



PAROCHIAL	PAROCHIAL INFORMATION:		BRADWELL-ON-SEA		
Rec	tor	Revd Steven P	oss 779620		
Chu	rchwardens:	Theresa Reed	776247		
		David Thorpe	776846		
Sch	ool Head Teacher	Mrs L Wood	776219		
Parish Magazine Manager		ol Parent-Teacher	The Medical Centre		
Roger Scurrell 7763	41 Association Secretary: Conta	ct School	Tillingham 778 Out of hours	\$383 111	
Church Flowers David Thorps 7768	776219		The Trinity Medical Centre		
Datis Isope 7700	Clerk to the Pa	rish Council	Mayland 74	540	
Flowers at St Peter's Chapel	Emma Smith	07585 445307	Out of hours 11	11	
David Thorpe 7768	46 4 Buttercup Way CM0 7RZ	, Southminster,	Neighbourhood Watch		
Bell Ringing - Towar Captain:	Parish Council n		Co-ordinator		
Laurie Main 77624		y 8.00pm	Cherie Archer 77	6443	
St Thomas Bradwell Fridays 7 Sunday ringing 09.30 am	P.C.C. Secretar Mrs Jayne Hill	776317	Local PoliceTeam Phone Non Emergency	101	
Thursday Club			Emergency	999	
St Thomas' Chapman Room - 1 Thursday of month 230 - 4.		& Richard Sanders	Crime Stoppers		
Sheila Edwards 7765		776564	Anonymous Crime Reporting 080055	511	
Rainbows 5-7 yrs	St Peters Chape	Chaplain			
Brownies - 7 - 10 yrs Guides - : 10 - 14 yrs	Rev S Poss	779620	Bradwell Bay Football Club Youth Foortball Team Conta		
for information phone 0775763 or email	6446 District Council Richard Dewick	lor 776581	Krysta Collins Practice Villag Hall Field Saturday 10am	e	
enquir- ies@girlguidingesseane.org.uk	Bradwell Flowe	r Show	Dengie Singing Group		
Parish Safeguarding	Committee Secre Teresa Fowler	776588	Tuesdays 1000-11.30 Villa; Hall Committee Room. Ella a dengiewomenssing@gmail.com	Ē	
Representative Graeme Eyre 776981/07985 52	0634 Village Hall Tru Booking Secreta		dengion of the state of the state of the	•	
Bradwell Quay Yacht Chib	Mr R. Scurrell	776341			
Secretary: Mr R. Price 01621 890173	St Cedd's School Head Teacher M				
Bradwell Women's Institute		776219			
Secretary: Mrs Theresa Reed 776247	Badminton/Tab Village Hall	le Tennis			
Village Hall 2nd Wednesday 7.30pm	Tuesdays 8pm J jbn_bradwell@	hotmail.com			
Age Concern 01245) 2644 Two Rivers Association for A					
Concern	Mobile Library Every three wee East End Rd. B 10.55-11.25am	dis Thursdays radwell			

If any of the above information is incorrect or you wish to publicise your organisation then please contact Roger Scurrell on 01621 776341

From the Vicarage

Dear Friends,

As we head into August, the holidays are in full mode. In the Church, we celebrate the Transfiguration of our Lord on 6th August and Bartholomew on the 24th. Both have special memories to me. With the Transfiguration, I remember my trip to the Holy Land in 2016 where I visited the Church of the Transfiguration in the Northern part of Israel at the top of Mount Tabor. Whilst we were there, we were fortunate to have a Communion service outside the Church overlooking the northern landscape of Israel on a fine May's sunny day.

My favourite memory of the Church, was the painting below, which shows the event of the Transfiguration, with Elijah and Moses at the side of Jesus pointing to him as the one, God's anointed who will fulfil the prophecies of the Old Testament which the two men represent.

To Bartholomew now. I came across the Church of St Bartholomew the Less, which is inside the grounds of St Bart's Hospital in London, whilst visiting a friend. It became a place for me during my working years in the City where I felt God's guidance on my life during a time of promotion and growth in my career and gave me the confidence to start public speaking, which was a great fear for me!

Reverend Steven



St Peter's Chapel Summer Services 2022

The Climate Crisis and the Environment

All Services are at 6pm.

