



Local GP in Kilimanjaro Charity Climb

A survey of 80-year old men and women asked the question, "if you had your time over again what would you do differently?" Clearly a variety of responses were forthcoming, but it was reported that the two commonest responses were: "to reflect more" and "to risk more". With my 50th birthday approaching this seemed to me pretty good advice.

I heard through Sue Finch, our practice manager, that there was a group of regular walkers who were considering the challenge of climbing Kilimanjaro. Having worked for a year in Kenya after leaving school, climbing Kilimanjaro was something I had long wanted to do. With the encouragement of the older and wiser, perhaps now was the

time to 'take the risk'. For a variety of reasons, the regular walkers couldn't in the end undertake this trip in 2009, so I asked Graham, one of my old friends from medical school, who I knew would more than likely be up for the challenge.

Lying just south of the equator, Kilimanjaro rises to a height of 5,895 metres from the African savannah. It is the highest freestanding mountain, and one of the largest volcanoes ever to erupt from the earth's crust. On a clear day it can be seen from over 160 km away. Its peak is covered with ice and snow although the glaciers on the summit are receding at an alarming rate and fears exist about whether they will still be there in 20 or so years from now.

Words and photos courtesy of Peter Stern

Graham and I joined a group of 14 trekkers accompanied by 30 or so guides, porters and cooks on the 'Shira Route'. This is one of the half dozen possible ascent routes. It involves some rough camping for 7 nights as one approaches from the West, and skirts around the South of the mountain before summiting from the southeast. This gives the body some vital time to acclimatise to the altitude. Despite being so close to the equator, the temperatures can get very low, especially at night. The summit attempt is usually done at night as the snow and scree are frozen and the plan is usually to get up and down be-



From left to right Porter, Graham and Peter.

fore the top layer becomes wet and slippery.

The trekker is advised to wear 8 layers on the top half of the body and 3 layers on the legs. The nights on Kilimanjaro are nearly always clear. The night of our ascent was no different, giving the nocturnal trekker a view of

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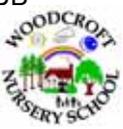
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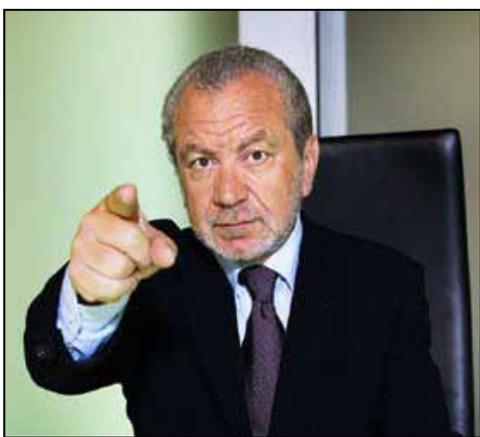


Essex County Council



The Apprentice – You're Hired!

By Alex Rees



It is the season of reality TV nastiness. The amazing business guru Sir Alan Sugar (those who have used his computer systems may disagree) takes a weekly opportunity to set challenges to a set of 15 confident bright young things. Following each week's success and perhaps inevitable

failure he brings his loyal subjects before him in his studio Amstrad boardroom (complete with Amstrad phones for his Amstrad receptionist). They are duly cajoled, coaxed and then criticised for all their efforts. "You're nothing special" he spits out before pointing the finger of

fate and declaring with all the authority he can muster "You're fired". We all watch enthralled.

The word 'apprentice' never used to justify bullying. In fact, quite the opposite – apprenticeship used to be about developing potential, learning new things, working together every day. The Rabbis of Bible times had apprentices. Young Jews back then asked the Rabbi if they could become their apprentice, and if a Rabbi accepted then the apprentice shadowed the teacher in all that he did, learning how to walk the life every day. For those of you who don't mind a little Sci-Fi it is the same model the older Jedi

Knights use to develop and bring up the young Jedi in the Star Wars series. This model of apprenticeship seems a lot more positive than the Alan Sugar model.

Alan Sugar's selection process is not the model Jesus used. Jesus did not wait for people to

apply for apprenticeship positions. He did not make 14 weeks of challenging selection tasks. He simply chose people to walk with him. We know these people as 'disciples' but they were his 'apprentices'. They called him their 'teacher' and he, in

(Continued on page 2)

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(Continued from page 1)

the stars rarely seen in the UK. It was a magical experience to look back down the mountain and see the lights of Moshi, (the town where most treks start from) way below and the head torches of those following us zigzagging up the mountain. Less magical was the effort required to take each step in this rarefied atmosphere. I tried to replenish my energy by eating a couple of mars bars through the night of the final ascent. One physiology lesson I learnt the hard way was that my body required every last bit of oxygen to keep the muscles going, with none spared for digestion. It wasn't too long before we saw the mars bars again!

However, after 6 hours in well below freezing conditions we did need some additional supply of energy. Luckily one of the porters brought out a thermos of lukewarm tea and we celebrated the summit in style!

Our Tanzanian hosts were warm and generous and, although materially speaking often had little, exuded an inner warmth often lacking in our possession dominated western culture. They

worked incredibly hard for little financial reward. Some porters have been exploited in the past but our 'Explore' group was organised in accordance with guidelines from the International Porters Protection Group which strives to ensure that the porters are given a fair wage, have adequate equipment themselves and do not carry excessive loads. Tanzania is a poor country with half of the population living below the poverty line. It has great areas for safari, wonderful lakes and the tropical paradises of Zanzibar and Pemba.

Half of our group recuperated on the beach in Zanzibar, and after seeing some of their pictures I would love to go back there sometime to see a bit more of the country. Tourism can do a lot of good for their economy, so if you are fed up with the Costas and euro-zone holidays why not try East Africa?

I feel greatly benefited personally from the trip, and at the same time raised in the region of £1,400 shared between Farleigh Hospice, locally, and toward supporting a children's nurse working in South Africa helping families deal with HIV. Any do-



The Apprentice

(Continued from page 1)

turn, expected them to learn how to do what he did. On one occasion Jesus sent them out with the instruction to "heal the sick, raise the dead...drive out demons" (Matt 10) – quite a tall order for fishermen and tax collectors. How much have things changed with Jesus' current disciples? Do we still expect to learn from Jesus? Does he still expect us to walk with him every day? What impact are we expected to have on society?

