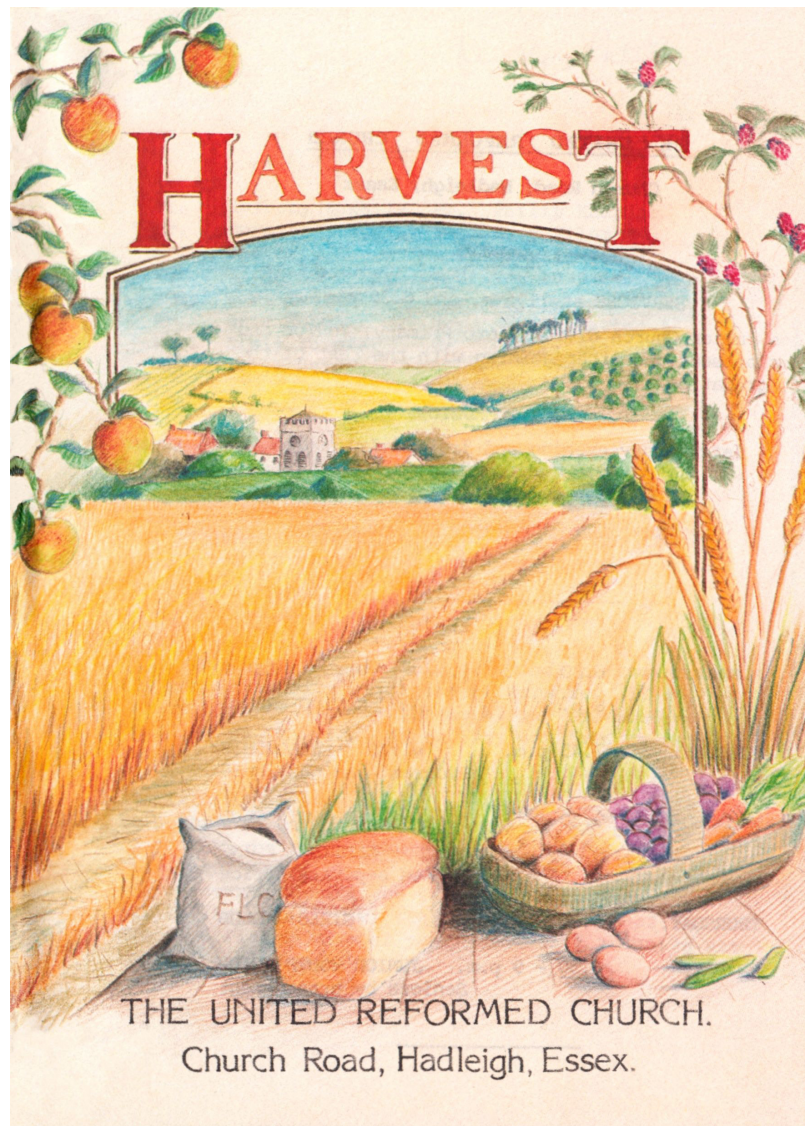


THE HADLEIGH MESSENGER

October 2021



SUNDAY SERVICES

Morning service starts at 10.30am

For more information about services,
please phone 01702 557678

Church garden

Whilst the church was closed from March 2020 to May 2021, the church garden seemed to have witnessed amazing growth in the vegetation. The ivy had grown so much on the holly tree next to the side gate to the car park that it was impossible to open the gate when we returned. The sycamore tree near to the side gate, which was pollarded a few years ago, had grown back almost to its former size and the bay tree near to the bird table had grown to around ten feet. The large mimosa tree in the sensory garden of Riffhams has also grown massively in recent years and was out of control.

The Elders decided that drastic action was needed and so a tree surgeon was engaged. He turned up on 6th October with a chipping machine, to reduce the waste wood to small chips, and soon got to work. Below are a couple of before and after photos to give you an idea of the good job that he did.

Before and after tree surgery



Ivy-covered holly tree and sycamore tree before



... and after



Mimosa tree before



... and after

The work has made a considerable difference to some views of the church grounds. Some weeding, trimming and general tidying still needs to be done but at least we can now see the wood for the trees!

Malcolm Brown

Some gardening truths

- "Annuals" mean disappointment once a year.
- Gardening requires lots of water - most of it in the form of perspiration.
- Whichever garden tool you want is always at the back of the shed.
- The only way to ensure rain is to give the garden a good soaking.
- However bare the lawn, grass will appear in the cracks between the patio paving stones.
- When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it is a valuable plant.
- The only way to guarantee some colour all year round is to buy a garden gnome.
- God made rainy days, so gardeners could get the housework done.

From the desk of the Interim Moderator

Dear Friends,

Our concern with the harvest of souls is a year round matter and attempts are made by our churches to prepare for a good harvest. Methods and approaches vary greatly; people have different views on how to approach this issue and we should respect the different strategies which emerge. Some churches go for an all singing all dancing approach whilst others offer a more subdued, traditional service. In a seeding project in Southend there is on the one hand an all singing all dancing church and on the other a very traditional high church approach but, sadly, nothing in the middle. People's tastes for styles of worship vary greatly and there is nothing wrong with that. There needs to be a menu of different styles available in a locality suiting different tastes.

It is possible that we need a new understanding of the successful church, a new understanding of the sacraments, and a new understanding of outreach. Are we too tied to the vision of packed churches of the past? We have instead people who would like to use the church for rites of passage, that is, births, deaths and marriages, together with the occasional attendance on special occasions.