August

Sunday 7th August - Revd Brigid Walk to the Chapel

Sunday 14th August – Led by Othona

Sunday 21st August - Wildlife in this area Talk

Sunday 28th August The Cathedral Dean planting a tree for the jubilee



Village View

All copy for the September Village View 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 August 12th.

Copy may also be submitted as a text or Microsoft Word or Publisher file, either on CD or, better still, by email to stthomaspcc@btinternet.com. We ask you to limit your article to 300-350 words and please include a picture.

We apologise but no articles will be accepted after August 12th.

If you belong to an organisation that does not yet submit articles for the magazine we would like to hear from you even in longhand if you do not have access to a computer. Any news you have is always very welcome. Bradwell WI Wednesday 13th July at Gallants Cottage

Our annual summer garden party, with an added auction on the side



Our meeting this month was our much awaited garden party at Gallants Cottage. It was a fantastic evening with friends in a beautiful setting, even the weather held out for us!

Linda had arranged a game of find the letters that we then had to arrange in to three words. Which took us much longer to work out than we'd like to admit! That was followed by strawberries, cream and Julie's home-made shortbread.

We finished the night with an auction run by our very own Chris Orrin, who was an absolute natural, she could sell honey to a bee! The lots up for grabs included a handmade mug from our very own Nikki, a gift set of luxurious Novus tea, home-grown plants and of course lemon curd (we are the WI after all!). The auction raised £100 in total!

Our next meeting will be held on Wednesday the 14th September at the village hall where we'll be joined by Sharon Flowers for our 'how to repair or make absolutely anything' evening. New-members are always welcome so please feel free to come along!

If you have any questions about what we get up to, you can contact Sue Pirret on 07824696807 or on sue@dailygrindimports.com.

Alice Nightingale

Bradwell on Sea Flower Show and Dog Show

Saturday August 6th 1 – 5 pm

The Flower Show is finally back. Don't miss this friendly, sociable show and the chance to catch up with so many people again. Even the first aiders have told us it's a show for which they all want to volunteer! Along with the dog show there is the fun and socialising on the field. There will be lots of entries on show in the hall. The show is in the field and in the Village Hall.

The dog show runs from 12.30 with judging starting at 1.30. There are both pedigree and fun



classes to enter the and rosettes to be proudly displayed! The proceeds of the dog show go to the Essex Air Ambulance. Any donations for dog show prizes will be greatly appreciated - packs of Bonios, Gravy Bones, Chews etc that can be used to make up Doggie Bags. Balls/toys etc., are also welcome.

There will be lots happening on the field - music, stalls, barbecue, tearoom. A refreshment tent selling prosecco, gin, beer, sideshows, falconry display, bouncy castle, vintage vehicles and much more.

Schedules are available in the village shop and on the flower show website <u>https://e-voice.org.uk/bradwell-on-sea-flowershow/</u>

Entries night is Wednesday August 3rd - just come along to the committee room of the village hall between 6 and 8pm armed with your entry numbers. More details in the schedule. There are plenty of classes to choose from - cookery, handicrafts, photography, fruit and vegetables, art, pot plants, cut flowers, flower arranging and varied children's classes for all ages. Village children over many years have fond memories of all the cooking and creating to enter the show, topped off with the prize money and cup winning, and all the fun of the field activities. If you have entered before please do so again and if you haven't entered before, try it. It really is fun. And who knows – you may win a prize!

If you were one of the cup winners from
cup please could you return it as soon as
sa (01621 776588), Cherie Archer or Jean Allen.2019 and haven't yet returned your
possible, preferably cleaned - to Tere-
sa (01621 776588), Cherie Archer or Jean Allen.

Can you help!

We are planning on setting up from 3pm on the Thursday August 4th, but our normal helpers are unable to help. If you are free please come along to the Village Hall at 3pm and lend a hand. There are jobs for all from moving tables to putting out cards on the show tables. 6 **Please come and help**.

The Othona Community in August 2022<u>.</u> Here's a taste of Othona Time Travelling in Community together. Let's start with the past.