There is one phrase Jesus used which has

become known as 'The Great Commission'. It comes towards the end of Matthew and is Jesus' last words directly to the disciples. If you are in your last moments with your friends and have the opportunity to pass on something really important what would you say? Make sure you brush your teeth daily? Look after your family? Get at least 8 hours sleep a night? This is what Jesus said:

"All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the

What A Beauty!

Studio 1 Sixty is a smart new salon that has a friendly team of six stylists and two beauty therapists which cater for all ages and styles. The salon provides a range of hair options from simple cutting and colouring to trendy styles and offers the latest treatments on the market like chemical straightening and hair extensions and with their new late night opening times you don't have to squeeze your appointment into your weekend.

Studio 1 Sixty is not only a hair salon but a Beauty Studio too. A whole array of treatments is on offer from a good faithful manicure to Hot Stone Therapy. The studio has 20% discounts until

Meadgate shopping parade has recently seen the opening of a brand new Unisex Hair and Beauty Salon.

August 2009 (Quote: 'Dee Max 160' when booking) on all Beauty bookings so why not take this opportunity to sample some of the beauty delights on offer.

For any further information just call the friendly team on 01245 353100.



Where Do We Store Our Riches?



As I write there is a huge controversy going on regarding politicians claiming expenses over and above their entitlement. We have also read over the past months since the recession about Bankers and Financiers claiming huge bonuses when they have failed in their job, or certainly when it is unfair to those who have invested their money in trust.

Why has our society become so fragmented? Why is there this greed amongst some, whilst others in society are suffering great financial hardships, losing jobs they have conscientiously held for

many years, and of course the constant fear of many that they will lose their home, and all this mainly through no fault of their own.

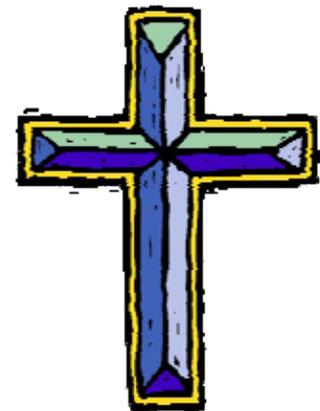
I have been questioning how Jesus would have seen all this and was taken to a text which I would like to share. When Jesus started his Ministry he spoke to a large group of people teaching them a way of life that would help make their lives easier. If you haven't read the book of Matthew in the Bible lately, do have a look into Chapters 5 and 6 as it makes interesting reading and is as relevant today as it was when Jesus taught it 2000 years ago. The verses which came to mind when reading the daily paper and listening to the news were in Chapter 6 verses 19 and 20 which read:

"Do not store up riches for yourselves here on earth, where moths and rust destroy, and robbers break in and steal. Instead store up riches for

yourselves in heaven, where moths and rust cannot destroy, and robbers cannot break in and steal. For your heart will always be where your riches are".

If we could follow the words of wisdom that Jesus taught this would make us into a better, less fragmented and certainly a fairer society. What do you think?

June Davidson.



A Tree For The Future?

What a wonderful time of the year this is, spring blossoms now giving way to summer flowering trees and shrubs; everything looks green and beautiful, just as the Lord had planned it. He planned humans along the same lines – the most beautiful of His creation, so why has it all turned so ugly.

The decline in respect and

love of the Lord has led to a proliferation of greed and grasping. The green shoots for a future generation have been replaced with a single tree – the common Yew – the botanical name for which is Taxus.

This tree will be in everybody's back yard for years to come unless those in presumed control of our land

can all take a leaf from the example of a Biblical tax collector, Zacheus. Replace the yew with a sycamore, get up into that tree, and give it all back to the people four-fold. Only then will all be beautiful again in our green and pleasant land. The story of Zacheus can be found in Luke 19 v 1 – 10.

Roy Davidson.

Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age." (Matthew 28: 18-20)

Jesus didn't say convert everyone.

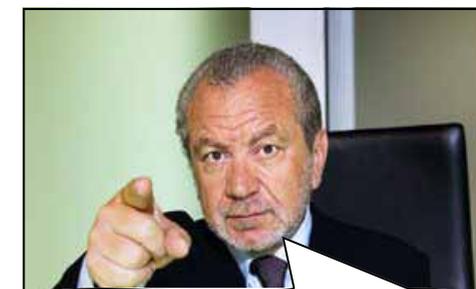
Jesus didn't say hold lots of nice services in old buildings.

Jesus didn't say have tea and cakes with the vicar.

He told his friends to do something much, much harder - "go and make disciples". Discipling is the model Jesus advocates. Discipling is how apprenticeship used to be – developing potential, learning new things, working together everyday. Who are you discipling? Who is discipling you?

Next time you see Sir Alan in a gruff voice

telling someone that they're nothing special, remember that Jesus chooses you to be his apprentice. This is not reality TV – it is simply reality. He wants you on his team – you have a role to play. With all the authority of heaven and earth...



...You're Hired!

Freedom and Rights

What Does A Christian Look Like?

There are probably some parts of the Bible that all of us have at least heard of, for example, the Lord's Prayer; maybe some of us have heard of the Beatitudes. But how many of us know what they really are and, maybe more importantly, how relevant are they to us today?

The Beatitudes are contained in a passage of just ten verses found in Matthew's Gospel (chapter 5, verses 3-12) in which Jesus describes various qualities which bring blessing to those who possess them. These qualities are not ones which we would necessarily think of as the most important but, as always with Jesus, his words get to the heart of any issue that he addresses. So for that reason alone these verses are well worth our attention.

First of all he talks about the 'poor in spirit', those who realise their need of God. How many of us know folk who are supremely self-confident? One wonders how they would cope if disaster struck. God, of course, is much more than our help in disasters, he longs that we should love him for his own sake. Jesus promises the poor in spirit the kingdom of heaven.

