

# *Southend & Leigh* CIRCUIT NEWSLETTER



Autumn 2022

*Fourth Quarter*

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## Welcome to our Circuit

We are a group of 15 Methodist Church fellowships, including a Zimbabwean fellowship, on 17 sites in the southeast corner of Essex. Our Circuit also incorporates 'Westerley', a Christian care home.

Our churches provide traditional services alongside an increasing number of contemporary and family-friendly expressions of worship.

We have a growing sense of service and mission to our communities, with a desire to love our Lord, and our neighbours.



## FOLLOW / CONTACT US



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[www.southendandleigh.org](http://www.southendandleigh.org)



# Message from our new Minister

*Dear Circuit friends,*

It was a great privilege to be welcomed by many friendly faces from the Circuit on the 4th of September. It was both a humbling experience and a great joy at the same time. The anticipation to even stand on the stage and make promises in front of my family and friends was something else. God being so awesome, orchestrated this day, and I cannot thank God enough! I want to thank everyone who attended the service.

Although that day was joyful, it also brought memories of when I first heard God's call to be a local preacher in 2019, and I had no idea that it would lead to Presbyteral ministry. Almost two years ago, I waved goodbye to my friends in the Doncaster Circuit. I walked through the doors of Queens Foundation Ecumenical College during the pandemic. With a bit of apprehension, I dragged my suitcase to my new flat and realised that it was the beginning of new challenges and adventures with Jesus and would change my life forever. It was very strange settling into a new place when everything was closed due to the pandemic. I spent my first year of college on Zoom. It was frustrating in some ways, but it became a new venture to develop my computer and study skills.

In January 2022, I received the 'Joyful news' of being stationed at the Southend & Leigh Circuit. Fast-forward to September, we are here in Southend-on-Sea. As we look ahead I am reminded of Proverbs 3:5-6, "Trust in the Lord with all your heart and lean not on your own understanding, and in all your ways submit to, and he will make your paths straight". As I begin my ministry here in Southend-on-Sea, I recognise more than ever that I have to "trust in the Lord with all my heart".

God bless you all,

*Rev Agnes Sam*

## *Short Biography*

I am the Minister for Thorpe Bay and UMC Methodist churches. This is my first appointment as a probationer minister, having studied at the Queen's Foundation in Birmingham for two years. Before that, I was living and working in Doncaster. My hobbies include walking, cooking and volunteering. I am also a good conversationalist. Therefore, I am happy to stop and chat anytime and anywhere. I am married to Francis, and we are excited to join the Southend & Leigh Circuit of the Methodist Church. We look forward to serving, exploring and worshipping together. I am passionate about helping people to know God and find out how they can get closer to God through Jesus Christ. So, I hope to have fun with God and you in the number of years that I will be part of your lives in the Southend & Leigh Circuit.





# Circuit Calendar 2022/23

## OCTOBER

- Sat 1st – Circuit Prayer Breakfast, 8.30am, Zoom (details available from Circuit Office)  
Tue 4th – CLT, 7.30pm, Zoom  
Wed 5th – Worship Academy, 7pm-9.15pm, Benfleet Methodist Church  
Fri 7th – Minister's Staff Meeting, 2pm  
Sun 9th – Gospel Vespers 7pm for 7:30pm, The Fisherman's Chapel  
Tue 18th-Wed 19th – Superintendents' Meeting, Chelmsford Diocesan House of Retreat  
Wed 26th – Wellbeing and Wholeness Service, 7.45pm  
Sat 22nd – BEH Circuit Stewards' Meeting, 10am-12noon, Video Conference  
Sat 29th Circuit Prayer Day, 10am-2pm, Rayleigh Methodist Church

## NOVEMBER

- Wed 2nd – Worship Academy, 7pm-9.15pm, Benfleet Methodist Church  
Fri 4th – Minister's Staff Meeting, 2pm  
Sat 5th – Circuit Prayer Breakfast, 8.30am, Zoom (details available from Circuit Office)  
Tue 8th – CLT, 7.30pm, Zoom  
Thu 10th – District Policy Committee, 7.30-9.30pm, Video Conference  
Sat 12th – Circuit Treasurer's Meeting (District), 10am-12noon, Video Conference  
Sun 13th – Remembrance Sunday  
Sun 13th – Gospel Vespers 7pm for 7:30pm, The Fisherman's Chapel  
Tue 15th – District Manses Committee, 2-4pm, Video Conference  
Wed 16th – Circuit Meeting, 7.30pm, Zoom  
Wed 23rd – Wellbeing and Wholeness Service, 7.45pm  
Sun 27th – Advent begins

