

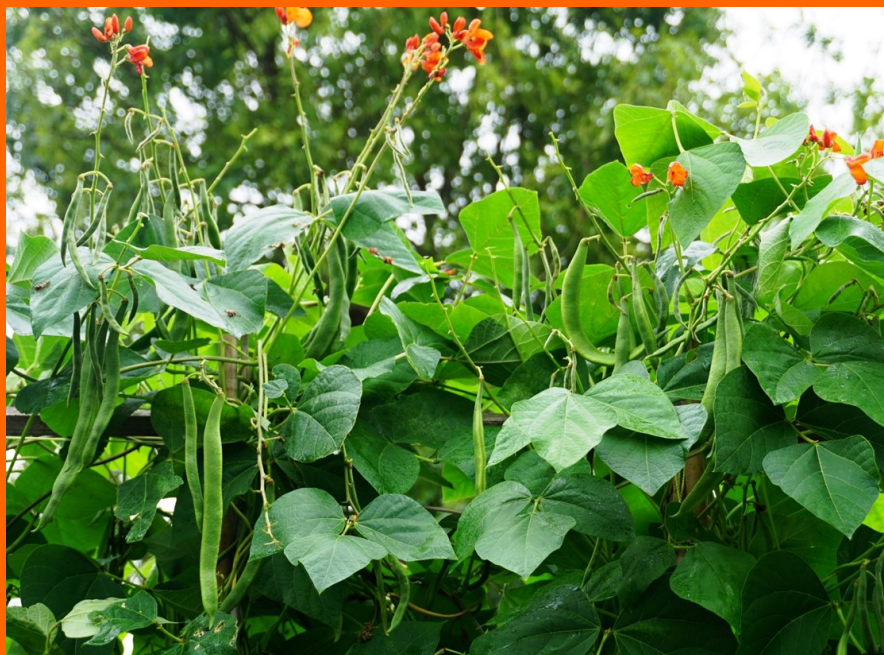
# THE M Magazine

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ST BARNABAS with CHRIST CHURCH, WORCESTER

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*Mellow Autumn fruitfulness*

OCTOBER 2023

## ST BARNABAS WITH CHRIST CHURCH

### PARISH STAFF:

Priest in Charge:	Revd Sarah Northall	074838 07432
Associate Priest:	Revd Rosie Moss	07761 691984
Licensed Lay Minister:	Julie Berrow, Reader	07733 226061
Churchwarden (St Barnabas & Christ Church):	Rachel Chalmers	07787 128345
Parish Safeguarding Officer (PSO):	Rachel Chalmers	07787 128345

**WEBSITE:** [www.stbarnabasworcester.org.uk](http://www.stbarnabasworcester.org.uk)  
**YOUTUBE:** St Barnabas with Christ Church,  
Worcester.



### SERVICES:

Sunday	10am	Eucharist
Wednesday	10am	Said Eucharist

### PARISH OFFICE:

To book a baptism or marriage (or to have banns read), send message through our website: [www.stbarnabasworcester.org.uk](http://www.stbarnabasworcester.org.uk)

**MAGAZINE DEADLINE:** Penultimate Sunday of each month.  
Please e-mail contributions to [jackiecampbell@talktalk.net](mailto:jackiecampbell@talktalk.net)

Registered Charity number 1158894

# COUNTERING THE AUTUMN BLUES



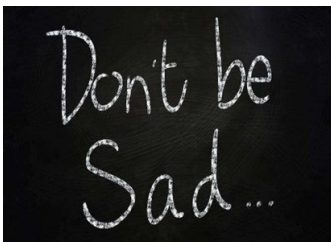
When the cricket season ends, and the bag of kit needs to be stowed away in the loft till next year, my heart sinks a bit.

When in early September the Diocese is already flagging up the C of E's Christmas programme, "Follow the Star", my heart sinks a bit more.

When the leaves on the trees begin to turn, and the first ones fall, my heart sinks a bit more.

When unstoppably the days just get shorter, and it's darker longer every day, and the duvet goes back on the bed in place of the lighter summer counterpane, my heart sinks still further.

Of course no one should be surprised. SAD is a real condition. Seasonal affective



disorder is a form of depression. For one of our good friends, it is one important reason why he and his wife choose to live separately in different continents for more than half the year.

So? Can we enter in to this new season of autumn more positively?

French philosopher and writer Albert Camus wrote: "Autumn is a second spring when every leaf is a flower." Mmm, I like that.



In 1819 the poet John Keats calls it a "*season of mists and mellow fruitfulness*".



Certainly our own garden is proving more fruitful just now than at any point in the summer. The runner beans were late starting, but are now flowering



and cropping profusely. We've had more cucumbers than ever, some of the beetroot are simply ginormous! Tomatoes have ripened on the vine, and the second raspberry crop is well under way. So, thumbs up!