Next he raises the issue of our concern for the state of the world, 'those who mourn'. Are we deeply saddened by the awful things we hear about in, for example, Burma, Sri Lanka and Zimbabwe? For those who mourn Jesus promises that they will be comforted.

In today's society the word 'meek' probably suggests someone weak who finds it difficult to stand up for themselves but the word really means unselfish or gentle. Surprisingly enough it is the meek who Jesus promises will 'inherit the earth'. It is not a quality to be despised!

How concerned are we to see right triumph over wrong in any kind of situation? Jesus promises us that if we 'hunger and thirst for righteousness' we shall be satisfied.

In a court of law I am sure the guilty prisoner is very grateful to the judge who shows mercy. How do we react in situations where we are totally justified in taking revenge on someone who has harmed us? How difficult it is to show mercy in such situations but Jesus promises that if we do so we ourselves will receive mercy.

One of the most difficult qualities to maintain in today's society is a pure heart. We are constantly bombarded in the media with images and suggestions which flout God's law. Maybe that is why Jesus' promise for the 'pure in heart' is so amazing - that 'they shall see God'. So it really is worthwhile maintaining a pure heart!

Every day the media brings us news of wars being fought in many places around the world. I am sure we all long for peace in the world. So it is very special being a 'peacemaker' and Jesus promises that 'they shall be called sons of God'. There is also a deeper meaning to the word 'peacemaker'; they are those who bring peace between God and man by making known the good news of Jesus.

Christians in this country are in the happy situation of being free to tell anyone about Jesus and all that he means. Sadly there are many countries around the world where this is not so and people are punished simply because they are Christians. In the final verses of the Beatitudes Jesus promises 'those who are persecuted for righteousness' sake that 'theirs is the kingdom of heaven'. For those who are reviled and have all kinds of evil uttered against them falsely on Jesus' account their reward will be 'great in heaven'; in fact he says they should 'rejoice and be glad'.

Clearly there is not the space in one article to explore all these issues thoroughly but the fact that Jesus regards all those who display these qualities as 'blessed' must mean that they are important. They are the marks of a Christian disciple.

John Kingham

Ask Alan

Alan Comfort, our new Team Rector here in Great Baddow, has kindly agreed to answer your questions. Here is his first.

Is it always right to say what you think?

One of the great freedoms of our time is the right to be able to say what we think about almost anything, no matter how damning our comments are. My previous career gave me unlimited access to this treat, as angry looking people would often shout out the most obscene comments about my footballing skills, my mother or the size of my stomach on a weekly basis. Regarding the latter, even the adoring song of my Leyton Orient fans started; 'He's fat, he's round, he's worth a million pound...' (No comments please!)

Did the comments ever hurt? Sometimes, of course they did, but needing to get something off your chest is a need that we all know something about, isn't it? So is it always right to say what we think? Yes, I think it is because we need to find outlets for our thoughts, our frustrations, our anger, but we do need to be very wise also.

In James Chapter 3 we are reminded of the power of the tongue that can start a vast fire from such a small spark, a word that cannot be taken back once out, to praise God or curse men. James exhorts us to be wise as we use this glorious freedom. How? Let me ask that question again; is it always right to say what we think? Yes, but not always to the person it concerns! There are times when we need to get things off our chests, and a trusted friend is the person we need at such a time. Someone to listen and quickly forget as we work any frustrations and anger out of our systems. Such a person may save us from causing a hurt that can never be healed. The need to say something to the person it concerns may still exist but by this time we should be ready to say something in a more godly way.

Revd Alan Comfort
(Great Baddow Team Rector)

Questions to Alan: please direct to the address on the back page, or e-mail: askalan@baddowlife.org.uk

The Value-Free Society

We should all have an agreement on what is allowed to be said and believed in our society today. In a pluralistic society, with so many of us opting for different beliefs and world views the potential for problems between the different views held by the different sectors of the communities is huge, and no more so than when it comes to religion, religious thought and religious based ideas. Therefore the best way to move forward and to create a cohesive society is to create a 'value free' arena where religious belief is concerned. In fact, let's leave religion out of the public arena, for within religion we have the cause for friction within society.

That's why this government, and a few of the Governments before it, have opted for secularism; to have a secularist thought in the public arena is the only way we can guarantee that people with differing strong views do not clash and therefore create tension within culture and society.

Therefore many local councils, private or public companies, and educational establishments in Britain today are banning religious talk and display within the interactions of their workforce and employees with each other. It is believed that creating this religious free zone is creating fostering neutrality within the working place. One of the main reasons for these policies and practices is to protect the

minority religious groups and their adherents who might be members of their workforce.

This policy should be pursued, for it is the only way that we can create a tolerant culture. It is this pursuit of neutrality which is going to deliver what we all aim for; to live with each other, even though we might hold different views, in peace and harmony. Of course, individuals can hold to any belief they like as long as they know and understand that it should not be brought to nor allowed to impact their performance in and contribution to the public arena, for we are a tolerant society.

In moving towards achieving this religious neutrality though secularism, any attempt by those who hold religious views to propagate them by publicly expressing them or by making decisions based upon these views or by acting according to their deep held beliefs, is to be discouraged and marginalised for it is a direct affront to creating a culture and a society were none of us have to put up with views and beliefs that can make us feel uncomfortable about the way we behave and the way we perceive our world.

We live in a pluralistic society and to facilitate this plurality we must have the neutrality of a secular culture, society and government, local and national.

David Davids

Freedom of Religion

"I want to have the right to be free from listening to stuff that offends me!" If we monitor culture and society today, this seems to be the prominent driving force of the public arena. There seems to be such an emphasis on making sure that those who have strong views of any sort should keep them to themselves and not spout them out.

The main culprits that we want to silence are the religious people, whose views do not fit the mainstream majority view. So if they speak out we want to give them a brand that can isolate them and make their contribution null and void and so we describe them as bigots, hateful or fear mongering.

But what if these views are views that have been distilled over centuries, and have been proven through the test of time as good for society and the family. Views that are based on faith documents that are considered to be divinely inspired; views which up until recently have been held by the majority itself.

