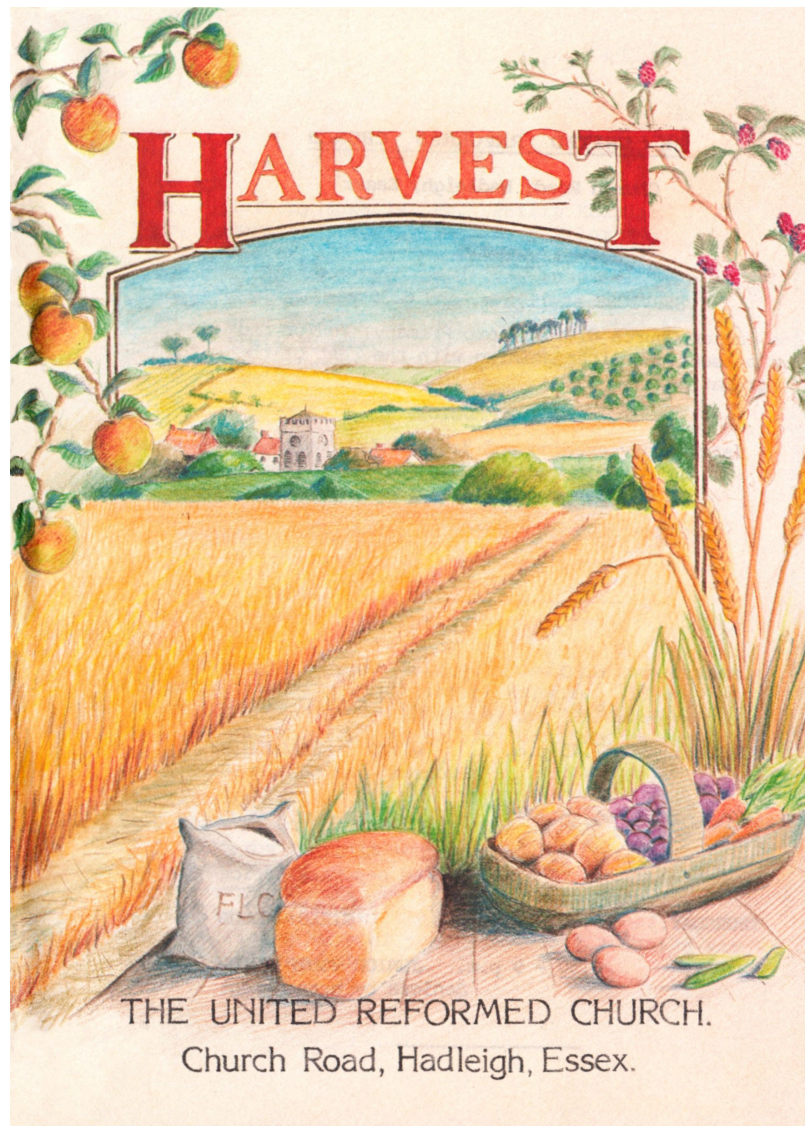


THE HADLEIGH MESSENGER

July - September 2025



SUNDAY SERVICES

Morning service starts at 10.30am

For more information about services,
please phone 01702 557678

PREACHING ARRANGEMENTS FOR JULY 2025

Sun 6 th Jul	10.30am	Morning Service	Mrs Heather Brown
Sun 13 th Jul	10.30am	Morning Service	Keith & Joyce Berry
Sun 20 th Jul	10.30am	Morning Service with Holy Communion	Mrs Heather Brown
Sun 27 th Jul	10.30am	Morning Service	Mr John Amos

PREACHING ARRANGEMENTS FOR AUGUST 2025

Sun 1 st Aug	10.30am	Morning Service	Mrs Heather Brown
Sun 8 th Aug	10.30am	Morning Service	Mr Ian Miller
Sun 15 th Aug	10.30am	Morning Service with Holy Communion	Rev. Dr Jim Tarrant MA MTh
Sun 22 nd Aug	10.30am	Morning Service	Mr John Simmons
Sun 29 th Aug	6.00pm	Anniversary Service	The Elders

PREACHING ARRANGEMENTS FOR SEPTEMBER 2025

Sun 7 th Sep	10.30am	Morning Service	Mr Clive Lewis
Sun 14 th Sep	10.30am	Morning Service	Rev. Dr Jim Tarrant MA MTh
Sun 21 st Sep	10.30am	Morning Service with Holy Communion	Mrs Heather Brown
Sun 28 th Sep	10.30am	Morning Service	Mr John Amos

ELDERS' MEETING

Tue 16th Sep 1.00pm

CHURCH MEETING

Thu 25th Sep 1.15pm

CHURCH FLOWERS

Sun 13 th Jul	June Gargrave – for great-grandson Percy's birthday
Sun 27 th Jul	Anita Fenn – in memory of father Len Nash
Sun 10 th Aug	Jean Reeve – for parent's wedding anniversary
Sun 24 th Aug	Heather & Malcolm Brown – wedding anniversary
Sun 7 th Sep	Jean Reeve - for Robyn's 1 st birthday



Note: If you'd like to make a donation towards the cost of the church flowers on a particular Sunday, perhaps to celebrate a special event or remember a loved one, then please speak to Jean Reeve. Jean's phone number is 01702 554907.