## DECEMBER

- Fri 2nd – Minister's Staff Meeting, 2pm  
Sat 3rd – Circuit Prayer Breakfast, 8.30am, Zoom (details available from Circuit Office)  
Tue 6th – CLT, 7.30pm, Zoom  
Wed 7th – Worship Academy, 7pm-9.15pm, Benfleet Methodist Church  
Sun 11th – Gospel Vespers 7pm for 7:30pm, The Fisherman's Chapel  
Sat 24th – Christmas Eve  
Sun 25th – Christmas Day

## **2023**

## JANUARY

- Tue 3rd – CLT, 7.30pm, Zoom  
Fri 6th – Minister's Staff Meeting, 2pm  
Sat 7th – Circuit Prayer Breakfast, 8.30am, Zoom (details available from Circuit Office)  
Sun 8th – Gospel Vespers 7pm for 7:30pm, The Fisherman's Chapel  
Mon 9th – District Safeguarding Oversight Group, 2pm-4pm, Video Conference  
Wed 25th – Wellbeing and Wholeness Service, 7.45pm, Benfleet Methodist Church



# Circuit Calendar 2023

## FEBRUARY

Wed 1st – Worship Academy, 7pm-9.15pm, Benfleet Methodist Church

Fri 3rd – Minister's Staff Meeting, 2pm

Sat 4th – Circuit Prayer Breakfast, 8.30am, Zoom (details available from Circuit Office)

Tue 7th – CLT, 7.30pm, Zoom

Sun 12th – Gospel Vespers 7pm for 7:30pm, The Fisherman's Chapel

Wed 22nd – Wellbeing and Wholeness Service, 7.45pm, Shoeburyness Methodist Church

Wed 22nd – Ash Wednesday (Lent begins)

## MARCH

Wed 1st – Worship Academy, 7pm-9.15pm, Benfleet Methodist Church

Fri 3rd – Minister's Staff Meeting, 2pm

Sat 4th – Circuit Prayer Breakfast, 8.30am, Zoom (details available from Circuit Office)

Tue 7th – CLT, 7.30pm, Zoom

Sun 12th – Gospel Vespers 7pm for 7:30pm, The Fisherman's Chapel

Wed 15th – Presbyteral Session of the Synod, 10am-3pm, Bishop's Stortford Methodist Church

Thu 16th – Circuit Meeting, 7.30pm, Zoom

Sun 19th – Mothering Sunday

Wed 22nd – Wellbeing and Wholeness Service, 7.45pm

Tue 28th-Wed 29th – Superintendents' Meeting, Welwyn Garden City

## APRIL

Sat 1st – Circuit Prayer Breakfast, 8.30am, Zoom (details available from Circuit Office)

Sun 2nd – Palm Sunday

Tue 4th – CLT, 7.30pm, Zoom

Wed 5th – Worship Academy, 7pm-9.15pm, Benfleet Methodist Church

Thu 6th – Maundy Thursday

Fri 7th – Good Friday

Sun 9th – Easter Sunday

Sat 22nd – Representative Spring Synod, 10am-1pm, The Square Methodist Church, Dunstable

Wed 26th – Wellbeing and Wholeness Service, 7.45pm

# Circuit Prayer Diary October-December

*On the following Sundays and during the week  
we ask you to pray for:*

## OCTOBER

Prayer for Sunday 2nd – Pastoral Leaders, Carers and Class Leaders  
Mid-Week Prayer of Week 40 – Worship Academy  
Prayer for Sunday 9th – Trinity Methodist Church  
Mid-Week Prayer of Week 41 – James Carver, Methodist Youth President 2022-23  
Prayer for Sunday 16th – Anchored at Fishermen's Chapel  
Mid-Week Prayer of Week 42 – Church Musicians  
Prayer for Sunday 23rd – The Kindness Kitchens at Short Street/ SVP  
Mid-Week Prayer of Week 43 – Methodist Church Zimbabwe Fellowship  
Prayer for Sunday 30th – Mission Planning Groups



## NOVEMBER

Mid-Week Prayer of Week 44 – Prayer Groups and Chains  
Prayer for Sunday 6th – United Methodist Church at Great Wakering  
Mid-Week Prayer of Week 45 – HARP Homeless Charity  
Prayer for Sunday 13th – All those affected by conflicts & war  
Mid-Week Prayer of Week 46 – President of the Methodist Conference, Revd Graham Thompson  
Prayer for Sunday 20th – Inspire at Wesley  
Mid-Week Prayer of Week 47 – Leigh-on-Sea Town Council, Councillors and Leaders  
Prayer for Sunday 27th – United Methodist Church at Shoeburyness  
Mid-Week Prayer of Week 48 – Supernumeraries



