

THE M Magazine

35p

ST BARNABAS with CHRIST CHURCH, WORCESTER



MARCH 2025

ST BARNABAS WITH CHRIST CHURCH

PARISH STAFF:

Priest in Charge:	Revd Sarah Northall	074838 07432
Associate Priest:	Revd Rosie Moss	07761 691984
Curate:	Revd Sooz Magee	
Licensed Lay Minister:	Julie Berrow, Reader	07733 226061
Churchwarden (St Barnabas & Christ Church):	Mary James	01905 455214
Parish Safeguarding Officer (PSO):	Rachel Chalmers	07787 128345

WEBSITE: www.stbarnabaschurchworcester.co.uk

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.stbarnabaschurchworcester.co.uk

MAGAZINE DEADLINE: Penultimate Sunday of each month.
Please e-mail contributions to jackiecampbell@talktalk.net

Registered Charity number 1158894



ANNIVERSARIES

I have found myself aware of some significant anniversaries over recent weeks. Holocaust Memorial Day at the end of January marked the **80th anniversary** of the liberation of Auschwitz-Birkenau. Some excellent and poignant

BBC coverage reminded me how important it is to remember, along with this cartoon by Peter Brookes cribbed from the Times, following the release on 7 Feb of 3 Israeli hostages who looked as if they had been badly maltreated in captivity.



My only visit to Auschwitz will forever be seared into my memory — a place of tangible evil. People say it can't happen again. It can. Maybe it already is. We must never forget

Philip North, Bishop of Blackburn, X/Twitter, 27 January

Then there is a piece in the CHURCH TIMES on 14 Feb, by Lord Harries of Pentregarth, former Bishop of Oxford, marking the **first anniversary** of the death in Russian captivity of Alexei Navalny: patriot and martyr, but also a person of deep faith. I found it truly inspiring, and at the risk of breaking some copyright rules I want to quote at some length..



Relatives and friends pay their last respects at the coffin of the Russian opposition leader Alexei Navalny, on 1 March 2024

“It is encouraging to know that President

Putin’s main opponent, the courageous Alexei Navalny, was strengthened by

his membership of the Orthodox Church, which he entered as an adult, having previously been an atheist.

“Navalny grew up under Communism in an army family, and was appalled by the lies and more lies under which the country had to live. When Mr Putin came to power, it was not just the lies that enraged Navalny, but the massive corruption of both President Putin himself and his cronies. After training as a lawyer, Navalny founded an anti-corruption organisation, which exposed their vast wealth; and he also stood for election as Mayor of Moscow. Despite everything that the regime did to hinder him, he managed 22.7 per cent of the vote. He was, however, barred from standing in the 2018 presidential election.

“But he really hit the world headlines in August 2020, when he was poisoned with the nerve agent Novichok. Flown to Germany for treatment, he miraculously emerged from a long coma and resumed his activities. He returned to Russia, knowing that it would mean endless arrests, imprisonments, and his likely death. He was sent to ever harsher prisons and, finally, to one in the Arctic Circle, where he died.

“NAVALNY kept a prison diary which reveals a portrait of an extraordinary spirit. He refused to be broken by the system, and continually argued back to his guards, but all the time with an amazing sense of humour and confidence. Despite all the attempts to isolate and humiliate him, he retained a sense of élan, confident that the truth would eventually win through.

“He was wonderfully supported by his lovely wife, Yulia, who shared his ideas and was willing to suffer with, and as a result of, his meditation a great activities. He also found the diary is how much help in calming his impulsive temper. But what emerges from the diary is how much his discovery of the Christian faith sustained him through his ordeals. This began with the birth of the couple’s first child, Dasha, in 2001.”

“Having a child changed my life in an unexpected way. . . Like anyone who grew up in the Soviet Union, I had never believed in God, but looking now at Dasha and how she was developing, I could not reconcile myself to the thought that this was only a matter of biology. . . From a dyed-in-the-wool atheist, I gradually became a religious person.”

