

A MONTHLY NEWSLETTER DISTRIBUTED BY THE CHURCH IN



ALDHAM



JULY/AUGUST 2018

www.aldham-church.co.uk

Ian Scott-Thompson writes...

Dear Friends, I've been saddened this year to see reports of increased stress and even suicides, at Bristol and among young students in particular. Some say it's because of tougher syllabuses, more to learn and cutbacks in student counselling services. Personally, I think it's a combination of pressures that affect many adults in society generally, and it's just even more intense for students.

First, we are becoming overloaded with information. Not only are degree courses requiring more books and topics, but news stories and reports are coming at us ever faster; expert opinions are multiplying; and, of course, the internet has made all this information instantly available in a way it never has previously. We have no excuse! But the information overload is impossible to take in – there's just too much input, like a waterfall cascading over your head.

Second, there is more pressure to succeed today: it is no longer acceptable to be 'good enough' – we believe we have to be 'perfect'. There is nothing wrong with ideals and high standards, but this relentless dis-satisfaction is becoming a real psychological barrier for many. You see it when students and adults face criticism: a healthy response would be to accept the assessment and learn to improve, but some find this almost impossible. The perfectionist becomes defensive or angry, rejects criticism, and denies problems. Continuing becomes impossible – if I can't get 100%, then I give up entirely. Some even give up on life itself.

Modern media (and especially social media) ramp up the pressure. We are surrounded by images of perfection,

COFFEE MORNING

Saturday 11 August
10.30 - 12.00

Tile House for
FLOWER FESTIVAL
EXPENSES
All welcome
scones, cake/produce/
plants, B&B stalls

FLOWER FESTIVAL



in the Church,
6 and 7 October
11.00 am to 5.00 pm

With the Colchester
Group of Flower
Arranging Clubs.

'Framed' Exhibition in
Village Hall. All-day
Refreshments, and
Stalls.

IN AID OF ALDHAM
CHURCH FABRIC
REPAIRS

More details in the
September
Newsletter.

We exist to honour God and to enable people in our community discover Jesus

airbrushed lives held up as ideals. How can we possibly cope? First, recognise the issues. Then, practise choice: controlling the input, choosing the best and dumping the rest. Also, practise being satisfied with what you have achieved. You can still have high standards; but not impossible goals, unreachable. While you're at it, why not congratulate others, and help them to feel good about themselves? Perhaps the hardest step might be to advertise our failures, and laugh at our mistakes – but that might be asking too much! Happy summertime!

With best wishes,



CHURCH ROTAS

Cleaning:

July: Judith and Peter Vestey
August: Wendy Doncaster
 Iain MacCallum (brasses)

Flowers:

July 8, 15 Janet Gediking
 July 22, 29 Julie Orpen
 Aug 5, 12 Mags Constable
 Aug 19, 26 Jean Randall

Churchyard:

July: Richard Gough
 Peter Vestey
August: Roger Walker
 Paul Hollingsworth

MID-WEEK MONTHLY COMMUNION

The mid-week monthly Communion at Aldham continues on 10 July at **11.45 am** (2nd Tuesday).

DIARY DATES

19 July 3.00 pm Afternoon Tea in the Church
 4 Aug 10.00 am Book Exchange
 16 Aug 3.00 pm Afternoon Tea in the Church
 1 Sept 10.00 am Book Exchange
2 Sept 9.15 am All-Age Harvest Thanksgiving

IT'S NOT HOW YOU START ...

... but how you finish. (Jim George, US writer.) I was reminded recently of this news item from 1968.

Following an attack of cramp and a fall in the Mexico City Olympic Marathon, world class runner John Stephen Akhwari finished in 3 hr 25 min. A television crew, sent out to film the medal ceremony, discovered there was one more runner to finish. When interviewed he said, "My country - Tanzania - did not send me 5,000 miles just to start the race; they sent me 5,000 miles to finish the race." Akhwari was a leading marathon runner for most of the 1960s and 1970s.