Should this new understanding of the church be one which recognises an inner circle of committed members, who support the work of the church and an acceptance of a legitimate outer circle of people who visit the church for purposes of rites of passage, whilst providing adequate financial recompense for those visits?

John's gospel offers an interpretation of the sacraments (John 13:3-17) which equates the death of Jesus as an act of sacrifice and has Jesus call for service from us. John was written later than the first three gospels and gave a different interpretation of the life of Jesus. In the incident of the washing of the disciples feet John is presenting an interpretation of the death of Jesus which equates it with service. The death of Jesus is the supreme act of service and his followers are asked to serve as he has served. Therefore, one

possible interpretation is that when we support a church which serves the community for rites of passage we are following the example of service set by our lord. It is this ideal of service from Jesus which legitimises a role for the church as a rites of passage provider in the immediate locality. Since he died for all we must offer him to all, regardless of how little or how much they will take of him.

I referred to the need for an inner circle of members who support this notion of the church. Churches often have persons who attend and work for the church but are not members of the church. We need people who can help us make policy as well as support us in practical affairs. So I ask all those who support us but are not yet members of the church to think on these things.

Our church is a branch of the United Reformed Church and our worship, sacraments and administration must be conducted according to the requirements and practices of the United Reformed Church, rather than in any fashion we care to choose. The church meeting is our immediate ruling body, always subject to higher councils. It is for the leadership, the minister and elders, to recommend ideas, sometimes suggested by members, but it is for the meeting under Christ to help the leadership choose the right ideas. That is a vital task. You cannot save the church at one meeting; you save the church at every meeting as you make decisions on its policies. But you cannot save the church at all if you cannot take part in those decisions, full stop. If you are inspired enough to work for the church then you are inspired enough to decide for the church.

Covid has affected our meetings and our services. But our church meetings will eventually resume as will our opportunities for membership. Is that something that will apply to you?

Your friend and Interim Moderator,

Jim

Rev. Dr. James Tarrant

Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. For we were all baptized by one Spirit so as to form one body – whether Jews or Gentiles, slave or free – and we were all given the one Spirit to drink. Even so the body is not made up of one part but of many.

1 Corinthians 12:12-20

From the Editor

Welcome to the October edition of the *Hadleigh Messenger*, which has become the 'harvest' edition.

I've included a report on our harvest festival service and a sermon/reflection on harvest by Tim Mullings, a URC minister with two churches in Wolverhampton whose writings I have included in the past.

I've still not returned to including formal rotas in the magazine because, with relatively few people

in the congregation, it is easier at present for Heather and I to organise things and ask for help when needed.

You'll see in the Family News that I've met up with several friends of the church recently, including Jean Hodges, who I saw on her 103rd birthday. I've also been able to have a few words on the phone with Florrie Large but visiting at her care home on Canvey Island is still restricted to family.

Malcolm Brown

Sunday worship in October

The first service of October was our Harvest Festival service led by Heather Brown. There is a brief report elsewhere in the magazine. We welcome Adrian Tinning back on 10th October and Macrina Ejaz also makes a quick return on 24th October. In between Adrian and Macrina, we welcome back our Interim Moderator, Rev. Dr Jim Tarrant who will preside at our first Holy Communion since we re-opened at Pentecost. On the final Sunday of October, Heather will be leading our worship again.

Date	Preacher
October 3 rd	Mrs Heather Brown (Harvest Festival)
October 10 th	Mr Adrian Tinning
October 17 th	Rev. Dr Jim Tarrant (with Holy Communion)
October 24 th	Mrs Macrina Ejaz
October 31 st	Mrs Heather Brown

COVID-19 precautions

At our Sunday worship, we are still maintaining a register for Track and Trace purposes, hand sanitisation and social distancing measures. Masks should be worn whilst moving around the church premises but may be removed once you are seated. However, masks should be worn whilst singing because of the increased risk from that activity.

Malcolm Brown

Protect your phone – advice from Essex Police



Don't leave your phone, iPad, tablet or camera unattended, out of your sight or on a table – thieves can grab a phone from a table in seconds.

Always be aware of your mobile and your whereabouts and act accordingly. And when you've finished using it, put it away.

Ensure you retain a record of your phone's IMEI number. This is a 15-digit unique number which can be obtained by keying in *#06#. You need this information if the phone is lost or stolen. And don't keep a note of it on your phone as it defeats the object.

Use your device's security features, apps or PIN locking mechanisms to protect your data and prevent the phone being used if stolen.

Consider installing a tracker app on your smartphone. If your mobile's ever stolen, act promptly.

The road to normality

Refreshments after the morning service

A small step along the road back to something like normality was taken on Sunday 27th September when refreshments were served after the service for the first time since the church re-opened for worship on 23rd May. John Amos from Christ Church Rayleigh URC had left the worship that morning.



John with a small but happy congregation after the service. (L to R): June, Marion, Heather, Jean, Kay, Daphne, Doreen and Pamela (Janet Wimbledon did not stay)

John had been with us only five weeks earlier and had been disappointed that day when he had not

been able to sit and chat to members of the congregation over a cup of tea or coffee after the service. In between his visits, it had been decided that we could now take that step and so John was not disappointed a second time.

Coffee morning restart on 14th October

We will take another step along the road to normality when the weekly Thursday coffee morning restarts on 14th October at 10.30am.

It will be good to meet and chat to friends again, some of whom we may not have seen for over a year. Please respect others feelings about physical contact and don't assume that even a handshake is welcome. It may be as well to continue with elbow bumping as a greeting for the time being.