“EVEN during his time in prison, Navalny fasted in Lent, and had to face the absurdity that the bread that he himself was not eating could not be given to another prisoner and had to be thrown away. During this time, he learned the

Beatitudes by heart — not only in Russian, but in English, French, and Latin as well. One of the Beatitudes, in particular, was crucially important to him: “Blessed are those who hunger and thirst for righteousness, for they shall be fulfilled.”

“In his final appeal to the judge in one case, he makes this central. Despite his position as a prisoner, he tells the judge that he finds some satisfaction and fulfilment in trying to make that Beatitude his own, and he argues that, deep down, this is what the Russian people want. In the end, righteousness will prevail over the deeply unrighteous Russian state. Truth will out, and will win through.

“THIS faith undergirded Navalny’s natural courage, and gave him the nice mixture of self-deprecation and irony which is so characteristic of his personality. The Beatitude was true, because he did, indeed, find himself genuinely fulfilled in what he was doing. In an entry for 22 March 2022, but which forms an epilogue to the diary, he says that he lies, looking up and asking himself whether he is a Christian in his heart of hearts. He suggests, with some ambiguity, that some of what passes for religion may not be necessary, but then adds: “My job is to seek the Kingdom of God and his righteousness, and leave it to Jesus and the rest of his family to deal with everything else. . . As they say in prison here: they will take my punches for me.”

Which brings us to LENT, the 40-day period before Easter, which apparently emerged shortly after the Council of Nicaea in AD 325, when the text of our familiar Nicene Creed was agreed. So 2025 is the **1700th anniversary!** Lent always begins on Ash Wednesday, this year on 5 March. The 10am Eucharist at St Barnabas will include the imposition of ashes, following the ancient tradition of the church; also at 12noon at St Wulstans, and 7.30pm at St Nicholas Warndon. (*More information on page 9*)

And on 5 Tuesdays following (so from 11 March) Margaret and I are hosting an informal Lent Group at our home (197 Bilford Rd) for anyone who would like to spend time reflecting on scripture, for prayer and fellowship, 2supporting each other in our Christian journeys. These gatherings will be from 2.30pm, and end by 4. Do let us know if you might be coming! We’ll be using Sarah’s really helpful SIX STEPPING STONES ques1tions to help us along.

*Revd Andy Gandon,
17 Feb 2025*





LENT COURSE

Andy & Margaret Gandon will be hosting an informal Lent Group at their home (197 Bilford Rd) for anyone who would like to spend time reflecting on scripture, for prayer and fellowship supporting each other in our Christian journeys.

These gatherings start on Tuesday 11th March from 2.30pm till 4pm.

Andy asks that you let them know if you'll be coming. We'll be using Revd Sarah's really helpful **SIX STEPPING STONES** questions to help us along.

DO YOU HAVE A PASSION?



Do you have an interest, skill or pastime that you could share with others in the form of a demonstration or talk?

It could be an issue close to your heart, a practical skill or hobby you find interesting and rewarding or a holiday of a lifetime.

St Barnabas is looking for people who would be willing to lead a presentation on their given subject to raise funds for a new electric piano. *Help is available for power points, practical issues or just moral support!* Please speak to Mary James (01905 455214) if you can help!

KIA ORANA

Kia orana means *hello* in Cook Island Maori. The 2025 World Day of Prayer Service has been written by the women of the Cook Islands.



The service will be at 10.30am on Friday 7th March in St Barnabas.

Refreshments served after the service.



FAREWELL TO REVD DIANE COOKSEY

Bishop Martin has announced the appointment of the Revd Canon Diane Cooksey as Team Rector and Renewal Leader in the Benefice of Gornal and Sedgley. Diane is currently Pioneer Minister of St Nicholas, Warndon and Area Dean of Worcester.

Bishop Robert Paterson, on behalf of the Acting Bishop of Worcester, will license Diane at 4pm on Sunday 18 May. The service will take place at All Saints Church, Sedgley.

