



# **THE CLARION**

**Wesley Methodist Church**

**September 2025**



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## **MINISTER'S LETTER**



When we're young we have a sense of awe and wonder at most of the thing we see, whether that be an ant running across the pavement or a '99' ice cream with two flakes in it! But as we get older, we sometimes seem to lose that sense of awe and wonder. We can too easily get caught up in our thoughts, remembering the past, or worrying about the future, to notice the many amazing things going on around us. We're too focused on counting all the things we don't have, to notice the beauty, love and abundance that is already ours.

What is your first thought upon waking in the morning?

If you're like a lot of people, it will be one of resistance. You don't want to get up! You don't feel like facing your to-do list. You don't want to go to that meeting. You're not exactly enthused about struggling through another tiresome day. Your first thoughts in the morning can have a huge impact on the attitude, feelings and energy you carry around with you for the remainder of the day.

The Roman Emperor Marcus Aurelius once famously wrote: *"When you arise in the morning, think of what a precious privilege it is to be alive — to breathe, to think, to enjoy, to love."*

Imagine how different we would feel if we were to wake up with a similar attitude; if we greeted the day with thoughts like: *"Wow, what a privilege it is to be alive. I'm so lucky to be here now, experiencing the wonders of life. I am blessed with fresh air, the beauty of nature, my loved ones, the ability to laugh, create and dance. I'm blessed with food and shelter, an imagination and the ability to do kind acts for others. I'm so grateful for today, and I'm going to relish the next 24 hours."*

Are you feeling inspired?

It's not easy to train your mind out of old habits, so to give you a helping hand, here are 10 positive morning thoughts that can help get you in the right frame of mind each day.

1. Thank you, God, for this gift of a whole new day. I am grateful.
2. How can I best serve God today?
3. I dedicate today to love and kindness.
4. I am going to give this day my very best, so that I may rest my head with deep satisfaction tonight.
5. I have everything that I need right in this moment.
6. I see the world with grateful eyes, and it fills my soul.
7. I will listen to God's voice today and allow Him to guide me.
8. Let me make the world a better place by shining my light today.
9. My life is a miracle.
10. I carry peace and stillness in my heart as I go about my daily activities.

And God's continual goodness to us is recorded in His Word:

*Acts 14:17b says; ‘...he has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.’ [NIV]*  
*And Lamentations 3:22-23; ‘<sup>22</sup> Because of the LORD’s great love we are not consumed, for his compassions never fail.  
<sup>23</sup> They are new every morning; great is your faithfulness.’*  
[NIV]

Every blessing,

Revd. Steve

[revdstevemayo@gmail.com](mailto:revdstevemayo@gmail.com)

01702483827

## **NEWS FROM THE PEWS**

### **SOUTHEND FOODBANK**

Natasha Copus, the Foodbank Manager, has arranged a Fundraising Meal at the Yak and Yeti in Leigh on 15<sup>th</sup> October. If you are interested please email [samantha@southend.foodbank.org.uk](mailto:samantha@southend.foodbank.org.uk) if you would like to go.

Eileen Simmons

### **ACTION FOR CHILDREN**

Many thanks for your generosity. Tina, our treasurer has sent off a donation of £253.50 plus gift aid slips for £145. This means that the Charity will receive in total £289.75 from Wesley. If any envelopes were handed in after 3<sup>rd</sup>. August, that amount will be forwarded in September.

Eileen Simmons: Action for Children Secretary



# **IMPORTANT DATES FOR YOUR DIARY**

## **Talking Poetry**



Wednesdays at 2:30pm

Choose any poem by the given poet or subject:

Wednesday 26<sup>th</sup> September – Wendy Cope.

Please contact Joan Hawkins on email  
[joanh838@icloud.com](mailto:joanh838@icloud.com) for further details'



## **FERN BOUGHTON-SMITH**

All ages are welcome to come and explore different types of exercise for fun, fitness or friendship. It does not matter what your fitness level is, the exercises will be tailored to you! Why not come and try! The 1<sup>st</sup> session is free! £7.00 a session after that.