Harvest celebrations

From time immemorial there have been celebrations at harvest time. To have food during the winter to tide you through to better weather was important. We take our freezers and fridges for granted nowadays but, in days gone by, there were other ways of storing food. Fishermen would catch as much as they could and the fish were dried, salted or smoked to preserve them. Meat was also preserved in salt; vegetables and fruit were pickled and some fruit was made into jam. Lack of food in winter would mean starvation and often death. No wonder the people celebrated when they had good harvests.

In the Bible, we find evidence that God was keen to encourage celebration of harvest in preparation for when the Israelites settled into their new land. Chapter 23 of Leviticus shows us that God wanted a special time to be set aside for festivals and harvest celebrations, and he ordered Moses to instigate several festivals.

The Feast of Weeks, which was celebrated fifty days after the beginning of Passover, was a celebration of first fruits of the harvest. Two loaves were made from new flour, and animal sacrifices were offered to God as a thanksgiving. This festival was later known as Pentecost from the Greek word meaning fiftieth. Here we can see a connection also to Lammas Day, where in the northern hemisphere the date for the first fruits of the harvest would be later than in the Middle East, the loaves presented on Lammas Day were used for the Mass and therefore given the status of 'The body of Christ.'

The second festival that the Israelites held was the Feast of Tabernacles in autumn, at the end of the fruit harvest. This celebration lasted seven days

and included camping out in tents, called booths or tabernacles, made from branches of trees. It reminded the people of the time they lived in tents after escaping from Egypt and were in the desert. It was at the Feast of Tabernacles that Jesus spoke to the people in the temple about the significance of water.

In John 7:37-40 Jesus seized the opportunity to speak about the significance of water in our lives and the Holy Spirit. During the eight days of the Feast of Tabernacles, a Golden Flagon was filled each day from Siloam's pool by the priest and taken in a great procession to the Temple Altar where the water was poured out before the Lord. This action was to thank God for the provision of water for his people when in the desert, and that one day he would pour out his Spirit on all of them. This referenced Joel 2:28: 'I will pour out my Spirit on all people. Your sons and daughters will prophesy; your old men will dream dreams and your young men will see visions!'

God doesn't just provide for our human needs, such as food and drink and materials for a safe, secure home, he also provides for our spiritual needs. When we look at the Harvest Table, we find that the bread and water are central. They remind us of communion, and of the huge sacrifice that our Lord Jesus made for us on the cross. The bread is a symbol of his body and the water reminds us that he offers us the gift of the Holy Spirit, who will provide us with lasting spiritual refreshment and a promise of eternal life.

Thanks be to God!

Heather Brown



From the bible

The Lord said to Moses, "Speak to the Israelites and say to them: 'When you enter the land I am going to give you and you reap its harvest, bring to the priest a sheaf of the first grain you harvest. He is to wave the sheaf before the Lord so it will be accepted on your behalf; the priest is to wave it on the day after the Sabbath. On the day you wave the sheaf, you must sacrifice as a burnt offering to the Lord a lamb a year old without defect, together with its grain offering of two-tenths of an ephah (about seven pounds) of the finest flour mixed with olive oil – a food offering presented to the Lord, a pleasing aroma – and its drink offering of a quarter of a hin (about a quart) of wine. You must not eat any bread, or roasted or new grain, until the very day you bring this offering to your God. This is to be a lasting ordinance for the generations to come, wherever you live.

Leviticus 23:9-14 (NIV)

From the Editor

Welcome to another edition of the Hadleigh Messenger.

I had hoped to publish the usual summer edition covering July and August but sciatica and tendinopathy are affecting my ability to sit down comfortably for any length of time and this has delayed things so this edition now also covers September. All my computer work is currently done standing up, which is quite tiring particularly with numbness affecting both feet.

This edition is being published near the end of September but I've included details of July and August services for the record. I've also included details of October services below because I don't know when the next edition will be available.

Jim Tarrant has kindly penned an article for this edition about a visit to see the Bayeux Tapestry. If you would like to contribute an article about somewhere that you have visited this summer, please feel free to do so!

