

THE HADLEIGH MESSENGER

June 2022



The Magazine of the
United Reformed Church, Hadleigh, Essex

SUNDAY WORSHIP
10.30am every Sunday
with Holy Communion on 3rd Sunday of the month

PREACHING ARRANGEMENTS FOR JUNE 2022

Sun 5 th Jun	10.30am	Morning Service	Mrs Macrina Ejaz
Sun 12 th Jun	10.30am	Morning Service	Major Geoff Ashdown
Sun 19 th Jun	10.30am	Morning Service with Holy Communion	Mrs Heather Brown
Sun 26 th Jun	10.30am	Morning Service	Mr Adrian Tinning

FLOWER ROTA

Sun 5 th Jun	Pamela George - wedding anniversary
Sun 12 th Jun	Vera Knapton - in memory of Marjorie & Geoff Chase
Sun 19 th Jun	
Sun 26 th Jun	Vera Knapton - in memory of Phil

ELDERS' MEETING

Wed 15th Jun 3.30pm

CHURCH MEETING

Thu 23rd Jun 12.45

Next Church Meeting

Please note that the date of the next Church Meeting has been changed to Thursday 23rd June from Thursday 16th June because an Elders' Meeting will take place on Wednesday 15th June.

Church Anniversary Lunch

As mentioned in the May magazine, the church's 118th Anniversary will be celebrated at an Anniversary Lunch to be held after the morning service on Sunday 19th June. Friends from various other churches will be joining us. To allow the ladies organising the lunch to plan the food, there is a list for names on the church foyer noticeboard. If you would like to attend the lunch then please add your name to the list or phone Malcolm on 01702 557678.

HADLEIGH URC OFFICERS

Interim Moderators:

Rev. Jim Tarrant/Rev. Celia Whitman

Hon. Secretary:

Mr Royston Brackin (01702 558862)

Acting Hon. Treasurer:

Mr Royston Brackin

Serving Elders:

Mr Royston Brackin

Mrs Heather Brown (01702 557678)

Mr Malcolm Brown (01702 557678)

Miss Jean Reeve (01702 554907)

Useful information

Address: 1 Church Road, Hadleigh, Benfleet, SS7 2DQ

Website: www.hadleighessexurc.org.uk

An invitation

We invite you to join us for worship and fellowship at any of our services where a warm welcome awaits. If you are in need of help that the ministry of the church can supply then be assured of our interest and concern. If you are suffering from ill health, loneliness or bereavement and feel that we could help, or if you would like to ask for a prayer or personal visit then please let one of our church officers know. All such requests are treated in the strictest confidence.

'Joel declares God's spirit can inspire anybody and everybody'

*'These people are not drunk, as you suppose; it is only nine in the morning!
No, this is what the prophet Joel spoke of...'* – Acts 2:15-18

God's Spirit is not just for Pentecostals and the privileged few. As too often happens at Pentecost, we only hear what Peter says about Joel in Acts 2 and don't let the prophet speak for himself in his own book. It is easy then to think that Pentecost is only about the formation of the Church and her mission.

We get the same impression from the creeds, where belief in the Holy Spirit embraces belief in the one, holy catholic Church, the forgiveness of sins, the communion of saints and the life everlasting. Yet even Acts will tell you that all the people gathered in Jerusalem were Jews who had gathered for a Jewish festival, Pentecost, so named because it took place 50 days after the festival of First Fruits. If you wish to know more, you can quickly discover that Pentecost had become a sort of harvest festival and a commemoration of God's gift of the Law, the very themes which are amplified by Joel throughout his book.

Until this year I had never preached about Joel because I did not know enough about his book. A poor excuse, I admit. It is only three short chapters long and it is clear from verse one that we are talking about a moral universe ruled by God where human disregard for God's will brings chaos and destruction on the land and even the cows know that the proper thing to do is to turn to God in prayer and ask God for his help.

And God responds not just by inspiring a lone prophet like Joel or a king like David but by pouring out his spirit on all flesh so that even slaves, male and female, people of no consequence in a social hierarchy, know what God is saying and can tell us, if only we are humble enough to listen to them and respond.