Monday 11:00am – 12:00noon Wesley Hall, Elm Road,  
Leigh on Sea SS9 1SJ. For further information contact Fern

## **Information regarding the Circuit Directory**

At a recent Local Preachers' Meeting, the future of the Preaching Plan and Circuit Directory was discussed. Due to the ongoing requirements of the General Data Protection Regulations (GDPR) and data privacy, a lot of preachers were uncomfortable with having their contact details publicly available, especially as plans and directories are currently made accessible at church to wider congregants and visitors. Secondly, as the world continues to move into a digital format, the vast expense of paper, ink and postage of producing the current quantity of plans and directories that we do wasn't felt to be environmentally sustainable as the Methodist Church seeks to embrace its eco-vision, nor economically responsible.

The Local Preachers and Worship Leaders Forum agreed two outcomes, to take effect from 1st September 2025. Firstly, the Preaching Plan will only be printed on one side with the preaching grid, without any contact details on. Secondly, along with the Circuit Directory, its circulation will be greatly reduced and only to named contacts and office holders in churches who have a specific need to have one.

Therefore, from September, copies of the preaching plan will no longer be generally available to members of the congregation.

## **Afternoon Tea and Cakes for 2026**

In 2026 Tea and Cake Afternoons will be changing after 13 years – how ever many cakes is that? This is due to greater family commitments at home.

**For 2026 we have booked 4 Afternoon Tea and Cake dates:**

Thursday 30<sup>th</sup> April.

Thursday 25<sup>th</sup> June.

Thursday 24<sup>th</sup> September.

Thursday 26<sup>th</sup> November.

2pm-4pm in the Canteen room – Room 3.

Tea and Cakes for 2025 remain the same and we look forward to seeing you in September, October and December this year. We also encourage you to come along on Fridays and Saturdays to the Sanctuary Café inside Wesley Church. You will find a good selection of refreshments and homemade cakes in a peaceful space.

Thank you, Janet and Pam.

## **Afternoon Tea & Cakes for 2025**



Tea & Cake Afternoons are held monthly on Thursdays between 2pm-4pm in Room 3, so please book in these dates

for your diary.

September 25<sup>th</sup>

October 30<sup>th</sup>

And

### **Christmas Tea & Cakes**

December 11<sup>th</sup>

This year there will be a smaller selection of homemade cakes, plus a selection of cakes & biscuits from the shops.

The welcome for you to join us remains the same.

Janet and Pam



## **Poppies for the Pier**

### **Calling any knitters**

Sorry folks I meant to put this in for our July and August Clarion

The appeal asks people to knit or crochet poppies to line the length of Southend Pier for Remembrance. The poppies will be on view between the 5<sup>th</sup> and 16<sup>th</sup> November 2025. Patterns are available to download from the Southend Pier website. Donation points for the knitted poppies include Highland Methodist Church, Southend Pier and Railway, all Southend Library branches and Westcliff Wools. The deadline for the poppy donations is 26<sup>th</sup> September 2025.

The British Legion is aiming to raise funds from the sale of knitted poppies.

Thanks to those more organised than me, some of our knitters: Marjorie, Shirley and Joy, are supporting Ros Bryant and have been knitting them through Highlands Methodist Church. Viv is knitting for a display at Crowstone who are creating a wall display.

Thank you to all knitters – maybe we can have some photos for the December Clarion

God Bless

Jane

## **Loving through a broken Heart: A talk by Rev David Hardman at Trinity Methodist Church in Basildon**

### **Liaison Officer for the Methodist Church in Jersusalem**

I attended this talk about the history, geography and theology of this region in a calm and thoughtful gathering on the 3<sup>rd</sup> August 2025.

Rev David Hardman began by explaining why he had embarked on a series of talks. When in Jersusalem he lives overlooking the Church of England Cathedral - St Georges. (This area is not part of Gaza.) To illustrate one of the difficulties of those living in Israel at present, he shared that he had recently been concerned for the caretaker that cared for his building as he had not seen him for some time. The caretaker was fine – the simple answer was that he had not been allowed through a checkpoint barrier for a whole week. He had done nothing wrong, he was just trying to get to his place of work to enable him to earn a wage and feed his family. There was no reason given to explain why the checkpoint had been closed.