Malcolm Brown

PREACHING ARRANGEMENTS FOR OCTOBER 2025

Sun 5 th Oct	10.30am	Harvest Festival	Mrs Heather Brown
Sun 12 th Oct	10.30am	Morning Service	Mrs Heather Brown
Sun 19 th Oct	10.30am	Morning Service with Holy Communion	Rev. Dan Pratt
Sun 26 th Oct	10.30am	Morning Service	Mr John Simmons

Harvest Festival Weekend

Harvest Supper – Sat 4th October

Our Harvest Festival weekend begins with the traditional Harvest Supper on Saturday 4th October at 6.00pm. Food will be provided but there will be a retiring offertory to cover costs. A list for names of those intending to come has been placed on the church noticeboard. After the supper there will be entertainment in the church including music and a mini-quiz.

Harvest Festival service – Sun 5th October

The Harvest Festival service on Sunday 5th October will be led by the Elders.

Items for the harvest table may be brought to the Harvest Supper or to the Harvest Festival service. Items of fresh produce will be donated to Little Havens Hospice. Dried and tinned items will be donated to a local food bank.

Malcolm Brown

**“Don't judge each day by the harvest you reap
but by the seeds that you plant.”**

Robert Louis Stevenson

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.

Family News

Graham Brown abseils for charity

Heather Brown writes:

"Our son Graham, who lives in Scarning, Norfolk, volunteered to abseil down The Forum building in Norwich on 26th September to raise money for the Star Throwers cancer support charity based in Wymondham. He was one of around eighty people doing the abseil.



Graham's wife, Claire, sent us a video of the event, which showed that it was far from easy because the part of the building used for the

abseil was not a flat brick wall but a curved metal surface. This did not offer much in the way of grip so it proved tricky to abseil in the normal way. He was encouraged on the descent by daughters Daisy and Beatrix, who kept shouting support. Despite the tricky surface, Graham made it down safely and raised £125 for Star Throwers."

Birthdays in July, August, Sep & Oct



Anniversaries in August & September



Fruits of the harvest

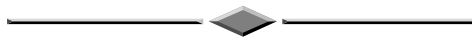
Generous God,

we praise and thank you for the gifts that you have given us:
the fruits of the harvest and the joy of your love.

Free us from the fear that leads us to store up more than we need.
Fill our hearts with gratitude which moves us to share what we have.
Show us how to plant seeds of hope and together reap a better world,
where each and every person can share in the fullness of your love.

Amen.

Catherine Gorman/CAFOD



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



News from around the URC

Church House cuts staff and restructures

United Reformed Church House has completed an extensive review of staffing, in order to make financial cuts of 20% and to ensure that the staffing structure of the General Assembly is fit for the current and future needs of the Church. Nine members of staff were made redundant, while seven others have taken new roles and five had changes in their hours of work.

The URC's draft management accounts for 2024 indicate a deficit of £1.37m, and while Synods are working towards maintaining Ministry and Mission contributions at their current level, over the longer term this is unlikely to be sustainable.

The restructuring of the staff team is intended to bring the Offices of General Assembly within a sustainable budget, while also streamlining operations, clarifying roles, increasing collaboration and offering more consistent support to local churches. The Senior Leadership Team had information-gathering conversations with each member of staff during March and April, with formal redundancy consultations in May and June. The new structure and roles were announced in July and introduced in August and September.

The new structure has three departments, each led by a member of the Senior Leadership Team. The Administration and Resources Department includes teams for Database and Website, Compliance and Services, People and Benefits, and Finance, led by the Chief Operating Officer. The department is overseen by the Resources Committee.

The Ministries Department includes the Safeguarding Team and is led by the Deputy General Secretary for Ministries and overseen by the Ministries Committee. The Faith in Action Department includes teams for Communications; Children, Youth, Intergenerational Discipleship, Evangelism and Ecumenism; Global and Intercultural Church and Public Issues; World Justice and Outreach. The department is led by the Deputy General Secretary for Faith in Action and is overseen by the new Faith in Action Committee.

The URC's Chief Operating Officer, Victoria James, said, 'This has been a hard time for everyone at Church House, but it is essential to

live sustainably within the financial resources of the Church, and we hope that our new structure will help us to better serve the needs of churches. We are grateful for the grace, courage and patience staff have shown throughout this process.'

New mission practitioner for Eastern Synod



Matthew Willmott – known as Will – has been hired as the synod's new Mission Practitioner (Youth). He comes from a role as the Inclusion Activist for

Frontier Youth Trust, as well as from running his own technical lighting design business. And he's sailed into position.

Will lives on a narrowboat, and has spent the last eight years moving along the Grand Union canal, never stopping for more than two weeks at a time. Now, however, he has taken a mooring near Thrapston so he can better serve the Eastern Synod.