Reassured by an expert, John Barton, whose *Joel and Obadiah: A commentary* reached me just in time for last Pentecost, I dare to state that Joel's idea of authority is very democratic – just like a United Reformed Church Meeting or General Assembly! But I am also persuaded that when Joel declared that God's spirit could inspire 'all flesh' he meant just that, anybody and everybody.

God can and does speak to us in many different ways, through many different peoples, even the animals. Our great Reformed theologian, Karl Barth, recognised this when he said in 1932 in the first volume of his massive *Church Dogmatics*: 'God may speak to us through Russian Communism, a flute concerto, a blossoming shrub or a dead dog... We do well to listen to Him if he really does... He can speak to us through a pagan or an atheist' and thus remind us that our borders and boundaries are not his borders and boundaries. There are no limits to God's concern.

We were not surprised, therefore, when last year the agonised cries for breath of a black man in Minneapolis shamed the world into action, or when the commonplace action of a young woman with a smartphone convinces so many that his cries must be heard. Black lives matter! All lives matter to God.

God's 'spirit' is at work in our world. Our Christian vocation is to discern that it is indeed God's Holy Spirit and to be the encouragers of anyone anywhere who is simply trying to do what is right.

Donald Norwood

Donald W Norwood is a United Reformed Church minister engaged in ecumenical research in Oxford.

From Reform magazine, June 2022.



From The Bible – Joel 2:28-29

'And afterwards,
I will pour out my Spirit on all people.
Your sons and daughters will prophesy,
your old men will dream dreams,
your young men will see visions.
Even on my servants, both men and women,
I will pour out my Spirit in those days.'

From the Editor

Welcome to the June 2022 edition of the *Hadleigh Messenger*.

We have a new contributor this month as Sue Horton has kindly penned an article about a visit to Westminster Abbey. Hopefully, this may inspire a few others to write something similar about a place visited or an event attended.

Owing to time constraints, the magazine is slimmer than usual and I've also had to move the Computer Corner page.

Normal service will hopefully be resumed next month when I'll include a report on the 2022 Christian Aid Week fundraising.

Malcolm Brown

Forgiveness

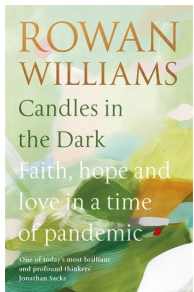
The Sunday School teacher had just concluded her lesson and wanted to make sure she had made her point.

She said, "Can anyone tell me what you must do before you can obtain forgiveness of sin?"

There was a short pause and then, from the back of the room, a small boy spoke up, "Sin?"

Review of Rowan Williams ~ Candles in the Dark: Faith, hope and love in a time of pandemic (SPCK £9.99 ISBN: 978-0-08596-5)

I've made the mistake in the past of suggesting a Rowan Williams book for our church book club based purely on the slimness of the volume. Invariably, such has been the intellectual requirements made of us by one of the greatest thinkers of our time, it took us longer to explore than a book four times thicker!



This book is different and completely accessible to all. It consists of 26 separate reflections that Williams gave to his church, St Clement's in Cambridge, between March and September 2020. St Clement's had, like many others, moved its worship and prayer online. Initially, Williams's reflections connected with Lent, then some of the more obscure feasts and saint's days, but also many more secular occasions as hope for an early end to our isolation disappeared.

The breadth of topics is impressive, with thoughts on 'green issues, law and order and extinction rebellion, statues, algorithms, idols, transfiguration, herd mentality and even singing 'Rule Britannia' at the online Proms.

I was fascinated by the section on the Dormition (rather than Assumption) of Mary; I challenge those who are uneasy at any mention of Christ's mother to read it. The chapter on Saint Matthias (previously unknown to me) relates his claim to fame as the 13th disciple who made absolutely no impact and gets no mention in the scriptures beyond his election to the twelve. Williams describes him as the saint of those 'doggedly unspectacular turners up and hangers on'. How we have learned to value these people in our churches and our society throughout these wretched times of lockdown!

