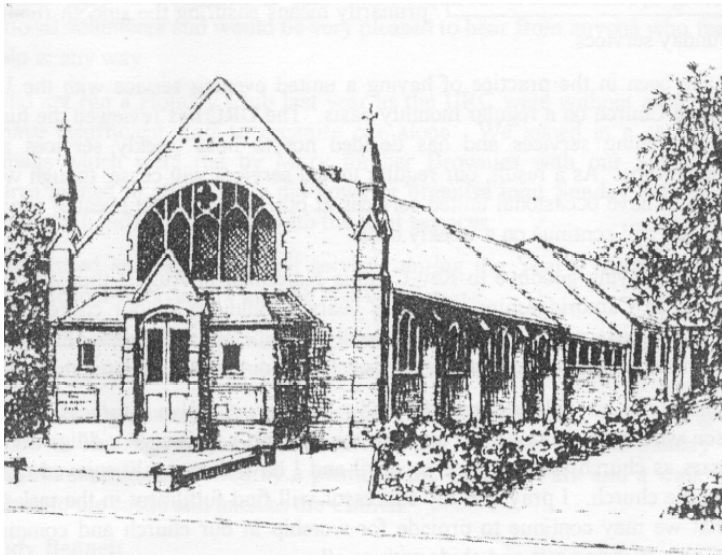


The Link

Between you and the Church



August/September 2019

No.62

Editor's Note

My thanks to all who have contributed to this copy of The Link.

The deadline for the October/November issue is
Monday September 16th

Please either give items to me, Ron Chidwick, or send by email
to: thelink@hockleyhawkwellmethodist.org.uk

Here is a QR Code link to our Church Web Site.



The views expressed in this magazine are those of the various authors and do not necessarily reflect the policy of the Church Trustees

Issue: 200

“Water, Water Everywhere!”

Jane and I had a short Nile cruise years ago when my daughter and son-in-law worked at the American school in Cairo. We witnessed the motherhood of mighty River Nile that many lives including people, vegetation and the mysterious civilisation of Egypt depend on the river. Whether you realise or not, in Britain, we eat some of the vegetables grown in the River Nile. Even today the ancient mighty Nile flows into the ocean but the wonder is why the sea level never rose...

What is the most mysterious creation of God in your view? There are many sophisticated mysterious things in nature which are beyond our understanding. Many agree that the most mysterious creature of God is Human Being, whom we could not understand fully.

Another one to me is the Rivers and the Sea in God's creation. “Every river flows into the sea, but the sea is not yet full. The water returns to where the rivers began, and starts all over again.” (Ecclesiastes 1:7, GNT) Again this is one of the references toward the wonder of the water: “It is God who takes water from the earth and turns it into drops of rain. He lets the rain pour from the clouds in showers for all human beings.” (Job 36:27-28, GNT).

Nowadays modern science discovers that rainfall actually comes from the oceans via evaporation and atmospheric transportation. But the Bible writers somehow seemed to know about the true nature of the hydrologic cycle thousands of years in advance of modern science. Wow! Great insight! They understood the hydrologic science by the wisdom of God!

Then why did God make so much water on Earth? We are told that the vast amount of water on Earth helps keep Earth's temperature fairly steady. Water is, without a doubt, essential for life. Water! We drink it, cook with it, wash in it, and swim in it. We take it for granted—most of us just turn on a tap and out it comes...

We are told that only about 1% of the world's water is ready to drink (but this is enough). The earth is the only place in the universe known to have liquid water. The earth is 70% covered by water. Only about 1% of the world's water is ready to drink (but this is enough). About 97% is too salty and 2% is ice. Pure water is colourless, odourless and tasteless. Tap water may contain small amounts of salts and gases, which give it a taste. A house toilet flushes about 150 litres of water per day. A tap dripping one drop per second wastes about 30 litres of water per day.

Yes, my reflection in the Link for the summer edition is to share on 'water'. Light and water are the essences of God's mighty creation and a package of God's love for people and other lives on earth.

One of my joys in ministering our churches in Southend is to feel the salty breeze and freshness come from the sea every time when I pass the seaside. So I often park the car at the seaside to gaze upon the watery scenes; dancing boats, flying seagulls, playing children in the water...watching the sunset reflected on the water gives me another tranquil joy in the evening. So, I thank God for his love and beauty.

Are you planning for any watery fun this summer holiday? Without water, what fun can you expect in summer? With water, you can swim, surf, scuba dive, fish and much, much more! Isn't our God good to us!

Wish you a real contemplation on the water this summer when you go for your holiday.

Michael and Jane Moon

*Picture: Dream in the seaside by Medi Belortaja



Church Family

We welcome all newcomers to our church whether for social activities or worship.

Our prayers are with all who cannot attend church any longer because of frailty, thinking especially of Eunice Burge, Ron Holloway and Sheila Hayman and Jean Hodges who are resident in the same nursing home. We continue to remember those who are sad, unwell or awaiting hospital treatment.