Will has been involved with the URC since the age of eight, when his family moved to Northampton. He joined the Boys Brigade in the Junior section, then completed the company section and became an officer. Having been involved in youth work for most of his adult life, he says he is excited to start his role within the URC. As well as being available to support existing youth work, Will hopes to help develop new projects across Eastern Synod.

Worship in the community

West Kirby United Reformed Church, Wirral, recently swapped its usual Sunday service for a morning dedicated to community care.

The congregation is exploring new ways of worship, with a focus on meeting local needs. After an opening song, members set off to take part in a range of hands-on activities, including gardening with West Kirby in Bloom and litter picking, visiting care homes, prayer walking, and creating encouragement cards for local school staff.

The projects were open to all ages, with both indoor and outdoor options available. At midday, participants returned to the church for closing worship, prayer, and refreshments.

Kath Hilborne, the Church Life Coordinator, said: ‘At West Kirby URC, we have a vision to grow a relevant, Christ-like church that serves the community. It has been a particular joy to work with local groups, love our neighbours, and see the children enjoy formative experiences of outreach and mission.’

The idea arose from a staycation, held last year instead of a weekend away. The congregation explored fresh ways to bless their locality – sparking the idea of worship through service.

URC welcomes UK’s recognition of State of Palestine

The United Reformed Church joins with the Methodist Church in Great Britain in welcoming the significant shift in British foreign policy after the Prime Minister, Sir Keir Starmer, announced on 21st September the UK’s recognition of a Palestinian state.

In a statement released on 23rd September, the Churches said the move steps “away from using recognition as leverage in negotiations, and instead affirming the Palestinians’ inherent right to self-determination and equal participation in peace talks” and that the decision, in line with

Canada, Australia and Portugal, “increases international pressure on Israel over its occupation policies and the ongoing crisis in Gaza, which many experts now describe as genocide”.

The Prime Minister’s announcement was immediately met with condemnation by Israel’s Prime Minister Benjamin Netanyahu, who called the recognition “a reward for terrorism”. The Churches’ statement reiterates that “the Prime Minister made it clear that Hamas must have no role in any future government. Importantly, millions of Palestinians have resisted occupation through non-violent means for generations – this recognition is a long-overdue acknowledgment of their peaceful struggle”.

In Resolution 28, at its 2021 General Assembly, the URC affirmed the United Nations commitment to a State of Palestine which was recognised within the international community of States, with all the rights and responsibilities attendant on that status.

Emergency resolutions about the actions of the Israeli government in Gaza were also passed at the URC’s July 2025 General Assembly.



Other news

Spurgeon’s College closes down suddenly

The Board of Spurgeon’s College, which has trained Baptist ministers since 1856, announced its closure in July with immediate effect. The college, named after the Victorian preacher Charles Spurgeon, has faced financial challenges for several years. A partnership with a charitable foundation, which had provided ‘vital financial support’, was ended without warning on 21st July, the trustees said. As a result, ‘the College can no longer sustain its financial operations and has been left with no choice but to enter the insolvency process immediately’.

The college’s annual report mentioned a partnership with the Graham Dacre Charitable Foundation, established by the Christian philanthropist Graham Dacre, which resulted in the repayment of £5.4m of its loans. However, between 2020 and 2024, the college’s expenditure rose by almost 75% to more than £35m while income fell by 15% to £1.1m.

In 2006, the Spurgeon heritage collection, comprising thousands of the founder’s books, manuscripts, letters, and artefacts, was sold to the Spurgeon Library at Midwestern Seminary in Kansas City, Missouri, for £16 million. Declining student numbers and an increasingly complex financial landscape are a feature of the higher education sector generally. As well as the cost of living crisis affecting students’ ability to afford fees, and the longer-term impact of the Covid pandemic, Bible and theological training colleges are also vulnerable to declining church attendance and stretched church finances.

Iona Leader’s death announced

Kathy Galloway, the first female Leader of the Iona Community, died on 26th August, following a recent cancer diagnosis. A Warden of Iona Abbey in the 1980s and a former Head of Christian Aid Scotland, Ms Galloway was widely known as a speaker, and a writer of poetry, hymns and prose. Kathy was the keynote speaker at the URC’s Free to Believe conference in 2024.

Our visit to Bayeux

In June, after having to cancel two planned trips owing to ill health, we found ourselves able to fulfil one of our bucket list items, which was to see the tapestry at Bayeux. Accordingly, we set off one lunch time to Portsmouth with the aim of catching the night ferry to Cherbourg.

We arrived at Portsmouth in plenty of time and wandered into one of the restaurants near Portsmouth harbour station where we had a meal overlooking the harbour. Our sailing did not depart until 11.30pm but we wanted to arrive at the continental ferry port in plenty of time and took a bus from the harbour station giving an interesting drive through the town before arriving at the port.

