

THE HADLEIGH MESSENGER

October 2022



Faith – Hope – Love – Since 1972

The Magazine of the
United Reformed Church, Hadleigh, Essex

SUNDAY SERVICES

Morning service starts at 10.30am

For more information about services,
please phone 01702 557678

COVID-19 update

It's been a while since the magazine included news on the COVID-19 pandemic so I thought readers might like to read the latest update from the UK Health Security Agency (UKHSA) and learn about Moderna's bivalent vaccine...

UKHSA COVID-19 update published 7th October 2022

The main points from this week's national COVID-19 surveillance report are:

- Surveillance indicators suggest that, at a national level, COVID-19 activity has increased in most indicators in week 40 of 2022.
- The number of acute respiratory infection incidents (suspected outbreaks) increased in England in week 40 to 370 compared to 270 in the previous week.
- Positivity for pillar one (NHS) laboratory confirmed cases for week 40 was 12.1 per 100,000 population, an increase from 11.7 per 100,000 in the previous week.
- The hospital admission rate for week 40 was 12.60 per 100,000 population, an increase from 10.65 in the previous week.

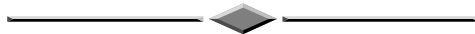
Dr Mary Ramsay, Director of Public Health Programmes at the UKHSA, said:

“We're seeing sustained increases in COVID-19 cases and hospitalisation rates so we continue to urge those eligible for vaccinations to come forward, whether that's a first dose or a booster. Vaccines are the best protection against severe disease and hospitalisation this winter and it's never too late to take up your first dose. It's fantastic to see that around 30% of those eligible have already come forward for their booster in such a short period of time.

There are early indications that deaths with COVID-19 have also started to rise. Whilst this is concerning, it is too early to say whether these are deaths due to COVID-19 and it is reassuring that at this stage there is no overall excess mortality.

If you are unwell or have symptoms of a respiratory infection, it is particularly important to avoid contact with elderly people or those who are more likely to have severe disease because of their ongoing health conditions.

Wearing a face covering will also help stop respiratory infections spreading.”



First bivalent COVID-19 booster vaccine approved

An updated version of the COVID-19 vaccine made by Moderna that targets two coronavirus variants (known as a “bivalent” vaccine) was approved for adult booster doses by the Medicines and Healthcare products Regulatory Agency (MHRA) on 15th August after it was found to meet the UK regulator's standards of safety, quality and effectiveness.

The decision to grant approval for this booster vaccine in the UK was endorsed by the government's independent expert scientific advisory body, the Commission on Human Medicines, after carefully reviewing the evidence.

In each dose of the booster vaccine, ‘Spikevax bivalent Original/Omicron’, half of the vaccine (25 micrograms) targets the original virus strain from 2020 and the other half (25 micrograms) targets Omicron. The MHRA's decision is based on data from a clinical trial which showed that a booster with the bivalent Moderna vaccine triggers a strong immune response against both Omicron (BA.1) and the original 2020 strain. In an exploratory analysis the bivalent vaccine was also found to generate a good immune response against the Omicron sub-variants BA.4 and BA.5.

Safety monitoring showed that the side effects observed were the same as those seen for the original Moderna booster dose and were typically mild and self-resolving, and no serious safety concerns were identified.

PREACHING ARRANGEMENTS FOR OCTOBER 2022

Sun 2 nd Oct	10.30am	Morning Service	Mr Adrian Tinning
Sun 9 th Oct	10.30am	Morning Service	Mrs Machrina Ejaz
Sun 16 th Oct	10.30am	Morning Service with Holy Communion	Rev. Andrew Birch
Sun 23 rd Oct	10.30am	Morning Service	Mr Adrian Tinning
Sun 30 th Oct	10.30am	Morning Service	Joyce & Keith Berry

FLOWER ROTA

Sun 2 nd Oct	If you would like to make a donation towards the cost of flowers in the church on a particular Sunday, perhaps to celebrate an event or in memory of a loved one, then please speak to Jean Reeve.
Sun 9 th Oct	
Sun 16 th Oct	
Sun 23 rd Oct	
Sun 30 th Oct	

ELDERS' MEETING	CHURCH MEETING
Wed 12 th Oct 3.30pm	No meeting in October

Induction of Rev. Andrew Birch

The induction service for our new minister, Rev. Andrew Birch, will take place on Saturday 12th November starting at 2.00pm. The Moderator of Eastern Synod, Rev. Lythan Nevard, will attend and the sermon will be preached by Rev. Paul Ellis, the Synod Pastoral Committee Convener.

The number of guests is being restricted to allow a level of social distancing for those who are more vulnerable to COVID-19 or who have vulnerable family. so if you would like to attend the service, please add your name to the list on the foyer noticeboard or phone me on 01702 557678. To reduce the risk of the potential spread of COVID-19, the church will be ventilated and guests are asked to wear a face covering whilst singing. Refreshments will be served after the service.

