

# THE M Magazine

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ST BARNABAS with CHRIST CHURCH, WORCESTER

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JULY/AUGUST 2026

## ST BARNABAS WITH CHRIST CHURCH

### PARISH STAFF:

Priest in Charge:	Revd Sarah Northall	074838 07432
Associate Priest:	Revd Rosie Moss	07761 691984
Churchwarden (St Barnabas & Christ Church):	Mary James	01905 455214
Parish Safeguarding Officer (PSO):	Rachel Chalmers	07787 128345

**WEBSITE:**      [www.stbarnabaschurchworcester.co.uk](http://www.stbarnabaschurchworcester.co.uk)

### SERVICES:

Sunday	9.45am	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](http://www.stbarnabaschurchworcester.co.uk)

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

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## MID-WAY THROUGH THE YEAR

Margaret said “I bet you can’t write for the magazine without mentioning the news.” She’s right, of course. So I won’t even try. Indeed I cannot, since I am instinctively an incarnationalist. Sorry, that sounds like a fancy word, but it flows out of the opening of John’s gospel, where the author says “the Word became flesh and dwelt among us”.



Christianity is not about escaping from the real world but rather – like God in Jesus – living in it, and engaging with the challenges it throws up, living and working as channels through which his healing and hope, peace and reconciliation can come.

This is the challenge I face, that wherever we look, the news is largely bad. “Permacrisis” was one of the words of the year in 2022, meaning “an extended period of instability and insecurity”, but it seems still so apt today, with climate change, Trump, wars on several fronts, UK politics in turmoil (I started to write on the day when Starmer has resigned), polarisation and division and poverty here, but so much worse in so many other places.. Forgive me, the list seems endless!

So today, mid way through 2026, how about **some ideas which might serve as antidotes to the sometimes overwhelming volume of bad news?** Not all will be helpful for everyone, but I pray that one or two might work for you.

### 1 **LOOK FOR and be encouraged by good news stories.**

In the latest MSF (Medecins Sans Frontieres – Doctors without borders) magazine DESPATCHES, you can read about one of their staff working in Southern Sudan...

*“Before I came here I knew nothing about South Sudan. I didn’t even know where it was. But working with the South Sudanese, I feel their heart. They dream about a future that is not just about survival, and I want to support them so they can have this dream. We give them hope, but they also give us hope. Our team is wonderful, and I’m just a small part of that. But I am happy to be here, helping.”*

*from DESPATCHES (MSF)*

In Gaza 90% of water and sanitation infrastructure was destroyed or damaged during the conflict with Israel. To help plug that gap, MSF distributes 5.3 million litres of water each day, enough for 1 in 5 of the Palestinians who live in Gaza. Wow!

At the same time, MSF teams are on the front line responding to Ebola in Eastern DRC.

Sadly bad news grabs more people's attention in today's media. So stories like these, of people and organisations who are making a difference, need to be found, shared and celebrated (and perhaps some of us need to limit the time we spend on our screens following the bad stuff!)

## 2 RESPOND .. Find ways to make a difference where we are

Recently, the blurb for Refugee Week suggested we take part in Simple Acts, everyday things we can all do..

A few weeks ago at St Barnabas' Sarah challenged us to think about the unique opportunities to serve which can only be fulfilled by you, or me, because of the unique relationship with, or proximity to that other person that only you or I enjoy. With whom, what, where is that God-given opportunity for you, and me? It's a big responsibility, but also a privilege and joy to take it. In that specific setting, we are certainly not just drops in a bucket.

### *Simple Acts*

*opening your door to a neighbour, trying new food, reading a book, or watching a film that changes your view of the world.*

## 3 WELCOME wisdom and good advice wherever it can be found

In her Thought for the Day just after David Hockney died last week, Lucy Winkett told us that just weeks before his death Hockney's latest exhibition included a hand written note which said: "Put your phone down, and look.. with both eyes!

**"Put your phone down, and look.. with both eyes!"**

*David Hockney*



How often have we sung or recited together the 23<sup>rd</sup> Psalm, which includes this wonderful promise:

*Though I walk through the darkest valley, I will fear no evil.  
For you are with me, your rod and your staff they comfort me.*

Hold on to the words of reassurance, feed on the hope they offer, repeat them, sing them, pray them, memorise them so they become part of you.

*Nothing can trouble, nothing can frighten.  
Those who seek God shall never go wanting.*

*St Teresa of Avila*

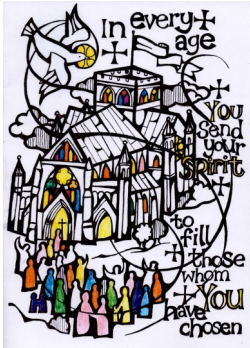
And remember too that if we feel bogged down in the hard realities of the here and now, faith helps us look forwards and upwards, to what is above and beyond, reminding us of the longer term, eternal reality.