This book would make a great resource for a Lent or study course or for private devotions. What a pity that audio versions of his books are not read by the man himself. I can think of nothing better than going to bed with the mellifluous tones of our former Archbishop of Canterbury giving his thoughts on the events of the week.

Martin Fosten

Martin Fosten is an elder and leader of the book group at Christ Church United Reformed Church, Petts Wood, London.

Articles for the magazine can be e-mailed to the Editor, Malcolm Brown, at mgbrownmail@yahoo.co.uk.
Opinions expressed in any published articles do not necessarily reflect the view of the Editor or the policy of the United Reformed Church, either locally or nationally.

Computer Corner

HMS Gloucester shipwreck

Interesting video

For those who missed it, this is a brief BBC News report about the discovery of HMS Gloucester, a 17th century ship that sank off the coast of East Anglia 340 years ago whilst carrying the future King of England, James Stuart. It's being described as the most important maritime discovery since the raising of King Henry VIII's warship, the Mary Rose.

URL: <https://www.youtube.com/watch?v=o4RlzsSZJY0>

Ships of the Port of London ~ Twelfth to seventeenth centuries AD

Interesting free download

Carrying on the maritime theme, this is dated but nevertheless fascinating report on the ships that used the port of London from the 12th to the 17th century, available from the Archaeology Data Service (ADS) website. There is an equivalent report covering the 1st to the 11th century which can be found by searching the ADS archive.

URL: <https://www.bit.ly/3MCG4P2> (a shortcut that links to the relevant download page)

Have your say on a new political map for Castle Point

Interesting website

A new pattern of wards is being developed for Castle Point Borough Council. The Local Government Boundary Commission has decided that the number of councillors in Castle Point should be 39. This is a change from the current council which has 41. The Commission wants to hear what residents and organisations think about their local area. A 10-week consultation on the proposals will run until 18 July 2022.

URL: <https://www.castlepoint.gov.uk/news/have-your-say-on-a-new-political-map-for-castle-point-2774/>

Word Search – Ships of the Royal Navy

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

ASTUTE
BULWARK
CHARGER
DRAGON
ECHO
EXPLOIT
GRIMBSY
LEDBURY
KENT
MAGPIE
MEDWAY
PURSUER
RAIDER
SOMERSET
SPEY
SHOREHAM
TRIUMPH
TYNE
VANGUARD
VIGILANT

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

Family News

George family news

Pamela George writes:

“The week commencing Monday 16th May was a memorable one for the George family. On the Monday, my eldest grandson, Euan Chisholm (soon to be 20 yrs old) went with his mother, my daughter Christine, to Buckingham Palace for a Garden Party held for young people who had obtained their Duke of Edinburgh Gold Awards over the past few months. Unfortunately there were no presentations. Prince Edward was in attendance at the Garden Party but there were no formal introductions.



On Tuesday 17th May, my daughter-in-law, Katila George, attended Southend Civic Centre for the formal swearing in for her UK citizenship accompanied by her husband, my son Stephen, and in the presence of the new Mayor and Mayoress of Southend City Council. Katila came over to the UK from Portugal to nurse under the NHS and now works as a researcher in London.



*In the same week, Stephen, a Southend councillor, was elected to be the new leader of the Labour Group and then elected as the new Leader of Southend City Council. This will mean a lot of work for him but he is taking it all in his stride. As many people have said, his father Colin, who was also very much involved in local politics as well as his many other activities, would have been very proud of him, as, too, am I.
Pamela”*

Jack Roche

Irene Harrington

Colin & Marion Melliush

Karen Bigmore

Following her sudden death on 28th April, Karen’s funeral will take place at Woodside Cemetery Chapel on Tuesday 14th June at 12.45pm. Karen was just 57 and will be sadly missed.

Karen loved animals and nature and some may remember the talk that she gave with a colleague at the Wives’ Fellowship about the Southend Dormouse Group back in June 2016.

We continue to lift up Karen’s parents, Dave and Doris, to the Lord and ask for his peace to be upon them at this sad time.