Malcolm Brown

<p>HADLEIGH URC OFFICERS</p> <p>Interim Moderators: Rev. Jim Tarrant/Rev. Celia Whitman</p> <p>Hon. Secretary: Mr Royston Brackin (01702 558862)</p> <p>Acting Hon. Treasurer: Mr Royston Brackin</p> <p>Serving Elders: Mr Royston Brackin Mrs Heather Brown (01702 557678) Mr Malcolm Brown (01702 557678) Miss Jean Reeve (01702 554907)</p>	<p>Useful information</p> <p>Address: 1 Church Road, Hadleigh, Benfleet, SS7 2DQ Website: www.hadleighsexurc.org.uk</p> <p>An invitation</p> <p>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.</p>
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What is the United Reformed Church for?

The October 2022 edition of Reform magazine is a special issue celebrating the 50th anniversary of the United Reformed Church (URC). One article asks the question shown in the title and here are two of the responses...



It happened every decade. I paused to think about the question on the census form. In England in 2021, for example: ‘What is the main activity of your organisation?’ The organisation you work(ed) for, that is. For me that was the United Reformed Church. What are we in business for?

One year I wrote something like this: ‘Following and spreading the Christian faith.’ I still think this is what the URC is for. Of course we are distinctive. We contribute to the wider community and the life of God’s world in some ways that other Churches do not. But our main calling – as it surely is for every Christian denomination and fellowship – is to pursue and promote ‘mere Christianity’.

For those who like history, Mere Christianity was the title of a 1952 book by CS Lewis. But the idea is older, coined by the Reformed pastor and ‘Meer Christian’ Richard Baxter in 1680. The point is that, amid all our varieties of church style and structure, the shared treasure of the faith matters more than the things that divide us. The fact of God, who took our flesh in Jesus Christ; the cross and resurrection of Jesus; the presence of the Spirit; and the call to deep and consistent

discipleship in God’s world – that’s the hub and heart of what it’s about. That’s what should occupy our thoughts, prayers and energies. Richard Baxter again: ‘It is the essentials and common truths, as I have often said, that we daily live upon as our bread and drink. And we have incomparably more work before us, to know these better, and use them better.’

Our life – as Church, in church and out of church – is to be informed by the Gospel. The humanity of Jesus means that we value human life in all its dignity and ordinariness; it is a place where God rejoiced to tread. The cross speaks of humility, forgiveness and sacrificial service: we are glad and grateful to be a pardoned people; we affirm that sin and shame are not the great powers in God’s world. The resurrection makes us people of hope: in the face of difficulty, despair and even death, we trust that the last word belongs to God, and the last word will resonate with the Easter Gospel.

We live by these realities. We try to live in a way that makes this faith visible and credible. We urge and encourage other people to do so too. That’s what we’re for.

John Proctor

General Secretary of the URC from 2014 to 2020



We are to glorify God. At its simplest this is what we are for. It is our vocation, along with the whole Church universal. We do so in our worship, witness, evangelism and service.

We are, at our best, ever alert to the movement of the Holy Spirit. We read and re-read scripture, finding things we had not noticed before. In the light of hearing the new thing that God is always speaking to us, we speak the Good News of the transformation Christ offers afresh for each time and place. The freedom we find within our worship to shape its words, images, and activities anew is the sign of a faith alive and active.

We are a sign of possibility. In 1972, a ‘top-down’ and a ‘bottom-up’ pair of Churches came together in ways that should never have worked.

And yet, they have. As a ‘united’ Church, our vocation is to bear witness to the impossible things that God has done, and continues to do. This sustains an ecumenical vision of something far beyond who we are.

We are a sign of the kind of community we await in God’s realm. We believe we discern God’s will better together than apart. We discern intergenerationally and interculturally, and believe the dissenting voice from the margin can be the origin of our hearing the Word of God.

At our best we receive those who are different from ourselves as a gift from God. This has enabled us to experience one another as siblings in Christ across deep differences of conviction over complex issues such as sexuality. We choose Christ’s diverse gospel community over culture war.

We are a sign of dissent. We are intrinsically suspicious of establishments of wealth, power and influence, and seek to subvert the economy of the world with God's economy in which the first are last and the last first. At our best we live out God's preferential option for the poor, embodying the world-turned-upside-down values of Mary's song.

We are a Church of and with the World Church. We receive gifts and blessings from sister Churches with whom we are in full communion

through the Council for World Mission, the World Communion of Reformed Churches and the Communion of Protestant Churches in Europe. We allow ourselves to be shaped by these relationships. Along with all our siblings in Christ embodied in the World Council of Churches, we play our part in witnessing to the God of all creation.