Congratulations

To Kath Walker who recently celebrated her 95th birthday. Our thanks to Kath who has served our church in many ways and over many years.

Flower Rota

1 st and 2 nd Sunday	Kay Deedman	S.202802
3 rd and 4 th Sunday	Linda Clarke	S.204559
5 th Sunday	(Dried Flowers)	

Coffee Rota

August

4 th	Di
11 th	Kay and Michael
18 th	Di
25 th	June and John

From the Worship Team

The Pattern of Sunday Worship

Since the last Link, we have had our first month with five Sundays, so on the 30th June, there was an early morning Communion led by Rev Michael Moon followed by “A Cup of Song” at 4pm, to which Emmanuel Church was invited. Early morning Communion was quiet, short and contemplative. The Cup of Song went well and received good feedback. It was a shame that it was one of those days when several of our own members were booked out elsewhere, so we were a bit outnumbered, but the band led us through the singing and Rev Nick Rowan played two of the traditional hymns that had been chosen. Nobody was in a hurry to rush away afterwards, as we shared tea and cakes together. It was not a “perfect” occasion – there are a few things to sort out that we hadn’t thought of before – but mostly it went well. The next one will be on 29th September, so put the date in your diary now.

AAW

We have had at least five All Age Worship services so far, since we began implementing the pattern of worship in March. The band has played for most of them and we have welcomed, Steve and Dani Mayo, Sue and Steve Hockett, Rev Brenda Gutberlet and Pam Smith. In August, the Worship team is leading, then Rev Michael Moon in September, Bob and Anne Briant in October, for Harvest, Sue Hockett again in November and Rev Michael Moon for the Toy and Gift Parade service, in December. Sticking to the plan of having these services on the first Sunday of the month is sometimes frustrating, but keeping to the timetable means that everybody knows what is coming up. Because of this, Harvest Parade will now revert to the first Sunday in October instead of the second, as it has been in recent years.

Stationing

We will probably have a new minister in September 2020, and will most likely be once again linked in with Rayleigh and Rochford. The Worship Team has been called to be part of the Circuit Stationing Committee, which looks at the needs of the churches and tries to match these with

available ministers, who are then invited to visit us. As there is a shortage of ministers, it is a tricky time for all concerned, but I will try to keep you all up to date with what is happening as the various stages are reached.

Circuit Meeting

At the last Church Council I was asked to report to the Circuit on the difficulties and frustrations around trying to find some training for the young people in the Friday Club, most of whom are willing to become assistant leaders and to take on more responsibility. The following is the extract from the minutes of the meeting on 10th June, summarising what I said.

14. Other Business

Hockley Youth Work - the Church Council had raised serious concerns regarding their youth work and the support for it. The church had 2 vigorous groups – one of which has now folded due to lack of leaders. The older group (of 12, 12 to 21 year olds), who have been with the church since baptism and remain very committed. The church has been trying unsuccessfully to find training for the older ones to allow them to take leadership roles in the groups. The church would like a central meeting point to focus on for help, advice, assistance and sharing – perhaps via the re-envisioned Mission with Youth Forum or elsewhere. Peter Moorhouse (PM) advised that the work will be undertaken to revise Mission with Youth, Circuit members of District Policy Committee will raise it at District level and PM will talk to Dave Friswell, Learning Network Co-ordinator, for input at a Connexional level.

As yet, I have not heard from The District. I have had some information about gap year opportunities and specialist training for dealing with young people with disabilities and mental health issues. Sadly none of this has been suitable for our needs. Most troubling for me, is that The Methodist Church itself does not appear to have anything to offer, well at least not that Claire and I can find!! Once again, we will keep you up-date.

Muriel

Thursday Social Club

Thursday Social Club

The British Open Golf Championship was on everyone's minds as we met at the venue: Meadowcroft Garden Nursery on Thursday 23rd May. It was rumoured that Tiger Woods and Rory McIlroy would be in attendance. Alas, it was nothing but rumours. To make up for their absence we did have the golfing stars of Hockley & Hawkwell Methodist Church playing under the banner of the Thursday Social Club. It was a golf tournament with a difference as the course was of nine holes on a compact crazy golf effect course. The course had been specially opened up for us by the management team of Simon and Lynn together with their most helpful staff. After an exhausting but enjoyable tournament we adjourned to the restaurant for our well earned refreshments. A most enjoyable afternoon. Thank you to everyone for coming.