When Paul was saying farewell to his friends in Ephesus, in 52 AD, he said

I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me--the task of testifying to the gospel of God's grace.
 [Acts 20:24]

How are we going to finish?

WHO'S WHO

Priest-in-Charge	Revd Ian Scott-Thompson, The Rectory, Church Lane, Marks Tey, Col. CO6 1LW	01206 215772
Curate	Revd Wendy Pagden, 5 Rockingham Close, St John's, Colchester, CO4 0NJ	01206 844677
Reader	Mr Iain MacCallum, 9 Handford Place, Queens Road, Colchester, CO3 3NY	01206 571070
Churchwardens	Mrs Coral Wingate, 79 Coggeshall Road, Marks Tey, CO6 1LS	01206 210369
	Mr Ken Thompson, 20 Hines Close, Aldham, Colchester, CO6 3RL	01206 210809
Secretary	Mrs Anne Matthews, 18 Scott Drive, Lexden, CO3 4JD	01206 575603
Treasurer	Mr Richard Gough, 12 Oaktree Cottages, Brook Road, Aldham, CO6 3RJ	01206 215688
Newsletter Editor	Mr Iain MacCallum, 9 Handford Place, Queens Road, Colchester, CO3 3NY	01206 571070

HARVEST

As the Harvest Flower Festival is scheduled for 6 and 7 October, we are bringing forward the **collection of gifts for Open Door and the Soup Run** to the All-Age service on 2 September. The special speaker at this All-Age Worship on 2 September will be **Peter Dale, manager of Open Door.**

ALDHAM OPEN GARDENS ...

.... came back after a 3 year break on Sunday 10 June 2018 and welcomed 438 visitors to 19 gardens, and a busy minibus!

It was in aid of Friends of Aldham Church (£1,700), Aldham Village Hall (£1,700) and Cancer Research UK (£825)

A big THANK YOU to Andy and Carolyn Brown who took up the reins, and everyone else who worked with dedication to make it possible.

AFTERNOON TEA IN THE CHURCH ...

... kicked off on 21 June. It was declared to have been a resounding success

A strawberry tea and a friendly chat for anyone in Aldham and their friends was what we hoped to offer, and that is what we achieved. The team worked hard and produced a wonderful spread. There were 36 guests and conversation was buzzing; a good time was had by all. How many churches, we ask, would get a lady of 103, and her 99 year old sister to an event such as this?

For your diary, the next one is on 19 July.

ALDHAM W.I.

19 July - Summer Supper at the home of Christine Sirman. Members are asked to bring a salad or pudding. Note 6.30 pm start time.

16 August - Norma Howell will be giving a talk on Medical Detection and Assist Dogs. 7.45 pm in the Village Hall.

Jean Jennings

BEACON HOUSE

Beacon House Ministries is a Christian charity that was established to help homeless people, those in insecure accommodation and those at high risk of homelessness. Beacon House offers a wide range of support services, providing a necessary and vital lifeline to these vulnerable individuals.

The administrator of the Colchester branch, recently wrote:

On behalf of the staff and service users, I would like to thank Aldham Church for your very generous gift of clothing, food and toiletries which will be put to good use. With over 250 current service users at any one time we are very grateful to all the people who donate to us.

We are really pleased that after a long search we have found a new location for Beacon House. It's on the ground floor under Kesed Church on the Maldon Road roundabout, a town centre location. This will be a dramatic improvement in the accessibility of the services and will enable us to support our vulnerable service users as their needs change.

We expect to be in the building by early July 2018 and hope we can trust in your continued support as we move the organisation forward.

[Vehicle access is via the last entrance on the left on Crouch Street (east). Ed.]