John Bradbury

General Secretary of the URC



South Essex Area Partnership Meeting

The South Essex Area Partnership churches meet twice yearly and the latest meeting was held at Hutton & Shenfield Union Church on Wednesday 21st September.

Opening – The meeting was chaired by Rev. Paul Ellis, the Minister of Hutton & Shenfield Union Church. Paul announced that he is moving to Leicestershire in November. He then welcomed Rev. Lythan Nevard, Synod Moderator, and Nicola Grieves, Synod Children's and Youth Development Officer.

URC 50th Anniversary – Lythan reported that the 50th Anniversary celebration in Methodist Central Hall on 1st October had been postponed until early next year owing to train strikes.

Ministerial deployment – Lythan then spoke about the 'Deployment task group'. Following extensive consultation, the group now has a report/proposal to bring to Synod on the sharing of ministers. It is called 'Principles of Partnership working'. Changes are needed because of the falling number of ministers and declining Ministry & Mission funding owing to falling congregations.

The proposal introduces the idea of local partnerships, the aim of which is to help churches do better by sharing resources and working together. Each partnership will have a 'Resource Church' that will receive around 50% of the minister's time with the remaining time spread across the other partner churches. It will be possible to share administrative tasks by pooling resources, e.g. a treasurer might deal with the finances of several churches. Owing to the spread of churches in Eastern Synod, the proposal will require more flexible geographical boundaries.

If the principles of the proposal are agreed at the March 2023 Synod meeting then some of the proposed changes will be trialled in the Norfolk area.

Prayers for churches (part 1) – Roger Brett led the meeting in prayer for half the churches in the Area Partnership.

Ministry & Mission (M&M) Fund – For 2022, South Essex pledged £328,465 against a suggested amount of £361,663, a shortfall of £33,198 or 9.2%. As of the end of August we have a slightly improved position because one of our churches has increased its pledge.

For 2023, most churches have agreed to pledge the amount suggested by the Synod's 'FairShare' scheme. The suggested amount for South Essex as a whole is £310,836. The drop compared to 2022 is partly a consequence of a refund agreed by the March 2022 Synod meeting but also to a change in ministry at Wickford where a URC minister has given way to a Methodist minister.

Nicola Grieves – Nicola spoke about her joy and exhaustion following work at summer holiday clubs across the Synod. Resources for these clubs are freely available for all churches to use. She mentioned that her colleague Lindsey Brown, Mission & Training Officer, is moving on but support and advice on mission work in churches will still be available, along with grants and resources. Advent packs will be available soon.

Prayers for churches (part 2) – I then led the meeting in prayer for the other churches in the Area Partnership.

Next meeting – The next meeting will be held in March 2023. The date and venue are to be determined.

Malcolm Brown

From the Editor

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

Since Heather and I returned from a week's holiday in East Yorkshire I've attended a fair few meetings including ones for the Area Partnership Pastoral Group, the Area Partnership itself and Churches Together in Hadleigh not to mention Elders' and Church Meetings or meetings of the Community Archive group.

The Churches Together meeting was the first formal meeting since the pandemic started although we did have an informal gathering in our church garden back in July. It is difficult to arrange a suitable time that allows people from all the different churches to attend and we so ended up with just four people at the meeting – one church leader and three lay representatives. However, that didn't stop us planning for

Christmas and the Week of Prayer for Christian Unity in January!

Following on from the death of the Queen, I've included an article about grief, which will hopefully shed some light on the subject. Grief inevitably affects everyone at some point. In our intercessory prayers recently we have been praying for the wife of Heather's brother but sadly she has passed away. Heather has been helping to support her brother in his time of grief with regular phone calls and we will be travelling down to Dartmouth for the funeral in late October.

On a happier note, it was good to hold our harvest supper for the first time since 2019 and a good time was had by all (I think!). As part of the entertainment, I set a harvest-themed quiz and some of the questions appear below.

Malcolm Brown

Quick quiz

1)	In Great Britain, which crop has the largest acreage? a) Barley b) Oats c) Wheat
2)	From what plant is linen fabric made? a) Hemp b) Flax c) Jute
3)	Which smoked fish is known as a kipper? a) Whiting b) Mackerel c) Herring
4)	What is tofu made from? a) Soy bean b) Oat flour c) Chickpea
5)	How many stomachs does a cow have? a) Two b) Three c) Four
6)	What fruit or vegetable gives its name to the Yorkshire triangle denoted by the towns of Wakefield, Morley and Rothwell? a) Rhubarb b) Marrow c) Celery
7)	Complete the famous quote about France by Charles de Gaulle: "How can you govern a country which has 246...?" a) Breads b) Cheeses c) Wines
8)	Which flourless bread is made from sprouted grains? a) Ezekiel bread b) Moses bread c) Zachariah bread
9)	Which is the best selling tractor make in the UK? a) New Holland b) Massey Ferguson c) John Deere
10)	Which one of the following is not a type of tomato? a) Apple tomato b) Cherry tomato c) Grape tomato

Answers appear below Computer Corner.

