

# NEWSLETTER



 St Andrew's Church, Marks Tey

 @marksteychurch

Ian Scott-Thompson *writes...*

## Dear Friends,

Welcome to the June Newsletter from St Andrew's Church! Since it's electronic, it's nice not having to worry about keeping it down to four pages. We're very grateful to our editor Graham Stein, who arranges all the contributions to read well and look attractive.

Churchwarden Tim Dooley has written some reflections on the ways we have been caring for others in our community.

As you read this, it's Pentecost, when God welcomed his Son back to the courts of heaven and then gave us his Holy Spirit to dwell with us for ever. This is not just theory, but it really means that God is with us and even inside us. Jesus was given the name 'Immanuel', God with us; and even as he left his followers, he promised to be with them always, even to the end of time. Now he has fulfilled that promise by sending his Spirit to fill us with his presence and power. Maybe you could do with God's Spirit, to bless you and be with you today? Simply ask him!

With best wishes,

*Ian*



### Worship at St Andrew's Church, Church Lane, Marks Tey

During the present crisis, the Church of England will not be gathering together for public worship and the Church building has to remain closed. However, please make full use of televised church services, websites, social media, smart speakers etc., which all offer worship in different forms.

St Andrew's is holding a morning service every Sunday on Zoom ([ask for details](#)). It's also a good opportunity to read your Bible, pray and phone a friend to encourage one another.

### Coronavirus Volunteers in Marks Tey

The Parish Council flyer asking anyone who needed support during the Coronavirus crisis, or anyone who would like to volunteer, to contact Maureen Callen or Kate Evans, had a great response with lots of village volunteers, and loads of people helped at least once, and many multiple times.

This is in addition to all the support people are already giving to friends and neighbours - which shows, once again, what a brilliant, caring community we live in.

Thanks to all those kind and friendly people who are making a difference, and if you know of anyone who needs help, please let us know!

Maureen Callen - 07928 810404 or  
Kate Evans - 07850 695154

## Reflections from the Frontline

I am in my 30th Year working for the NHS, currently as a Matron for Clinical Improvement and I am writing this on the eve of the last 'Clap for our Carers'.

We currently have 77 COVID-19 positive patients over 3 hospital sites, a significant reduction to the 256 patients at the peak of the pandemic. We continue to celebrate the recovery of each patient by writing their name, age and length of stay onto a rainbow and pinning it to a huge blue heart at the hospital entrance. We join together to remember those who didn't make it home.

The nation has supported us at work with heart-warming acts of kindness over a challenging and unprecedented 10 weeks. We have felt that support at home too. I have opened my door to cheers and clapping and been treated to some first class bugling by my neighbours who were socially distanced up and down the drive. It was amazing! I didn't even care that they caught me in leggings.

*I can confirm that neighbourly spirit is alive and well in Marks Tey!*

Driving in to work without the usual chaos remains a bonus and there continues to be ample parking in the hospital grounds. I am still grateful for this small mercy.

The ward that has been my heart and soul for over 7 years became the COVID-19 positive ward and they rose to the occasion. It continues to be challenging both physically and emotionally but we are "donning, doffing and disposing" of our PPE like ninjas and seeing your colleague in a face mask is now the norm (for some an improvement!). We remain united in scrubs with the hierarchy of uniform seeming less important than the person beneath it. The staff have truly shone and I couldn't be prouder. The nurses have looked after your loved ones and each other, during this difficult time and they do realise the impact that separation has on both patient and family. A few weeks ago I would never have considered holding up an IPAD so a patient can face time, but even I managed to work out what to do so there is hope for other technophobes!

The struggles of a 'Hugger' remain real but I have adjusted to the withdrawal.

This event has invited us to rethink our current ways of working and like a phoenix rising from the ashes we will build something new, something better for our patients and NHS staff. Now the steady stream of COVID-19 positive patients entering the hospital has become a slow stream, we are able to embed improvements in our patient care. We are discharging medically optimised people at the earliest opportunity. There is a more open minded approach to flexible working and many staff have an improved work / home life balance. Where we once had crowded meeting rooms we now host many of our communications via dial in or video link, an advancement in my opinion. Those that were retrained and up-skilled in Critical Care and ITU have utilised their knowledge and are confident in their practice. Minimising non-essential visits to the clinical areas has reduced the foot fall in and out of wards and consequently there is less interruption to patient care. A *Wellness Hub* has been established in the hospital. It offers staff a cup of tea and some respite. Tea served by Airline pilots no less, who had selflessly offered their time to the NHS. It was busier than usual in the Hub that day...

