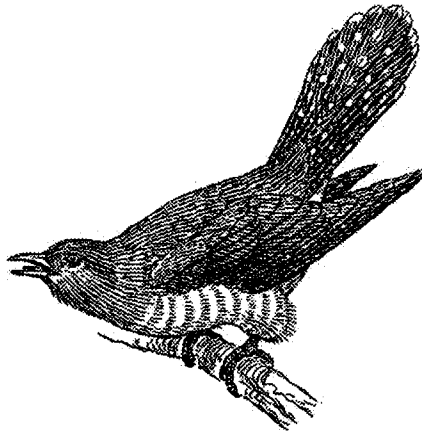
Plant your 'tatars when you will,

They won't come up before April.

Another sign of change can be observed in the migration of birds, although many species do not fulfil expectations these days. The cuckoo is expected to arrive by mid-month and the characteristic call can be heard.

In April, the cuckoo can sing her song by rote:

In June, of tune she cannot sing a note



**Friends of St Lawrence Newland Church**

# **Spring Supper**

**14 April 2018**

**At**

**West Newlands St Lawrence**

**At 7.00 for 7.30 pm**

**Tickets £12.00**

**Please bring your own drinks**

**In aid of the Church Building Fund**

# St Thomas' Church

Bradwell-on-Sea

Saturday 28th April

in the church

at 7pm

## *Harmony*

MODERN CHOIR

*in concert*

All funds raised will go toward  
upgrading the church electrics

Adults - £7 : Children - free

Tickets available from any church member

or

the Community Shop

- Cheese & Wine in the interval -



## Gardening in April

### Greenhouse

- Start to harden off greenhouse plants in a cold frame towards the end of the month.
- Sow marrows, courgettes, pumpkins, squashes and cucumbers in pots indoors
- Buy your tomato plants for growing indoors.
- As seeds start growing prick out into seed trays or pots as they get big enough to handle. Grip seedlings by the leaves try not to handle the stem.

### Garden Maintenance

- Rake out dead moss from the lawn, then mow grass but keep blade fairly high at the moment.
- Sow grass seed for new lawns or patching old grass.
- If you have a pond, keep removing blanket weed.

### Children's Gardening

- Help the children plant more vegetable and flower seeds in their garden.
- Look for the seedlings coming up that were planted last month.
- Plant some Sunflower seeds in good soil. These can be measured each week to see how fast and how tall they grow.



### Flowers

- Plant out Sweet Pea seedlings into their flowering position.
- Consider sowing some hardy annual seeds like Lupins etc.
- Hanging baskets can be planted out if they can be kept in a greenhouse until frosts are over.
- Remove seed heads from spring flowers.
- Dahlia tubers can be planted out towards the end of the month.
- Start planting gladioli corms in their flowering position, plant some out every couple of weeks to stagger flowering.

### Fruit and Veg

- Mulch around fruit trees with manure or compost.
- Remove any rhubarb flowers at the base otherwise they steal energy from the plant.

## APRIL CHURCH SERVICES

Time	Service	Place	Readings
<b>1<sup>st</sup> Apr Easter Sunday</b>			
6.00	Dawn Service	St Peters Chapel	Acts 10; 34-43 1 Corinthians 15; 1-11 Mark 16; 1-8
8.00	BCP Holy Communion	St James Dengie	
10.00	Family Service	St Nicholas Tillingham	
10.00	Easter Prayers before joining St. Lawrence Church Communion	St Lawrence Centre	
10.30	Easter Communion	St Thomas Bradwell	
11.00	Church and Centre Communion	St. Lawrence Church	
3.30	Evening Service	Downhall	TBA
<b>8th Easter 2</b>			
10.00	Family Communion	St Lawrence Centre	Exodus 14; 10-31 15;20-21 Acts 4; 32-35 John 20; 19-31
10.00	Holy Communion	St Nicholas Tillingham	
10.30	All Age Worship	St Thomas Bradwell	
3.00	Evening Service	St James Dengie	TBA
6.00	Evening Service	St Lawrence Church	
<b>15th Easter 3</b>			
8.00	BCP Holy Communion	St James Dengie	Zephaniah 3; 14-end Acts 3; 12-19 Luke 24; 36b-48
9.00	Holy Communion	St Lawrence Church	
10.00	All Age Worship	St Lawrence Centre	
10.00	Family Service	St Nicholas Tillingham	
10.30	Parish Communion	St Thomas Bradwell	
<b>22nd Easter 4</b>			
8.00	Holy Communion	St Thomas Bradwell	Genesis 7; 1-5, 11-18, 8; 6-18, 9; 8-13 Acts 4; 5-12 John 10; 11-18
9.00	Holy Communion	St Lawrence Church	
10.00	All Age Worship	St Lawrence Centre	
10.00	Family Communion	St Nicholas Tillingham	
10.30	Family Service	St Thomas Bradwell	
3.00	Evening Service	St James Dengie	