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.

Harvest Festival 2022

The days of the church being decorated for the harvest festival may be over but we still had a nice display of produce at this year's harvest festival. The display was organised by Heather Brown and included some of the knitted fruit and vegetables made several years ago by my mum.



Harvest table

The harvest supper on Saturday 24th September was the first since 2019. It started at 6.00pm and about twenty people sat down to enjoy a time of fellowship over food. Having welcomed everyone, I introduced our Interim Moderator, Rev. Jim Tarrant, and his wife Sue, and our new minister, Rev. Andrew Birch, and his wife Hilary.

I also took the opportunity to publicly thank Adrian Tinning for his huge support of our church over the last year. Adrian has preached on numerous occasions and quite often twice in one

month. Unfortunately, Adrian's wife, Carole, was unable to attend but the event did allow Adrian to meet both Jim and Andrew for the first time.

Andrew kindly said grace before we sampled the cold buffet on offer, which was up to the usual high standard. Our thanks go to Jean Reeve and her helpers for laying the tables and preparing the buffet, and, not to forget, washing up!

After supper, we moved into the church for the entertainment. I showed a couple of harvest-related videos. The first one showed farming life in the early 1960s and the second showed a spaghetti harvest in Italy. Those who are old enough gradually realised that the spaghetti harvest video was actually the famous spoof film report broadcast on the Panorama programme on April Fool's Day 1963!

I then got everyone thinking with a short quiz. Heather played a tune on the piano and June recited some poems before we ended the evening with a harvest hymn and some closing words from Andrew.

A big thank you to everyone who contributed to the harvest table. The fresh produce was once again taken to Little Havens Hospice whilst other items were handed to Major Marian at the Salvation Army Temple for their food bank.

Malcolm Brown

P.S Apologies for the odd colours in the photos below. My camera was on the incorrect setting.

Photos from the Harvest Supper



Paul, Sharon, June, Vera, Mary Sue, Eddie



Adrian, Hilary, Andrew, Jim, Sue



Emily & Derek



Jean, Kay, Doreen, Heather

Family News

Peggy Hughes

Sadly, Peggy passed away on the night of 6th



October at the age of 99. She was living in Brewster House care home in Heybridge, where she spent the last months of her life following falls at home.

Peggy and her husband David moved to Hadleigh from Mill

Hill in 2000. They had been married for 61 years when David died in 2006.

Peggy was a much-loved member of the Wives' Fellowship and attended church services for several years until declining mobility made it difficult.

Her funeral will take place at Basildon Crematorium on Wednesday 2nd November at 4.30pm.

We give thanks for Peggy's long life and send our sincere condolences to her family.

Jack Roche

Jack, our former minister, continues to make progress in his recovery from cancer of the oesophagus. He has completed a course of four chemotherapy sessions and will undergo another CT scan on 24th October.

Jack is eating more or less normally and is gaining strength. He is able to do light gardening and other jobs.

He will preach at Christ Church Wickford, his home church, for the first time since his illness was diagnosed, on Sunday 20th November at a service to be led by Janette Stevens.

We send Jack our love and continue to pray for his full recovery from cancer.

Birthdays in October

☺ Fri 7th Oct – Vera Knapton

☺ Sun 31st Oct – Malcolm Brown

A prayer by Barbara Glasson, a Methodist minister

Loving God,

If we are ill, strengthen us.

If we are tired, fortify our spirits.

If we are anxious, help us to consider the lilies of the field and the birds of the air.

Help us not to stockpile treasures from supermarkets in the barns of our larders.

Don't let fear cause us to overlook the needs of others more vulnerable than ourselves.

Fix our eyes on your story and our hearts on your grace.

Help us always to hold fast to the good,

See the good in others,

And remember there is just one world, one hope,

One everlasting love, with baskets of bread for everyone.

In Jesus we make our prayer,

The one who suffered, died and was raised to new life,

In whom we trust these days and all days,

Amen.

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

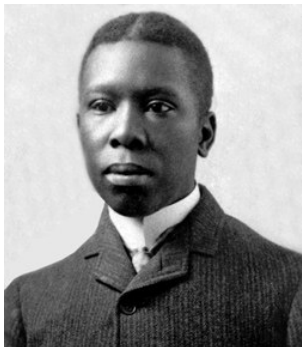
- **The family of Peggy Hughes** – after Peggy's recent passing.
- **Jack Roche** – recovering from cancer.
- **Mary Milne, Jim Clubb and Florrie Large** – who all live in care homes.