Please don't attend if you have any symptoms of COVID-19. Hand sanitiser should be used on entry and please add your name and contact telephone number to the attendance register for Track and Trace purposes.

Malcolm Brown

Harvest Festival 2021

Our Harvest Festival was held at the start of October this year rather than late September. Sadly, because of the state of the Coronavirus pandemic, we did not have a Harvest Supper.

The harvest service on 3rd October was led by Heather Brown. Heather also prepared the harvest table (actually two tables) and the flowers that decorated the church. The tables used to hold the harvest donations are very heavy so I was surprised that Heather had been able to move them on her own.



The harvest table had a nice variety of food items and a symbolic glass of water. Heather also made

use of the knitted fruit and vegetables that my mum donated a few years ago. They look surprisingly realistic, particularly from a distance.



Owing to the small congregation, the amount of produce on the harvest table was less than normal but the variety and colour still made it an interesting display. To simplify matters this year, all the produce was taken to Little Havens Hospice on the Sunday afternoon. It amounted to five full plastic shopping bags and was gratefully received by a member of the Hospice staff.

Malcolm Brown

Harvest Reflection

For over 18 months Coronavirus has humbled us. It forced us to change our lifestyle, our socializing and our worship. It's here to stay and, like the flu, we have to learn to live with it. Social distancing is no longer compulsory. Wearing a face mask is now a personal choice.

Sadly, lives are still being lost to the disease reminding us that the sinking sand of this world is a constant reality, and it takes the storms of life, disease, suffering and death, to reveal it. Somehow, in the hospital, the crematorium, the Church, we have to find hope, because without hope, there's just despair.

But we are now post-Covid, and although we may not clearly see it, I believe the Lord is offering us a new beginning as a means of blessing. Every act of worship is about celebrating His grace. He desires wholeness – life in all its fullness – of body, mind and spirit – for all people.

Humanity has more than hope. Christians have a living hope and believe that one-day all sickness, suffering, pain, tears and disease will be eradicated for good. It's a Biblical truth we cannot find anywhere else.

Psalm 104 reminds us of our Creator God on whom we all depend. It is a call to praise and worship Him for all He has done, to be faithful, to move forward and not stand helpless in fear or worry.

In the Bible, the "Feasts of the Lord" were the festivals that coincided with the changing seasons, reminding the people of God's constant provision for them and also allowing them, through their offerings, opportunity to express their gratitude.

At the beginning of the first lockdown there was a spate of panic buying, and bizarrely a mad rush on toilet rolls! Supermarkets had security guards in the aisles to ensure no one took more than they needed. Shelves ended up empty though. Some food items were in short supply in the early days of Coronavirus.

Undoubtedly my generation and below became aware for the first time of how fragile the supply chain, from field, to factory, to supermarket shelf can be. It gave us a more conscious appreciation of the food we eat, where it has come from, as well as the vital role farmers play in feeding our nation.

Coronavirus created significant challenges for many farmers. For a start, the process of harvesting

many of our crops is hugely reliant on migrant labour, with people coming to the UK for a season, living and working on local farms before returning home. Much of this travel was curtailed by travel restrictions and quarantine regulations.

Obviously, we need farmers to grow the wheat to get our daily bread on the table. Whether we shop in store or on line, we are so dependent on a vast network of people to feed us. Perhaps this year harvest is more relevant to us than it has been before?

Ultimately, of course, we are all dependent on the abundance of the Creator God: "He makes grass grow for the cattle, and plants for people to cultivate – bringing forth food from the earth...and bread that sustains their hearts." (Ps 104:14-15).

That's the significance of harvest. The offerings we bring remind us of all the good things that the Lord has given to us. We must not be complacent, of course we should say thanks for the food we eat, for farmers that toil from dawn till dusk, the petrol that allows the HGVs to get it to the supermarkets, the electricity we use to cook our food, the very fact we have homes in which to live.

There are just so many things in our lives that we should be grateful for. Even when it rains for: "He waters the mountains from his upper chambers; the land is satisfied by the fruit of his work." (Ps 104:13).

So a harvest service is not just a formal ritual. *'All good gifts around us are sent from heaven above'* – so for the food we eat, to satisfying our material needs, as well as for meeting our deep, deep spiritual needs, we seriously need to thank our bountiful Creator God.

Once settled in the Promised Land, crops were grown and the gracious provision of God was celebrated by the Israelites responding with gratitude in offering the first fruits of the harvest. In parts of the world people are short of food. We're not. So, when we pray, "*Give us this day our daily bread*", what are we praying for?

Each one of us has a fundamental need for "daily bread" which includes all that we need each day to survive – to be fuelled, fed and nourished. It's the food in the fridge; the monthly salary – the "dough" of the breadwinner and the pension collected at the post office.

We have plenty of “daily bread.” There’s so much that makes our lives brilliant and stimulating, but deep down in our hearts we know there’s something missing. There’s a longing in the soul that there’s more to life. And there certainly is!

When God became man in the person of Jesus, He was challenged to perform miracles by the people. If He was truly their Saviour then bread would come down from heaven again just as it did in Moses’ day.

And, Jesus, motivated by love, fed thousands of hungry people with five loaves! He took the bread and lifting His hands up to heaven, He gave thanks to God and then the most amazing thing happened. Jesus began to break off pieces of bread, and the more He broke the more there seemed to be! There was enough food to feed everyone. And when everyone had had enough there were still basketfuls left over!

Even though Jesus knew that bread was very important to life, He wanted something more for His children. No one can live by bread alone. He wanted something that would last forever. One of the most amazing of claims of the Lord Jesus Christ is found in John’s Gospel chapter 6, verse 35: “I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.”