A recent Church Times article discusses a new book by American professor Andrew Root and a colleague, in which they discuss the challenge of trying to halt what most would see as a continuing depressing crisis of decline in the Church of England (and in the US)..

*The problem with strategies for combating decline, Root argues, is that they belong to the secular age. Driven by the logic that we must speed up or die, that "more" is the alternative to extinction, these strategies demand that we schedule more activity. The danger is that this blinds us to see what God is doing" Dr Root says.*

*"We believe God continues to act in the world, and because God acts in the world, we believe it is possible for the Church to flourish," the authors write. Citing*

*the beginning of the Acts of the Apostles, in which "God is the hero, and the Church waits", they invite churches to adopt a position of "waiting in a ready stance".*

In other words, perhaps the solution to the Autumn blues is standing back, and relaxing into "the season of mists and mellow fruitfulness".

At many points in the Bible, the words "but God" almost jump out at us. For example: *"My health may fail, and my spirit may grow weak, **but God remains the strength of my heart; he is mine for ever**" [Psalm 73.26]*

Or another verse, wonderfully reassuring, which jumps out (from the book of Lamentations!) but may be more deeply embedded as many of us have sung it over the years: *"The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness."* [Lamentations 3.22-23]

Really it's about *letting go, and letting God* be God. Things may look difficult, and the future gloomy, but God is the One whose love and forgiveness

*.. letting go,  
letting God*

have no limits. God is the One who is able to work amid death and disaster and despondency to bring hope and transformation and new life. He (or she!) is still active and always powerfully at work.

Letting go.. I'm certainly going to give it a try.

*Andy Gandon,*

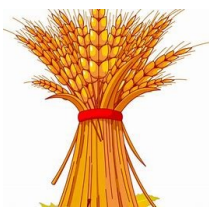
## **HARVEST SERVICE**

Harvest Festival is on Sunday 1st October in St Barnabas at 10.30am with tea and coffee being served from 10am

Gifts of non-perishable foods for Maggs and Worcester Foodbank are welcome, but please feel free to bring any garden/allotment produce which we can add to the display during the service to celebrate harvest.

Also, if you have any other fruits of your labours (knitting, sewing, painting, baking, etc) please bring them along to add to our display.

A Bring and Share lunch will follow in the church hall at 12 o'clock. *Everyone welcome—please sign up on the list at the back of church.*



Bereavement Support

## **THE BEREAVEMENT JOURNEY**

Starting on 29th September St Nicholas, in partnership with the Lyppard Hub in Warndon is offering the Bereavement Journey course to support those who are grieving the loss of loved ones.

The first session will begin on Friday 29th September and will continue for 7 weeks. Sessions will run from 10am-12noon and the topics discussed each week will include:

- Attachment, separation and loss
- The impact and pain of bereavement
- Adjusting to change
- Anger and guilt
- Coping with others' reactions
- Moving on healthily
- And an optional 7th session on Faith questions.

Places are limited and people do need to book in advance. If you know of friends or family members who are grieving the loss of loved one then do encourage them to contact the Lyppard Hub or speak to Julie for more information. ([jberrow@outlook.com](mailto:jberrow@outlook.com))

## X? Y NOT?!

You may know that a certain manufacturer of beef stock cubes acquired a London power station in the 1920's. They weren't allowed to advertise their products on the refurbished building so they included three windows, one above the other on each side of the new square tower, two circular and a cross shaped one in the middle. Clever bit of problem solving eh?



diverse and contradictory meanings of X and there is also mystery and intrigue.

X marks the spot, for hidden treasure, for a signature, (or even instead of one), for making a choice, at the ballot box or on many forms. It tells us we have got our

homework wrong! And it's a prohibition sign. It is definitely the Roman numeral 10, but signifies the unknown number in good old Algebra (remember?) that needs to be worked out. It reduces the word Christmas to slang and introduces the musical xylophone. Everyone uses it as the sign of a kiss but very few everyday words start with it.

How many meanings can you think of for the letter X? Do we have any family or friends whose name begins with X?

There's been a bit of discussion lately about why the little blue bird that was Twitter was recently changed to X. Was this an amazing idea or not such a clever one after all?

I don't do Twitter so am not really qualified to comment but it seemed like a peculiar thing to do perhaps, until I looked into it a bit more.



There are multiple,

X does appear though in many mathematical and technological contexts. Think Xbox, etc, etc. So does it imply power? Excitement? The unknown? Elon Musk reckons X embodies the imperfections in all of us that make us unique!

Not sure how he got there. By the way his son is called X apparently but maybe that is another story! So is

Musk being clever or is the X now a bit of a cliché? The jury is out.