Let's allow St Teresa to have the final word:

**May you have peace within today.  
May you trust God that you are exactly where  
you are meant to be.  
May he fill you up with thanksgiving and joy  
for the freedoms you enjoy!  
May he renew your resolve  
to be a grateful, humble soul.  
And may he use you tomorrow  
in ways that surprise and bless you.**

Andy Gandon  
24 June 2026





### **REVD PHILLIP JONES' 40th ANNIVERSARY**

Revd Phillip marks the 40th anniversary of his ordination on Sunday 5 July when he will preach at the 9.45am service.

### **NEW SERVICE TIMES**

Starting in July, the Sunday morning service will start at 9.45am. This will give more time when the minister taking the service has to go on to St Wulstan's afterwards.

### **JAZZ BAND COMMUNION**

Bishop Perowne Jazz Band will play at the 9.45am service on Sunday 12 July. *It promises to be a lively service!!*

### **REVD SARAH SABBATICAL**

Revd Sarah's last Sunday before she goes on Sabbatical leave is 12 July. Her first Sunday back will be on 15 November.

**ECO CHURCH**  
AN A ROCHA UK PROJECT



### **ECO CHURCH I-SPY**

The eco group began their June meeting with a mindful walk around the grounds of the church. Sue Sykes equipped us with A4 sheets of photographs to identify some of the plants we might find. (See the eco notice board where the sheets have been left for others to use, do use them.) Even though we thought we knew the grounds, we became more attuned to what was there and found more than we expected, a few small oak trees, plants we never knew were there, and plants finding room to grow amongst the mortar in the wall. I feel that the more attentive we are the closer we come to God. It reminds me of when Mary simply sat at Jesus' feet and listened, Luke 10:38-42, no words, no action, but just attentiveness.

***The Parish picnic is 11<sup>th</sup> July*** and so we invite you to take an A4 i-spy sheet to help explore the grounds and to come closer to God.

*Sue Martyr, Eco Rep*



*Top:* Enjoying iSingPop in church and a recent baptism  
*Bottom:* Cluster service at Christ Church

*Opposite page:* We celebrated St Barnabas Patronal with an outdoor service in the beautiful weather followed by a shared lunch. It was also Julie Berrow's last Sunday with us before she left to be ordained deacon and move to St John's Church. Revd Sarah presented Julie with a Home Communion Set



# CANDLE LIGHT

During a heatwave is probably not the time to think about sitting round a fire, mesmerised by the flames.

So let's think about the humble candle and its flame instead.

You may have heard about Mark Stevens, in Shropshire, and his personal quest: recycling candle wax to make temporary stoves, for the military and civilians in war-damaged areas of Ukraine. They play an important role where electricity and heating have been cut off, and can be used in shelters. Mark has collected an estimated thousand kilos plus of used candles from cathedrals, churches and charity shops and personally delivers to the front line as well as sending stoves via a charity.

The 'used' candles have, of course, already been lit for a reason.

The light is a powerful symbol, not just of 'the light of the world', as in Christianity but also of intention. A physical



manifestation of an inward thought, open to anyone, of all faiths and none, seeking a quiet moment of reflection: expressions of hope, love, remembrance, thankfulness, prayers or wishes for healing and guidance, and in solidarity, as at a vigil.

Rituals of many kinds give a sense of stability and reassurance. In a public place, a church, a cathedral, lighting a candle alongside others, brings a sense of unity and community. Each candle continues to burn after you have left, expressing an ongoing desire to keep someone in your thoughts.

We may light candles in our homes, including scented ones. It's a way of shaping the atmosphere without demanding attention, providing an ambience of warmth and welcome to others.

The lit candle: personal reflection, hospitality, a symbol of faith, or literally, a way of lighting up someone's life.

*Margaret Gandon*

**St Barnabas Church**  
**Parish Picnic**

on the green

**Sat 11<sup>th</sup> July**

**12 noon**



**GAMES**  
**QUIZ**

**BYO CHAIRS & FOOD, HALL IF WET**

**Come & join us**

## TWO PLASTIC BAGS

As part of the Refugee Week Exhibition recently held in the Cathedral Chapter House, there was "Poetry on the Hour", to which the new Worcestershire Poet Laureate, Jay Rose Ana, was invited to contribute. The poem she wrote and performed, on the Refugee Week theme of Courage, is so powerful, it deserves to be spread far and wide and she has given permission for anyone to share it.



the changing rain and heat,  
of a stranger's street, tired  
feet, nobody to meet,  
measuring life in bread not  
meat.