Family News continued

News from Jean Harrison

Jean may not be known to many readers but she has past connections with the church and has received the Hadleigh Messenger for many years. I (the Editor) know Jean well as Jean's son, Ian, and two of my sons played cricket at Hadleigh & Thundersley Cricket Club and Ian still plays there despite now living in Kent. Jean has also recently moved to Kent to be nearer to Ian and a new arrival.

Jean writes: "Many thanks for the magazine as usual, and I just thought you would like some really good news. Although our move to Kent was a complete nightmare – another story that I won't bore you with! – we managed to arrive on 1st February and our first granddaughter arrived on 23rd February. Ian, as you can imagine, was over the moon.

At only four weeks old, Jessica Robyn Harrison journeyed to Essex for a wedding of one of the Hadleigh cricketers and she was wearing her first dress for the occasion, complete with tights that went right up under her armpits. The photo below was taken on the day.

We are within a six-minute drive of Ian and family which is obviously better than ninety minutes across the Thames each way and we are having lovely cuddles around twice a week.

In case you are wondering why 'Robyn', it was a sudden decision when registering Jessica's birth. My dad, who Ian adored, was always known as Robin so he included the female spelling minutes before registration!

Jean"

Peggy Hughes

Birthdays in June and early July

Please remember those associated with our fellowship in need of prayer...

URC News

The first jubilee of the year

When Her Majesty the Queen celebrated her Platinum Jubilee, United Reformed Churches and LEPs rolled out the red, white and blue carpets to welcome members and friends for hundreds of activities over the extra-long Bank Holiday weekend.

St Columba's URC, North Shields, offered a fabulous recreation of the Official Platinum Jubilee Trifle by church member Gill Oliver. It was served at the Faith Lunch on June 5 and minister Trevor Jamieson personally attested to its "yummy-ness!" (Note:



Trevor Jamieson was formerly minister at Billericay, Brentwood and Ingatestone URCs.)

Abington Avenue URC in Northampton held a plethora of activities including crown making and cookie baking, the chance to sit in a cardboard version of the Diamond Jubilee State Coach, coaster making, arts, crafts, games, plasticine modelling, a jubilee pudding contest, prayer stations, pictures of the Royal Family through the decades, Messy Church and the Vice-Lord Lieutenant Morcea Walker burying the church's time capsule.



Abington Avenue URC in Northampton

Trinity URC in Brownhill near Blackburn joined forces with St Gabriel's, Holy Souls' Church and lots of families and friends for a community Jubilee celebration. The Step4ward team of line dancers demonstrated their skills and got others to join in to work off the calories caused by the Victoria sandwich cakes. Donations for the day were received from Tesco which provided the ice cream stall, and Brownhill Coop which donated milk and cakes. Face painting, crafts, games and a bouncy castle were also enjoyed.

A petting farm, exotic animals, children's rides and a ferris wheel were in the grounds and church of **Woking URC** for its half term activity days. Organised with the Children with Special Needs Foundation, the church saw hundreds of visitors go on the rides, see domestic and exotic animals, get temporary tattoos, eat lots of cake and learn about the care of animals. Minister Lucy Brierley is pictured with the Mayor of Woking, Cllr Saj Hussain. A jubilee street party took place a few days later.



Rev. Lucy Brierley and the Mayor of Woking

St Andrew's Roundhay in Leeds held a Jubilee Celebration with a barbeque, bar, a Royal Dessert, bouncy castle, games, Royal fancy dress, make a crown competition, face painting and music.

The Boys' Brigade at **Brixham URC** had a double celebration. Not only did they have a jubilee open evening with lots of games, refreshments and hand crafted bunting, they also raised enough money for a Toilet Twinning Project in a school block in Malawi. On May 23, the church's service was led by Canon Simon Bloxham-Rose, Deputy Priest in Ordinary to HM the Queen.

Dorking URC created a special flower bed to mark the jubilee as well as a reflection on crowns and those mentioned in the Bible for everyone to download.



Dorking URC's jubilee-themed flowerbed

Wellingborough High Street URC entered a royal scarecrow for the Jubilee Scarecrow Festival which took place at the town's library. The church's Facebook page said it was where Queen Elizabeth met another Liz, minister the Rev. Liz Adams!