David then took us through the theology of the ‘promised land’ and the more up to date areas of occupation through an understanding of ‘settler Colonialism’, ‘Zionism’, ‘Occupation’, ‘Oppression’ and ‘Apartheid.’ Highlighting the Balfour Declarations of 1926 and of 1948 and the 6 Day

war of 1967 and condemning the taking of hostages by Hamas on Oct 4<sup>th</sup>, 2024.

For me this was illuminating but also very sad, as what came across was the ordinary Israeli and Palestinian simply want to get on with living their lives.

In the Question-and-Answer session the final question was 'What is the way forward?'

Firstly, there is no easy answer. Secondly, it is important that both Israelis and Palestinians have homelands and equal humanitarian rights to govern themselves. This would indicate a two-state solution. Thirdly, and alternatively, one state where all people can have equal humanitarian rights – a dream as there has already been so much conflict and bloodshed?

So as a beginning maybe a two-state solution but let the ordinary people decide – again maybe an impossibility but just sometimes the impossible can become reality.

Below is a suggested link for further reading from the Methodist Church in Britain Website

[Israel-Palestine - The Methodist Church](#)

### **Closer to home**

I did put out leaflets advertising this event in the sanctuary at Wesley. On the morning of the 3<sup>rd</sup> August I needed to check the time of this talk, so I was amazed to find they had almost all gone, none were on view! At one level it would have been wonderful if interested people had taken them,

but I fear not. I find it very sad and annoying that we cannot advertise a talk by a Methodist minister in a Methodist church with a wealth of knowledge about a controversial topic. If anyone knows who took them and why please do let me know. Please remember that one aspect of the Methodist Quadrilateral is 'reason.' One theme of the Methodist way of Life is Lifelong Learning. As Methodists we should be debating issues to help us make informed choices and to keep us from only hearing the voices of fake or extreme views.

I will continue to pray for peace in all areas of conflict as I hope you will

### **A Prayer for peace**

Creator God

Today in a fractured world we pray for peace and justice,  
Your peace, not built on our broken promises and failing  
courage,

But your deep peace, through your creative power and  
embodied in the service and sacrifice of Jesus.

May we follow Christ, seeking your justice, acting in  
solidarity and hope,

Even when the way seems unclear and the powers of our  
world don't reflect Your Kingdom,

Your Peace, Your Justice, Your Kingdom, Your world,  
In Jesus name

Amen. (From the Methodist Church in Britain Website)

God Bless Jane.





## **Thank You**

Thank you so much for all your donations, support and prayers. We raised £120 for the NSPCC as part of our sponsored walk for the NSPCC's Childhood Day on 6 June.

Half a million children suffer abuse or neglect a year in the UK. That means 7 children in a classroom experience abuse before they turn 18. Your donations, support and

prayers are truly appreciated.

Thank you again, Sanya and Casey

## **News item.**

Pam Boughton-Smith has a lightweight 'as new' wheelchair with an extra cushion which is easy to put into boot of a car. Her sister Ann has donated it to Wesley. If anyone would like to borrow it, a suggested donation to Memory Worship would be appreciated. Please contact Pam for further information.'

## **PASTORAL NEWS as at 15<sup>th</sup> August 2025**

At Wesley we have a range of activities and people who contribute to Pastoral care. I co-ordinate a wonderful team of Pastoral visitors who each have group of people, for whom they provide pastoral care. Revd. Steve and I would like to thank all of the people in this team for everything they do.

For this Pastoral news item for the Clarion I regularly invite people to see whether they want to give their news, but most seem to prefer their privacy.

Because we have a prayer chain any immediate new need is met and I am informed when anyone is added to the chain.

Jane Fulford kindly keeps up to date a vestry book, which is given to our preachers with the names for the prayers of Intercession.

Once a week I send Revd. Steve a pastoral update; this is usually on Mondays or Tuesdays. I also let him know to whom I have sent card that week.

To become a Pastoral Visitor, an individual needs to be a CHURCH MEMBER. We need more Pastoral Visitors. I have had to close my own list recently as currently I have seventeen names on that list, which is simply too many to do the job properly. Pastoral Visitors keep in touch with people in their groups by home-visits, telephone calls, e-

mails and in some cases lunches out together. I commend the latter!!