October

October is the treasurer of the year,
And all the months pay bounty to her store;
The fields and orchards still their tribute bear,
And fill her brimming coffers more and more.
But she, with youthful lavishness,
Spends all her wealth in gaudy dress,
And decks herself in garments bold
Of scarlet, purple, red, and gold.
She heedeth not how swift the hours fly,
But smiles and sings her happy life along;
She only sees above a shining sky;
She only hears the breezes' voice in song.
Her garments trail the woodlands through,
And gather pearls of early dew
That sparkle, till the roguish Sun
Creeps up and steals them every one.
But what cares she that jewels should be lost,
When all of Nature's bounteous wealth is hers?
Though princely fortunes may have been their cost,
Not one regret her calm demeanor stirs.
Whole-hearted, happy, careless, free,
She lives her life out joyously,
Nor cares when Frost stalks o'er her way
And turns her auburn locks to gray.

Paul Laurence Dunbar

Paul Laurence Dunbar (27th June 1872 – 9th February 1906) was an American poet, novelist, and short story writer of the late 19th and early 20th centuries. Born in Dayton, Ohio, to parents who had been enslaved in Kentucky before the American Civil War, Dunbar began writing stories and verse when he was a child. He published his first poems at the age of 16 in a Dayton newspaper, and served as president of his high school's literary society.



Dunbar's popularity increased rapidly after his work was praised by William Dean Howells, a leading editor associated with Harper's Weekly. Dunbar became one of the first African-American writers to establish an international reputation. In addition to his poems, short stories, and novels, he also wrote the lyrics for the musical comedy *In Dahomey* (1903), the first all-African-American musical produced on Broadway in

New York. The musical later toured in the United States and the United Kingdom. Suffering from tuberculosis, which then had no cure, Dunbar died in Dayton, Ohio, at the age of 33.

Much of Dunbar's more popular work in his lifetime was written in the "Negro dialect" associated with the antebellum South, though he also used the Midwestern regional dialect of James Whitcomb Riley. Dunbar also wrote in conventional English in other poetry and novels and is considered the first important African American sonnet writer. Since the late 20th century, scholars have become more interested in these other works

Happy 50th Birthday United Reformed Church!



Fifty years ago on 5th October 1972, the Annual Assembly of the Congregational Church in England and Wales and the General Assembly of the Presbyterian Church met for the final times, together, in Methodist Central Hall Westminster, where they dissolved themselves and formed the United Reformed Church (URC).

In the afternoon, the new URC and friends filled Westminster Abbey for a service broadcast on the BBC. This first iteration of the URC was followed by a union in 1981 with Churches of Christ, and in 2000 with Scottish Congregationalists.

Despite the unfortunate cancellation of our Service of Celebration and Thanksgiving in Methodist Central Hall Westminster on 1st October due to rail strikes, local churches around the denomination marked the day with special services, delicious spreads, the lighting of candles, and the sharing of photos of the Uniting Assembly.

URC staff also marked the anniversary through several interviews with a variety of Christian media outlets. Rev. Dr John Bradbury appeared on UCB Radio's to reflect on the special day. Rev. Fiona Bennett, Moderator of the URC General Assembly, and Rev. Dr Michael Hopkins spoke to the Religion Media Centre about the significance of the union and the outlook of the URC today.

Rev. Fiona Bennett also appeared on Premier Christian Radio's *Inspirational Breakfast with Esther Higham* to talk about the anniversary and how the jubilee principles of the Old Testament are inspiring the URC to seek God for the future.

Rev. Dr JooSeop Keum, General Secretary for Council for World Mission (CWM), visited Church House with Rev. Dr Michael Jagessar,

CWM Mission Secretary, to meet with Rev. Dr John Bradbury, URC General Secretary, Karen Campbell, Secretary for Global and Intercultural Ministries, and Rev. Philip Brooks, Deputy General Secretary (Mission), to congratulate the URC on its 50th anniversary and present an engraved silver plaque as a gift.



Christian Aid gave the URC a shout out on its social media channels, thanking God for the denomination's dedication to social justice and giving. It also prayed for the future of the Church.

Revs. Mark Meacher and Melanie Smith celebrated the URC's 50th birthday with morning tea and a delicious looking spread at the Pacific Theological College in Fiji.



Christ Church URC Rayleigh celebrated 50 years of the URC at their Harvest Lunch with these lovely cup cakes.



Pype Hayes URC lit a peace candle to mark the special anniversary.