## DECEMBER

Prayer for Sunday 4th – Christmas Services and Events across the Circuit  
Mid-Week Prayer of Week 49 – Adventure Island Chaplaincy  
Prayer for Sunday 11th – Wesley Methodist Church  
Mid-Week Prayer of Week 50 – Vice-President of the Methodist Conference, Anthony Boateng  
Prayer for Sunday 18th – Mindfulness at Fishermen's Chapel  
Mid-Week Prayer of Week 51 – Westerley Christian Care Home  
Prayer for Sunday 25th – For the lonely and isolated on Christmas  
Mid-Week Prayer of Week 52 – Whittingham Mission Centre





The **Methodist Church**

# **RECHARGE | REFRESH** **Circuit Prayer Day**

*Book via Eventbrite -*

[Recharge | Refresh Circuit Prayer Day Tickets, Sat 29 Oct 2022 at 10:00 | Eventbrite](#)

**Rayleigh Methodist**  
**29<sup>th</sup> October, 10am–2pm**  
**Soup Lunch Provided**  
**Come and be refreshed**

ROCHFORD  
200

Celebrating 200 years of  
Methodism in Rochford

Rochford are continuing to  
celebrate our 200th  
Anniversary together with  
Thorpe Bay Methodist  
Church

# QUIZ NIGHT

Saturday 1st October 2022

7.30 p.m. start

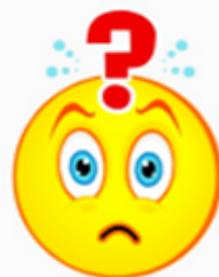
*at Thorpe Bay Methodist Church*



Tickets £5.00 each

*Bring your own soft drinks  
(no alcohol please) and nibbles*

*Make up your own team of 6 - 8  
or come along and join with some others*



To book telephone or text Judith Randall on 07742 705109

In aid of Church Mission Funds to support  
White Eagle Project Uganda      International Justice Mission

# THE EXPERIENCE PROJECT

On Tuesday 9th August, The Whittingham Mission hosted a Sports Day for the local community and approximately 40 adults and 40 children attended. The weather was glorious and we all congregated on The Bournes Green field.

Children from 3 - 14 years old took part in egg and spoon, 3 legged, dress up, balloon, sack and running races and not forgetting their favourite Tug of War. The parents and grandparents were not left out and also joined in races and the tug of war which is always a VERY competitive event. The children had their faces painted in their team colours and they were all awarded a medal for taking part.

We served cold drinks, pizza, cakes and ice lollies so nobody went home hungry. It was a great day and when one young boy left the field he said to us 'it was his best day ever'. Many thanks to Jess and Pete who joined our team of volunteers to help with the smooth running of the day. It was a very successful event and great fun was had by all.



## Worship Academy 2022-2023 Season 10

First Wednesday of the month except  
January, August and September,  
19:00-21:00 at Benfleet Methodist Church.

Worship Academy is a training programme particularly for leaders of worship in the Methodist Church but it is open to everyone.

Outline of the Evening:

19:00 meal

20:00 worship led by the circuit

20:15 worship academy

c.21:15 depart



If you are interested in joining the mailing list for an invite please contact: [southendandleighcircuit@gmail.com](mailto:southendandleighcircuit@gmail.com)

Any questions please feel free to contact Worship Academy Coordinator, Sanya Strachan.

## Worship Academy 2022/2023 Season 10

First Wednesday of the month except August and September

Date	Topic	Speaker/Facilitator	Church leading worship
<b>TERM ONE: Ministry</b>			
5 October	Methodist Conference 2022: main theme	Revd Dr David Chapman (BEH District Chair)	Highlands
2 November	Ministry	TBC	Canvey
7 December	Children and Youth ministry	TBC	Benfleet
<i>January</i>	<i>N/A</i>	<i>N/A</i>	<i>N/A</i>
<b>TERM TWO: Spirituality</b>			
1 February	Prayer in worship	Jane Fulford	Thundersley
1 March	Modern worship and modern worship songs	Lewis Cox	Hadleigh
5 April	How worship helps us with evangelism	Revd Emma Nash	Rayleigh
<b>TERM THREE: Inclusivity</b>			
3 May	Inclusivity piano presentation	Revd Erial Kirby	Belfairs
7 June	On the margins, local community, how to craft worship for people unaffiliated with 'church'	TBC	Rochford
5 July	TBC	TBC	Thorpe Bay/UMC/Hockley

# Church and Circuit News

## Trinity Family Centre and the High Sherriff

Trinity Family Centre was honoured to have a visit from the High Sheriff of Essex on 5<sup>th</sup> September. He was visiting just 3 other charities in Southend, and we were asked if we would like him to come to us. The Pop In group for pensioners enjoyed his brief talk about his role.