29th	Easter 5		
10.00	Joint Benefice Communion	St Lawrence Centre	Genesis 22; 1-8 Acts 4; 5-12 John 15; 1-8
6th May	Easter 6 Rogation Sunday		
8.00	BCP Holy Communion	St James Dengie	Isaiah 55; 1-11 Acts 10; 44-end John 15; 9-17
9.00	Holy Communion	St Lawrence Church	
10.00	All Age Worship	St Lawrence Centre	
10.00	Family Service	St Nicholas Tillingham	
10.30	Rogation Walk and Parish Communion	St Thomas Bradwell	
3.30	Evening Service	Downhall	TBA

## ST LAWRENCE ROTA FOR READERS INTERCESSORS, AND SIDESMAN

Date	1 <sup>st</sup> Reading	2 <sup>nd</sup> Reading	Intercessor	Sidesman
April 1	J Pudney	S Lea	M Pudney	L Gardner
8	TBA	<i>Evensong</i>		
15	M Pudney	E Siggins	S Lea	E Siggins
22	B Cook	P Johnson	M Pudney	P Johnson
29	Joint Benefice			
May 6th	A Gardner	M Pudney	Revd Steven	L Gardner

### Regular Events

Wednesdays: Morning Prayer at St Nicholas Tillingham 9.15am

Wednesdays: Café Extra at St Lawrence Centre 2.30pm to 4pm

Thursdays: Holy Communion at St Peter's Chapel 9.00am

Fridays: Morning Prayer at St Thomas Church 8.15 am

Fridays: Pop in Café at St Thomas from 8.45 – 11am. All are welcome.

Second Friday April 20<sup>th</sup> Holy Communion at Downhall Residential Home 14.30

First Friday of the month 6.30pm Hymn Practice at St Thomas Church

**CHURCH READERS, SIDESMEN, INTERCESSORS AND COFFEE ROTA**

Date	Time	1st Reading	2nd Reading	Sidesmen	Intercessor	Coffee Rota
1st	6.30	T Reed	Othona	M Neall D Thorpe		
	10.30	M French	T Reed	J Rushton	C Orrin	Z Lawrence
Gospel: J Hill						
8th	10.30	R Scurrell	M French	Z Lawrence	R Scurrell	J Hill
15th	10.30	L Main	Z Lawrence	C Orrin	T Reed	J Rushton
		Gospel: Rev S Poss				
22nd	8.00	J Bateman	Revd S Poss	D Thorpe		
	10.30	Z Lawrence	M Neall	M French	L Main	T Reed
29th	10.00	Joint Benefice at St. Lawrence Church Centre				
May 6th	10.30	J Bateman	C Orrin	T Reed	D Thorpe	Z Lawrence
		Gospel: Rev S Poss				

# **Seed & Seedling Swap**

Rescheduled, following bad weather

St Lawrence Church

April 15<sup>th</sup> 2.30.pm

## **ST LAWRENCE NEWLAND**

**Annual Parochial Church Meeting**

7.30pm April 10<sup>th</sup>

At the Church.

## Bay watch

### **The wildlife and conservation community of St Lawrence Bay**

At the start of last year, after many interesting and enlightening conversations with the local villagers about the quantity and diversity of wildlife in our bay, a wildlife and conservation group was created on social media. The aims of the group were simple; to allow people to share their wildlife sightings and experiences, raise awareness of conservation issues and events, protect our local environment and to bring wildlife to those who could not get out and explore any more. The group has grown and flourished and its success is down to the shared passion and love for our wildlife .

This month we are going to look at all the species spotted last spring and what to look out for this year.

In the first 4 months of running, a count of 4706 individual animals were recorded, with a total of 21 volunteers recording sightings, and an average of 45 species sighted per month. Our first species to look out for on your coastal walks is the Avocet. An elegant, slender wading bird that can be easily identified by its stunning white and black markings and a long up- turned beak. Not only is this bird the RSPB emblem but it is also an amber status species. Historical sightings have seen the avocets come to the Bay around the end of February, feeding, courting and rearing their young. Unfortunately last year was unsuccessful for avocet chicks. This year we hope to see as return again with our first sighting of them last year being the end of February. ( we will monitor them from a legal distance



Aside from the avocets, you can quite often see Brent geese, plover, curlew, black tailed godwits, egrets, oystercatchers, gulls, teal, wigeon, shelduck, dunlin, turnstones, merganser and great crested grebes. A female kingfisher last winter drew attention flashing its turquoise blue feathers as it caught its prey.