The danger of shifting values with passage of time is always before us, but the impact that it would have on society must also be taken into account.

Silencing the dissenting voice is not always a good policy and certainly not the best one either, for we will bring about an oppressive regime that takes no view of two of the most basic human rights that have been achieved over the years.

The first being 'freedom of expression', while the other is 'freedom of religion' the area of my focus. Of all human rights, 'freedom of religion' is the first to be achieved and was one of the first to be formulated; in fact president Roosevelt included it in his four basic rights, more or less stating that "no civilised culture can be without."

Now this right has been conveniently divided into two parts, the first of which we

know as the 'internal forum' of the right, basically saying that I can believe what I like and that no one can interfere in that right as long as it is my inner and personal belief. The second part of this right is known as the 'external forum', which gives the person of belief the right to manifest their belief through worship, observance, teaching and practice. This external part of the right has limitations placed upon it, namely "Freedom to manifest one's religion or beliefs may be subject only to such limitations as are prescribed by law and are necessary to protect public safety, order, health, or morals or the fundamental rights and freedoms of others."

Many in our society and culture are trying to push this limitation beyond what it has been formulated to do. Many now interpret it as though it talks about hurt feelings, or upsetting a person. However, what it was originally intended for was to limit hate speech, incitement to violence or causing actual disorder in society.

We can never nor should we ever police or make laws to protect feelings. Our feelings can be hurt through an intentional or unintentional action of another, the cause of the hurt itself can also be legitimate or illegitimate. A culture that can set itself to decide and rule upon the inner religious belief of a person and the way these beliefs are peacefully expressed in his life with a total disregard to the varied interpretation of their faith documents, is a country that is moving into a draconian oppressive regime where not only feelings are at stake but liberty itself.

So can I have the right to be free from listening to the things that offend me, I hope we all want to respond by saying 'No'. Nor should a clear minded person need it or want it.

Mones Farah

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Why not send us your views on the subject. Address on the back page.

Get Healthy This Summer!

By Anne-Marie Wardle



As the warmer weather and longer days are here, what better incentive is there to get yourself fit and healthy to enjoy the summer? Here's three simple steps you can take to make a difference this summer ...

• Up your fruit and veg!

There's plenty of choice of fruit and vegetables to make sure you are well on your way to achieving your 5 portions a day. Here are a few examples of what's in season at this time of year:



Tomatoes are packed with vitamins A, C and E and are rich in lycopene, a powerful antioxidant which can help reduce the signs of ageing.

Watercress and **baby spinach leaves** are high in folate for a healthy nervous system.

Runner beans contain good sources of B vitamins which help to release energy from the food we eat.

Strawberries and **cherries** are very high in vitamin C which can help boost the immune system and fight off illness. Berries also contain lots of antioxidants.

• Keep well hydrated

Water is vital to the body as it is involved in so many processes transporting nutrients round the body and taking the waste products away. Aim to drink around 2 litres of liquids a day. Whilst other beverages such as tea, coffee and juices count towards your daily intake, water is ideal because it doesn't contain any calories.



• Get active

Being active not only helps improve fitness and use up some calories, it is also a fun way of enjoying the summer. How about going for an evening stroll, organising some outdoor games with family and friends or doing some gardening?



Cat Lover?

Are you a cat lover? Have you had a cat before as a companion but feel you may now be too old, or are concerned with the cost of veterinary fees? Well, just read on, we may have the answer for you.

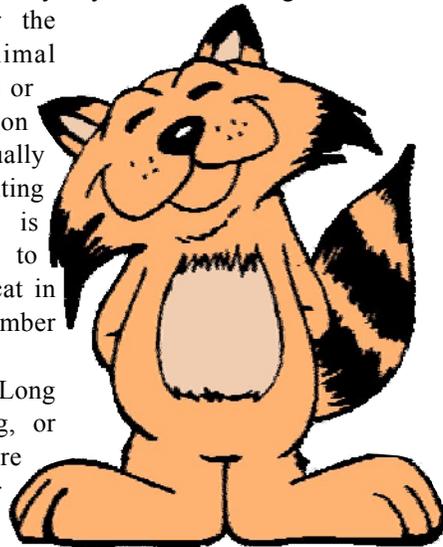
From time to time we have a homeless mature cat come into our care via an RSPCA Inspector and after any necessary veterinary treatment we need to find a new loving home for that animal. Most people want a young cat when adopting and will not consider a mature cat, however we have found that they do make loving companions. They may not be as active as a young cat but they do like just as much attention and fuss and are great company. If you do not wish to adopt, you could have a mature cat on a "long term foster" where you provide a safe loving home for the cat and we provide any necessary veterinary treatment. This has proved to be a very successful

arrangement in the past. At present we have several mature cats desperately waiting to move to a new home, all are very friendly.

If we have a young cat needing re-homing then we try to place it with either the RSPCA Danaher Animal Shelter near Wethersfield or the local Cats Protection centre. Both of these usually have several weeks waiting time before a space is available so we have to "short term foster" that cat in the mean time with a member of the public.

If you are interested in Long or Short Term Fostering, or would like to know more about the schemes, or indeed, are looking to

adopt a cat, please contact our veterinary clinic on 01245-478886. Leave your name and contact details, and Roger Whitcutt, Chairman Mid Essex Branch RSPCA, will return your call to arrange a visit.



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What Ordination Means to Me by David Coster

By the Grace of God – and the hand of John, Lord Bishop of Chelmsford – I shall be ordained Deacon in Chelmsford Cathedral on Sunday 5th July this year.

Lots of people, knowing that the day is near, are keen to know how I feel now and what my expectations are for the future and what ordination really means to me.

In answer to the first question, I would have to say that I feel so many emotions; relieved, thrilled, excited and exhilarated at the same time as nervous, panic-stricken and totally unready and unworthy! In response to the second question, my naturally optimistic (and perhaps a little flippant) tendency wants to say, "I hope that the quality of my sermons miraculously improves and that my time-management skills suddenly click into action – oh, and that I actually know what I am doing from one moment to the next!"