After an easy check in procedure, we had some coffee and enjoyed the view over the water before seating ourselves near the departure gate. The exit process was simple and soon a bus arrived to take us to the ship. Given that it was now 11pm it was not surprising to find that the ship itself seemed to be mainly asleep. We were greeted with a few muted *bonjours* before emerging from the lift at the seventh floor to find our cabin.

Arrival time at Cherbourg was 8am local time so we prepared for bed in the comfortable if limited space of our cabin. The ship was quiet, punctuated only by the murmur of the engines, a few announcements on safety issues and a welcome on behalf of the captain.

Rising early at 5.30am we made our way for breakfast in the restaurant which had a considerable variety of food and drink. After this, it was a matter of packing our two rucksacks again and vacating the cabin. Upon berthing, foot passengers like ourselves needed to wait until it was possible to make a secure exit from the car deck.

Eventually we were escorted down to a waiting bus which then drove us to a check point in the harbour where a young man in jeans boarded the bus and stamped our passports in a matter of just a few minutes. After that we were driven to the terminal building and the exit from the harbour complex.

We elected to walk into Cherbourg as the weather was very fine and sunny, though the distance was greater than we had anticipated. However, we found the hotel and left our luggage there before

walking on a little further to Cherbourg station. Here we bought tickets for Bayeux and boarded a double decker train for a smooth ride across the French countryside, stopping at a few stations before reaching our chosen destination. Google maps on our phones guided us to the museum which housed the tapestry.



Bayeux Tapestry Museum (Andy Hay CC 2.0)

Thanks to our early arrival in Cherbourg, we were at the museum before any crowds had appeared and we were able to peruse the tapestry without any pressure to move on quickly allowing others a place. It was every bit as fascinating as we had hoped, both the embroidery and the language.

The illustration and commentary on the plight of King Harold was particularly moving. The fact that he had been obliged to repel Viking invaders at Stamford Bridge a few days before and then march his exhausted soldiers back to London was outside the scope of the tapestry. Debate on the question of whether in fact Edward the Confessor had promised the English throne to William and Harold's role in this was also not appropriate for the tapestry. It was, after all, a Norman commission!



Bayeux Tapestry - The death of King Harold (Public domain)

One would think it impossible to follow such an experience but on leaving the museum we made our way to the cathedral where it happened that the organist was just arriving to give a recital. Jim is a great fan of cathedral organs and was thrilled with the sound of the instrument.

Leaving the cathedral, we had a choice French lunch in a nearby café following which we made our way to the station where we waited in the very warm sunshine for the train back to Cherbourg.

On checking in at the hotel and claiming our luggage we discovered that our room was on the very top floor. Madame glanced at us and took our luggage carrying it herself up the winding wooden staircase and across two landings with more stairs. She clearly did not want casualties in her hotel!

Our room was worth the climb with a view of the town and the sound of gulls in the background. There was time to visit a nearby supermarket and stock up with a few French favourites before returning to a classic French dinner at the hotel with fish soup, tarte tatin, coq au vin and a carafe of rose wine.

Checking out in the morning we made our way to the station to pick up the bus for the ferry terminal. The procedure was smooth with no problems and we were escorted to the bus for departure.

Cherbourg is quite a large complex and the bus weaved its way through roads and roundabouts before taking us into the cavernous vehicle hold of the ship. We claimed our cabin and lunch was then available after which a sleep seemed appropriate.

We explored the ship and the decks before having tea when in the distance the shape of the Isle of Wight appeared. We vacated the cabin and upon berthing were called down to the car deck and our waiting bus. Once through passport control it was a bus to the harbour station and the early evening train to London and home. It left us reflecting on how much could be accomplished in a day!

Rev. Jim and Sue Tarrant

The Bayeux Tapestry according to Wikipedia - The Bayeux Tapestry is an embroidered cloth nearly 70 metres (230 feet) long and 50 centimetres (20 inches) tall that depicts the events leading up to the Norman Conquest of England in 1066, led by William, Duke of Normandy challenging Harold II, King of England, and culminating in the Battle of Hastings. It is thought to date to the 11th century, within a few years of the battle. The cloth consists of 58 scenes, many with Latin tituli, embroidered on linen with coloured woollen yarns. It is likely that it was commissioned by Bishop Odo of Bayeux, William's maternal half-brother, and made for him in England in the 1070s. In 1729, the hanging was rediscovered by scholars at a time when it was being displayed annually in Bayeux Cathedral. The tapestry is now exhibited at the Musée de la Tapisserie de Bayeux in Bayeux. It will return to England for the first time in 900 years, on loan from France for display at the British Museum from September 2026 to July 2027.