The Queen, who appeared in a special film with Paddington Bear which revealed that she, too, carries an emergency marmalade sandwich, said: "Thank you to everyone who has been involved in convening communities, families, neighbours and friends to mark my Platinum Jubilee ... I know that many happy memories will be created at these festive occasions. I continue to be inspired by the goodwill shown to me, and hope that the coming days will provide an opportunity to reflect on all that has been achieved during the last seventy years, as we look to the future with confidence and enthusiasm."

Ministers' show Bishop support with signed Ukraine Reform poster

Ministers have ensured that their support for Ukraine was conveyed loudly and clearly last week. At the United Reformed Church (URC) 2022 Minister's Gathering, hundreds of ministers and Church Related Community

Workers (CRCWs) signed the back of a poster version of the cover of Reform's April edition.

Rev. Najla Kassab, a Lebanese pastor and President of the World Communion of Reformed Churches who was one of the guest speakers at the event – held from 9-12 May at Yarnfield Park Training and Conference Centre in Stone, near Stafford – left the gathering earlier than expected as she was presented with the opportunity to travel to Ukraine to meet with the Bishop of the Reformed Church in Trans-Carpathia, Sándor Zán Fábíán, in Kyiv.



Najla took the signed poster with her to show the Bishop the URC's continued love, support and prayers for all affected by the murderous and unnecessary conflict.

Prayer Reflection - Spirit-filled people

Contemplate the disciples' thoughts while they waited to be filled with 'power from on high'. They had no idea in what form it would come nor how it would equip them to carry out Jesus' command to take the good news to all nations. Everything in their world had changed. There was no going back to the old life but the future was hard to see. Thank God for their obedience to and trust in Jesus. Ask that we trust him more.

Consider today's situation. The pandemic has changed everything. There is no going back to our former complacency and old ways of doing things. We learned to use modern technology to keep in touch once we saw how important that was. Social distancing is not something we enjoy most of the time. Like the disciples today's church needs 'power from on high'. We need a fresh outpouring of the Holy Spirit to enable us to play our part in the great commission. Pray earnestly that we are open to receive what God is only too happy to provide. Thank him for his patience with us.

Challenge yourself, other members and the church. In what ways can we show our sincerity in requesting a fresh infilling of the Holy Spirit? Should we fast – giving up one meal a day for a period of time? Maybe we could gather together to wait and pray more regularly in small groups and as a whole church. Perhaps we could involve other congregations to join us in praying for our community. First though, pray for guidance from God as to the best way forward for the church and us as individuals at this time. May we hear and heed his voice.

Prayer - Loving Father God, grant us the courage to move further out of our comfort zone than we could possibly imagine. Fill us afresh with your Spirit so that we have the power to perform your will for us and bring others safely into your saving grace. May revival be experienced throughout the nation. Thank you Lord. Amen – So be it.

Beryl Hunt

A Visit to Westminster Abbey

Sue Horton, who attends our coffee morning with her husband Eddie, has kindly written the following article about a recent trip to London to visit Westminster Abbey...

I have been to a few services at Westminster Abbey and have always wanted to look around as a visitor, but the price has always been a little off-putting and the current entry fee is £22 for senior citizens. Very recently, I was privileged, as an NHS staff member, to be allowed a free concession along with my NHS staff friend. We thoroughly enjoyed and made the most of our visit.

We obtained £10 'Senior Rover' tickets from Benfleet to Fenchurch St, a bargain at that. A most enjoyable walk was had for two and a half miles along the South Bank of the Thames enjoying the sites until we got to the Abbey.

On the way, we made a quick visit to the Tate Modern gallery for a bite to eat and a drink, however the art was not at all to our liking, we then continued on our way. We saw that the renovations and cleaning of the stone walls of the Houses of Parliament were coming along nicely and that the tower and clock housing 'Big Ben' was looking immaculate and gleaming gold.



Entrance to Westminster Abbey

Westminster Abbey, St Margaret's Church, Jewel Tower and the Houses of Parliament are all in close proximity and have been collectively designated as a UNESCO World Heritage Site since 1987. Originally the Abbey was a Catholic Benedictine Abbey and was named the "Collegiate Church of St Peter at Westminster".