But seriously, in response to the third question, this extract from 'A Theology of Ordination' is helpful in clarifying my understanding and expectation of the Sacramental Grace of Ordination:

"While affirming the scriptural tenet of the universal priesthood and ministry of all believers, ordination reflects the biblical teaching that God calls out and gifts certain men and women for ministerial leadership in His Church. Ordination is the authenticating, authorising act of the Church, which recognises and confirms God's call to ministerial leadership as stewards and proclaimers of the Gospel and the Church of Jesus Christ. Consequently, ordination bears witness to the Church universal and the world at large that this candidate evidences a life of holiness, possesses gifts and graces for public ministry, and has a thirst for knowledge, especially for the Word of God, and has the capacity to clearly communicate sound doctrine."

More personally though, I am humbled, and so very thankful, that my ordination will be a statement of faith in me by the Church. - Bishop John, supported by Bishop Laurie and the other clergy, will lay hands on me and speak the words of Invocation, but I am very mindful that they do so on behalf of the Church Universal, the Body of Jesus Christ here on Earth – what an incredible affirmation and blessing!

Although it is now five full years since I first discussed the possibility of being considered for ministry training, I know that ordination is just the beginning for me in so many ways. I recognise too that ordination demands a solemn commitment to life-long learning and, above all, to serving the people of God in faithful prayer and praxis. I am convinced that God Himself is calling me to make this commitment and I feel honoured and privileged to accept, ever mindful of my unworthiness and human brokenness.

My deepest desire and my greatest hope in ordination is that I receive the power of the Holy Spirit and through that the strength to continue being formed and shaped in response to the call of the Gospel in the world around us that is, itself, constantly changing and evolving. I pray that I will be constantly renewed in that power and strength and that I never become complacent or ready to accept mediocrity as 'good-enough' or that my work is done!

To me ordination means affirmation of God's calling, empowering with the authority of His Church and enabling those gifts and skills with which He has blessed me to be used solely for the work of His Kingdom and the praise and glory of His Holy Name.

Please remember me in your prayers, as I pray for you, that God will bless you and keep you always.

Beehive Co-op gets transformed with a little Help from its Friends!

Chelmsford Star Co-operative Society has relaunched its food store in Beehive Lane, on Thursday 2nd April, under its Co-operative fascia.

This is the Society's fifteenth store to take on this new fascia and it has taken considerable time and effort to fine-tune and extend the range of products sold as well as modernise the environment to make the store a more pleasurable place to shop. Customers will also notice from the point of sale that far greater emphasis is now placed on promoting the many positives of the Co-operative label, recently voted Britain's most ethical brand.

Food Operations Manager, Kelvin McDonald said:

"We are already receiving a lot of positive comments, in particular with the range increase as people like to shop local for ease - and of course it saves on petrol!"

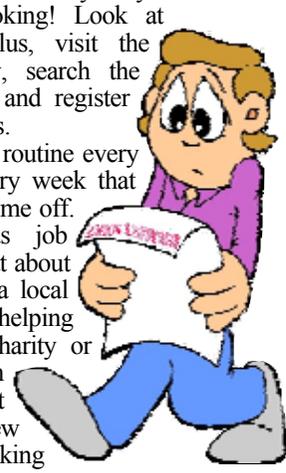
The Society first opened the store in 1956 as a self service supermarket which was quite a new concept at the time! It was also the home of the Society's first off-licence which opened in 1959!

The store was officially re-launched on Thursday 2nd April at 10.00am by members of the Royal British Legion.



LOST YOUR JOB?

- **Losing your job is a shock**
 - **You may pretend it hasn't happened**
 - **Tell your family and your friends**
 - **It's not your fault**
 - **You have a future...**
1. Tell your family and friends what has happened and how you feel. They care about you and will listen.
 2. Ask your employer about other jobs in the organisation. Ask for time to look for jobs outside the organisation while you are working your notice. Ask about redundancy payments. Make sure you get your P45 from your employer. Get contact details from friends at work to keep in contact with them. Visit www.dti.gov.uk/employment/redundancy
 3. Contact Jobcentre Plus: Phone 0845 602 3805 and register. Don't delay; it could affect your income. Registration and applying for Job Seekers Allowance is now done on the phone. Book an appointment with a Personal Advisor at your local Jobcentre Plus office to discuss finding a new job, training and other benefits. Take your P45 and two recent payslips to your first interview.
 4. If you have redundancy pay, check with your Personal Advisor at Jobcentre Plus before you spend it. This may affect your right to benefit.
 5. Seek good financial advice. Do not use the services of door-to-door advisors. They charge high interest rates. Try your local Credit Union instead.
 6. Watch your spending. Review any standing orders, HP agreements, or finance contracts on purchases. If you are worried about meeting payments seek help from your local Citizens Advice Bureau, or the Consumer Credit Counselling Service - Freephone 0800 138 1111 or visit www.ccs.co.uk or www.nationaldebtlines.co.uk or Christians against Poverty at www.capov.org
 7. If you rent a flat or house you may now be entitled to a rent allowance, or housing benefit, or a rebate on your council tax bill. Check with your local council. If you have a mortgage, tell your Building Society or lender, and ask if they can reduce your mortgage. Don't use any redundancy money to pay off the mortgage before you have spoken to your Personal Advisor at Job Centre Plus.
 8. Keep in touch with your Trade Union. They can offer advice and support. If you are not a union member, the secretary of your local Trades Council may be able to help.
 9. Many jobs come through friends and relatives. So tell everyone you know that you are looking! Look at Jobcentre Plus, visit the local library, search the newspapers, and register with agencies.
 10. Build a new routine every day and every week that allows you time off. As well as job seeking, what about a course at a local college, or helping at a local charity or working an allotment with a few friends, or taking up a hobby?



Sometimes you may feel alone. But your family and friends care about you, and others are there to help and advise. Don't be afraid to ask. You are worth it!

This information was produced by the Revd Raymond Draper from leaflets produced by the Scottish Churches Industrial Mission, the Christians Unemployment Group, Worcestershire Industrial Mission, Essex Churches Council for Industry and Commerce and the Revd Alison Finch, Colchester Workplace Chaplain.