Many of us had spent an enjoyable time looking around Old Leigh but for some of us this was the first time we had visited the Leigh Heritage Centre and Museum. This was corrected when a number of our social club members met at Old Leigh on Thursday 6th June. The staff in attendance showed us around Plumbs Cottage which was once the home of a poor fishing family. It was not the first building on the site but it is believed that the present building dates back to 1851. It might surprise you to know but there were no bathrooms, no gas or electricity, no inside toilet, no refrigerator, radio or television available at that time. It was however a very tight community and they all helped each other. They made their own bread, kept a few chickens and so had their own fresh eggs. We then went into the main museum and saw many artefacts from days gone by. A few souvenirs were for sale with my favourites being a collection of money boxes in the form of brightly coloured beach houses. Making our way back to the car park we thought it rather amiss not to stop at a local café for teas and coffees and some delightful cakes. We must visit again. Old Leigh is a very special place.

With a change from our regular meet on a Thursday we made a visit to Maldon on Friday 21st June. To anyone going to Maldon and wanting to meet for lunch somewhere a little different I would thoroughly recommend The Barge Tearooms. If you drive through Maldon High Street you would park near to the Maldon Museum in the nearby car park. It is just a few minutes walk through the park to the river and there it is, The Barge. We had booked ahead and were shown to our table on a lower deck (other decks are available). Do not expect five course meals but if you want just a light lunch this is the place to go. A very good choice for somewhere different. A few minutes drive away was Beeleigh Abbey Gardens and we all made the short drive there for the afternoon opening. It was a very secluded place but on reaching the car park we were surprised to find so many cars had found their way there. The gardens are only open on a limited number of days throughout the year and this is why we visited on a Friday. The three acres of riverside gardens date back to the 13th century and stretch down to the River Chelmer. It was a pleasure to explore its varying displays of plants and flowers in

a perfect setting. It was quite busy but e managed to find the marquee tent and relaxed with a hot drink and the odd homemade cake. Suitable refreshed we then made our way home vowing to visit again.

Our last meeting before our summer break was at the home of Chris and Olive on Thursday 11th July. On arriving we spotted a notice on approaching their house. There was an arrow directing to the side of their house, "enter this way", so we did. Olive and other members had been very busy making sandwiches, cakes, desserts and other appetising fares for our pleasure. We had been blessed with glorious su8nshine and seats in the shade were most sought after. A croquet field had been set up to play and also the French favourite, boules. It was nice to sit down and chat with each other and the time passed very quickly. We did our best but I fear Olive and Chris's menu for the4 next two weeks will be scones, strawberries, cakes and sausage rolls. Our thanks go to all the members that helped provide the food but particularly Chris and Olive for all their hard work and hospitality.

We will now have a short break over the summer and meet again on Thursday 12th September when we hold our AGM.

Further details to follow later.

Ray Williams

The Church Kitchen

Work should by now have started or be about to start on the refurbishment of the Church kitchen with more modern appliances, new tiling, new windows, a fire-resistant roller shutter to the Coffee Room and a new hot water heater - in fact, only the door, the floor and the ceiling will be left!

The summer holiday has been chosen for the work to take place so as to minimise the impact on users of the Church premises but there will inevitably be some disruption while work is taking place and it could take 4-5 weeks to complete. During that time there will obviously be no kitchen facilities available (though a cold water supply will be provided so we can brew up!) and there may be occasions when water and power supplies may be temporarily cut off while electric and water supplies are being connected.



While works are taking place it will be necessary to have regular visits to keep an eye on how things are progressing so there is a list on the notice board in the Coffee Room asking for volunteers to call in occasionally, just for a few minutes, and let me know how things are progressing. It would be good to have a rota with a visit taking place every morning or afternoon – if you can spare a bit of time please fill in a space (or a few spaces) on the list.

Mike Pregnall

*... and when the new kitchen
is finished, I don't
want any mess on the floor,
thank you!*

A Special Occasion

You will remember that this year we shared in a Good Friday service with Emmanuel Church at Hawkwell. At a subsequent Leaders Meeting we discussed what kind of service we could invite them to share with us in return and voted for a 'Songs of Praise'. E-mails were exchanged and an invitation sent to Emmanuel and St. Mary's to join us for a 'Cup of Song', with tea and cake to follow. Once the invitation was accepted, we invited our band to come too for an informal cafe-style service. We were delighted that Billy, John and Kathy were able to play and Rev Michael Moon was free to take the service. Ros was there as well to sing.

Muriel, as steward, led the service, which included favourite hymns chosen by members of all three churches. Michael Moon preached the sermon and showed some of his recent photos on a 'Journey through Life'. Rev Nick Rowan played for a couple of the hymns and led us in prayer. The promised tea and cake followed the end of the service. 18 members from Emmanuel and St. Mary's came and 15 from our own congregation - sadly several of our regular members were on holiday. It was a very special and moving afternoon and good to have an opportunity to talk with and get to know Christian friends from the neighbourhood as we joined together to praise the Lord.