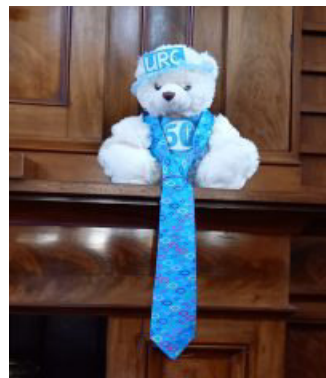
Reigate Park URC welcomed the Rev. Bridget Banks, Southern Synod Moderator, to a special service to celebrate the jubilee where candles were lit and Jane was welcomed into church membership. This was followed by a 'bring and share' lunch.

Downing Place URC in Cambridge enjoyed cake which was cut by Pamela Cressey and Rev. Prof. D M Thompson, who were both involved in the union activities of 1972.



This teddy was presented to Christ Church LEP in Grantham by Val Odell to mark the 50th

anniversary. It was to travel to London for the Service of Celebration and Thanksgiving, but instead enjoyed a special service on Sunday.



The URC of Eastcote and Northwood Hills celebrated the jubilee with a morning service at Northwood Hills with friends from St John's URC in Northwood. Members decorated the church beautifully and thanked the Worship Resources Committee for producing the material for the special celebration.



Members of Baxter URC, Trinity Methodist Church, both in Kidderminster, and Worcester URC gathered in the spirit of ecumenism to commemorate 50 years of the URC by sharing an outdoor service and the planting of a tree.



The service was led by the Revs. Andrew Mann-Ray, Baxter URC and Area Minister for Herefordshire and Worcestershire, and Nick Collison, the Minister of Trinity Methodist Church who also planted and blessed the tree.

Losing a loved one can change you forever, but grief doesn't have to be the end of your relationship with them

When the Queen died, some were struck by feelings so strong they described it as like losing a family member. For many it was a chance to reflect on the losses in their own lives. The public mass mourning has reminded all of us of the disruptive and disorientating influence of grief.

Research shows that grief is a unique kind of loss that leaves a void in our lives. In many cases, it can also trigger new beginnings, including a different, yet enduring relationship with the person we lost. In many ways, we are never the same after being touched by grief.

A recent study that we conducted, based on 80 in-depth interviews, revealed that losing someone with whom we have been deeply intertwined equates to losing a part of ourselves and forces a change of identity.

We also explored the power of grief in another interview-based study. The results showed grief can upend our lives no matter our age. It doesn't get easier to lose people as we near the end of life and still prompts the kinds of existential crises that make people question their sense of meaning and purpose.

Philosopher Thomas Attig argues that grief can be so powerful we have to "relearn the world". The impact of grief challenges the meaning of our lives and our sense of who we are.

The right words

People often reach for metaphors to explain their experience of grief. They say things such as "Grief is like being extremely homesick, knowing your home no longer exists," or "Grief is a fog that hides the world and makes every sound seem distant."

These analogies point to an experience that disconnects people from and shatters the world as they once knew it. Research has outlined the importance of listening out for these emblems when supporting a bereaved person and reworking them in constructive ways.

Not long ago, we both lost loved ones. Chao lost his grandmother in summer; Sam lost his father in spring. He also faced the end of a long-term relationship in the summer, which can also be described as a grief experience as outlined by psychologist, Ginette Paris, in her work on heartbreak, mourning, and loss).

Through his grandmother, Chao lost a safe haven, where he always felt loved, supported, and understood.

As Sam waded through his grief, a friend asked him if he knew how a caterpillar transitions into a butterfly. Once cocooned, she told him, it digests itself, breaking down into a sort of soup. Within the "soup", specialised cells called imaginal discs survive, and find their way to the right places, eventually forming wings and other core structures. Out of the soup, the butterfly emerges.

"Right now, you are the soup," Sam's friend told him. According to Ginette Paris, grief similarly breaks us down and forces us to take an "evolutionary leap".



A pupa hanging under the leaf

Death is not the end of our relationship with the person we lost, and is often the beginning of our grief, but how long does grief last? The answer varies considerably from person to person. The fact that psychological researchers use terms like "complicated grief", is evidence enough that for some people, acute grief gains a foothold and can be chronically debilitating over long periods of time.

A connected issue is the "continuing bonds" that we establish with our late loved ones and embed into our everyday lives. For example, for Chao, the frequent reminders of cherished moments with his grandmother – through family chats, while watching TV, or when spotting an older person on the street – highlight that we do not leave our long-standing relationships with loved ones behind.

In some circumstances, we may create spaces where they remain part of our lives. When Sam's father died, he felt compelled to name a star after him, so that he might symbolically always be "up there in the night sky." Studies show the relationship between continuing bonds and grief is complex.

Grief transforms

Grief transforms because it pushes us to adapt and change. As captured in C.S. Lewis's writing about his daily struggles after losing his wife, grief also has a transformational dimension. Our future selves are inspired and propelled by our loss and grief.