I think courage is one of  
those bags cutting into tired  
fingers,  
whilst the other is full of everything  
you could not bear to leave  
behind.

I think courage is standing at the  
bus stop  
trying to stay small,  
to pronounce the name of a place  
that will always feel borrowed,  
and never quite feel like yours at  
all.

I think courage is making sure to  
smile at the cashier,  
a cashier smile, practised, whilst  
counting coins twice,  
nodding along to a joke you only  
half understand  
and yet are, quite often, the butt  
of.

But my neighbour came HERE,  
with two carrier bags and a  
photograph.  
Now she knows which days the  
bins go out,  
and how to go out and separate  
red from green,  
which streets shrink her least, and  
which homemade biscuits to bring  
when somebody shares  
bad news or questionable views.

### Two Plastic Bags

by Jay Rose Ana

I live in St Johns, in Worcester,  
not far from here,  
I have a neighbour from another  
land,  
escaped from one form of fear,  
whom I sometimes see, and  
greet, and hear.

To hear and see, to know their  
courage in the little things.  
In the communal kitchen,  
planning to survive,  
cooking little meals for a week on  
a meagre little budget.  
When once, amidst their own,  
in lands that thrived, they roared  
like a lion.

I think courage is less like a lion  
and more like a the weight of  
carrying two carrier bags  
through a strange new place in

The newspapers talk about  
borders.  
But most of our lives are built  
from small courage at  
smaller crossings.  
The first step into food bank.  
The nervous knock on a new  
front door.  
The first time someone  
remembers your name.  
And says it correctly.

And perhaps courage is simply  
this:

to arrive as a stranger,  
and keep planting  
pieces of yourself  
into unfamiliar soil,  
trusting that one day  
your two plastic bags will  
become bags for life  
and someone will point at a map  
in the street

that reads "you are here"  
and say your name  
whilst calling the place  
you rest your feet  
your home.



You can watch Jay Rose Ana recite  
this poem on YouTube:  
[https://www.youtube.com/watch?  
v=jHPikuKrnYM&t=14s](https://www.youtube.com/watch?v=jHPikuKrnYM&t=14s)

## CHURCH PICNIC

Remember the family picnic on  
Saturday 11 July at midday.  
Bring your own picnic and come  
along to enjoy fun & friendship!

## THREE COUNTIES SHOW

Sue Martyr recently helped on  
the children's tables in the church  
tent at the Three Counties Show.  
The theme this year was  
*Everyone is welcome in God's  
Kingdom*. She shares some of  
the children's work:



**WORCESTER CATHEDRAL**

# in awe and wonder land

**Summer Holiday 2026 family activities**  
children must be accompanied by an adult at all times

**Family Craft & Storytime**  
Wed 22 & Thu 23 July, drop in, 11am-12pm  
Come along for Mad Hatter crafts in the Nave  
£1 per child

*This Is My Theater* presents:  
**Alice's Adventures in Wonderland**  
29 July, 2pm  
Live indoor theatre production in the Nave!  
Book now, [www.worcestercathedral.org.uk](http://www.worcestercathedral.org.uk)  
£0-£20

**Croquet on the Top Lawn**  
Thu 6 August, 11am to 2pm  
Grab your flamingo for some family friendly croquet!  
(Old Palace) Top Lawn. Donations welcome.

**Alice-Inspired Polymer Clay Earring Workshop**  
Sat 25 Jul, 1pm to 4pm  
Create two pairs of Wonderland-themed earrings. Refreshments provided.  
Book now, [www.worcestercathedral.org.uk](http://www.worcestercathedral.org.uk)  
£25pp, 18+

**Alice in Awe and Wonder Land Trail**  
Throughout Summer Holidays  
A topsy-turvy visit through the Cathedral. Pick up your trail from the Welcome Desk, £1 each.  
[www.worcestercathedral.org.uk](http://www.worcestercathedral.org.uk)

## IN AWE & WONDERLAND

There are plenty of Alice themed activities at the Cathedral during the summer, including:

### *Family Craft & Storytime*

Weds 22/Thurs 23 July: *Mad Hatter crafts* in the Nave  
£1 per child

*Croquet on the Top Lawn* Thurs 6 August, 11am-2pm (Old Palace) Donations welcome!

*Alice in Awe and Wonder Land Trail* A topsy-turvy visit through the Cathedral. Pick up your train from the Welcome Desk £1 each.

**More details of all these events on Cathedral website.**

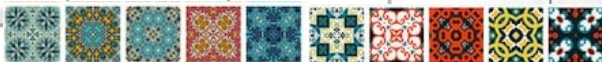


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