# CAN YOU SPARE 3 HOURS A WEEK?

We need volunteers to help with running our charity shop and supporting other vulnerable volunteers. Open Tuesday - Friday 10-4 & Saturday 11-2

**Trinity Family Centre Shop**  
**11 West Road, Westcliff On Sea SS0 9AU**  
Contact [Sarah@trinityfamilycentre.org](mailto:Sarah@trinityfamilycentre.org) 01702 436228

# Church and Circuit News

## My Experience as an ANNA CHAPLAIN

I am into my fourth year as an Anna Chaplain and finding it more rewarding than ever. Yesterday I had a lovely session as a personal befriender, visiting my wonderful 92-year-old who lives in a ground floor flat of a retirement complex. She makes me so welcome with homemade shortbread and her friends are pleased when I make my monthly calls as they share the rest of the shortbread in the afternoon! I have grown so fond of my friend B, and yesterday was touched, when she asked me if I would take her funeral service (I am also a Local Preacher).

So for those reading this who may not know about Anna Chaplains, who are we and what do we do?

The Bible Reading Fellowship's ANNA CHAPLAINCY is an ecumenical, community-based chaplaincy network promoting the spiritual welfare of older people for people of strong, little or no faith at all. Anna Chaplains support older people and their carers, wherever they may be – in residential care, in their own homes and in the community.

Like many Anna Chaplains I was already involved in the field before I became an Anna Chaplain. I spent one morning a week in a local care home with individual residents, most of whom had advanced dementia. My one-to-one interactions were very much appreciated by the individuals in most cases. The manager of the home welcomed my weekly visits, as did the staff and families, I wore a large badge with simply my name EILEEN on it in red felt tip. All names have been changed and I always sent the manager my articles before publication. He was delighted and sent copies to his own employers. One lady called Kitty always chose to be alone and in the early days was more likely to swear at me when I said 'Hello' but later used to say "Eileen, my sister is called Eileen. I'd better go and find her."

As in their earlier lives every resident is an individual, unique and precious. Every week I would sit and chat with Peter. He never recognised me. But when I reminded him that he used to service Lancaster Bombers in WW2 he would be so pleased to tell me his story again. Every week he became more lucid and happy to talk about not wanting to be called up, but volunteering. We would talk about how proud his father was when he signed up. The staff were wonderful, but did not have the time that I had to listen to his stories. I never tired of similar discussions as he himself loved our conversations.



Unfortunately for me during COVID the home was sold to a different care home group. I hoped to return but the new management only wanted individuals, who could act as voluntary carers, being fully trained in lifting, using a hoist, feeding etc and had no concept of one to one interactions. I do so much miss my work there, but had to accept that it had come to an end.

One door closed, but another opened. I am now well in to my second year of volunteering with the HOPE group at a local Methodist church. We meet on Mondays between 10am and 2pm. This group comprises of individuals with dementia and their spouses, who have become carers. There are also carers whose loved ones have needed to go into residential care, but want to stay with the group as the carers are so supportive of each other. I join the group as a listener and it is such a privilege that individual carers want to talk to me. I also interact with those having dementia, who chat away so happily, telling me their stories.

Our HOPE group is fully integrated with other groups meeting at the same time, e.g. card makers, creative crochet and knitting. During the morning we usually do keep fit and a varied range of other activities are laid on. We lunch together and usually in the afternoon we have a sing along session with old favourites. Our group is close knit and our leader decided to meet for the TV coverage of our late Queen's funeral, which was such a wise decision.

During the COVID lockdown I learned of the need for volunteers to do telephone befriending for our local Age Concern. I have continued this work and one morning a week I phone up individuals and it has surprised me just how meaningful and valuable it is. The people tell Age Concern that they would like to have someone to chat with. Age Concern explain that the befrienders will make contact and it is one way only. They do not phone the befriender. I then agree with the person a day and time when I will call. I have been told that my calls are "the highlight of my week" and "I really look forward to talking to you". Some of the people I phone have had to shield because of their medical conditions and it has been isolating and very difficult for them. I see the need personally to continue telephone befriending for the very elderly, who may be housebound. I report back monthly to Age Concern on my calls and more frequently if I feel the co-ordinator needs to know about an issue.

I am into my third year of this commitment and really love it. Two individuals have been with me all the way through, others have died or moved away, and I have been invited to take on new people. It is so different when we are a few months into the befriending and trust has built up.

Other Anna Chaplains cover a vast range of activity, but all serve elderly individuals. In our regular training sessions I learn so much from colleagues and the central team at B.R.F.

**Eileen Simmons**

21/09/22

Tel: 01702 472521

[eileen.kester.simmons@gmail.com](mailto:eileen.kester.simmons@gmail.com)

The logo for Age Concern features the word "AGE" in a large, bold, blue, serif font. Below it, the word "Concern" is written in a pink, cursive script font. A pink horizontal line is positioned below the word "Concern".