In uncertain, difficult and painful times, hoping in God should give us the confidence of the writer of this Psalm. At harvest we recognise divine power at work in providing food from the earth. But Jesus as “the bread of life” is the one who meets our greatest needs and satisfies our deepest spiritual hunger.

So when we ask for daily bread, remember it’s special bread which cannot be purchased in any supermarket or bakery anywhere in the world! It is a gift; a grace available to each of us. It’s so much easier than going to Greggs all the time! It’s so simple, “Come to me and love me”, Jesus says.

And Jesus does not have a sell-by date! “From generation to generation His Word is firmly fixed in the heavens...and is a lamp for our feet and a light for our path.” This brings us to the extent of His love and commitment to bring His bread to us.

That’s what living Christian hope does for us: it lightens the darkness, energises the present, increases faith, looks with certainty to the future of God’s Kingdom being fully realised on earth, justice for the poor and the weak: “And on this mountain, the Lord of hosts will make for all peoples a feast of rich food...of well-aged wine...” (Is.25:6).

Lastly, early Christians adopted the anchor as symbol of hope. That’s why in the catacombs, the caves and tunnels they hid in during the persecutions, there are many drawings of anchors accentuating: “In the Good Lord I trust and am not afraid.” (Ps.56:11).

Likewise, as we journey post-pandemic, harvest and hope anchors us in the storms of life. Something new and lasting good will emerge – for God is Lord of the harvest, maker of harvest-time; our life-giver to whom be glory and majesty for ever!

Rev. Tim Mullings

Minister of Tettenhall Wood & St. Columba’s United Reformed Church, Wolverhampton



Eastern Synod news

The latest meeting of the Eastern Synod took place on Saturday 9th October at Plume Avenue in Colchester. A recording of the meeting is available on YouTube – simply go to YouTube and search for ‘URC Eastern Synod’. The meeting was chaired by the new Synod Moderator, Rev. Lythan Nevard. Lythan will be a guest speaker at the South Essex Area Partnership meeting at Kings Road URC on Wednesday 20th October, which is open to anyone.



Into the mouths of babes

A mum found her toddler son in the garden chewing on a slug. After the initial surge of disgust, the mum asked her son, “Well, what does it taste like?” The son replied, “Worms.”

Family News

Funeral of Jim Webb

The funeral of Jim Webb, who died on 11th September, will take place at Pitsea Crematorium on Wednesday 20th October at 12 noon. After the funeral, friends are invited to join Irene for refreshments at Kings George's Court, Rayleigh. If you intend to join Irene, please let her know so she can plan the refreshments or alternatively let the Editor know and I will pass on numbers.

John Porcher

Sadly, John passed away in hospital on 4th October. John and his late wife, Pat, were great workers for the Lord at our church before they moved to Woodbridge in 2007. John was Church Secretary for a time and Pat was leader of the Wives Fellowship. They moved to Penarth, Wales, in 2017 to be near their daughter, Mo, but, unfortunately, Pat died shortly after the move.



John & Pat in 2007

John's funeral and committal will take place on Monday 1st November. It is hoped that either the funeral service at the church or the committal service at the crematorium will be webcast.

We give thanks to God for John's service in His name at Hadleigh and elsewhere and send our sincere condolences to Mo and her family.

Jean Hodges

It was a great pleasure for the Editor to meet Jean on her 103rd birthday, on 22nd September – the first time I had seen her since 18th February 2020. Jean's son, John, is now able to take Jean out for walks in her wheelchair and so I arranged to meet them in the walled garden of Priory Park, which is only a few minutes away from Bradbury Home, where Jean lives.

Jean is rather deaf so communication is not easy and some things have to be repeated but she is very alert and enjoys plants and flowers.

Jean was born in The Avenue in Hadleigh, and was married at our church in 1956. Her wedding reception was held in our Small Hall amongst all the books of what was then Hadleigh Library!



Jean, 103 not out

John is a good batsman and has been playing cricket for the Essex Over-60s team. I was delighted to learn that he was recently awarded his County cap, which he had brought to show me.



John proudly wearing his County cap

We send our love to Jean and congratulations to John.

Jim Clubb

Malcolm Brown and Kay Watson visited Jim at Rosedale Court care home in Rayleigh on 24th September. It was a warm, sunny day and we spent an enjoyable time chatting in the courtyard garden. Before we left, Jim showed Kay his room, as she had never visited Rosedale Court before.



Kay and Jim with Jeremy the bear

We thank God that Jim has settled well into life at Rosedale Court and ask His blessing on Jim's ministry that is evolving there.

Family News continued

God of harvest, God of sharing,
God who meets us in our need.
Fill us with a love of caring,
Save us from our hidden greed.
Jesus gave away his glory
Help your people do the same,
Help your people live his story,
Sharing riches in his name.

Richard Bowers

Fighting the 'flu, 1918-1919

Just over a century ago, an unusually deadly influenza pandemic broke out, killing an estimated 50 million people worldwide. Globally, it claimed around five times more lives than the fighting in the First World War. In Britain, the first wave of the 'flu appeared in the spring of 1918, followed by a more virulent second wave in the autumn, and a third wave in the spring of 1919. Many of those afflicted died as a result of secondary bacterial pneumonia infections. In total, it is estimated that the outbreak claimed around a quarter of a million lives in Britain alone.