*We are unsure what the future will bring for us but I have faith in our resilience.*

For now I am looking forward to returning to a moderate amount of business as usual in my day job within a hospital, that continues to adapt to the needs of the public and the demands of Coronavirus.

### **Long live the NHS**

By Ruth Eve

Matron at Broomfield Hospital



*Faith is the bird that feels the light and sings  
when the dawn is still dark.  
Rabindranath Tagore*

### **From Tim Dooley...**

Dear All,  
Wow, what a magnificent response from our community in Marks Tey and our congregation at St Andrew's Church!

So many volunteers to help shop, pick up prescriptions and donations of food galore for all the vulnerable people of our village. It's a true blessing to us all that we have such a caring community and long may this continue after we break free from this lockdown.

If we learn anything from this surreal situation we have found ourselves in over the past couple of months, it is 'Who Cares?' - **We do!**

God bless you all, for all you are doing!

Tim Dooley

Churchwarden & Pastoral Assistant  
St Andrews Church, Marks Tey

## Children's Activities

Children's Activities are added each Thursday to St Andrew's Church website: [www.marksteychurch.org.uk/index.php/childrens-activity/](http://www.marksteychurch.org.uk/index.php/childrens-activity/) Children's activities can be undertaken by children of all ages and adults too! We hope that the variety over the weeks will appeal to all. Please do email [messychurch@marksteychurch.org.uk](mailto:messychurch@marksteychurch.org.uk) with suggestions and share examples of artwork activities you have done.

Elizabeth





#PLEDGE2PRAY

## Praying for the Nation

During this difficult time, many people have been turning to prayer. Members of St Andrew's have spent many hours over the eleven days leading up to Pentecost Sunday 31st May praying for the world, our nation, the NHS, the scientists, the sick, the grieving, the lonely and isolated and all the community of Marks Tey. This has all been as part of **Thy Kingdom Come**, a prayer initiative started by the Archbishop of Canterbury some years ago. We know that our God is lovingly interested in each one of us and longs to hear us talk to Him, even if we have never done so before and we know that He answers prayer.

If you would like to have a go, then I would recommend

<http://www.trypraying.co.uk>

Also, Thy Kingdom Come have produced a lovely song to a familiar tune

<https://www.youtube.com/watch?v=CWhL6v8oQZ0>

If you would like to leave a prayer request then you can do so here

<https://www.healingmission.org/>

## Daily Hope

Do you know anyone who is isolated, without internet access and could benefit from comfort and hope during these difficult times?

In response to Covid 19, the Church of England launched a freephone telephone service at the end of April, providing hymns, reflections, prayers and a message from the Archbishop of Canterbury as well as audio access to the Church of England weekly national church service. In less than 4 weeks it received over 100,000 calls, covering over 1,100,000 minutes.

During the Thy Kingdom Come international prayer initiative inspirational content was added related to Thy Kingdom Come. The service on May 24 featured HRH the Duke of Cambridge concluding Mental Health Awareness Week. Apparently other contributors have been lined up.

**Daily Hope is Free** to call from the UK and is available 24/7 on **0800 804 8044**

So if you know someone will be blessed by this service do tell them.

### Marks Tey Neighbourhood Plan Consultation

*Friends, please note that:*

- \* The Neighbourhood Plan consultation has been extended by another month, now until 12th July 2020
- \* All the documents can be viewed and questionnaires submitted on the PC's new website: [www.marksteyparish.org.uk](http://www.marksteyparish.org.uk)
- \* There are regular postings on the Parish Council's facebook page: [www.facebook.com/MarksTeyParishCouncil/](https://www.facebook.com/MarksTeyParishCouncil/)
- \* People can borrow copies of any of the documents and put questions about the Plan to:

Allan Walker - 01206 211424 John Wood - 01206 212100

### Church Hall Refurbishment

Our thanks to **Lee of Aluminium Bidesign**, who has kindly replaced two Church Hall windows broken by the winter storms! Also to **Valerie Tunbridge**, who has given the Hall walls and floor a thorough clean and re-seal and washed the curtains, too! The Church Hall is now looking beautiful, ready for use when we can.

## The quiet line of defence

*Graham Stein writes...*

In my last article I wrote about the essential work that Funeral Services do and the contribution we make regarding the Covid-19 pandemic. I have to say that despite the number of reported cases reducing in the National Media, it is important, more now than ever before, that people use common sense and have respect for the advice being given by the state. We are not out of the woods yet! Just because the government has started to look at relaxing the lockdown to a point, doesn't mean it's back to normal, far from it. It wouldn't take much for a second spike to happen and that is not just in the UK. If it were to happen, the pressures on the NHS, Funeral Services, Churches, Crematoriums and other services closely linked, would be tremendous and push things right up to the preverbal cliff edge and possibly over it. I have seen first hand the emotional turmoil in families not being able to mourn properly due to the pandemic, it is inconsolable.