If you qualify by virtue of being a member please talk to me or Revd. Steve if you think you could become a Visitor. Training, including safeguarding can be arranged. I just love getting to know my group and enjoying their company.

By the way many people are no longer using telephone landlines, so please let me know your mobile numbers which replace them. We need to keep our records up to date. These complete lists of members and those on the community roll are only available, in full, to a small number of the Leadership team in the light of GDPR rules.

Please keep in your thoughts and prayers those in our Wesley family who are currently unwell.

Eileen Simmons      Pastoral Co-ordinator

Tel : 01702 472521

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

## **Monthly Communion and Time for Prayer**

At 9.00am on every second Wednesday of the month for the last year we have held a communion followed by a Time for Prayer at 9.30am. We intend to continue this for another year. All are welcome

The dates are for this year, 10th Sept, 8th Oct, 12th Nov , 10th Dec

For 2026 the dates are 7th Jan, 11th Feb, 11th March, 8th April, 13th May, 10th June, 8th July.

Hope to see you

God Bless You

## **WESLEY PRAYER CHAIN/PRAYER FOR YOU**

A prayer chain is a way for people to gain God's assistance through prayer for any need by permitting the intercessor to pray as Jesus prayed. It is interceding or praying on behalf of one another. We use it at Wesley to pray for the needs and emergencies of our church family, friends and those close to us in the community.

Telephone anyone below and they will set off the chain.

Gaye Greenway 557071 mob 07733 173810

Isobel Wratishaw 557764 mob 07508 164525

Jane Fulford

Linda Lister

June Childs 711891

Miriam Gifford 716175

Maureen Chambers 01702 870956.



If you would like to be added to the prayer chain, or have any other general enquiries, please speak to a member of the Leadership Team.

## **September 2025 Service Dates**

Sunday Sept 7<sup>th</sup> at 11:00am – Preacher: Rev S Mayo  
Communion Service.

Wednesday Wed Sept 10<sup>th</sup> at 9.00am – Early Morning  
Communion Service followed at 9:30am by Time For  
Prayer.

Sunday Sept 14<sup>th</sup> at 11:00am – Preacher: Mr P Phillips.

Sunday Sept 21<sup>th</sup> at 11:00am – Preacher – Mrs I  
Wratislaw.

Sunday 21<sup>st</sup> at 5:30pm – Inspire Service – All are welcome  
[TBC]

Monday Sept 22<sup>st</sup> at 2.00pm-4.00pm – Memory Worship.

Sunday Sept 28<sup>th</sup> at 11:00am – Preacher: Mrs P Smith.

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## **October 2025 Service Dates**

Sunday Oct 5<sup>th</sup> at 11:00am – Preacher: Rev S Mayo-  
Harvest Festival/ Communion Service.

Wednesday Wed Oct 8<sup>th</sup> at 9.00am – Early Morning  
Communion Service followed at 9:30am by Time For  
Prayer.

Sunday Oct 12<sup>th</sup> at 11:00am –Preacher: Deacon S  
McDowell.

Sunday Oct 19<sup>th</sup> at 11:00am – Preacher – Mrs J A Taylor.

Monday Oct 20<sup>th</sup> at 2.00pm-4.00pm – Memory Worship.

Sunday Oct 26<sup>th</sup> at 11:00am – Preacher: Mrs D Mayo.

# Editor's information

Please could I have all items for the Oct 2025 Clarion by **Friday 19<sup>th</sup> September 2025**

If you would like to contribute towards the cost of The Clarion, there will be a plate out during the Coffee Shop mornings and on a Sunday morning, should anyone wish to donate.

Judy Taylor – [judith60@outlook.com](mailto:judith60@outlook.com)

**Wesley Methodist  
Southend and Leigh**



**Church is a member of  
Circuit**

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

and part of the

**Beds, Essex and Herts District the Methodist Church**

A dementia-friendly community is a city, town or village where people with dementia are understood, respected and supported and confident they can contribute to community life.