Christian Aid Week 2025



It seems a long time ago but I haven't had chance to report on this year's Christian Aid Week so here's a summary covering most of the fundraising activity at our church and elsewhere in Hadleigh.

There were nine envelope donations made through the church totalling £93.50. The bric-a-brac sale that I held at the coffee morning on Thursday 15th May raised a further £54.55. (The bric-a-brac came mainly from the estate of the late Vera Knapton, who was a generous supporter of Christian Aid.) The proceeds of the coffee morning, amounting to £14.50, were also donated to Christian Aid. The grand total raised by the church was therefore £162.55.

Although, I no longer act as the organiser for the Hadleigh Christian Aid Group, I happen to know that envelope donations from St James the Less Church amounted to £40.00 and that the Strawberry Tea held at St Michael's Church on 3rd May raised a magnificent £250.00. The offertory from the Good Friday United Service is traditionally donated to Christian Aid and this added a further £181.30.

Many thanks to everyone who supported this annual fundraising effort for Christian Aid including those who made online donations.

Malcolm Brown

Sweet spot for daily steps is lower than often thought, new study finds

Your fitness tracker might be lying to you. That 10,000-step target flashing on your wrist? It didn't come from decades of careful research. It came from a Japanese walking club and a marketing campaign in the 1960s.

A major new study (the results of which were published in *The Lancet* in August 2025) has found that 7,000 steps a day dramatically cuts your risk of death and disease. And more steps bring even greater benefits. People hitting 7,000 daily steps had a 47% lower risk of dying prematurely than those managing just 2,000 steps, plus extra protection against heart disease, cancer and dementia.

The findings come from the biggest review of step counts and health ever done. Researchers gathered data from 57 separate studies tracking more than 160,000 people for up to two decades, then combined all the results to spot patterns that individual studies might miss. This approach, called a systematic review, gives scientists much more confidence in their conclusions than any single study could.

So where did that magic 10,000 number come from? A pedometer company called Yamasa wanted to cash in on 1964 Tokyo Olympics fever. It launched a device called Manpo-kei – literally “10,000 steps meter”. The Japanese character for 10,000 resembles a walking person, while 10,000 itself is a memorable round number. It was a clever marketing choice that stuck.

At that time, there was no robust evidence for whether a target of 10,000 steps made sense. Early research suggested that jumping from a typical 3,000 to 5,000 daily steps to 10,000 would burn roughly 300 to 400 extra calories a day. So the target wasn't completely random – just accidentally reasonable.

This latest research paper looked across a broad spectrum – not just whether people died, but heart disease, cancer, diabetes, dementia, depression and even falls. The results tell a fascinating story. Even tiny increases matter. Jump from 2,000 to 4,000 steps daily and your death risk drops by 36%. That's a substantial improvement.

But here's where it gets interesting. The biggest health benefits happen between zero and 7,000

steps. Beyond that, benefits keep coming, but they level off considerably. Studies have found meaningful benefits starting at just 2,517 steps per day. For some people, that could be as little as a 20-minute stroll around the block.

Age changes everything, too. If you're over 60, you hit maximum benefits at 6,000 to 8,000 daily steps. Under 60? You need 8,000 to 10,000 steps for the same protection. Your 70-year-old neighbour gets 77% lower heart disease risk at just 4,500 steps daily.

The real secret of why fitness targets often fail? People give up on them. Research comparing different step goals found a clear pattern. Eighty-five per cent of people stuck with 10,000 daily steps. Bump it to 12,500 steps and only 77% kept going. Push for 15,000 steps and you lose nearly a third of people.

One major study followed middle-aged adults for 11 years. Those hitting 7,000 to 9,999 steps daily had 50-70% lower death risk. But getting beyond 10,000 steps? No extra benefit. All that extra effort for nothing. Other researchers watching people over a full year saw the same thing. Step programmes worked brilliantly at first, then people slowly drifted back to old habits as targets felt unrealistic.

Most steps happen without you realising it

Here's something that might surprise you. Most of your daily steps don't come from structured walks or gym sessions. Eighty per cent happen during everyday activities – tidying up, walking to the car, general movement around the house.

People naturally build steps through five main routes: work (walking between meetings), commuting (those train station treks), household chores, evening strolls and tiny incidental movements. People using public transport clock up 19 minutes of walking daily just getting around.

Research has also found something else interesting. Frequent short bursts of activity work as well as longer walks. Your body doesn't care if you get steps from one epic hike or dozens of trips up the stairs. This matters because it means you don't need to become a completely different person. You just need to move a bit more within your existing routine.

So, what does this mean for you? Even 2,500 daily steps brings real health benefits. Push up to 4,000 and you're in serious protection territory. Hit 7,000 and you've captured most of the available benefits. For older people, those with health conditions, or anyone starting from a sedentary baseline, 7,000 steps is brilliant. It's achievable and delivers massive health returns. But if you're healthy and can manage more, keep going. The benefits climb all the way up to 12,000 steps daily, cutting death risk by up to 55%.