I do use an iPhone and started thinking briefly about the meaning of that i.

Steve Jobs said in 1998 that it referred to various words - internet, individual, instruct, inform and inspire. How's that going, now that we've been using smart phones for a while? As with the X we could add some other suggestions of our own. How about intrusive? Inescapable? Imperfect?

Happy days!  
*Margaret Gandon*

## **BISHOP'S CERTIFICATE COURSE**

Are you interested in learning more about the Bible and the great themes of Christian life and faith and relate these to your own context? If so, then why not sign up for the next Bishop's Certificate Course that will be running in St Stephen's parish on Monday evenings from the beginning of October for around 30 weeks. For more information see this link.

<https://www.cofe-worcester.org.uk/your-faith/courses-group-resources/> bishops-certificate/ or contact Margaret (610689).

If you would like to ask questions about the course, speak to Julie.



**St Barnabas Church**  
**Songs of Praise for Harvest**  
**10.30am Sunday Oct 1st**  
**All are Welcome**  
**Bring and Share Harvest Lunch**  
**12 noon in Church Hall**  
**RSVP 07914875861**

Donations of non-perishable food for Maggs and the food bank gratefully received.



Some of the crafts on show at the Art & Craft Exhibition which took place in church recently on the hottest day of the year.

Also on display was Sara Hayward's Stations of the Cross paintings.

*What a display of talent!!*







## MISSION FUND NEWS FOR OCTOBER

Within the space of a couple of days in September, we all heard the devastating news about the earthquake in Morocco, followed by the terrible floods in Libya due to dams bursting after torrential rain. The devastation and lives lost in both countries are unbelievable. The Mission Fund is making a donation to The British Red Cross, a member of the Disaster Emergency Committee. (DEC).

The Mission Fund recently asked the PCC to authorise the following donations for our Harvest Appeal:

### *Worcester Foodbank:*

Financial help is given to help the Foodbank buy essential items that are needed.



*Worcestershire & Dudley Historic Churches Trust:* The trust helps churches in the area that require help in maintaining their church

*Mary's Meals:* A charity founded in 2002 by two brothers from Scotland. The charity helps to serve a daily meal to hundreds of school children, often living in settlement and refugee camps, due to violence and war in various African countries.

*Practical Action Harvest Appeal 2023:* Helping, educating and supporting farmers and communities throughout Sudan, to enable them to combat climate change with new skills and practices.



*USPG Harvest Appeal 2023:* Supporting the Church of South India, in their endeavour to help the children there to understand climate change and how to take better care of the planet for future generations.

Thank you, once again, to everyone who supports Planned Giving and the Sunday morning service collection plate.

*Ann Bryant*

WEDNESDAY  
MORNINGS AT  
ST BARNABAS  
CHURCH

Coffee & Chat

between 10.45-11.45



*all welcome!*

# **CHRISTMAS BOXES FOR HOMELESS PEOPLE IN WORCESTER**

**PLEASE GIVE A LITTLE CHEER  
TO PEOPLE IN ST. PAUL'S HOSTEL  
& MAGGS DAY CENTRE**

## **Suggested contents for covered shoe box:**

**FOR ST. PAUL'S:** *Shower gel, deodorant, shampoo, moisturiser (male & female), toothpaste & brush, socks, underwear, pens, notebooks, diaries to keep appointments, chocolates/sweets (lots!), torch & batteries.*

**FOR MAGGS;** *as above plus thermal gloves, hats scarves (not hand knitted), vouchers for Greggs/coffee. In addition, for women, earmuffs, perfume, nail varnish*

Elastic band round the box & label with *man* or *woman*  
& whether for *St. Paul's* or *Maggs*

Please bring filled boxes to St. Barnabas church by Sunday 17<sup>th</sup>  
December & any extra items before that so we can make up boxes  
Blessing of boxes on Wednesday 20<sup>th</sup> December at 11am

**THANK YOU TO EVERYONE!**



## SUNDAY SERVICES IN ST BARNABAS

1 <sup>st</sup> October	10.30am	Songs of Praise Harvest Festival followed by Bring & Share Harvest Lunch
8 <sup>th</sup> October	10.00am	Eucharist Service
15 <sup>th</sup> October	10am	Eucharist Service
22 <sup>nd</sup> October	10am	Eucharist Service
29 <sup>th</sup> October		<b>(NO SERVICE AT ST BARNABAS)</b>
	10.30am	Christ Church Service
5 <sup>th</sup> November	10am	SES All Souls Sunday Service
12 <sup>th</sup> November	10am	Remembrance Service
19 <sup>th</sup> November	10am	Eucharist Service
26 <sup>th</sup> November		<b>(NO SERVICE AT ST BARNABAS)</b>
	10.30am	Christ Church Patronal Service
3 <sup>rd</sup> December	10am	SES Advent Sunday Service
10 <sup>th</sup> December	10am	Eucharist Service
17 <sup>th</sup> December	10am	Eucharist Service
24 <sup>th</sup> December		<b>(NO 10am SERVICE AT ST BARNABAS)</b>
		Christmas Eve Service
31 <sup>st</sup> December		<b>(NO SERVICE AT ST BARNABAS)</b>
		Cluster Service at St Wulstans

## DIOCESAN PRAYER

We pray that more people will come to know the love of Jesus and join us in our life and worship; as well as continuing to pray for our parishes, schools and all those who are already part of the Diocese.