Public Health response

Britain's public health system had undergone vast improvement in the 19th century yet the country was tragically unprepared for the pandemic, particularly as the influenza itself was not a notifiable disease. Infectious diseases, like cholera and smallpox, were classed as 'notifiable diseases' – meaning that medical practitioners and local authorities were supposed to notify the government in the event of an outbreak. The first wave in 1918 was relatively mild and, as it was not a notifiable disease, in some places it passed by unnoticed.

During the second wave in the autumn, the severity of the outbreak was hard to ignore and the public health response, which happened on a local level, was to control entry to places of public gathering, namely theatres, cinemas, and dance-halls, and to isolate those who were ill. Many schools across the country were also shut at one time over the course of the three waves, commonly for a period of two weeks, which was then extended if required. This was enacted by the local Medical Officers of Health.

At the time, the branch of government that dealt with health was the Local Government Board; however, it tended to focus on the administration of the Poor Law and the health care of citizens tended to be left up to local authorities, with some guidance from the centre.

The MH60 indexes of miscellaneous local government correspondence found at the national Archives show that individuals and organisations wrote into the centre asking what the government intended to do about the outbreak. People offered up theories as to the reasons behind the transmission of the disease, including that it was spread by infected rats or by the foul air in the underground.

Many medical practitioners thought the 'flu was caused by a bacteria called Pfeiffer's Bacillus. There was, however, much doubt surrounding this theory as the bacteria was not found to be present in all cases. And indeed, we now know that the 'flu is not caused by bacteria but by a virus, which is much smaller.

The unknowns surrounding the disease meant that there was a lack of consensus in the medical community about how best to treat the 'flu. The reality was that doctors were essentially powerless against the 'flu, able to only treat its symptoms, leading to a reliance on commercial remedies for prevention and treatment.

Remedies included Condyl's Fluid, a branded version of permanganate potassium, as well as throat lozenges, medicated wines, and carbolic vaporizers. Individuals also wrote into the centre offering the government advice on how to treat the 'flu. One correspondent suggested consuming yellow brimstone (natural sulphur) in milk, noting their own brother had cured his wife with it.



**Advertisement for Formamint, a throat lozenge,
in the Illustrated London News, 9 November 1916**

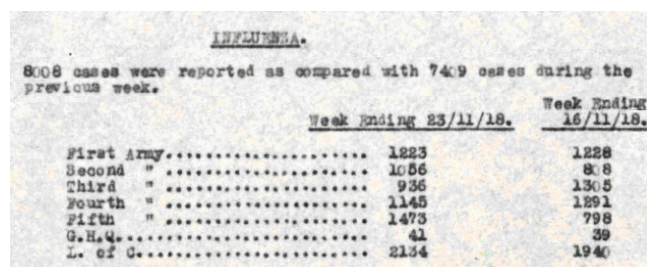
Despite precautions some localities became overwhelmed with the number of fatalities. In the midst of the second wave of the 'flu, newspaper headlines like 'Many Deaths' and 'More Deaths' sadly became commonplace. On 29 October 1918 *The Times* wrote, 'our obituary columns this morning bear melancholy witness to the ravages of the great plague of influenza and pneumonia'.

The MH 60 indexes show that the superintendent of Nunhead cemetery in South-East London wrote to the Local Government Board declaring he was unable to get sufficient graves dug. He requested that the Board supply him with 12 grave diggers and tools (letter dated 6 November 1918).

The end of the pandemic

Come November, the end of the war was nigh but sadly there was no relief from the ravages of the 'flu. The war diaries of the Director General of Medical Services reported that, in the week that peace was declared there were 7,409 cases of influenza reported in the Army, and the following week, ending 23 November, this had risen to 8,008.

The War Diary shows the breakdown of infections across the formations of the army.



	Week Ending 23/11/18.	Week Ending 16/11/18.
First Army.....	1223	1228
Second ".....	1056	808
Third ".....	936	1305
Fourth ".....	1145	1291
Fifth ".....	1473	798
G.H.Q.....	41	39
L. of C.....	2134	1940

War diaries of the Director General Medical Services, Nov 1918

The final wave of the pandemic took place in the early months of 1919 and primary pneumonia and acute influenza pneumonia was made notifiable by temporary Public Health (Pneumonia, Malaria and Dysentery) Regulations 1919, over fears that demobilisation would cause an upsurge in cases.

In February, when it seemed that the scourge of the 'flu would never go away, the Local Government Board cautioned citizens about the continuing menace through a circular sent out to local authorities, reiterating much of the advice that had been circulating already. Suggested measures included 'wearing warm clothing', 'keeping fit', and 'avoiding crowded gatherings and close, ill-ventilated rooms'. It was recommended that people engaged in nursing the afflicted should wear goggles and a mask (made of four layers of gauze or three layers of muslin).

The pandemic finally abated around May 1919, and the people of Britain could start rebuilding their lives.

Sadly, there were many cases of soldiers and workers from the front lines who survived the war only to fall victim to the influenza.

'Flu on the Front

The Western Front bore the brunt of the early outbreaks, with reports in April 1918 that influenza was prevalent at several military bases. Cabinet Office minutes from 17 May 1918 reported that the docking of the ship HMS *Weymouth* was postponed due to an outbreak of 211 cases of influenza on board.

The war diaries for the Director General of Medical Services give us further insight into the first wave of the pandemic. On 22nd June 1918 it was reported that: 'A widespread epidemic of highly infectious fever of short duration has been raging throughout the British Armies as well as on the Lines of Communication and at the bases and still continues. The incident has been greatest in the First and Second Armies and amongst other troops in the Northern Part of the British zone. French and Belgians both civil and military are affected, and in all probability the German troops also, as captured documents refer to an epidemic of fever which is keeping units out of the line.'