August is traditionally the liveliest of months at Othona. During July 1946 our founder Norman Motley furnished old huts at East Hall farm "armed with £200... blankets at five shillings and pillows at one shilling....elsan closets and culinary utensils." They were ready to open for the first time, with influential weekly speakers and a "very mixed bag" of people staying, including a few from the Answer Back Meeting who held the 'Nails' - a symbol of community for military personal who had encountered Norman's unique style of RAF Chaplaincy; some people from the International Voluntary Service for Peace (forerunners of our current European student groups) German prisoners of war not yet repatriated, and several teenage Russians and Armenians from France alongside local students and Parishioners. From the start, the pattern of the day was established to include Work, Worship, Study and Play – bringing together people from all these backgrounds and ages, aiming to understand, and to experience Community from different perspectives, but united at Bradwell where Norman, who loved this 'holy place' found that "even in midsummer one can walk along the sea wall without meeting another soul and with only the wail of seagulls overhead."

Moving to the present - has anything changed?

Practically yes, the elsan toilets are not missed, we now have flush toilets and showers all round, various types of purpose-built accommodation – and we have replaced those old grey five shilling blankets with duvets. The pattern of the day is still pretty similar, with shared meals, daily worship in the Chapel, shared work, now of a different nature to the old "structural work" but just as necessary to keep the Othona running and support the current Warden Managers. "Play" brings people together in a way no lecture can do. Picture an autistic Ukrainian refugee lad joyfully playing football with an Italian student – no need for a common spoken

language. Picture a group of Quakers of all ages learning how to create beautiful tie-dye cloths; a gathering of people whose common ground is to sing and play music together, or the fun of creating celebration cakes and trifles for all occasions. Right now there are young people enjoying work experience sat Othona: gardening, caring for the chickens, helping with cooking delicious home-made meals with fresh ingredients from the polytunnel – and resident groups of school children learning community skills and having fun. OK, there is now more awareness of Health and Safety and Safeguarding of children and vulnerable adults, overseen by Trustees and Committees, but Othona is still a place where people can experience the freedom of the open air, the sea, the unique wildlife, and making new friend-ships that often last a lifetime.

Looking to the future - where do you think we should go?

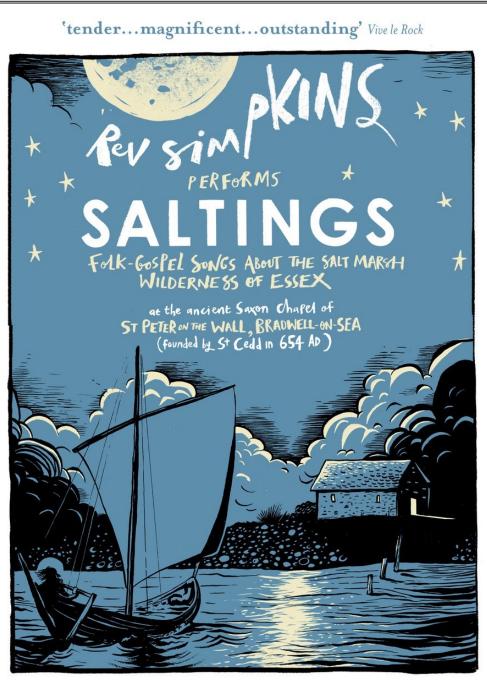
I ask you this question, because Othona will only develop as a Community if people, whether German, Russian, Ukrainian, Bradwellian or from St. Lawrence, on school work experience or visiting with a club for older people, come together to look at what Othona has offered and will offer. Our foundation is in Christianity, but our inclusive lifestyle means that you will see Catholics sharing meals with Buddhists, and agnostics having free discussions with Christians. You will meet people who are passionate about saving the planet, and those who see the small steps we might take to contribute – whether challenging the local authority about the tortuous route to gain planning consent for a second wind turbine, or swimming from Bradwell to Mersey Island to raise money for its construction. Some people garden, some clean, some cook, some observe the world and all its current troubles and remember why Othona exits – and will continue to exist through Faith, Hope and Loving Charity. Paul Coleman is now moving on from his role as Bradwell trustee and chair but others will fill his shoes and help guide this ship to her next adventure. For now, summer is here and there is a great Programme - do take a look.

The Programme is on the Othona's Bradwell website, or if you prefer a paper leaflet, pick one up locally. Here you will see that in August we have a Wellbeing Week, there are weeks for Art and for Music, the ever-popular Astronomy Week, and a relaxing Bank Holiday Weekend to finish the month.

To learn more about Othona or to look at the Programme, and make booking or a donation, do take a look at our Website. Find us down the track through East Hall Farm East End Rd – through the wind-powered electric gate; don't forget your exit token to use on the way out. Debbie and Richard Sanders are our Warden/ Managers, assisted by Phil, Chris, Peter and volunteers.