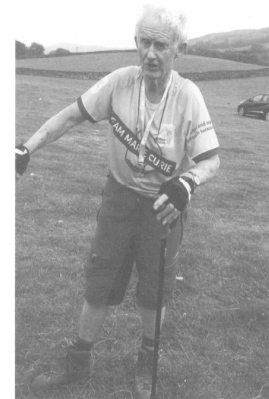
As Ecumenical steward may I say a big thank you to all who were involved in the 'Cup of Song' and worked hard to make it a special occasion.

Kay Deedman

THE THREE PEAKS CHALLENGE

Carolyn Sturgess persuaded me to do a Charity event for Marie Curie so I entered the three peaks challenge.

It involves walking from Horton in Ribblesdale to PEN-Y GHENT climbing to the summit at 2,247 feet, then walking to and climbing WHERNSIDE, the summit was 2362 feet; a distance of about 12 miles, then walking to INGLEBOROUGH climbing it 2,362 feet and then walking back to Horton in Ribblesdale, total distance was between 24.5 miles and 26.5 miles. These are in Yorkshire north of SETTLE. My wife and I travelled up over 2 days staying at AUSTERFIELD ON Thursday 27th June and then travelling to STAINFORTH on Friday 28th June 2019.



The event started early on Saturday 29th June and I got up at 04.50, had something to eat and drink, having packed my rucksack the night before with emergency food packs of ginger biscuits, dried fruit and Kendal mint cake in small plastic bags. I had 2 small bottles of Iron Brew and 2 of water then 2, 1 litre bottles of water. Also carried was wet weather gear, first aid kit and map. The event instructions said we had to be self supporting.

I arrived at the village hall, the event headquarters, at 05.40 and went inside; I was told that I would be the second person to register. My bag was checked and I was given my arm band with number and departed at 06.15. It was a short road walk and then onto the hillside approach to the first climb Pen-Y Ghent. I had climbed this before when I walked the Pennine Way some years ago; it was gradual to start with and then a short scramble to the top. I was by now being overtaken by other walkers. As well as the Marie Curie event one was being run by the Alzheimer's Society and the Breast Cancer Society.

In my event there were apparently 170 starters,

The descent from the top was not too bad and soon I was on the long fairly flat section to Whernside. Although I could not make sense of the route map it was not possible to get lost, I just followed everybody else. There were direction signs when our route deviated from the main path. I walked most of this section with two other men of a similar age and made good time for most of it.

As we got nearer to the Ribblesdale Viaduct, the route firstly followed a farm road and then out onto a normal road. This section was hard on the feet as the temperature was by now very hot, according to Viv it was 33 C on the peaks. There was a Marie Curie checkpoint where I stopped for a drink and some

biscuits. Eventually we came to the point where the route left the road and went towards the Viaduct and then followed the railway for a short distance to the first station Ribble Head. The railway then went into a tunnel. The gradient was not too hard and I set a slow steady pace letting faster walkers past when I could. Much of the route is paved to stop erosion and this made walking much easier. Eventually I reached the top, had a short break to eat and drink, re-adjusted my boots and then continued as I wanted to get to Philpin Lane before 14.30, the cut off time which if reached after that time meant that you would be withdrawn from the event. There was lots of steep descending which was very painful for my feet and which I did very slowly and carefully, I did fall at one point but my rucksack was so full that I did not hurt myself as it acted as a cushion, some fellow walkers kindly assisted me up and checked that I was OK.

I reached Philpin Lane at about 14.05 and after using the toilets I went into the farm cafe buying a pint of orange squash, a large piece of cake and a mug of coffee for £3.26!

Whilst I was drinking the coffee one of the Marie Curie officials came up to me and told me I only had 10 minutes to decide whether to continue or abandon. Thinking that the caravan was some way away I left my coffee and went back outside to join the route whilst she refilled one of my large water bottles. To my surprise the caravan was only a few paces away, I told her that as I was being sponsored by friends that I wished to continue.

The first section was along the road but this did not last long and soon we were on the grass hillside again, this was much easier on my feet which now felt very sore. Initially the climb of Ingleborough is quite easy, climbing very slowly up a stony path.

Soon however you can see the final section which was very steep. Several people were resting at the bottom, but I carried on. Initially you could walk upright but the last bit was so steep that most people had to crawl up or you would have fallen off backwards.

Having negotiated this section the path was stony but walkable made more difficult by people going up and down for some distance on the same area. At last it led onto a vast flat plateau which was very uneven and not easy to walk over, you had to walk a long way to go round the cairn to complete the course. I stopped to have a drink and something to eat and then began the descent which was not as difficult as I had expected since the route soon split from the up route. The same official I had seen at Philpin Lane checked me off, where the routes split and you could see Horton in Ribblesdale in the distance.

I remembered another walker saying it was a long slog back, he was right. My feet were glad when the difficult descending stopped and the path was smoother, Horton soon disappeared from sight. Then a helpful signpost stated that it was still 2 miles to go. By this time I was with lots of other walkers all trying to get to the finish as soon as possible and these 2 miles went very quickly, a last little rise and I could see the village railway station, Marshals saw us safely across the tracks and then we were out onto a tarmacked road which seemed really nice.