The first wave, however, was relatively mild and there seemed to be no real cause for concern; men were fit to return to duty from 7 days to 10 days. The war diaries also show what attempts were made to curb the spread. It was relayed that: 'Steps are being taken to limit as far as possible the spread of the epidemic, by distributing troops as widely as possible in camps, billets etc. keeping drafts in reinforcement camps in separate lines for four days, airing blankets and kits, and arranging for troops to sleep in the open air if possible.'

Sadly, the relatively mild nature of the outbreak was short-lived and the autumn saw a more virulent second wave. In most cases of the influenza it is commonly the most vulnerable people – like the very young, sick, or old – tending to fall ill. However, the virus responsible for the 1918-1919 outbreak was unique, in that the mortality of healthy young adults saw a distinctive rise – thereby impacting many of those fighting on the front lines.

The end of the war provided no relief from the ravages of the 'flu. Demobilisation from service following the conclusion of the war took a number of months, and many soldiers and auxiliary workers continued to serve into 1919.

When the final outbreak of influenza happened in the spring of 1919 many soldiers and workers were still abroad. Tragically it was during this outbreak that Beatrice Violet Moore, a worker in the QMAAC, caught the 'flu. Moore's medical records sadly record her demise – as the 12th evening closed in she became delirious and her heart began to fail. She died on 13 March 1919, aged just 23. A note at the bottom of the record states, 'This illness was epidemic & incidental to active service'.

Laura Robson-Mainwaring

From The National Archives blog, July 2021.

Standing on one leg is a sign of good health

Research shows that people's ability to stand on one leg is an indicator of health and that getting better at standing on one leg can add to fitness and potentially lifespan. Being able to stand on one leg is linked to increased levels of physical activity and decreased risk of falls and is associated with both quality and length of life. Around 37.3 million falls per year worldwide are severe enough to require medical attention.

The inability to balance on one leg for 20 seconds or longer is linked in otherwise healthy people to an increased risk of small blood vessel damage in the brain and reduced ability to understand ideas. You are less likely to be able to stand on one leg without a wobble if you have a medical condition such as Parkinson's disease, stroke or Alzheimer's disease.

Pregnancy, menopause, the diagnosis of disease and retirement can also alter our strength and balance and ability to stay upright, mostly because of the way these affect our ability and motivation to engage in regular physical activity.

Sitting or reclining while awake is associated with lower muscle strength, risk of falls and physical function, sometimes irrespective of the amount of moderate or vigorous intensity physical activity you do. People who sit for prolonged periods are more likely to develop type 2 diabetes, higher waist circumference and obesity.

Why standing on one leg matters

Data shows that the time people can stand on one leg changes for men and women at different ages – and an inability to hit those target times for your age group can highlight health problems.

The human body, when standing upright, is inherently unstable. We have a very small base of support relative to our height and width. When in good health we rely on our central and peripheral nervous system to integrate all the information coming in from our balance senses (eyes, inner ears and feedback from muscles and joints). We then engage the right muscles (feet, ankle, leg and core muscles, sometimes even the arm muscles) at the right time to make the necessary adjustments to our posture to stay upright.

The more physically active we are, the more likely we are to have good balance and of course the wider physical, psychological and social benefits of being regularly active are well known.

Other health problems can also affect our physical activity and are characterised by stooped posture and worsened balance, such as depression and osteoporosis, leading to an increased risk of falls and fracture. A stooped posture makes standing on one leg more difficult.

Should I start standing on one leg?

You can improve your ability to stand on one leg at any age, and improve your balance. It's more challenging if you have a neurological condition, but studies have shown improvements in balance following exercise in many conditions and it is known to reduce falls in many others. In the UK around one in three adults over 65 and half of people over 80 will have at least one fall a year. A recent Public Health England report suggests that lack of activity in older adults because of the social restrictions during the pandemic could lead to 110,000 more older people falling this year.

You can test your own balance here and have a try at some simple balance exercises. You are more likely to have improved confidence in performing physical activity, and getting more active can help lengthen and improve quality of life.

Standing on one leg can be made much more challenging if you close your eyes while doing it. This is worth practising as it helps with our long-term balance and reduces the risk of falling over. With our eyes open the body becomes lazy and relies on our vision to help keep us balanced. If you take out vision, it gets the other senses working better. Most people can only do this for a short time compared to when they keep their eyes open. Have something close by to hold on to. You will improve over time.

For the over 70s, there's also evidence to show standing on each leg for one minute three times a day can help improve hip bone mineral density. Stronger hip bone mineral density means if you do fall you are less likely to fracture.

And on that note, do I stand on one leg? Yes, when I am cleaning my teeth morning and evening, alternating from one leg to another at least twice. If I am feeling bold I try one round of the teeth with my eyes closed. That, I might add, I am starting to find more difficult – I must practice more.

Dawn Skelton

Professor in Ageing and Health, Glasgow Caledonian University

Balance exercises

These simple balance exercises, taken from the NHS website, can be done at home to help improve your health and mobility.

Do not worry if you have not done much exercise for a while, these balance exercises are gentle and easy to follow. Wear loose, comfortable clothing and keep some water handy. Build up slowly and aim to gradually increase the repetitions of each exercise over time. Consider doing the exercises near a wall or a stable chair just in case you lose your balance. Try to do these exercises at least twice a week.