BRITISH LUNG FOUNDATION

Exercise Classes for people with COPD (Chronic Obstructive Pulmonary Disease) every Wednesday at 11 a.m. - 12 noon.

Over 50's exercise classes suitable for people with Heart problems every Wednesday, 9.30 a.m. - 10.30 a.m.

ALL MEETINGS ARE HELD AT THE BRITISH LEGION HALL, GREAT BADDOW (Entrance off Baddow Road opposite Beehive Lane).

For further information please call Lucy on 07947 259405

The Marriage Course

A seven session course, designed to strengthen, enrich and enliven your marriage.

It is designed for couples of all ages, and hundreds have already completed it.

Some of the subjects covered in the course are: building strong foundations, the art of communication, resolving conflict, the power of forgiveness, parents and in-laws, good sex, and love in action.

The course costs £80 per couple, which covers a two course meal each session and all the course material, and starts on Friday, 2nd October 2009 at 7.30pm, at Meadgate Church.

For more details call 01245 492741 or see www.meadgatechurch.org.uk

Forthcoming Blood Donation Sessions

Address	Date	Time
Chelmsford, Chelmsford Cathedral St Cedds Hall, Chelmsford, CM1 1NL	Tuesday, July 14, 2009	14.00-15.45 & 17.00-19.45
Chelmsford, Social Club Main Hall 55 Springfield Road, Chelmsford, CM2 6JG	Tuesday, July 7, 2009	14.00-15.45 & 17.00-19.45
	Wednesday, July 22, 2009	14.00-15.45 & 17.00-19.45
Chelmsford, Mildmay Infant School Robin Way, Chelmsford, CM2 8AU	Sunday, July 12, 2009	09.30-12.30 & 14.00-16.00

NHS Blood and Transplant. Do something amazing today — Give Blood! Organ donation — The gift of life. www.nhsbt.nhs.uk

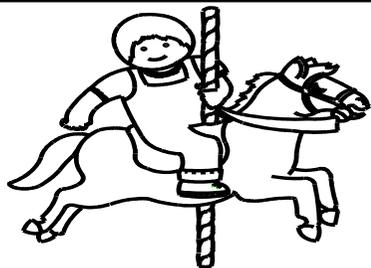
Local Information

Local Churches		Doctors' Surgeries	
St Mary's Church	Contact: Revd Alan Comfort Tel: 01245 477501 E-mail: stmaryschurchoffice@care4free.net Address: Church Street, Great Baddow	"Baddow Village Surgery"	
Services each Sunday	8:00am Holy Communion 10:00am Morning Worship 6:30pm Evening Worship	Address	Baddow Village Surgery, Longmead Avenue, Great Baddow, Chelmsford. CM2 7EZ
Special services for the coming weeks	Barn Dance in the Church Saturday, 26th September at 7.00pm Harvest Service Sunday, 27th September at 10.00am	Telephone Numbers	Surgery: 01245 473251 Dispensary: 01245 472449 Out of Hours: 0845 8501547
St Mary's Church Office	Tel: 01245 477501 E-mail: stmaryschurchoffice@care4free.net Opening Hours: Mondays, Tuesdays, Thursdays, Fridays: 9:30am-12:30pm & 1:30pm-3:00pm Wednesday: 9:30am-12:30pm only Also for Wedding and Baptism enquiries: Tuesdays 7:00pm-8:00pm <i>by appointment</i>	Opening Hours	Surgery open Monday to Friday: 8:00am-6:30pm Reception only: 12:30pm-1:30pm Test Results: After 3:00pm
St Paul's Church	Vicar: Revd Annabel Copeland Tel: 01245 269026 Address: Beehive Lane/Loftin Way, Great Baddow	"Sutherland Lodge Surgery"	
Services each Sunday	9:30am Family Praise (1st Sunday of month: 10.00am) 11.00am Morning Worship	Address	115 Baddow Road, Great Baddow, Chelmsford CM2 7PY
Meadgate Church	Vicar: Revd Mones Farah Tel: 01245 471516 E-mail: monesf@yahoo.com Address: Meadgate Shopping Centre	Telephone Numbers	Surgery: 01245 351351 Dispensary: 01245 353530 Out of Hours: 01245 295000 (Primary Care Trust, St John's Hospital)
Services each Sunday	10:30am Morning Worship 5:30pm Evening Worship 7:30pm Alternative Rock Style Worship	Opening Hours	Surgery open Monday to Friday: 8.30am-6.30pm all day
Special services for the coming weeks	Alpha Guest Services Sunday, 6th September at 10.30am Sunday, 13th September at 10.30am Harvest followed by Harvest Lunch Sunday, 10th September at 10.30am Back to Church Sunday Sunday, 27th September Family Worship 10.30am Evening Prayer with Hymns 5.30pm Fusion 7.30pm	Other Local Information	
United Reformed Church	Minister: Revd Jon Sermon Tel: 01245 601662 Address: United Reformed Church, High Street, Great Baddow	Great Baddow Library	
Services each Sunday	10:45am Morning Worship 3.00pm Tea and Worship (2nd Sunday of each month)	Address	27 High Street, Great Baddow, Chelmsford CM2 7HW
Church of the Holy Name	Minister: Fr Hugh Allan Tel: 01245 352898 E-mail: office@olichurch.co.uk Address: Lucas Avenue, Moulsham Lodge	Telephone No.	01245 478032
Regular Services	6:00pm Saturday Mass 10:30am Sunday Mass	Opening Hours	Monday: 2.00pm-6.00pm Tuesday: 9.00am-5.00pm Wednesday: 2.00pm-7.00pm Thursday: 9.00am-6.00pm Friday: CLOSED Saturday: 9.00am-5.00pm Sunday: CLOSED
The Worldwide Church of God	Pastor: Anthony Goudie Tel: 07931 580409 Address: United Reformed Church, High Street, Great Baddow	R.S.P.C.A. Mid Essex Clinic	
Regular Services	1:00pm Saturday Worship Service with light refreshment before and after service	Address	32-34 Maldon Road, Great Baddow, Chelmsford CM2 7DL
Starship Discovery Holiday Club	Tuesday 4th — Friday 7th August	Telephone Number	01245 478886
<i>Contact St Mary's Office for more details</i>		Opening Hours	Office open Monday to Thursday: 9.00am-3.00pm Friday: 9.00am-1.00pm
		Please Note	All Consultations by appointment only. Means tested benefit only.
		Coffee Pot	
		Opening Hours	Wednesday 10.00am-12.30pm Bell Street Hall Saturday 10.00am-12.30pm Bell Centre (old library)
		Telephone Number	01245 472673
		The OASIS CAFÉ	
		Opening Hours	Saturday 10.30am-1.30pm (see Opening Dates) Meadgate Church Centre
		Opening Dates	11th July, 12th September (<i>No Oasis in August</i>)
		Menu Includes	Jacket potatoes, English breakfast and traditional bacon sandwiches. Last orders—1.00pm
		Monday Coffee Shop	
		Opening Hours	Monday 9.00am-1.00pm (except bank holidays At Meadgate Church or 24th & 31st Dec.)
		Menu Includes	Tea, coffee and light snacks.
		Also:	Children are very welcome. Free Internet access.