The 10,000-step target isn't wrong exactly. It's just not the magic threshold everyone thinks it is.

What started as a Japanese company's clever marketing trick has accidentally become one of our most useful health tools.

The real revelation? You don't need to hit some arbitrary target to transform your health. You just need to move more than you do now. Every single step counts.

Jack McNamara

Senior Lecturer in Clinical Exercise Physiology,
University of East London

Published on The Conversation website at
www.theconversation.com on 23rd July 2025.



Prayer Reflection – Blessings Abound

Record God's generous provision for you. Include in your list those things we share because of where we live – freedom of speech, freedom to worship, free education and medical care and access to benefits if needed. Add those gifts and privileges that are more personal – family, friends, reasonable health, a comfortable home and the ability to get out and about even if only occasionally. Praise God for his generosity and pray for grace to use all he has given wisely.

Review your list regularly giving thanks for all those named on it. Consider what additions you could make and recognise that God's love and provision is endless and there is always more for which to thank him. Pray for the grace to be truly thankful never forgetting the supreme gift of love, the life and sacrifice of Jesus. Pray as you are moved to do so.

Redistribute the riches you have been given. Share any insights into God's grace with those around you. Be prepared to offer help and support to those in need whether that be practical help, advice when asked, or financial. Follow Jesus in being pro-active in your generosity. Praise God that his abundant provision enables us to be generous too. Thank him for the privilege.

Prayer

Thank you Lord for your wonderful and continuing provision for us. May we be similarly aware of the needs of others so we can have the privilege of helping and supporting them. Thank you, as ever, for the gift of Jesus. Thank you Lord. *Amen.*

Beryl Hunt



Lord help me

Dear Heavenly Father, so far, today, I've done all right. I haven't gossiped or lost my temper. I haven't been greedy, grumpy, nasty, or self-centred. I'm really happy about that so far. But in a few minutes I'm going to be getting out of bed and then I'm going to need a lot of help. Thank you! *Amen.*

Church 121st Anniversary

We celebrated the 121st anniversary of the founding of the church on Sunday 29th June. The first service took place in the Small Hall on 20th January 1904, but we like to celebrate the anniversary at a warmer time of the year!

We were grateful to the ladies who obtained and prepared the food items for the buffet meal in the Small Hall, including Jean Reeve, Heather Brown, Kay Watson and Doreen Churchill. We were also very grateful to Heather for leading the evening anniversary service at 6.00pm, the morning service having been cancelled.



Clockwise: Iris & Mike Mircic, Eddie & Sue Horton



Doreen Churchill, Margaret & Dave Spurgeon, Jean Glazier, June Gargrave, Annie, Pamela George



Jean Reeve, Wilf Tyler, Carmelle, Jean & John Simmons, Derek Simpson

It was good to have some of the ladies from the Ladies Recreation Group join us. Quite a few new members have joined the group in the last year or two so it was good to meet some of them. It was especially good to welcome Wilf Tyler. Although I see Wilf whenever I deliver a magazine to him, it would have been several years since others had last seen him. Wilf was able to get to the church by taxi and I gave him a lift home.

Malcolm Brown

Robin



I have a brand new friend
who lives high up in a tree,
and when I'm busy weeding,
he comes right up close to me.

With his chubby little body,
and his beady, darting eyes,
he keeps one eye on the worms
And the other on the skies.

And when a juicy, little morsel
comes slithering on its way,
he grabs it, then he's off
until my next weeding day.

Doreen Churchill

From Wikipedia: The European robin (*Erithacus rubecula*) is a small insectivorous passerine bird that belongs to the Old World flycatcher family Muscicapidae. The distinctive orange breast of both sexes contributed to the European robin's original name of "redbreast", orange as a colour name being unknown in English until the 16th century, by which time the fruit of the same name had been introduced. In the 15th century, when it became popular to give human names to familiar species, the bird came to be known as robin redbreast, which was eventually shortened to robin. As a given name, Robin is originally a smaller form of the name Robert. The term robin is also applied to some birds in other families with red or orange breasts. Other older English names for the bird include ruddock and robinet.

Computer Corner

Interesting YouTube channel

BBC Archive

If you can't find anything to watch on the TV then you might find something on the BBC's official YouTube channel. Described as "an audiovisual time machine" you will find whole programmes and excerpts from a wide variety of old broadcasts.