Sideways walking



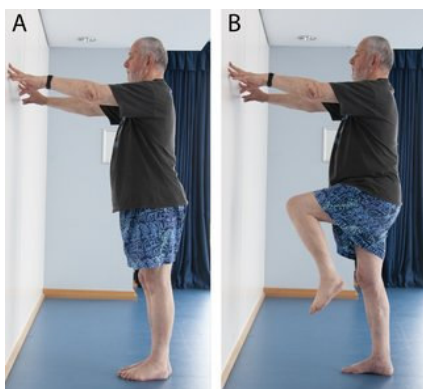
A. Stand with your feet together, knees slightly bent.

B. Step sideways in a slow and controlled manner, moving one foot to the side first.

C. Move the other to join it.

Avoid dropping your hips as you step. Perform 10 steps each way or step from one side of the room to the other.

One-leg stand

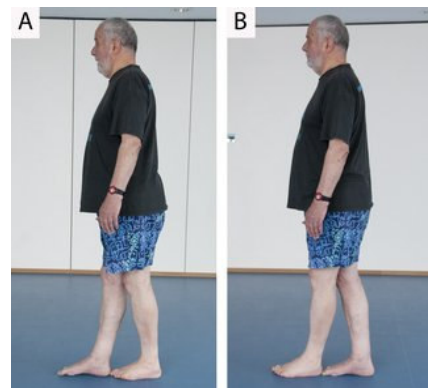


A. Start by standing facing the wall, with your arms outstretched and your fingertips touching the wall.

B. Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.

Hold the lift for 5 to 10 seconds and perform 3 on each side.

Heel-to-toe walk

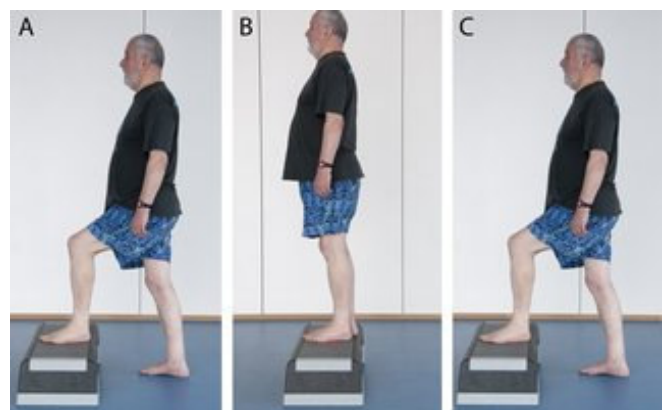


A. Standing upright, place your right heel on the floor directly in front of your left toe.

B. Then do the same with your left heel. Make sure you keep looking forward at all times. If necessary, put your fingers against a wall for stability.

Try to perform at least 5 steps. As you progress, move away from the wall.

Step-up



Use a step, preferably with a railing or near a wall, to use as support.

A. Step up with your right leg.

B. Bring your left leg up to join it.

C. Step down again and return to the start position.

The key for building balance is to step up and down slowly and in a controlled manner. Perform up to 5 steps with each leg.

Escape clause

Dear Friends,

Have you got your escape route planned? Just after we moved into our house, we had double-glazing fitted and one of the basic questions, even in those days, was where are you going to have your escape route in case of fire.

Have you looked at your insurance policies recently and counted up the number of escape clauses (for the insurance company) that have been written into them? One thing that life seems to teach us is that sooner or later we are going to need to escape. Even our annual holiday is seen as a means of escape from work.

In these two escape situations we have two different types of escape – one from danger and the other from responsibility, but there is a sense in which both of them flow over into our experience within the Kingdom of God.

To start with, let's consider the fire escape situation and the one valid escape route that we all need to take. Paul wrote in Hebrews 2:3: *"How shall we escape if we ignore such a great salvation?"* Here we have the one valid and essential escape route from the consequences of our sin; the way provided for us by God to return to Him. Each one of us **MUST** travel by this path if we are to come into a relationship with God and to experience in this life a sense of His presence and after death know him eternally.

Like the route to an escape window, the route to salvation may be different for each one of us but, ultimately, we all have to go through the same window. The route for our salvation has been planned for us, by God, but each one of us has to go through the window.

We have to come to Jesus in repentance for our sin and seek his forgiveness and His restoration. There is no other way to escape the consequences of a life that ignores God and is centred in self, in what 'I' want and need. We then must follow Him. There is no point in starting along an escape route if you are not going to complete it because you will still be in danger. It is the same with

salvation we must complete the course by obeying the Lord. So, we accept His salvation, and we are then baptised in water and the spirit.

Having started this life, we must then listen to the instructions of the King. In the Christian life these instructions cover all our choices and decisions. God has a path for you, has a roll for you to play in His Kingdom and so we must be listening to Him so that we can continually walk in His best for us. We read the word, we pray, and we gather together with others so He can guide us, inspire us and lead us forward into a life concentrated upon Him.

When things appear to go wrong it is often tempting to look for a way of escape. It is tempting to believe that once we have committed ourselves to the Lord that nothing can go wrong for us again and that if it does there must be something wrong. This has never been the experience of those who follow Jesus. There is a real sense in which this can be the start of the trouble. If you doubt this, look at what St Paul experienced and the experience of many millions of Christians in both the past and living today. Danger is the natural environment of those who would follow Jesus. We should not seek to escape from the way of the Lord.