Skirting our farmland we have a range of birds of prey. Last winter three buzzards,

hen harrier, marsh harrier, short eared owls and a barn owl were a popular sighting along the rural hedges. The occasional muntjac, hares and rabbits are also sighted, with videos shared of our local foxes and badgers.

One of my personal favourites is the harbour seal. Currently a local colony of approximately 11-15 individuals swim past the Bay daily as the tide increases and they travel to feed. They are a wonderful sight and at this time of year when mating is taking place, if you see them hauled out on our mudflats, you may

observe some exciting behaviour from them. They are quite inquisitive and will follow leisure vessels alongside the fishing boats on the river.

We will soon expect to see the arrival of bluebells, where a few villagers last year participated in the Woodland Trust bluebell count. The first sightings of our butterflies also came in around this time of year.

Although hard to see and hear, there have been a few sightings of what is believed to be the common pipistrelle bat. With numbers in decline nationally, it is reassuring to have sightings in our area.

Alongside counting wildlife many conservation issues can arise. Litter picking along the sea wall was a big focus point for 2017, with all age groups participating. The Wade sluice is another area of conservation concern, as the continual flooding of the area may have led to a loss of habitat for a variety of species.

In the next issue we explore the visitors that have shared our bay with us throughout March and also share some of local community photos.

### **Bradwell Community Shop**

On Tuesday 20th February Mick and Kay of the Kings Head gave a superb free "Christmas" meal to over 30 volunteers, committee members, and staff of the shop. It was lovely to have so many people gathered together to enjoy a wonderful social evening. We have about 32 volunteer cashiers, and without them the shop could not survive.



So if anybody could spare a couple of hours a week to serve behind the counter we would love you to join us. It is a great way to meet people, and to make a real contribution to village life.

The refurbishment of the back room in the shop is well under way. The plan is to make space for seating round a table in the back bay window, for people to enjoy a chat over a cup of tea or coffee. The Wind farm has granted us £6,000 towards a new sink, oven, cupboards, flooring, built-in seating, and new lighting. The committee and the managers are all looking forward to seeing the results of many months of planning that have gone into this last phase of the refurbishment of our shop.

When all is finished we do hope that this new community coffee room will become part of our village social life.

## The Wensleyhouse in the snow.

The conversation the other morning when arriving at the field went a bit as follows:



*'Ewe nuts?? Ewe nuts???'*

*'Or Hay? We'll make do with hay?'* were the usual calls

*'Oh why are you all outside the Wensleyhouse?'*

I realised why they were behind the Wensleyhouse and not inside it as it was positioned for the prevailing wind from the West, today it was a strong Easterly wind, blowing straight into the Wensleyhouse! A few hefty shoves and some helpful skidding turned it round, older hay provided some warm bedding and new hay on top provided a feed..

*'This hay is good. Can we have our ewe nuts now????'*

*'I'll come back this afternoon to check you're ok.'*

*'Arriving back late afternoon to find an empty field except for poor Frederica asleep under one of the trees.'*



Before I could get a good photo she'd spied me and started demanding the promised ewe nuts (as if I'd forget!). But I was ashamed of Ethel, Bess, Baarbara and Bella! Maybe I should put up a sign over the door of the Wensleyhouse like they do for some seats on the train??

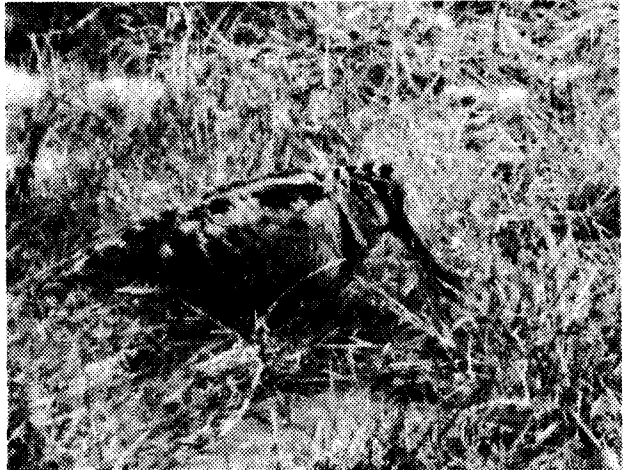
## A New Garden Visitor

The snow at the end of February and beginning of March wasn't to everyone's liking, to be sure. But it did bring a new record to my garden bird list. Looking out of the kitchen window I suddenly noticed the bird which, along with the Snipe, can claim to have the longest bill relative to its body of any British bird. It was a Woodcock, just six feet away.