In her book "The Cue for Passion", Professor Gail Holst-Warhaft paints a dynamic picture of the grieving process in different groups of bereaved people. These include mothers of "disappeared" children in Argentine civil unrests, American families of victims of the Vietnam War, and gay people who lost their partner to AIDS.

Palpable in these experiences is not only the adoption of traditional rituals to process sorrow but also the transformation of grief into political reform.

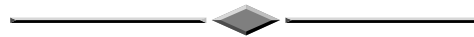
The Queen's death has given us a unique opportunity to reflect on grief. For some, the pain of losing a loved one may remain vivid or acute for longer periods of time. For others, the feeling of being connected to a loved one may be so interwoven into their everyday lives that they grieve at the same time they engage with and even sense their loved one by their side.

Despite how differently we mourn and how uniquely grief can affect us all, at the heart of our grief is a desire to love, to remember, and ultimately, as author Nora McNerny said in her Ted Talk, to "move forward with it".

Chao Fang, Research fellow, University of Bath

Sam Carr, Senior Lecturer in Education with Psychology, University of Bath

From The Conversation website at www.theconversation.com



Prayer Reflection

Running 'the race set before us'

Recognise that the life of faith is a relay. We receive the faith of those before us, seek to grow in understanding and adapt the presentation of the gospel for the next generation to receive and develop. A supreme example of this was the life and witness of the late Queen. She accepted the faith and principles of her father, developed new ways of serving in changing circumstances while maintaining and demonstrating her faith. She became a shining example to everyone but especially to her family who have picked up the baton and already shown their determination to live faithful and dutiful lives. Thank God for her and their witness and pray that God will guide the new king and all the royal family as he did Queen Elizabeth. Ask that we be inspired in our life of faith.

Review your journey of faith. Who encouraged and inspired you when you first accepted Christ? What helped you decide to follow and how has your faith developed over time? Have changing circumstances helped or hindered your faith? Pray for guidance and support as you prepare to inspire others to journey along with you and take up the baton of faith. Pray that we all play our part in the gospel mission. Thank God for the opportunity of service.

Resolve not to keep the benefits of faith to yourself. Spend time with God and his word so that you grow in your understanding of his love and purpose for us. Ask for the right words to say when asked to explain what we believe and why. Pray that our actions will speak for us as we live a life of witness. Thank God for his love and forgiveness. Ask that we will have the grace to serve him well.

Prayer

Thank you Lord for your guidance and support and for the opportunity to bring others to you. May we see and seize those opportunities and serve you well. Thank you for being here for all of us. Thank you Lord. Amen

Beryl Hunt

Baby names in England and Wales in 2021

Top 10 baby names for boys and girls, England and Wales, 2021

Rank	Boy's name	Count
1	Noah	4,525
2	Oliver	4,167
3	George	4,141
4	Arthur	3,766
5	Muhammad	3,722
6	Leo	3,465
7	Harry	3,089
8	Oscar	3,071
9	Archie	2,928
10	Henry	2,912

Rank	Girl's name	Count
1	Olivia	3,649
2	Amelia	3,164
3	Isla	2,683
4	Ava	2,576
5	Ivy	2,245
6	Freya	2,187
7	Lily	2,182
8	Florence	2,180
9	Mia	2,168
10	Willow	2,067

Main points

- Noah was the most popular boys' name in England and Wales in 2021, replacing Oliver from the previous year, while Olivia remained the top name for girls for the sixth year in a row.
- Henry replaced Jack in the top 10 names for boys, while Freya, Florence and Willow replaced Isabella, Rosie, and Sophia for girls; this is the first time Jack has not been in the top 10 since our annual series began in 1996.
- Mothers aged over 35 years continued to be more likely to have babies with more traditional names such as Thomas, while younger mothers' babies were more likely to have shortened versions, such as Tommy.
- Muhammad was the most popular boys' name in four out of nine English regions, while Olivia was the top girls' name for every English region and Wales, except for the East Midlands where Amelia was the most popular girl's name.
- New entries this year to the top 100 include Lara, Beatrice and Sara for girls and Blake, Brody, Kai, Rupert, Tobias and Nathan for boys; this is the first time that Rupert and Brody have been in the top 100.
- Baby names of Welsh origin featured among the most popular in Wales in 2021; Alys, Ffion, Seren and Eira were among the top 50 for girls and Arthur, Osian, Dylan and Elis were among the top 30 for boys.

Statistician comment

Noah has replaced Oliver as the most popular name for boys in 2021, moving Oliver into second place and ending an eight-year reign at the top.

Olivia remained the most popular girls name in 2021, having held the top spot since 2016. Interestingly, Noah was not top in any of the English regions, but has risen up the ranks in most regions since last year to take first place overall.