Email bradwell@othona.org.

Website: <u>www.othonaessex.org.uk</u>. Telephone 01621 776564.



6.30^{PM} SATURDAY 3RD SEPTEMBER 2022 Tickets £10 (£5 for under 18s) from Colchester Arts Centre: 01206 500900, www.colchesterartscentre.com

AUGUST SERVICES

Time	Service Church		Readings			
7 th August	Trinity 8					
10:00	Parish Communion & Baptism	St Thomas Bradwell	Isaiah 1.1,10-20 Hebrews 11.1-3,8-16			
10:00	All Age Service	St Nicholas Tillingham	Luke 12.32-40			
10:00	Centre All Age	St Lawrence Centre	Psalm 50.1-8, 23,24			
18.00	Evening Service	St Peters Chapel	ТВА			
14 th Aug		Trinity 9				
10:00	Parish Communion & Baptism	St Nicholas Tillingham	Isaiah 5:.1-7 Hebrews 11.29-12; 2			
10:00	All Age worship	St Thomas Bradwell	Luke 12.49-56			
10:00	Parish Communion	St Lawrence Centre	Psalm 90; 1-2, 9-20			
18.00	Evening Service	St Lawrence Church	ТВА			
18:00	Evening Service	St Peters Chapel	IDA			
21 st Aug		Trinity 10				
10:00	Parish Communion	St Lawrence Church	Jeremiah 1; 4-10			
10:00	All Age Service	St Lawrence Centre	Hebrews 12.18-29			
10:00	All Age Service	St Nicholas Tillingham	Luke 13.10-17			
10:00	Ignite Café Church	St James Dengie	Psalm 71; 1-6			
18:00	Evening Service	St Peters Chapel	ТВА			
28 th Aug		Trinity 11				
10:00	Parish Communion	St James Dengie	Jeremiah 2; 4-13			
10:00	Café Church	St Thomas Bradwell	Hebrews 13.1-8,15, 16			
10:00	All Age Service	St Lawrence Centre	Luke 14; 1, 7-14			
10:00	Morning Prayer	St Lawrence Church	Psalm 81; 1, 10-16			
10.00	All Age Service	St Nicholas Tillingham				
18:00	Evening Service	St Peters Chapel	ТВА			
4 th Sept		Trinity 12				
10:00	Parish Communion	St Thomas Bradwell	Jeremiah 18; 1-11			
10:00	All Age Service	St Nicholas Tillingham	Phileman 1-21 Luke 14.25-33			
10:00	Centre All Age	St Lawrence Centre 10	Psalm 139; 1-5, 12- 18			

15:00	Evening Service	St James Dengie	ТВА
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WEEKDAY SERVICES

Day	Date	Time	Event	Place		
Thursday	4 th August	9.00	Chapel Communion	St Peters Chapel		
Thursday	4 th August	14:00	Thursday Club	St Thomas' Bradwell		
Friday	5 th August	12:00	Friday Communion and Lunch	St Lawrence Church		
Thursday	11 th August	09:00	Communion	St Peters Chapel		
Thursday	18 th August	9.00	Chapel Communion	St Peters Chapel		
Friday	19 th August	12:00	Friday Communion and Lunch	St Thomas' Bradwell		
Thursday	25 th August	09:00	Communion	St Peters Chapel		
Friday	26 th August	14:00	Service at the Home	Down Hall Bradwell		

Three Skincare Tips for Peri menopausal/Menopausal Women

When women reach this stage of their life, their hormones start to change significantly and disrupts every aspect of their life!

Trying to deal with everything can be overwhelming and often not sure where to turn for support and advice.

I cannot advise or help with how to treat the symptoms however I can help with treating your skin during this troubling time and beyond.



With the hormones fluctuating so much it takes a lot out of your skin. Your skin becomes very dry due to the lack of skin oils that are produced which leads to barrier impairment causing the skin to become sensitive, itching and flaking. Knowing how your skin is changing it becomes easier to start looking after and using the corrects products to enable and restore healthy, hydrated skin. **TOP TIP 1** - Using the correct cleanser:

Firstly, you must think about the sensitivity and dryness of your skin. By using a cleanser that is too harsh will strip away even more of the skins oils making it become even drier, more sensitive, increased itching and flaking.