The time of prayer was launched with a pilgrimage around Worcester Cathedral and Bishop Martin has a pilgrimage around our deaneries planned for early summer. We hope that many churches will mark this time with their own events using the resources available.

Bishop John writes:

*"By 2030 we pray that we shall have healthy and sustainable churches which are resourced and encouraged to worship God, make disciples, share hope, and transform their communities. We hope to have double the number of children and young people in our churches, at least 100 new worshipping communities and congregations of 150 people in each major area of population. None of this will happen without prayer – please join us in this!"*

## CATHEDRAL EVENTS



### **TRANSCENDENCE: AN EXHIBITION BY COLIN MONK**

*Tuesday 3rd/Sunday 15th October*

Come along and view talented local artist Colin Monk's exhibition, Transcendence, which will be on display in the Dean's Chapel next month.

"Through the work exhibited I want to convey the feelings of spiritual transcendence, by portraying and contrasting the worlds of my home and allotment.

"I live in a densely packed inner-city area in Balsall Heath, Birmingham. My outlook back and front are houses, whose windows look directly into mine. "Two days a week I cycle the three miles to the plot, where I enjoy the peace and tranquillity and, at times when the elements converge with the weather, I feel a transcendence."  
*Colin Monk.*

### **AUTUMN LUNCHTIME RECITALS**

We are pleased to confirm the line-up for the Autumn Series of Lunchtime Recitals this year:

*Thursday 21st September*  
Samuel Hudson (organ)

*Thursday 28 September*  
Charles Wooler (organ)

*Thursday 5 October*  
Timara Easter (organ)

*Thursday 12 October*  
Christian Gautschi (organ)

*Thursday 19 October*  
Tom Winpenny (organ)

*Thursday 9 November*  
James Thomas (organ)

*Thursday 16 November*  
Jordan English (organ)

*Thursday 23 November*  
Martyn Rawles (organ)

*Thursday 30 November*  
Belaria (operatic duo)

Recitals take place on Thursdays at 12.15pm and admission is free with donations welcomed at a retiring collection.



# CATHEDRAL BIG GREEN ECO FAMILY FAIR

*Saturday 7th October 10-4pm*



Join us for the second annual Big Green Family Eco Fair here at Worcester Cathedral this October!

Following the success of last year's inaugural eco fair, our dedicated Cathedral Eco Group is hosting another one on Saturday 7 October.

Join in with family friendly craft and nature activities, browse a quality selection of stalls selling green products and providing information and advice for sustainable living.

Featuring Transition Worcester, RSPB, Green Peace, Viva, Ariel Bikes, Walcot Nursery, Green Christian and more.

Join us between 10am and 4pm on 7 October and enjoy a green day out with the whole family.

We will also be welcoming 'Worth the Weight' - vintage kilo

clothing sale - to the Undercroft Learning Centre, from 11am until 5pm.

Browse 9 tonnes of handpicked vintage and pre-owned stock. There will be 60 rails of clothing, where shoppers can pick and mix from the best denim, sports, ladies' fashion, men's fashion, outerwear and accessories and pay on the scales at the end. The cost is £20 per kilo, with prices starting from as little as £1 - a cost-effective way of buying bulk sustainable clothing and helping the environment at the same time.

*Entry is £2 for early birds, and £3 thereafter.*

<p><b>DISCLAIMER</b> Please be aware that the PCC of St Barnabas with Christ Church does not vet the advertisements in this magazine.</p>
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## TO OUR ADVERTISERS

who continue to support us

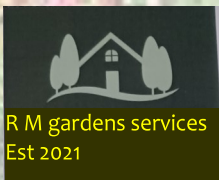
*If you would like to advertise in the Church magazine the cost is £2.50 per month for this size.*

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**HOW OFTEN?** 1st Friday of month

**WHAT TIME?** 1-3pm

All women very welcome to get involved & make new friends.

Pop in for a chat with Rachel, our Secretary, any Wednesday or Friday afternoon 1-3pm.

t: 01905 330600  
e: rainbowsec@wfedwi.org.uk

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