Marie Curie marshals checked us off and told us we still had about 15 minutes walking. Our finish point was the furthest away and I felt envious to see the other charity walkers peeling off to the finishing places, I walked as fast as I could as I wanted to finish inside 13 hours and crossed the line in 12 hours 55 minutes.

A crowd of young people at the finish gave me a rousing cheer and clap, and I was glad to see my wife Vivienne in the event HQ.

I sank into a chair and downed 2 cups of squash and a mug of soup as quickly as I could, I was too dehydrated to eat the roll provided. Once I had returned my armband number I was given my finishers medal.

A lot of people had abandoned at the cut off point or before, due to the heat so I was really pleased to have completed the full course. I should have done more training, the longest walk I had done beforehand was 4 miles, and I knew I could get round if I did not try to go too fast and relied on experience and endurance built up over the years. We left as soon as Viv had taken some photos of me with my medal these seemed to take ages.

At the Bed and Breakfast when I took my socks off to have a shower I found a huge blister behind the toes on my left foot the big toenail and the next were damaged. On my right foot the big toenail was almost off and the next one was damaged and I had a small blister on the side of my foot. Viv dressed my feet and then we went down for dinner, we had to order before 20.30 ordering at 20.15.

I was too dehydrated, as it had been really hot all day, to eat a full meal, so had onion soup followed by what was meant to be starter, white bait which I had as my main course, they gave me a huge pile of fish and a nice salad to go with it. I also had 2 pints of fluid to help wash it down; when I told the other people in the pub what I had done they seemed very impressed.

My feet have almost recovered and I would like to thank all those who sponsored me. The total raised was £409.00.

Ian Mackenzie



Here are the rest of this year's walks:

Thursday 15th August Layer Marney - 5½ miles

A pleasant walk through the Essex countryside but before we start, we'll visit Layer Marney Tower, which is a Tudor palace composed of buildings, gardens and parkland, dating from 1520. Then we'll have a pub lunch and after that do the walk (if you want to – it's not compulsory!). If you haven't yet told us you're going please let us know ASAP. We'll leave the Church car park at 10:00am.

Thursday 22nd August Messy Holiday Walk

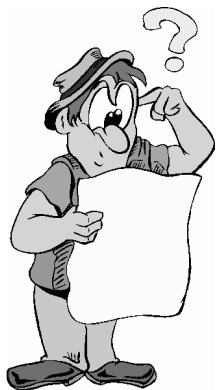
A walk for Mums and toddlers, as in the last few years, had been provisionally planned for 22nd August but in view of the work in the kitchen and the lack of proper water supply we've decided to abandon it for this year.

Saturday 14th September Utling - 5¼ miles

Pub lunch in Woodham Mortimer then a relaxed, easy walk through open countryside. Leave the Church car park at 11:30am.

Saturday 12th October Lee Valley – 6 miles

Pub lunch near Broxbourne then a mainly canal-side walk. Takes in the Olympic White Water Centre. Leave the Church car park at 11:30am.



Mike & Muriel

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Connexion

The summer edition of 'Connexion' is now available, normally for Pastoral Visitors to read and pass on to their members. Spare copies may be available on the table at the back of the church. This edition makes interesting reading, showing as it does the total income of the Methodist Church's Connexional work in Great Britain and how it is spent.

Also interesting to note that 192,000 attend church services each week, including 27,000 children and young people.

Kay Deedman

Christian Aid

A total of £220.00 was donated leading up to and during Christian Aid Week. Many thanks to everyone who contributed in any way.

JMA (Junior Mission for All)

For many years Kath Walker has taken responsibility for distributing and collecting JMA boxes. Now she has decided to relinquish this job. **Thank you Kath for all your loyal service to JMA.**

Going back some decades, in the days of our Sunday school, a number of children held these boxes and would have a list of adults who were willing to give a regular sum each week to the collector. Annually Kath, on behalf of JMA, presented each child with a certificate and appropriate medal/bar.

These days it is believed only a few adults hold a box which Kath as dutifully emptied each August to coincide with the end of the Methodist #Church financial year.

DO YOU HAVE A BOX? If so please give it to David Clarke for emptying.

Its Party Time



CELEBRATE YOUTH WEEKEND WITH US!



Games, Creative
Activities, PUPPETS,
Music & Dancing and
a **MAGICIAN**

Saturday 31st August 2:30 – 6:00pm

**Sandwiches and ice cream provided – bring
and share your own favourite party food**

For Families and Children. All ages welcome!
Under 7s must be accompanied by an adult.

Confirm if you're coming at hmmc1883@gmail.com
or text 07774882389

Afternoon Tea

Thank you to all who supported our Afternoon Tea on Saturday 13th July.