But why in the garden? Their name is true to where they live – though classed as waders, they are firmly woodland birds – most of the time. The rich rusty-brown patterning on the plumage of this most unwader-like of waders has similar complexity to that of an owl or Nightjar. And for a similar reason. In its true habitat it will sit tight in the undergrowth of the wood during the day, and become active at dusk of evening and morning – a crepuscular bird, rather than truly nocturnal.

In the breeding season the males have a wonderful display – the roding flight. He will fly in repeated circles high above the wood as the sun sets, or more especially as a full moon rises, uttering a distinctive frog-like sound followed by a far-carrying *twisick* – one of the really fascinating experiences of bird watching. The female will be incubating the eggs on the ground below. I've often wondered if the villages to the west of Chelmsford, and the river Roding itself, are named due to Woodcock in the local woods. Maybe not – perhaps a reader can enlighten me.

And another snippet. It was once considered an old wives' tale (is that expression allowed these days?) that if danger threatens a chick the female will carry it to safety, flying with it grasped between its legs. This remarkable act of maternal care has been reliably witnessed many times. What an interesting species.

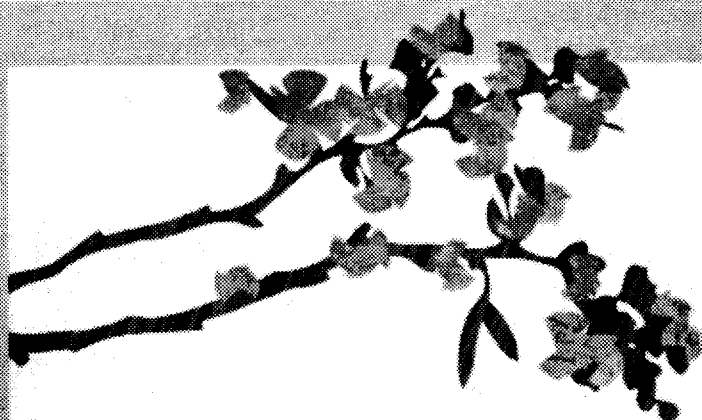


But back to the question 'why in the garden?'. My friend in this photo will have been propelled across the North Sea on that biting east wind we had. He will have landed, exhausted. My unkempt garden provided him with what he most needed – worms. And close to the house the ground was thawed enough for him to put his specially designed bill to good use – as you can see if you follow this link:

<https://1drv.ms/f/s!AqulyS8esl6ngyMk9bIQSPG7hFqs>

Brian Clayden





WELCOME TO THE 25<sup>TH</sup> YEAR

## MILL END OPEN GARDENS

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3RD JUNE 2018 IN AID OF BRITISH RED CROSS

1<sup>ST</sup> JULY 2018 IN AID OF FARLEIGH HOSPICE

**AT MILL END, BRADWELL-ON-SEA, CMO 7HL**

**ENTRY ADULTS £5 - CHILDREN FREE**

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Up to 4 Gardens Open, all within walking distance

Disabled access to most gardens

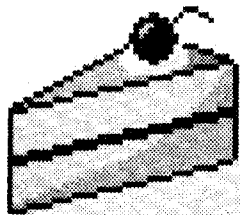
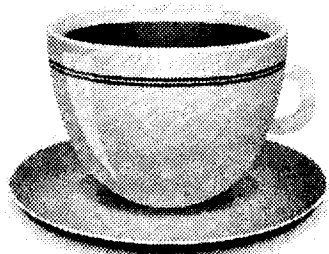
Plant Sales, Refreshments & Toilets available

Free Off-Road Parking

FOR MORE INFORMATION CONTACT: SHIRLEY DEWICK TELEPHONE 01621 776581

## **Café Extra – St Lawrence Church Centre**

Run by St Lawrence Church, the Café is now in its 4th year. It is held every Wednesday afternoon in the Church Centre between 2.30 and 4pm. A rota of volunteers take it in turns to make tea/coffee and scrumptious cakes. Originally aimed at parents waiting for their children returning from School it has developed into a 'Drop –in' for all ages. Many visitors who come in and have a cuppa also enjoy a chat or play games, Scrabble, Rum-mikub etc. There are no charges but donations are



used for good causes. An Aquabox has already been purchased to provide purified water in a disaster zone. So not only does Café Extra provide benefits to us in St Lawrence but also to those in need far away. All are welcome so if you have not yet been why not 'Drop in' next week. If you need any more information please contact Jane on 772345.