Use a nice soothing cleanser or even one that is specific for dry/menopausal skin. These cleansers tend to be richer and creamier.

TOP TIP 2 - Restoring the moisture

Most importantly to really hydrate and to feed the skin is to moisturise both morning and at night.

By moisturising you are helping it to rebuild the barrier enabling it to protect itself from the symptoms of the changes which the hormones create.

Use a moisturiser which contains SPF in the morning to help protect your skin from the damage of the UV rays.

Use a richer heavier cream to really feed the skin of nutrients it so desperately requires.

TOP TIP 3 - Vitamin C

Peri menopause and the menopause can leave your skin looking dull and lacklustre, by using a Vitamin C serum it helps the skin to look brighter and healthier whilst stimulateing the production of collagen, allowing the skin to look more youthful.

TOP TIP 4 - Getting regular Professional Facials

The renewal of the skin slows down during this stage of life and therefore it is recommended to have a professional facial every 3 weeks to gain healthier, stronger, brighter skin.

I personally would recommend my Cryogenic Facial which is purely designed for your skin during this time and beyond.

For more advice please contact Rachel via email or visit the website. Email address: <u>rachel@theessentialbodycompany.co.uk</u> Website: <u>www.theessentialbodycompany.co.uk</u>

Written by Rachel Burley BSYA(m.), BGHT Massage Expert & Skincare Specialist

Is your child starting primary school?

Starting primary school can be scary for children and their families. You can take



the scare factor out by coming to one of our Big School Meet Ups before the big day in September. You can get the chance to meet other children and their families who will be starting at your own child's school.

There have been several of these events already, but they'll be continuing until the end of August. See <u>what's happening at your local library</u> for details. And if you've missed the event for your own local school, don't worry – you can still come along to one of the

others, chat, listen to a storytime and get some tips and tricks.

Recycling at your local library

Here's a tip about disposing of your empty ink cartridges in an eco-friendly way. Take them to your local library.

Every library has a new Ink Bin recycling box to put your empty home-use ink cartridges in. Once they're collected, they'll be sorted, refilled and put back on the market as remanufactured ink cartridges. This will stop them ending up in landfill.

What else does your local library recycle? Most will take old batteries; some take small electrical items too. Save yourself a trip to the recycling centre!

If you're running short of recycling sacks or caddies for roadside collections, your local library may be the place to help. Food sacks, garden sacks and recycling boxes can all be found at some of our libraries.



Coverage does vary, so check out the <u>recycling facilities available at your local li-</u> brary.

Book groups and Essex Library Service

Are you keen to share your thoughts about a book you've read? Can't wait to find out what others thought of it, too? Starting a book group is a great way to stay in touch regularly with book lovers and to make new friends.

<u>Essex Library Service helps book groups</u> in many ways. By registering your group with us you can reserve multiple copies of your chosen book which can be borrowed for up to three months, and you chose to be added to the list of book

groups which can be shared with other interested readers. Our website can give your group ideas for what to read.

Summer Reading Challenge

A reminder that the Summer Reading Challenge – Gadgeteers – is running until Saturday 3 September in all Essex libraries and mobile libraries.

To take part, children will need their own library card, so if anyone in your family is not a library member pop down to your local library to join or join online now.

The challenge for children is to read six books over the summer. If they do, they'll earn a certificate and medal.



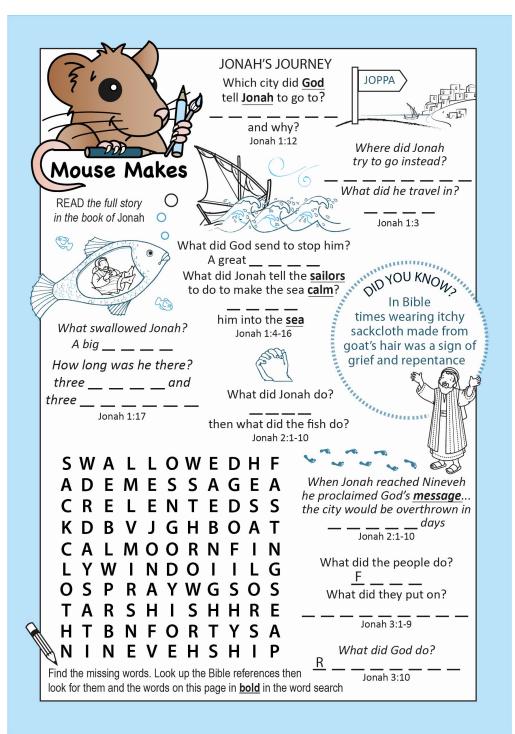
Can you help distribute Village View

Can you spare 30 minutes each month to distribute Village View to our readers in the following areas of the village:-