We made £368, divided equally between 'The Young Carers' and Hockley and Hawkwell Methodist Church.

Thanks to everyone who helped, organised beforehand, on the day and afterwards, including those who helped provide food!

**June Parkhurst
John Morrison**

See the next Link for future Social and Fundraising events.



BHUTAN - LAND OF HAPPINESS

Bhutan is an independent country situated near NEPAL, INDIA, TIBET and CHINA, they do not measure GDP but happiness!

Total population approx 680,000; 35,000 are Civil servants, 35,000 work for Companies and the rest are Farmers.

I had read articles about Bhutan and it sounded a fascinating country, completely different from anywhere else I had visited.

Originally I had booked a trekking Holiday through HF Holidays but unexpectedly they cancelled the trip. Luckily I found that Exodus (who I had used before) also ran a trek there for about the same time, so I booked with them to go on the 17th March 2019 returning on 29th March. An unexpected bonus was when I called the insurance company to amend the coverage, the cost had gone down!

Before I was due to leave the airline concerned, Jet Airways, was in the news as it was in financial difficulties; fortunately the Indian Government stepped in to back it and the flights were still OK.

I travelled to Heathrow by limousine, arriving at 17.30, the flight was due to depart 20.40. I was through check in and security by 18.00. The flight was late taking off at 21.10 and almost an hour late arriving at DELHI. I had to run between gates to ensure I did not miss the connecting flight to KATHMANDU, this flight was also late in taking off. The Immigration procedure at KATHMANDU was total chaos, with electronic check in machines not working and a lack of forms and assistance. Eventually I got through and joined our party; I was not the last as others had experienced the same difficulties.

The traffic in KATHMANDU was even worse than when I went there in 2008 and we got to our hotel at 17.25 local time on the 18th March. It was raining heavily so it was decided that we would eat in our Hotel rather than go out into the town.

On Tuesday 19th March we were due to fly to PARO in Bhutan and it was an early start, up at 06.00, breakfast at 06.30 and off to the airport at 07.00.

It was only a short flight but we still got refreshments which was a nice surprise. As Exodus had arranged our visas the immigration clearance was nice and quick. The hotel was on the outskirts of PARO and comprised of a building for the bar and restaurant and then outlying blocks of accommodation. My room was on the outside of the site, it was really big and very comfortable.

The price you pay for holidays in Bhutan is inclusive of all accommodation, meals transport and entrance fees to museums etc. Our lunch was at 13.10 and then we went into PARO to look around the NATIONAL MUSEUM and the MONASTERY which was really spectacular. We then went to have a look around PARO and I bought some stamps for my collection and then walked back to the Hotel with one of the other members of the group, it was not that far and gave good views of the surrounding area. There were 17 in the group in total, an English Leader Valerie Parkinson and two Bhutanese guides Nobo and Richard, with 2 of the party from Australia.

On the Wednesday 20th March we went to a local festival, to which people came from miles away, there was a big procession and lots of symbolic dancing. Breakfast was at 07.00 and then a short drive into town and a walk up to the festival ground; this seemed quite hard due to the altitude or was it too much sitting around not doing much! There were already lots of people there and it was hard to get a seat where you could see what was going on. The dances all seemed to be very similar and after a while several of us went for a walk around and a more comfortable seat.

We all went on a tour of the nearby monastery, or DONG as it was known in the local language.

At 15.05 we went by coach to a local view point which entailed quite a tough little climb and then a walk back down to the hotel, for relaxation and the evening meal.

On Thursday 21st March we did our warm up hike to the Eagles Nest Monastery, breakfast was at 07.00 and after a short coach ride, we began the ascent to the view point and cafe, which was along well defined tracks but was reasonably hard going in parts. After the rest and refreshments we began the climb up to the monastery which involved lots of steps, it was very busy, which meant slow progress. The final bit up to the monastery was quite steep, but once inside you continue to climb. To see the various rooms you had to keep taking your footwear off but it was worthwhile to see the decorations. The walk back down was not so busy and we saw lot of people who were ill prepared for the climb, advising some of the difficulty involved, setting back to the hotel at 15.30.

In the evening we travelled to a farm for our evening meal and afterwards had a go at Archery which is very popular, most of us were not very good but it was fun.

THE TREK

Each morning on the trek we had a wake up call, with a hot drink provided, a quick wash, and then pack your bag up before breakfast so that it could be loaded onto the pack horses, there were 29 in total carrying our luggage, the tents and other equipment.

On Friday 22nd March we began our trek with a wake up call at 06.40, breakfast at 07.00 and we left by coach at 08.45 and started walking at 09.10. The height we started at was 2,400m, (7874ft) at an ancient watchtower and the going was steep but not too difficult

At 11.45 we stopped for lunch; sitting at a table was very civilised and the food was good. We arrived at our overnight campsite at 14.45 having climbed up to 3550m,(11,646ft) 5hours 35 mins walking time, distance 6.5 miles.