Jan Cross, Administrator

Deadline for September Newsletter

22 AUGUST

To: Iain MacCallum or
Jane Smith, 7 Church Grove

WORSHIP AT ALDHAM

You are warmly invited to all our services

1 July	9.15 am	ALL-AGE SERVICE
8 July	9.15 am	HOLY COMMUNION
15 July	9.15 am	MORNING WORSHIP
22 July	9.15 am	HOLY COMMUNION (+ Jnr. Ch.)
29 July	9.15 am	MORNING WORSHIP
5 Aug	9.15 am	MORNING WORSHIP
12 Aug	9.15 am	HOLY COMMUNION
19 Aug	9.15 am	MORNING WORSHIP
26 Aug	9.15 am	HOLY COMMUNION (+ Jnr. Ch.)



Worship at Marks Tey

<i>1st Sunday</i>	11.00 am	Morning Worship
<i>2nd Sunday</i>	11.00 am	Morning Worship
<i>3rd Sunday</i>	11.00 am	Holy Communion
<i>4th Sunday</i>	11.00 am	Morning Worship
<i>5th Sunday</i>	11.00 am	Morning Worship

CRECHE *The Tower Room is available every Sunday with sound relay of the service.*



FAIRTRADE COFFEE and TEA are served after all 9.15 am services.

**Yet to all who received
Jesus, to those who
believed in his name,
he gave the right to
become children of God**

John 1 : 12

Please support your local Traders

BEAUTY THERAPIST	The Beauty Rooms, 117 London Rd, Marks Tey	01206 211831
BOILER SERVICING	J Butcher 24 Gainsborough Rd. Sudbury CO10 2HT	07885 504036
BUILDER	Ottley Whitehouse, The Pink, Copford Gn.	01206 211212
BUTCHER	Willsher, 87 London Road, Marks Tey	01206 210365
CARPET & FLOORING	The Blue Goose, 8 Coggeshall Road, Marks Tey	07973 407986
CARPETS & FLOORING	Tey Carpets at Home, 25 Keable Road, Marks Tey	01206 212826
COMPUTER ASSISTANCE	Roger Walker, 16 Hines Close, Aldham	01206 211143
DELOTO DOG GROOMING	Karen, Coggeshall Road, Marks Tey CO6 1LS	07970 990564
ELECTRICAL	Aaron Pearson, 1 Rowan Close, Stanway	07825 224420
FIREPLACES & STOVES	D.W.Parsons, Showroom Enquiries	07860 350038
FUNERALS	A.Birkin & Sons, 6 West St., Coggeshall	01376 561316
FUNERALS	Hunnaball, York House, 41 Mersea Rd.	01206 760049
FUNERALS	E. England Co-op Funeral Services, Peartree Rd.	01206 372190
FUNERALS	E. England Co-op Funeral Services, 213a High St.	01376 573627
FUNERALS	E. England Co-op Funeral Services, 98 The Commons	01206 560988
FUNERALS	R.Gwinnell & Sons, 112 Ipswich Rd.	01206 868585
GARDEN & HOME MAINTENANCE	SJT, 59 Keable Rd. Marks Tey	07985 386758
GARDENING & ODD JOBS	Gary Todd, 3 London Road, Marks Tey	01206 212274
GARDENING SERVICES	Stuart Lake, 27 North Lane, Marks Tey	07701 302366
MOBILE DISCO	Jacks Tracks, 25 Norbury Close, Marks Tey	07751 867880
MOBILE HAIRDRESSER	Sarah, 4 Norbury Close, Marks Tey	07884 005978
OPTICIAN	The Eye Centre 15 Market Hill Coggeshall CO6 1TS	01376 561156
PHARMACY	86 London Road, Marks Tey	01206 212878
PLUMBER	Mark Nayler, 1c King George Rd, CO2 7PE	07763 468391
REMOVALS & STORAGE	K.Dobbs, Unit 1-2, Bellhouse Farm, Stanway	01206 212444
ROOFING SERVICES	Daniel Wicks, 4 Honywood Close, Marks Tey	01206 212032