The policy get out clauses have become almost a science in itself but not in the Christian life. When we start following Jesus it's all or nothing. Half-hearted followers of Jesus were always given the short shift with comments like "Let the dead bury their dead you follow me." In like manner, the Christian way is not a selection that you make, deciding what you fancy and what you will leave on the shelf. It is all or nothing. No small print allowed. The Lord calls us to follow Him in His way with the Bible as our guide. We cannot pick the parts we like but must accept the whole package as His revealed will for us.

Yours in Him,

Adrian

Adrian Tinning



There are only two kinds of people: those who say to God, "Thy will be done," and those to whom God says, "All right, then, have it your way." - CS Lewis

Computer Corner

TeamViewer

**Useful
free
software**

TeamViewer provides remote access and remote control of computers and other devices. I use it to fix problems on other people's computers whilst sitting at my computer. It is generally easier if both computers have the TeamViewer program installed but it is possible to access a remote computer without that computer having the program permanently installed. The program is safe to use because the person whose computer is being accessed must first give the remote person a password to input that allows access. The password is generated by the software.

Download from: <https://www.teamviewer.com/en/info/free-for-personal-use/>

There's a useful video on YouTube that shows how to install the program and use it for remote access at <https://www.youtube.com/watch?v=dPZJUoh3PzA>

AskWoody Free Newsletter – OneDrive Special Edition

**Useful
article**

This special edition of the AskWoody newsletter combines several articles about Microsoft's cloud storage service OneDrive. OneDrive is now embedded in Windows so it is handy to know how to use it to best effect.

A free account on OneDrive provides 5GB of cloud storage whilst 100GB costs £1.99 per month. If you want to store a lot of data in the cloud then a Microsoft 365 subscription is the way to go. A family subscription costs £79.99 per year (but can often be found cheaper than this) and this gives six people a massive 1TB of cloud storage each. I use such a subscription to share a repository of files (digital photos, scans, documents etc.) with other members of the Hadleigh & Thundersley Community Archive.

URL: <https://www.askwoody.com/newsletter/special-free-edition-onedrive/>

Word Search – Harvest-related



COMBINE
CROP
FESTIVAL
GATHER
GRAIN
HARVEST
LOAF
MOON
MOUSE
PLOUGH
RAIN
REAP
SCATTER
SEED
SUNSHINE
THANKFUL
TRACTOR
WATER
WHEATSHEAF
YIELD

Words may appear in any direction including diagonally, back to front and upside down.

WHAT'S ON

A round-up of future events in the area

Wed 13 Oct 2021	- Kingsway Community Cinema Presents 'Dream Horse' at Hadleigh Old Fire Station. Doors open 6.30pm for 7.00pm start. Tickets £5.00 via Eventbrite (80p booking fee). Alternatively, tickets can be reserved by texting 07801 667452 with your name and number of tickets required. Tickets can then be paid for on the door with no additional fees.
Sat 16 Oct 2021	- Hadleigh Heritage presentation 'Memories of the Fire Service' by Terry Barclay at St James the Less Church at 11.00am. Doors open 10.30am. £2 entry includes refreshments. Limited seating, first-come, first served.
ditto	- Southend Seafront Fireworks - a free firework display from 7.30pm to 7.45pm, every Saturday until 4 th December.
Thu 21 Oct 2021	- Poetry Reading Group at Hadleigh Library from 2.30pm to 3.30pm. Do you enjoy poetry? Come and discuss your favourite poems with like-minded people. Every third Thursday of the month.
Tue 2 Nov 2021	- Benfleet & District Historical Society Talk - 'A Christmas Carol' by Mike Wabe at Richmond Hall, off Richmond Avenue, South Benfleet. Starts at 8.00pm. Visitors £3.00.
Sat 13 Nov 2021	- Coffee Morning at Hadleigh Methodist Church from 10.00am to 12 noon with drinks, cakes and bric-a-brac stall.
ditto	- Beat & Beans Café with the Yardarm Folk Orchestra at St James the Less Church from 10.30am to 12.30pm. Live music with coffee, tea and snacks. Enjoy music in historic surroundings. Free admission.
Thu 18 Nov 2021	- Poetry Reading Group at Hadleigh Library from 2.30pm to 3.30pm.
Sat 20 Nov 2021	- Christmas Fayre at Hadleigh Methodist Church, Chapel Lane, from 10.00am to 3.30pm. Stalls for gifts, sideshows, art display, dancing display and refreshments.
Sat 27 Nov 2021	- Christmas Fair & Market at Hadleigh Old Fire Station from 2.00pm to 8.00pm with a break from 4.00pm to 5.00pm for Christmas lights switch-on. Organised by Hadleigh Community Group.
ditto	- Hadleigh Christmas Lights Switch-On with Community Carol Singing from 4.00pm and lights switch-on at 4.30pm.
Sat 4 Dec 2021	- BASOP Annual Christmas Concert at Hadleigh Methodist Church, Chapel Lane. Doors open 7.30pm for 8.00pm start. Tickets: Adult £8.00, under-16 £4.00 - to book, phone Mike Tanner on 01702 551786.
Sat 11 Dec 2021	- Coffee Morning at Hadleigh Methodist Church from 10.00am to 12 noon with drinks, cakes and bric-a-brac stall.
ditto	- Musical Matinee at Hadleigh Methodist Church, Chapel Lane, from 1.30pm to 4.00pm. With music from the Sixties, Ballads, Latin, Country and Rock & Roll. Tickets £7.00 from Mike Tanner on 01702 551786.

More events listed on the HELIX website at <http://www.hadleighessex.info>

The list of events shown above is an indication that Hadleigh is springing back to life. If you know of any other events that I can add to this list and to the HELIX website then please let me know. *Malcolm*