The crew served us up tea and biscuits at 15.00 and then we rested till dinner at 18.45 and then to bed once it got dark.

Saturday 23rd March, wake up call 07.00, breakfast was at 07.40, at 08.50 we looked around a local monastery and then began walking, it was a hard

route with lots of up and down, through rhododendron bushes, not made easier by a mixture of ice and mud underfoot. It was nice to stop for lunch at 12.25 and we soon reached the camp site after resuming arriving at 14.25 distance walked 12.2 k height 3,750 m, (12,303ft)

The guides went out to check the next day's route due to the changed weather conditions. When they came back the next day's route was changed, due to snow on the normal route. Bed at 08.20, a very good nights sleep as I was warm, some nights it had been very cold but hot water bottles helped keep you warm.

Sunday 24th March, wake up call 06.30,we started to walk at 08.40, the going was not too hard and we stopped for food at 11.00 resuming at 11.30 and arriving at campsite at 13.00 with our meal at 13.30.

There was an additional walk in the afternoon with a hard climb up and descent but the views made it worthwhile. Campsite height 3,970 m, (13,024ft), dinner was at 18.45 bed at 20.20.

Monday 25th March, wake up call 07.00, breakfast at 07.45, started walking at 08.30, mixture of snow and rain, a short climb and then lots of descending. We had a short food break at 10.30, the main stop when we were all cold and wet was very brief, leaving at 12.10. The descent was done in rain and the surface was very slippery mud, I found it difficult going and the guides had to assist me down but even they were slipping and I had to catch hold of the chief guide to stop him falling over.

It was really nice to reach the bottom at 14.30 and the young people had kindly saved the celebration cake for me to cut. After refreshments we left for the Hotel in Thimphu at 15.15.

We said goodbye to our support crew who had been very good and gave out their tips, leaving for the hotel at 15.15 arriving in Thimphu at 15.45. It was nice to be able to have a shower, shave and put on some smarter clothes. I was also able to send an E mail to Viv to let her know that we had done the trek OK, I had hoped to get a massage but they were fully booked.

Tuesday 26th March We had a late breakfast and left to go site seeing at 09.00, firstly we went to a temple and gardens were retired people went to exercise and meet their friends the grounds were very well kept. After this we visited a College where students were trained in Metalwork, making clothes, art and other trades. It was interesting and all the students seemed to be enjoying their courses.

Next it was lunch time at a Vegan restaurant which was surprisingly tasty and then a leisurely walk through the Craft Market, where I bought bags as presents for Viv and Pauline. Then we went back to our hotel with dinner at 19.45, bed at 21.45.

The guides told us that all the top officials have accommodation provided near to where they work in order to reduce travelling. Other Civil Servants have housing on the outskirts but it is subsidised as their wages are not high. I found it hard to sleep as my legs really ached from all the descending on the trek.

Wednesday 27th March we had a 06.30 wake up call and a nice breakfast and then drove up to the BIG BHUDA, a huge temple built with money donated by a rich Chinese business man. It was interesting to explore inside and outside. After Lunch at 13.00 we started our journey back to Paro, visiting a historic temple and stopping to photograph monkeys in the trees. I had a different room from the first visit it was much bigger and more comfortable, the evening was enlivened by a power cut, no one was late to bed as we had a 04.30 wake up call the next morning.

Thursday 28th March 04.30 wake up, 05.00 breakfast, bags at door 05.45, leave for airport at 06.00. Due to windy conditions at Paro Airport flights to Kathmandu have to go out early

We took off at 08.30 with a very short flight time due to time zone changes arriving at our Hotel by 11.00. I was so tired I went to bed and slept till lunch time, snack in hotel restaurant and then went back to bed again, joining the others in the lobby at 18.35 so that we could walk as a group to the Indian Restaurant at which we were going to have our dinner. The meal was good and I got to bed at 22.00.

Friday 29th March, up at 04.00, stretching exercises to ease legs, 04.40 to lobby, packed breakfast provided and left for airport at 06.10. After a shortish wait we boarded at 07.50 and took off at 08.25, landing at 09.42 in DELHI. This time we did not have to rush as the London Flight was due to take off 13.25 and took off at 13.37, we had a good flight and landed at Heathrow at 21.15 UK time.

Unfortunately there was a mix up over where the Limo driver was due to pick me up, but this was resolved and I arrived home at 21.15.

TIME DIFFERENCES

DELHI 4HRS 30 MINS AHEAD

NEPAL 4HRS 45 MINS AHEAD

BUTAN 5.00 HOURS AHEAD

Ian Mackenzie

Never Give Up

In 1962, four nervous young musicians played their first record audition for the executives of the Decca Recording Company. The executives were not impressed. While turning down this group of musicians, one executive said, "We don't like their sound. Groups of guitars are on the way out." The group was called The Beatles.