WEDDING

Gemma Hobbs and Ben Stock,
both of Meadgate Church,
were married at St Mary's Church
on 9th May.



Come and join the fun at:



Merry-Go-Round Day Nursery

18, High St, Great Baddow, Chelmsford, CM2 7HQ.

*Modern Facilities & Equipment / Large Walled Garden.
Small Groups / Family Atmosphere / Learning Through Play.
3 months to 5 years / Open 8 a.m. to 6 p.m.
Full and Part-Time Places / Government Funding Available.*

For a copy of our prospectus or to arrange a visit please:

Telephone: 01245 477773

Email: merrygoround710@msn.com

Website: www.merrygorounddaynursery.co.uk



GIANT INFLATABLE DAY LARKRISE PRIMARY SCHOOL, DORSET AVENUE.

SUNDAY JULY 12TH 2009
12 NOON UNTIL 4PM

INFLATABLES FOR CHILDREN 11 YEARS AND YOUNGER,
A FANTASTIC PROGRAMME OF ARENA EVENTS FOR ALL THE
FAMILY BBQ, AFTERNOON TEA, STALLS, BEAT-THE-GOALIE
WITH CHELSEA ACADEMY, RAFFLES AND TOMBOLAS.

Wristband for Inflatables: children under 11 years £6,
under 3 years restricted band £4



OPEN EVENING AT WOODCROFT NURSERY SCHOOL

There's a lot of choice out there for Parents, and sometimes it's difficult to know which Nursery is best. Woodcroft is a Maintained Nursery School — that means we have the full backing of Essex County Council and we have qualified teachers on site working directly with your children. We can offer an exciting and adventurous environment, both indoors and out. Our spacious gardens allow children the space and time to learn at their own pace, with lots of interest - including chickens!

Why not come and have a look? Our next Open Evening is on Thursday 9th July, 6pm - 8.30pm. Phone 01245 473222 for details, or just come along on the day.



Restaurant Review: Hylands Café, Hylands Park by Mones Farah

For my restaurant review for this issue I went with a few friends to Hylands Café in Hyland Park. I decided to try this cafe as a few of my friends have recommended it to me and I have to tell you I was not disappointed and very glad indeed that they did recommend it.

It's an ideal place for walkers, just a meeting venue, and dog-walkers, after a nice walk in the park to end up by the old stables courtyard

is such a nice way to round up a walk and a stroll. Dog-walkers are catered for with ample seating capacity in the courtyard itself.

The cafe looks simple and basic enough but they have a wonderful, home-cooked honest food and well-priced menu. From Paninis to Jacket potatoes with varied fillings, burgers as well as special-board menus, extensive drink list including some very nice bottled

ale, beers, fizzy and hot drinks, and a selection of juices.

I opted for my favorite, a quarter-pounder with cheese, bacon and chips, cooked brilliantly, with a very good quality cheese and bacon. Three of our party chose the bacon and brie Panini, which came with garnish salad and crisps, and the fifth opted for a Jacket potato with coronation chicken.

Not one of us was disappointed by our choice and I certainly considered trying all the other dishes, but alas it was a light lunch. In addition they had a really nice dessert menu, but unfortunately we didn't have any dessert as I said after all it was a light lunch. The total bill including five drinks came to around £32; very good for a nice lunch. This place will be one of my top places to visit again and again.



Photo by James Millham

Lingwood Common — A walk by Peter Kirk

Lingwood Common, on the borders of Danbury and Little Baddow, is a beautiful but little known area of woods and clearings, owned by the National Trust.

This shady woodland walk is ideal for a hot summer day. It takes about an hour, excluding the extension to Blakes Wood.

Follow the Maldon Road through Danbury as far as Eve's Corner, by the pond. Turn left and follow Little Baddow Road for about half a mile (ten minutes' walk from the Eve's Corner bus stop), as far as the Little Baddow sign, at the junction with Runsell Lane. Here, on the left, there is a small car park (A).

Take the path at the back of the car park, signposted as a bridleway, which leads into Lingwood Common. Follow this path straight, through the pretty woods, to the end of the common – about a mile. The

bridleway comes out into a tarmac lane (B). Turn right along this, up the hill.

On the left after a few hundred yards is the entrance and car park for Blakes Wood (C). This is famous for its bluebells in spring but is pleasant in all seasons. You can extend the walk with a circuit round the wood, but be careful not to get lost! Then return to the lane and continue up the hill.

A short distance past the car park on the right there is a gated track with a notice "Essex Girl Guides Private" (D). But this is a public footpath. Follow the main track as far as a gate on the right with a notice "King Edward VIII Scout Park" (E). To the right of this gate there is a marked public footpath. Follow this back into Lingwood Common.

This path leads downhill until it crosses the main bridleway among some large trees – there



is a post with "Bridleway" marked on it (F). Turn left here, and follow this bridleway back to the car park.