Prior to her move, Diane will be released from time to time to work with the transformation team on renewal plans for Sedgley which are at a critical juncture, in order that the renewal can flourish with other key appointments underway as soon as possible.

Please remember Diane in your prayers as she prepares to move.

There will be a Service of Celebration & Farewell to Revd

Diane at Lyppard Hub on Sunday 6th April at 3.30pm followed by cake and fizz.

All welcome!

ASH WEDNESDAY

Ash Wednesday is on 5th March. There will be an Ashing Eucharist at 10am in St Barnabas and a 7.30pm Eucharist in the Barn at St Nicholas. *See page 9 for all the Easter services at St Barnabas.*

CHRIST CHURCH

Now that the refurbishment work at Christ Church has been finished it is planned to use the chapel once more. At the moment it is being used for some of the Sunday Crossroads sessions at 7pm.

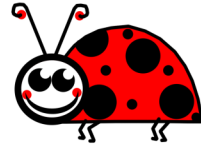
Sue Martyr has sent this photo—we give thanks to everyone who has contributed in anyway in making it a beautiful worship space again.





We enjoyed our annual Burns Night Supper in January, complete with haggis (veggie version too!), Scottish quiz, a quick circuit of the Gay Gordons and lots of fellowship.





Another fun evening at the Beetle Drive recently. We sold raffle tickets and had a collection basket in aid of the new electric piano and an amazing £168 was raised!
We are hoping to have more fundraising events—*watch out for details!*

THE GIFT OF WISDOM



*Long ago and far away
A wise old owl lived in an oak,
The more he saw the less he spoke.
The less he spoke the more he heard,
Why can't we all be like that bird?*

It was in classical Greece that the 'wise' owl became a symbol of Athena, Goddess of Wisdom and rational thought. In Greek mythology a little owl traditionally represents or accompanies her, sometimes seen sitting on her shoulder.

Interestingly the owl is not actually believed to be a very intelligent bird. Crows do better! Owls definitely more handsome. The rhyme suggests that the owl is a good listener. And the eyes have it! Not only does the owl display beautiful large saucer shaped eyes but it can also turn its neck 270 degrees. Nothing escapes its attention. It sees and knows everything.

I wonder how human wisdom might be described? Can we

learn from our feathered friend? There are a lot of quotes out there. Many talk about the value of life experience, with its joys and struggles, as a learning path to greater wisdom. It rings true. And I believe that there's more to it than that; curiosity and open mindedness, a big heart, open ears, patience and knowing oneself. Wise words spoken to us from a place of compassion can be a precious gift.

One of my favourite quotes is this:

'Be wise enough not to dwell on closed doors and to look for open windows'.

Maybe an owl will fly in.
Margaret Gandon

REVD GRAHAM LYALL

The Revd Graham Lyall passed away peacefully on Friday 14 February.

Graham served in the Diocese from 1967 in a number of different parishes, including St Stephen's. He retired to Worcester in 2004 and often took services at St Barnabas.

ANNUAL REPORTS FOR 2024

The Annual Reports booklet is being prepared in time for the Annual Meeting. Please send your report for year ending December 2024 to: jackiecampbell@talktalk.net by Tuesday 18th March.

Thank you!!

PATRONAGE SCHEME

If you would like to mark a special date, maybe a birthday or anniversary, you could become a Patron of St Barnabas and pay towards the running costs of the church building for that day (cost £25). Patrons' names are recorded in a special book kept on the windowsill by the piano.



God is love

See Jackie
Campbell for
more info.



EASTER SEASON AT ST BARNABAS

Wednesday 5th March

10.00am Ash Wednesday
Eucharist

7.30pm Eucharist in the Barn
at St Nicholas

Tuesday 11th March

2.30pm Lent Course at Andy
& Margaret's house
(details on page 4)

Sunday 30th March

10.00am Mothering Sunday
communion service

Sunday 6th April

10.00am Passion Sunday
service

Sunday 13th April

10.00am Palm Sunday
service

Thursday 17th April

7.00pm Maundy Thursday
service

Good Friday 18th April

10.30am Family activities
2.00pm Hour at the Cross

Sunday 20th April

10am Easter Day
celebration

FIVE THEMES:
*Worship & teaching, Buildings, Land,
Community & Global engagement, Lifestyle*



USE BY & BEST BEFORE DATES

Amazingly, as a world we produce enough food for everyone in the world to be fed. This is a great fact to read, however, unfortunately, the world wastes about one third of this produce.