There has always been a church on the site since the 7th century and Edward the Confessor began rebuilding it in 1042 and it was consecrated in 1065. Edward intended it to also be his burial site which it is and is also the burial site for many of the monarchs.

It is thought likely that King Harold II was crowned at the Abbey in 1066 but the first recorded coronation was that of William the Conqueror, the same year and since then it has been tradition for all of our monarchs to be

crowned there. The current construction of the Abbey began in 1245 and there have been various additions since then.

St Margaret's Church is right next to the Abbey, we didn't manage to get to see inside (free to visit) as we had run out of time but it will be a place to visit in the future. The original church was built in the mid-12th century as the monks found it difficult to concentrate on their devotions while the public were joining them. It was demolished and rebuilt in the late 13th century.



Looking towards the High Altar

The architecture and stained glass windows are stunning but one of the things that struck me is that there are so many people entombed in the floor of the abbey, either marked by a stone in the floor or by a huge ornate tomb. I understand that there are approximately 3,300 burials and many of our previous sovereigns are buried here, including the Queen's Mary 1st and her sister Elizabeth 1st, who lay side by side under a huge ornate tombstone.



Tomb of Queen Elizabeth I and Queen Mary I

Mary Queen of Scots is also there with an ornate tombstone.

There is also a scientist's corner where Charles Darwin, Isaac Newton, David Livingstone and

Stephen Hawking are buried and they either have marked stones in the floor or an ornate tomb. Whilst the body of David Livingstone lies in the Abbey, his heart remains buried in Zambia, Africa. Apart from the many tombs there are also various memorials too.

The tomb of the Unknown Soldier had me feeling nostalgic and sad, as for me, the person within represented my own grandfather who was killed at Arras, France in 1917 and his body was not recovered. I never got to meet him as he died long before I was born. This huge black marble slab is the only tombstone within the abbey floor, over which it is forbidden to walk.



Tomb of the Unknown Warrior

I was surprised to see residences there and learned that these are for clergy and, during term time, for boarding the boy choristers aged 8-13 who attend the Westminster Abbey Choir School. The school's primary subject is music to develop boys singing but also provides an excellent academic education. Although it is a private school, many boys are picked from choirs all over the country and offered scholarships.

There was a small cloistered garden bordered with white iris and a much larger garden at the back of the abbey and residences with paths leading to the school. There were some lovely flowers here and groups of beautiful tulips were in bloom.



Garden with yellow tulips

As much as I found the Abbey historically most interesting and a beautiful place to visit, I did not lose sight of the fact that this place is primarily a place of worship and so serves the same purpose as our small local churches.

Now it was time for home and so on the way we went to see the Horse Guards with their lovely horses and then a short visit to the National Gallery to enjoy the lovely paintings. From there, it was back to Fenchurch Street and we were so grateful to be able to get on a waiting train to sit down as our legs were thoroughly worn out.

Sue Horton

Editor's note: Thank you, Sue, for taking the time to write about your visit to Westminster Abbey. I hope that this may be the first of many articles!

The Unknown Warrior

The British grave of the Unknown Warrior (often known as 'The Tomb of the Unknown Warrior') holds an unidentified member of the British armed forces killed on a European battlefield during the First World War.



He was buried in Westminster Abbey, London on 11th November 1920, simultaneously with a similar interment of a French unknown soldier at the Arc de Triomphe in France, making both graves the first to honour the unknown dead of the First World War.

The idea of a Tomb of the Unknown Warrior was first conceived in 1916 by the Reverend David Railton, who, while serving as an army chaplain on the Western Front, had seen a grave marked by a rough cross, which bore the pencil-written legend 'An Unknown British Soldier'.

The photo shows the coffin of the Unknown Warrior in state in the Abbey in 1920, before burial.

Nine vegetables that are healthier for you when cooked

Raw food diets are a fairly recent trend, including raw veganism. The belief being that the less processed food is, the better. However, not all food is more nutritious when eaten raw. Indeed, some vegetables are actually more nutritious when cooked. Here are nine of them.