Maldon Rd, Bradwell Hall to St Peter's Court (not including St Peter's Court)

If you are able or would like further information please contact Roger 01621 776341









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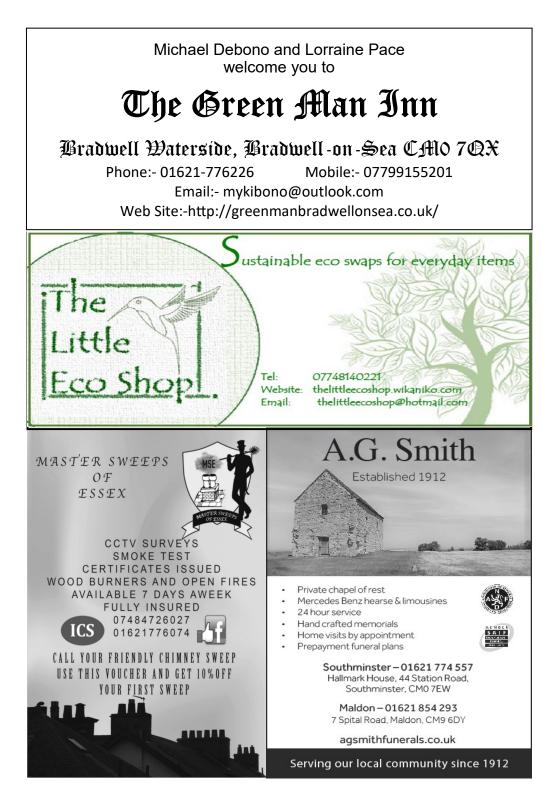
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Post Office: Mon-Sat 9am-midday

TO ADVERTISE IN VILLAGE VIEW EMAIL stthomaspcc@btinternet.com with your details or phone 01621776341.



PAROCHIAL INFORMATION:			ST. LAWRENCE			
	Rector		Revd	Steven Po	oss 779620	
	Church	wardens:		udney Lewsey	772345	
Parish Magazine		Pebbles 10.0	0 - 12.00m	noon	The Friends of St Lan	Tence
Shirley Lea	779403	Mothers and t (Dads welcom			Newland Church Carole Taylor	778523
St Lawrence PCC Se Victoria Eley v.eley@		a chat Rev S Poss		7796208	John Barnes	779267
Parish Council Chai Geny Lewsey:		Bridge Chal	b 130pm		Church Centre Activ All Church Centre bookin Eunice Siggins	
clirglewsey.slpc@gm Clerk to the Parish Coun Kevin Money		1" Wedness St Lawrence Secretary Gw	e Social	Chub	St Lawrence Village I	
slparishclerk@gmail.com	<u>n</u>	Rainbow, b	rownies,	Guides	Contact: K. Terkelsen Tara Pringle	778742 779063
District Councillor Penny Channer Michael Helm	740607	5-7 years for i 07757636446 enquir-	or email	n phone	Mobile Library Fridays 11.45am to 12.30	
Stone Sailing Club		iss@girlguidi	100	org.uk	South Woodham Library 29555	(01245)
(Weekends) Church Flowers	779344	Coffee Mor Tuesday II.		meen	The Medical Centre Tillingham	778383
Margaret Cowell	779219	Storey				
Janet Cowell	779310	Women's In 2nd Friday 2 -			William Fisher Media Centre	al 772360
St Lawrence Singers Friday at 5.45 - 7.00pm		President: C. Secretary: E				
Margaret Garlick	779328.	Thursday				
Children's Society Eunice Siggins	778904	St. Lawren 10 - 12noon S				
Entrice Stäking	1/0904	Bob Darks	Contra Continu	778392		

If any of the above information is incorrect or you wish to publicise your organisation then please contact Shirley Lea on 779403 ELSPETH COWELL Podiatrist / Chiropodist SRCh. D PodM. MSCh, HPC Reg. Cold Laser for muscle injuries Insole Therapy O1621 779915 Home Visits elspethcowell.uk

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