While Noah and Olivia are enjoying their places at the top, some names could be in danger of falling out of favour. Leslie has had relatively little popularity in recent years with fewer than seven boys named each year since 2018. Others such as Clifford, Nigel and Norman have not fared much better with ten or fewer boys being named. Girls' names such as Glenda and Kerry, that were more common before, are also becoming endangered and we have seen less than five girls being named each year since 2018.

James Tucker, Head of Health and Life Events Analysis, Office for National Statistics

Measuring the data

Birth statistics represent births that occur and are then registered in England and Wales. Figures are derived from information recorded when live births and stillbirths are registered as part of civil registration, a legal requirement. These data represent the most complete data source available.

The registration of births is a service carried out by the Local Registration Service in partnership with the General Register Office (GRO) in England and Wales.

Baby name statistics are compiled from first names recorded when live births are registered in England and Wales as part of civil registration, a legal requirement. Statistics are based only on live births, as there is no public register of stillbirths.

Source: Office for National Statistics – Baby names in England and Wales

Computer Corner

Spaghetti harvest

Interesting video

For those who weren't at the harvest supper, here is a link to the Panorama report about the 1957 spaghetti harvest in Italy.

URL: <https://www.youtube.com/watch?v=8scpGwbvxvI>

The Origins of Ctrl+C, Ctrl+V, Ctrl+X, and Ctrl+Z Explained

Interesting article

The Windows shortcuts for copy (Ctrl+C), paste (Ctrl+V), cut (Ctrl+X) and undo (Ctrl+Z) are possibly the four most useful shortcuts for any Windows user to memorise. This article describes how those particular letters came to be used in the shortcuts and how, before Windows 3.1, Microsoft initially adopted some other key combinations for the four actions that still work today.

URL: <https://www.howtogeek.com/804030>

The Woodland Trust

Useful website

Like the URC, the Woodland Trust is celebrating its 50th anniversary. The Trust's website has a useful section dedicated to the identification of trees and wildlife, including birds, bird song and bird nests, butterflies, bees and other insects plus lots more.

URL: <https://www.woodlandtrust.org.uk/trees-woods-and-wildlife/identify-wildlife/>

Quick Quiz answers: 1c, 2b, 3c, 4a, 5c, 6a, 7b, 8a, 9c, 10a

Word Search – Parliamentary terms

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

ABSTAIN
 AMENDMENT
 BACKBENCH
 BILL
 CABINET
 CHAMBER
 DEBATE
 DESPATCH
 FILIBUSTERING
 HANSARD
 LOBBY
 MANIFESTO
 MOTION
 PAIRING
 PROROGATION
 RECESS
 SPEAKER
 STATUTE
 TABLE
 WHIPS

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

Mon 17 Oct 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 18 Oct 2022	- Kettle's On Coffee Morning at St Barnabas Church, Church Road, Hadleigh, from 10.30am to 12.00 noon. Held every Tue.
	ditto - 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 19 Oct 2022	- Coffee Morning at St Michael's Church, St Michael's Road, Daws Heath from 10.00am to 11.45am. Held every Wed.
Thu 20 Oct 2022	- Poetry Reading Group at Hadleigh Library from 2.30pm to 3.30pm - the poems of Thomas Hood. Every 3 rd Thu of month. All welcome.
Fri 21 Oct 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 22 Oct 2022	Southend Art Club Art Exhibition Day 1 at Hadleigh Old Fire Station from 10.00am to 9.00pm with awards ceremony at 6.00pm.
	ditto - Afternoon Tea with Musical Entertainment at Hadleigh Methodist Church from 1.00pm to 4.00pm. Tickets £10.00 - to book, phone Mike on 01702 551786.
	ditto Seafront Firework Display at Southend seafront. Starts at 7.30pm.
Sun 23 Oct 2022	Southend Art Club Art Exhibition Day 2 at Hadleigh Old Fire Station from 10.00am to 6.00pm.
Sat 12 Nov 2022	- Coffee Morning at Hadleigh Methodist Church from 10.00am to 12 noon with drinks, cakes and bric-a-brac stall. Every 2 nd 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 2 nd Sat.
Thu 17 Nov 2022	- Poetry Reading Group at Hadleigh Library from 2.30pm to 3.30pm - the poems of U.A. Fanthorpe. Every 3 rd Thu of month. All welcome.
Sat 19 Nov 2022	- Thames Estuary Lacemakers Lace Day at Hadleigh Baptist Church from 10.00am to 3.30pm. For more info, phone Sheila on 01702 348863.
Sat 26 Nov 2022	- Hadleigh & Thundersley Community Archive Drop-In At Hadleigh Library from 10.30am to 12 noon. Bring along old photos and documents for scanning or chat about your memories of the area.
	ditto - Christmas Fair at Hadleigh Methodist Church. Times to be advised.
	ditto - Switching-on of Hadleigh Christmas lights with carol singing. Starts at 4.15pm (to be confirmed).

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