1. Asparagus - All living things are made up of cells, and in vegetables, important nutrients are sometimes trapped within these cell walls. When vegetables are cooked, the walls break down, releasing the nutrients that can then be absorbed more easily by the body. Cooking asparagus breaks down its cell walls, making vitamins A, B9, C and E more available to be absorbed.

2. Mushrooms - Mushrooms contain large amounts of the antioxidant ergothioneine, which is released during cooking. Antioxidants help break down “free radicals”, chemicals that can damage our cells, causing illness and ageing.

3. Spinach – Spinach is rich in nutrients, including iron, magnesium, calcium and zinc. However, these nutrients are more readily absorbed when the spinach is cooked. This is because spinach is packed with oxalic acid (a compound found in many plants) that blocks the absorption of iron and calcium. Heating spinach releases the bound calcium, making it more available for the body to absorb.

Research suggests that steaming spinach maintains its levels of folate (B9), which may reduce the risk of certain cancers.

4. Tomatoes – Cooking, using any method, greatly increases the antioxidant lycopene in tomatoes. Lycopene has been associated with a lower risk of a range of chronic diseases including heart disease and cancer. This increased lycopene amount comes from the heat that helps to break down the thick cell walls, which contain several important nutrients.

Although cooking tomatoes reduces their vitamin C content by 29%, their lycopene content increased by more than 50% within 30 minutes of cooking.

5. Carrots – Cooked carrots contain more beta-carotene than raw carrots, which is a substance called a carotenoid that the body converts into vitamin A. This fat-soluble vitamin supports bone growth, vision and the immune system.

Cooking carrots with the skins on more than doubles their antioxidant power. You should boil carrots whole before slicing as it stops these nutrients from escaping into the cooking water. Avoid frying carrots as this has been found to reduce the amount of carotenoid.

6. Bell peppers - Bell peppers are a great source of immune-system-boosting antioxidants, especially the carotenoids, beta-carotene, beta-cryptoxanthin and lutein. Heat breaks down the cell walls, making the carotenoids easier for your body to absorb. As with tomatoes, vitamin C is lost when peppers are boiled or steamed because the vitamin can leach out into the water. Try roasting them instead.

7. Brassica – Brassica, which include broccoli, cauliflower and brussels sprouts, are high in glucosinolates (sulfur-containing phytochemicals), which the body can convert into a range of cancer-fighting compounds. For these glucosinolates to be converted into cancer-fighting compounds, an enzyme within these vegetables called myrosinase has to be active.

Research has found that steaming these vegetables preserves both the vitamin C and myrosinase and, therefore, the cancer-fighting compounds you can get from them. Chopping broccoli and letting it sit for a minimum of 40 minutes before cooking also allows this myrosinase to activate.

Similarly, sprouts, when cooked produce indole, a compound that may reduce the risk of cancer. Cooking sprouts also causes the glucosinolates to break down into compounds that are known to have cancer-fighting properties.



Chopped broccoli - Dream79/Shutterstock

Let your chopped broccoli sit for at least 40 minutes before cooking it.

8. Green beans – Green beans have higher levels of antioxidants when they are baked, microwaved, griddled or even fried as opposed to boiled or pressure cooked.

9. Kale – Kale is healthiest when lightly steamed as it deactivates enzymes that prevent the body from using the iodine it needs for the thyroid, which helps regulate your metabolism.

For all vegetables, higher temperatures, longer cooking times and larger quantities of water cause more nutrients to be lost. Water-soluble vitamins (C and many of the B vitamins) are the most unstable nutrients when it comes to cooking

because they leach out of vegetables into the cooking water. So avoid soaking them in water, use the least amount of water when cooking and use other cooking methods, such as steaming or roasting. If you have cooking water left over, use it in soups or gravies as it holds all the leached nutrients.

Laura Brown

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Favourite Things – for the Older Person

Statins and eye drops and needles for knitting,
Walkers and handrails and new dental fittings,
Recycled newspapers tied up with string,
These are a few of my favourite things.

Cataracts, hearing aids and pensioner bus passes,
Polident and Fixodent and dentures in glasses,
Pacemakers, zimmers and armchairs with wings.
These are a few of my favourite things.