I wonder what happened to the fish caught in the above picture? (Luke 5)

Some food waste happens in developing countries, say if crops aren't harvested, due to lack of labour or financial incentives, poor storage facilities, and problems in selling and distribution systems, all affected by governments.

In the UK we could fill Wembley stadium, 9 times with food waste. In Worcestershire food makes up over a third of the average Worcestershire black wheelie bin collections and 69% of that is still in it's packaging. (I don't know how they know this!)

This wasted food has taken a lot of resources to grow, ie. land, labour, seed, fertilisers, time, tools/machinery, all of which you know if you 'try' to grow your own food. If food waste were a country it would be the third highest of greenhouse gases.

Food waste can be eliminated by planning, storing and eating all the food you buy, and maybe, eat out at either of the two local community cafes that use

Top 10 Most Wasted Food and Drink in UK Homes

1	Potato (fresh)	
2	Bread	
3	Milk	
4	Homemade & Ready-Meals	
5	Fizzy drinks	
6	Fruit juice and smoothies	
7	Pork	
8	Poultry (chicken/turkey/duck)	
9	Carrots	
10	Potato (processed)	

supermarket 'waste food.'

- *FoodCycle* at The Tolly Hub, Rowan Court: Thursdays from 5:30pm
- *Open Door Cafe*: Warndon Hub, Shap Drive, Saturdays 12 noon

And here's a reminder about dates on food, so you don't accidentally throw away anything you don't need to.

A use-by date on food is about safety. This is the most important date to remember. Never eat food after the use-by date, even if it looks and smells ok, as it could make you very ill. In order for it to be a valid guide, make sure the food's storage instructions are followed.

Best before date: is about quality
The best before date, sometimes shown as BBE (best before end),

is about quality and not safety. After the date the food will be safe to eat but may not be at its best. The best before date will only be accurate if the food is stored according to the instructions on the packaging.

May we give reverence to our food, resources and our God.

Amen

Sue Martyr

<https://www.worcestershire.gov.uk/lets-waste-less/reduce/reducing-your-food-waste>

<https://www.food.gov.uk/print/pdf/node/271>

<https://friendsoftheearth.uk/food-waste>



EVENTS AT THE CATHEDRAL



Friday 28 March 2025
*Tunde of Lighthouse Family Live
in Worcester Cathedral*

Pop-Soul Singer Tunde of Lighthouse Family will perform live inside the incredible Worcester Cathedral with a full band. This is a seated concert. The venue is wheelchair accessible.

Tunde will be performing a 75 minute set with support act (TBA).



More details/cost of both these events can be found on the Cathedral website.



Wednesday 2 April 7pm
*Faith in Crime Fiction – with
Author Georgina Clarke*

Join us for a thrilling discussion on faith in crime fiction with Georgina Clarke acclaimed author of the Lizzie Hardwicke mysteries set in 18th century London and *The Dazzle of the Light* – inspired by the Forty Thieves, a gang of notorious female thieves in East London

As well as an author, Clarke – as Georgina Byrne – has been a priest since 1998, and variously a vicar, bishop's chaplain, director of ordinands, and cathedral canon here in Worcester and currently teaches Christian doctrine and contextual theology at The Queen's Foundation, an ecumenical theological centre in Birmingham.

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Call Rachel Chalmers (458101)
or Julia Adams (610830)



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to change things for the better.

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£46 PER YEAR THEREAFTER

WHERE DO WE MEET?
The Rainbow Hill Community Hub
12 Astwood Road, Worcester. WR3 8ET

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@wfdwi.org.uk





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