This walk is special to me because this is where, in May, I proposed to my fiancée Lorenza.



Me and Lorenza in Lingwood Common



The Woodland Walk

Words and pictures by Peter Kirk

BJ's Painting & Decorating Services
Interior & exterior
Clean and reliable.
Telephone: 01245 250834
Mobile: 07714079239
No job too small

Please Give Generously

Do these words ring a bell? The other day I came home from a shopping trip to find the usual pile of envelopes lying on the mat. Every one was from an organisation appealing for money to help their cause! After I glance through them they usually end up in the paper sack – you just cannot support them all, can you?

We all have our favourite charity, I suppose, but it's just not possible to give to every single one of them! For several years I have sponsored through a Christian Aid group a little boy living in Indonesia. His name is Andreas and he is now 16 years old. I write to him and he writes to me, calling me "Auntie" and the letters are translated by Compassion. It is good to know he has received education and is now taking exams which, hopefully will enable him to provide for a future in his country.

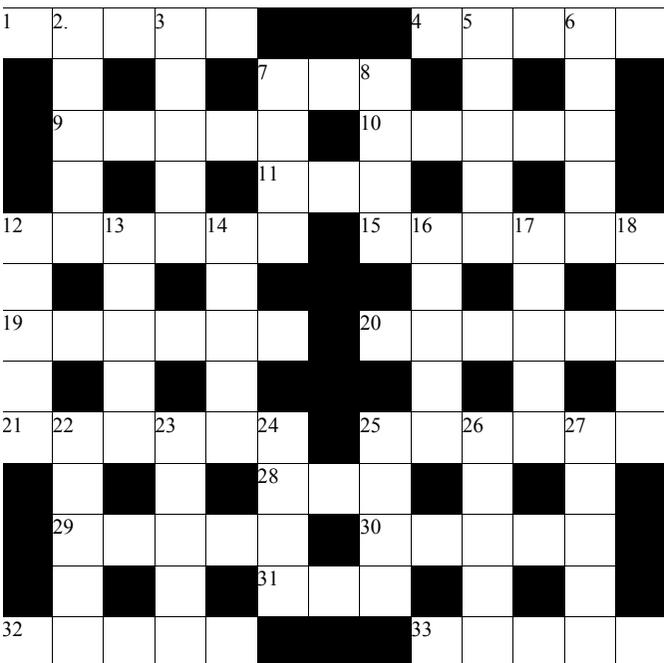
But – and it is a big "but" – there is no way most people can donate money to every single call for help – much as we would like to. All of us have responsibilities to our families, our Church, a particular charity maybe – so I don't think we should feel guilty when we drop these letters in our paper sacks.

I often feel it would be good to win the Lottery (if I did it) and to be able to hand out money like Father Christmas to deserving organisations, but again, it's not going to happen!

Prayer, however, costs nothing, and we can all pray for those who work hard to provide help to the needy people in all kinds of situations, and, as the saying goes "Prayer changes things". We have probably all experienced this at some time in our lives.

Rene Duke.

CROSSWORD



Across:

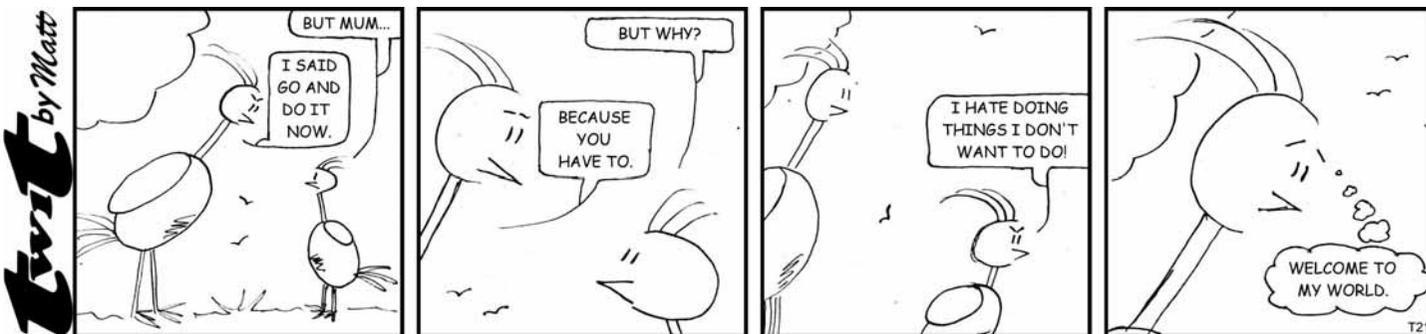
- Member of the Hymenoptera order
- Sense of calm
- Youngster
- Animal welfare organisation
- Words of a song
- Large African antelope
- Sides of a dodecahedron
- Small beetle
- To submit
- Sour-tempered
- Removing excess hair
- Small portion
- Molecular strand from living organism
- Greeting
- Fast
- For what reason
- Correct form
- Biblical hero

Down:

- Projectile
- Of the Pope
- Mistake
- Water storing plants
- Enclosure
- Down
- Discard
- Local county
- Strict herbivore
- Worship
- Incorrect
- Large water birds
- Hate
- Small water enclosed land
- Increase size
- Mother of Jesus
- First
- Half the diameters

Answers:

- Across: 1. Wasps 2. Rapid 3. Why 4. Peace 5. Cup 6. Truth 7. David 8. RSPCA 9. Lyric 10. Gnu 11. Arrow 12. Papal 13. Islet 14. Abhor 15. Geese 16. Wrong 17. Adore 18. Essex 19. Throw 20. RNA 21. Waxing 22. Morse 23. Resign 24. Error 25. Papal 26. Gnu 27. Arrow 28. RNA 29. Waxing 30. Morse 31. Resign 32. Error 33. Islet 34. Abhor 35. Geese 36. Wrong 37. Adore 38. Essex 39. Throw



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If you wish to have a letter printed in the paper, address it as below, or e-mail letters@baddowlife.org.uk. Alternatively, please visit us at www.baddowlife.org.uk

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