When the pipes leak, when the bones creak
When the knees go bad.
I simply remember my favourite things
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy, hot food, or food cooked with onions,
Dressing gowns, heat pads and hot meals they bring.
These are a few of my favourite things.

Back pains, confused brains and no chance for sinning,
Thin bones and fractures and hair that is thinning,
And we won't mention our short, stunted frames
When we remember our favourite things.

When the joints ache, when the hips break,
When the eyes grow dim.
I simply remember the great life I've had
And then I don't feel so bad.



"Growing old is mandatory, but growing up is optional!" - Walt Disney

WHAT'S ON

A round-up of future events in the area

Sun 12 Jun 2022 - Hadleigh Farm Open Day from 10.00am to 4.00pm at Rare Breeds Centre. Activities from 11.00am include small animal handling, sheep talk, poultry talk and bottle-feeding demonstrations. Free entry.

ditto - Rayleigh Trinity Fair in Rayleigh Town Centre from 11.00am to 4.00pm (main stage). Windmill open from 10.30am to 4.30pm.

Mon 13 Jun 2022 - Smart Minds - A friendly club for people with dementia and their carers/families. Art activities and socialising with tea and biscuits. At Hadleigh United Reformed Church from 1.00pm to 3.00pm every Monday. If interested, phone Sue Lesser on 07889 762172.

Tue 14 Jun 2022 - Happy Feet Walking Group - 90-minute circular walk around the Hadleigh Farm estate. Meet at The Hub café, Chapel Lane, Hadleigh. Starts at 1.00pm. Held every Tue. All welcome. No need to book.

Wed 15 Jun 2022 - Coffee Morning at St Michael's Church, Daws Heath, from 10.30am to 11.45am. Held every Wed.

Thu 16 Jun 2022 - Poetry Reading Group at Hadleigh Library from 2.30pm to 3.30pm - the poems of Walter de la Mare. Every 3rd Thu of month. All welcome.

Fri 17 Jun 2022 - Benfleet Art & Craft Club at Hadleigh Methodist Church from 1.00pm to 3.30pm every Friday. Established 1945. New members welcome.

ditto - Craft & Knitting Club at Hadleigh Library, 12.30pm to 2.30pm every Friday. Meet others who are passionate about craft and enjoy a chat.

Sat 18 Jun 2022 - Hadleigh Heritage presentation 'A Padgett Postcard Local Tour' by Malcolm Brown at St James the Less Church at 11.00am. Doors open at 10.30am for refreshments. Admission £3.00.

ditto - Jubilee Summer Fayre at Hadleigh Methodist Church from 10.30am to 3.30pm. With stalls and sideshows, art display, dance display (at 2.00pm), refreshments and raffle.

Fri 24 Jun 2022 - Fish & Chip Lunch at St Michael's Church at St Michael's Church, Daws Heath. Cost £4. To book, phone Sue Croucher on 07902 463829.

Sat 25 Jun 2022 Southend Symphony Orchestra Summer Concert at the Salvation Army Hadleigh Temple. Starts at 7.30pm. Tickets £12.00 (conc. £10.00) available at the door. Programme: Rachmaninov's Piano Concerto No.2, Rossini's Barber of Saville Overture, Dvorak's Slavonic Dances 4 & 8, Bizet's Carmen Suite No 1, Elgar's Pomp and Circumstance March No 4.

Sat 9 Jul 2022 - Coffee Morning at Hadleigh Methodist Church from 10.00am to 12 noon with drinks, cakes and bric-a-brac stall. Every 2nd Sat.

ditto - Beat & Beans Café at St James the Less Church from 10.30am to 12.30pm. Live music with coffee, tea and snacks. Free admission.

ditto - Coffee Morning & Book Sale at St Peter's Church Thundersley from 10.30am to 12.30pm. Every 2nd Sat.

Sat 30 Jul 2022 - Hadleigh & Thundersley Community Archive Drop-In at Hadleigh Library. Bring along old photos and documents for scanning, chat about your memories of the area. Books for sale. From 10.30am to 12 noon.

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