In 1944, Emmeline Snively, director of the Blue Book Modeling Agency, told modeling hopeful Norma Jean Baker, "You'd better learn secretarial work or else get married." She went on and became Marilyn Monroe.

In 1954, Jimmy Denny, manager of the Grand Ole Opry fired a singer after one performance. He told him, "You ain't goin' nowhere son. You ought to go back to drivin' a truck." He went on to become the most popular singer in America, named Elvis Presley.

When Alexander Graham Bell invented the telephone in 1876, it did not ring off the hook with calls from potential backers. After making a demonstration call, President Rutherford Hayes said, "That's an amazing invention, but who would ever want to use one of them?"

When Thomas Edison invented the light bulb, he tried over 2000 experiments before he got it to work. A young reporter asked him how it felt to fail so many times. He said, "I never failed once. I invented the light bulb. It just happened to be a 2000-step process."

In the 1940's, another young inventor named Chester Carlson took his idea to 20 corporations, including some of the biggest in the country. They all turned him down. In 1947 - after seven long years of rejections! He finally got a tiny company in Rochester, New York, the Haloid Company, to purchase the rights to his invention, an electrostatic paper-copying process. Haloid became Xerox Corporation we know today.

Wilma Rudolph was the 20th of 22 children. She was born prematurely and her survival was doubtful. When she was 4 years old, she contacted double pneumonia and scarlet fever, which left her with a paralyzed left leg. At age 9, she removed the metal leg brace she had been dependent on and

began to walk without it. By 13 she had developed rhythmic walk, which doctors said was a miracle. That same year she decided to become a runner. She entered a race and came in last. For the next few years every race she entered, she came in last. Everyone told her to quit, but she kept on running. One day she actually won a race. And then another. From then on she won every race she entered. Eventually this little girl, who was told she would never walk again, went on to win three Olympic gold medals.

The moral of the above Stories: Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved. You gain strength, experience and confidence by every experience where you really stop to look fear in the face. You must do the thing you cannot do. And remember, the finest steel gets sent through the hottest furnace. A winner is not one who never fails, but one who NEVER QUILTS! In LIFE, remember that you pass this way only once! Let's live life to the fullest and give it our best.

Author Unknown

WEEKLY ACTIVITIES

- SUN** Morning Worship 10.30 am
- MON** Brightstars Toddler Group contact Sandra 206146 or June 204481 9.30 –11.45 am
- Pilates & Yoga, contact Rachel 07990513413 1.30 – 2.30 pm
Ballroom Sequence Dancing Club (in the hall) 7.30 –9.30 pm
contact Fay 01268 780028
Triple H Community Choir (in church) 7.30 –9.30 pm
contact Ashley 07581390448
- TUE** Dru Yoga Class *contact Ruth on 07818599183* 10.00–11.30 am. 7.30-9.00 pm
Lingotots *contact Mrs Kate Thorne 07792790586* 1.30 – 2.30pm
southend@lingotot.com
Messy Church (3rd Tuesday each month) 4.00 – 5.30 pm
contact Anne 07739184627
- WED** PIYO Pilates *contact Rachel Yates 07990513413* 9.30 – 10.30 am
- 2nd Hockley Brownie Pack: *contact Amy Ensum, S 470134* 5.30 – 7.00 pm
amyensum@hotmail.com
Badminton Club, in hall, *contact Wendy S 520332* 7.30 – 9.30 pm
Gospel Rocks Community Choir (in Church) 8.00 – 10.00 pm
Contact: Hannah Conacher gospelrocksc@gmail.com
- THU** 50+ Keep fit, *contact Julie 07912622483* 9.15–10.00 am
50+ Stretch & Trim: *contact Julie 07912622483* 10.15–11.00 am
U3A Floral Art Group, 4th Thursday in the month 1.30 – 4.30 pm
contact Irene Morris 01787 310265.
1st Hockley Beaver Colony: *contact Jane S 203739* 5.15 – 6.15 pm
1st Hockley Cub Scout Pack *contact Mike, S 201253* 6.30 – 8.00 pm
or email hockleycubs@yahoo.co.uk
Thursday Social Club: *contact Vivien, S 203997* 2.30pm, alternate wks
- FRI** Pilates. *Contact Mrs Tracy Bateman 07961 954966* 9.15 - 10.45am
Email tracybateman1107@aol.com
U3A Play Reading Group (every 2nd Friday) 11.00 - 1.00pm
Contact Coral S 201252 Email coralkathro@gmail.com
Friday Club+ years 7 & upwards. 6.45 – 8.15 pm
- SAT** Chameleon Productions, *contact Stephen Hulse 07368461766.* 10.00 – 1.00 pm
or at steve.hulse@chameleonproductions.co.uk

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