We know the irreparable financial damage that has been done to national economies across the globe, but that is in my opinion insignificant to the cost that has and could again be to human life. We must also take note and not miss the opportunity to increase the gains that have been made to the environment since the lockdown, with regards to the massive reduction in pollution that has been seen and noted, especially in those cities around the world, where smog has disappeared to allow national buildings to be seen clearly from afar, where fish have been seen for the first time in the canals of Venice, what a boost that could be to the tourism trade. I myself have noticed a vast difference in the air quality in Colchester, since I use my bicycle to get to work, as well as being safer on the roads. I do hope that people just don't jump back into their cars and undo all the positives that have been gained from the disastrous situation that Covid-19 brought.

To quote American President JFK ***"For, in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children's future and we are all mortal."*** Never has a more poignant statement of the situation that the Human race finds itself in today been true.

The other important aspect of this whole thing is the emotional affect on couples who have had to live separate lives. My wife Anne and I have now been apart for seven, nearly eight weeks. I know there are many other couples who are as they say, "in the same boat" and although we hopefully will be back together soon, we will still have to exercise caution and social distance due to the nature of my work, disinfecting everything. It has been very difficult on an emotional level, unable to just hold and embrace my wife, as she has underlying health issues, but if it ensures Anne's safety then I will wait patiently, until a vaccine has been found or sometime in the future, however long that maybe, this wretched virus has subsided significantly to a point where it no longer poses a threat, but who knows how long and far into the future that maybe.

It did annoy and pain me to see over the last weekend in May the number of people along Brighton and Southend beaches, not to mention the rest of the country, the number of people out and about, but also reports of some with alcohol and carrying on if Covid-19 didn't exist, or they were immune, it felt like some of those people had no regard or concern with the more than probable potential of a second wave hitting society, whereupon we would have a second lockdown and even more strict than the first. I know it has been tough on a mental and emotional level, but please, slowly ease back into what we had before this pandemic struck and it will return quicker, but caution and consideration must be of the essence. There is a saying which is:

***Patience is a virtue, possessed by some and envied by many.***

Stay safe      Stay well      Keep your distance

### The Next Bishop of Chelmsford

What kind of Bishop do you want, to follow on from Stephen Cottrell? We are all invited to have a say – the process is [here](#).

### **SCHOOL**

School is now open again for Early Years, Year 1, Year 6, as well as children of Key Workers. A full risk assessment and new procedures have been put in place. Please pray for staff and children, who will be working hard while keeping new rules, to stay safe and socially distanced wherever possible. Well done, St Andrew's School!

This month we will be praying for  
all who live and work in  
**Mill Road, The Rookeries,  
Old London Road,  
The Crescent and  
Dobbies Lane**

and pray for those who feel  
lonely or separated from a loved  
one by circumstances beyond  
their control.

For further details/  
prayer requests,  
please contact:  
Peter Strode on  
**01206 212917**




**WEDDINGS  
AND FUNERALS**

Weddings and funerals can still happen, but on a small scale and with careful hygiene. We are your church – please ask and we'll do our best for you!

## **Who's Who in the Church [www.marksteychurch.org.uk](http://www.marksteychurch.org.uk)**

**Rector:** Rev Ian Scott-Thompson The Rectory, Church Lane CO6 1LW 01206 215772

**Church Wardens:** Andrew Waters 43 London Rd, Copford CO61LG 01206 210247

Tim Dooley 65 Godmans Ln, Marks Tey CO6 1NQ Mob 07899 941143

**Church Hall & Bookings:** Yvonne Norman 29 Coggeshall Rd Marks Tey CO6 1LL Mob 07709 064599

**Pastoral:** Tim Dooley, 65 Godmans Lane, Marks Tey CO6 1NQ Mob 07899 941143

**Treasurer:** Yvonne Norman 29 Coggeshall Rd Marks Tey CO6 1LL Mob 07709 064599

**Newsletter Editor:** Graham Stein 32 Hazelton Road, Colchester CO4 3DT email: [graencs@icloud.com](mailto:graencs@icloud.com)

If you would like to advertise your business here, contact Yvonne Norman on 07709 064599

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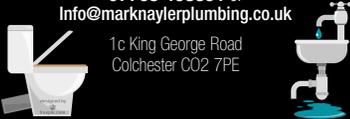
   
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