URL: <https://www.youtube.com/@BBCArchive>

Useful free software

LocalSend

LocalSend is a free, open-source app that allows you to securely share files and messages with nearby devices over your local network without needing an internet connection. For the technically minded, LocalSend employs TLS certificates generated on-the-fly during installation on each device, ensuring encrypted transfers. Plus, it eliminates the need for intermediaries like cloud services or third-party platforms. It is cross-platform i.e. it is available on Windows, Linux, macOS, iOS and Android platforms, so can be installed on smartphones, tablets, laptops and desktops alike.

To read a useful blog post about installing and using LocalSend, search for "anthony constant localsend".

URL: <https://localsend.org>

Interesting web page

Borrow a Blood Pressure Monitor from Essex Library Service

From Monday 8 September, all adult, Essex library members will be able to borrow a blood pressure monitor from any of the 74 local libraries or 2 mobile libraries, free of charge, for up to 2 weeks.

URL: <https://libraries.essex.gov.uk/news/blood-pressure-monitors-for-loan>

Word Search – Dinosaurs

Inspired by our granddaughters' recent visit to the Natural History Museum



ALLOSAURUS
AQUILOPS
BARONYX
CITIPATI
DIPLODOCUS
ENIGMACURSUS
GALLIMIMUS
GASTONIA
HARPYMIMUS
IGUANODON
IRRITATOR
JOBARIA
MICRORAPTOR
MINMI
RUGOPS
STEGOSAURUS
SUCHOMIMUS
TARCHIA
TRICERATOPS
VULCANODON

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 29 Sep 2025	- Smart Minds dementia club at Hadleigh URC from 1.00pm to 3.00pm every Mon. Phone Sue on 07889 762172 if interested.
	ditto - Afternoon Tea & Chat at Hadleigh Library from 2.30pm to 4.30pm.
Tue 30 Sep 2025	- Kettle's On Coffee Morning at St Barnabas Church, Hadleigh, from 10.30am to 12.00 noon. Held every Tue.
	ditto - Knit & Natter Group meeting at Hadleigh Library - 1.00pm to 2.30pm.
Wed 1 Oct 2025	- Coffee Morning at St Michael's Church, St Michael's Road, Daws Heath, from 10.00am to 11.45am. Held every Wed.
	ditto - Top of the Hill Club meeting (chat, play games) at the White Hart pub, Thundersley from 14.00-16.00. Held 1 st & 3 rd Weds. All welcome.
Thu 2 Oct 2025	- Drop-in at SA Hadleigh Temple from 9.30am to 12 noon with friendly chat, free tea and toast or coffee and cake, every Thu.
	ditto - Coffee Morning at the church from 10.30am to 12 noon. Free refills.
Fri 3 Oct 2025	- Benfleet Art & Crafts Club from 2.00pm to 3.30pm at Hadleigh Methodist Church. Held every Friday. Phone 01702 554358 for info.
Sat 4 Oct 2025	- Hadleigh PIP Councillors Street Stall outside Iceland store, Rectory Road from 10.00am to 12.00 noon. Held 2 nd Sat, weather permitting.
	ditto - HOFS Open Studios & Exhibition from 10.00am to 4.00pm.
	ditto - Harvest Coffee Morning & Cake Sale at Hadleigh Methodist Church from 10.00am to 12.30pm.
	ditto - Southend-on-Sea seafront fireworks display starting at 8.00pm. Every Sat until 15 Nov.
Sun 5 Oct 2025	- HOFS Open Studios & Exhibition from 10.00am to 4.00pm.
Sat 11 Oct 2025	- Coffee Morning at Hadleigh Methodist Church from 10.00am to 12 noon with drinks, cakes and bric-a-brac stall. Held 2 nd Sat of month.
	ditto - Beat and Beans Café at St James the Less Church from 10.30am to 12.30pm. Refreshments & live music by Monday Folk.
	ditto - Coffee Morning & Book Sale at St Peter's Church, Thundersley from 10.30am to 12.30pm. Held 2 nd Sat of month.
Wed 15 Oct 2025	- Lunchtime Concert (Piano Trio) at Southend Civic Centre from 12.15pm to 1.00pm. Retiring collection.
Thu 16 Oct 2025	- Poetry Reading Group reading poems by Dylan Thomas at Hadleigh Library from 2.30pm to 3.30pm. All welcome.
Sat 1 Nov 2025	- Hadleigh Heritage talk 'Southend's First Pier' at St James the Less Church at 10.30am. Admission £5.00 includes light refreshments.
	Leigh Horticultural Society Winter Show at Leigh Road Baptist Church, Leigh-on-Sea, from 2.00pm to 4.00pm. Admission £1.00.
Sat 29 Nov 2025	- Hadleigh & Thundersley Community Archive Drop-in at Hadleigh Library from 10.30am to 12 noon.
	ditto - Castle Point Astronomy Club Open Evening (free) at St Michael's field, Daws Heath, from 5.00pm to 7.00pm.

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