

July and
August 2019

Issue 5 number 9



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THE WINDOW

News and Views from the Parish of Abingdon-on-Thames

Not our world, but God's

The Revd Jennifer Brown

As I sit down to write this, I am also preparing a talk for the Oxford Centre for Mission Studies on creation care and mission. You might wonder what caring for the environment has to do with mission. But if we think about mission as showing God's love to God's world, then it becomes obvious.

In caring for the planet and the creatures with whom we share it, we make visible God's love for the world he made. And, of course, caring for the planet is also a way to love our neighbours. Pollution of all kinds and the effects of climate change impact on the health and wellbeing of human communities. They also have a negative impact on the health, and potentially the survival, of other species. If we can change our lifestyles to be more environmentally friendly, we can have a positive and very real impact on the lives of others. Changing how we live is vital if we are going to limit the effects of global climate change. Some of the changes that we can make are simple and easy – changing to an eco-friendly energy supplier, buying products made from recycled materials, or reducing our car travel by combining journeys, for example. Others are costlier or require sacrifice in other ways - investing in solar panels or insulation for our homes, moving away from meat eating to a more plant-based diet (probably the single most effective thing an individual can do to combat climate change), or reducing the number of flights that we take.

Jesus said that, 'those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it.' (Mark 8.35 NRSV). Now I know that when Jesus spoke these words to his disciples, he was saying that those who were willing to die for the faith and not deny Jesus as Messiah would inherit eternal life. But for us, these words might well be understood as a call to sacrifice our lifestyle to care for the earth and our neighbours, both human and non-human animals, in faith that as we choose to give up some of the things that our society has taught us to believe are important, we may just discover new life and great joy.

Caring for our world needn't be laced with doom and gloom, although the challenges we face are great. Discovering new cuisines, getting to know neighbours as we offer to share lifts to church or do the shopping, delighting in the natural world through tending a garden, forsaking the foreign holiday and discovering a hidden gem on our own doorstep during a 'staycation' – all can be sources of delight (along with the feeling of contentment that comes from knowing we have done something worthwhile).

At the end of his gospel, Mark records Jesus as giving his disciples these instructions, 'Go into all the world and proclaim the good news to all creation.' (Mark 16.15 NRSV) What better way to follow this instruction than to live lives that are good news to all creation?

Around the Parish

The Revd Mary Williamson

As many of you will know, Mary is coming to the end of her term as House for Duty priest in the parish in the autumn. Her last Sunday in Abingdon will be September 1st. To mark the occasion there will be a bring and share lunch in the south aisle of St Helen's to which all are warmly invited. Sign up sheets for the lunch will shortly be available in each church. There will also be an opportunity to contribute to a leaving present; please see one of the churchwardens or contact the parish office if you wish to make a contribution.

Church Twinning Trips 2019 and 2020

Church Twinning had a memorable visit from our friends in Argentan and Sint Niklaas for our Passion Play in April, and thank you to everyone from our churches who supported us by hosting, offering meals and coming along to our Barn Dance and Cheese and Beer tasting. Your generous support helps us to offer our visitors a warm welcome and an enjoyable and informative stay with us.

We have received return invitations from the Church Twinning groups in our twin towns of Argentan (Normandy) and Sint Niklaas (Belgium) and we would love to encourage you to join us and take part. The preliminary details are as follows:

ARGENTAN : Thurs 12th to Mon 16th September 2019. This is their Heritage Weekend and an excellent programme is being arranged.

SINT NIKLAAS: Thurs 2nd to Mon 6th April 2020. This is the weekend of their Passion Play. How good it would be to see another one.

Hosting is with families unless otherwise requested. Numbers are limited. If you are interested in either trip, please contact your church representatives:

Elizabeth Simpson and Anne Dodd at St Helen's
John Clare at St Michael's
Hildegard Nagel-Hyde at St Nicolas

Christian Aid

Thank you to everyone who contributed to Christian Aid Week, by supporting the stall in the Market Place, door-to-door collecting or making a donation. Collections from the parish raised £819.69.



Save the date!

Bishop Steven and Canon Edmund Newey, the sub-dean of Christchurch, have decided to set up an inaugural St Frideswide Pilgrimage this year on the Saint's Day, Saturday October 19th and look forward to welcoming all who come with a pilgrim spirit. More in the September issue!

The Body of Christ

The Revd Canon Dr Emma Percy

Jesus body was a male body,
A Palestinian Jew, circumcised on the eighth day,
muscled from manual labour, weathered by an itinerant ministry.

The body of Christ is black hands,
calloused from work in the fields, clapping a rhythm of praise.

The body of Christ is the tired feet
of the nurse at the end of the day entrusting the sick to the mercy of God.

The body of Christ is the foreshortened arm
offering hospitality, reaching far beyond the physical limitations.

The body of Christ is the breast full of milk which suckles the child,
the womb which bleeds and contains new life.

The body of Christ is eyes, blue, green, brown
looking compassion on the poor of the world,
ears that hear the voices of the voiceless.

The body of Christ is the mind
capable of exploring the heights and depths of theology,
the voice that speaks blessings in many languages,
the laughter of companions,
the sighs of lovers, the silence of contemplation.

The body of Christ is male and female and intersex.

The body of Christ is straight and gay, single and married, old and young, rich and poor, lost and found.

The body of Christ is risen and redeemed;
a multiplicity of human diversity working together for the kingdom.

We are the body of Christ,
for in one spirit we were all baptised
into one body.

Emma Percy Sept 2017 Los Olivos



Andrew Coker, churchwarden at St Nicolas' Church writes: "The congregation of St Nic's were delighted in May to welcome back The Rev Dr Emma Percy after a short absence. Emma's sermons are always informative and engaging as you would expect from a very senior theologian and Chaplain of Trinity College, Oxford. She leads our services four times a year, a duty for Trinity Chaplains since 1812. The custom was begun by The Rev Richard Bowles, a fellow of Trinity and Rector of St Nicolas, who left money to provide for "The Bowles Readership." Two hundred years on we are still benefiting from this wonderful legacy. Emma spoke on this occasion very movingly about the ordination of women 25 years after she and others were priested, the first to be so. It was a fascinating insight into the movement for the ordination of woman and how she now finds herself part of that history. She concluded with a poem she had written. We felt it so powerful that we wanted to share it with those not fortunate to have been with us that day."

The image is from *A-cross the World: An exploration of forty representations of the cross from the worldwide Christian Church*. See BRF online.

St Helen's Church Works to Reduce its Use of Plastics

Jill Gant

Introducing Abingdon Cuts Plastics

For the last year or so a new Carbon Cutters Group – Abingdon Cuts Plastics – has been working hard to raise public awareness in Abingdon of the damage that plastics, particularly single-use, are causing to the environment, most notably marine wildlife. The Group has been encouraging individuals, local businesses and community organisations to reduce their disposable plastics use. It has become affiliated to the main national campaigning organisation for plastics reduction: Surfers against Sewage (SAS).



Abingdon Applying for Plastic-Free Town Status

Over 500 groups in the UK are affiliated to SAS, and of those so far 60 have achieved Plastic-Free Community status. On their website, SAS say: 'It's not about removing all plastic from our lives. Instead it's about kicking our addiction to avoidable single-use plastic and changing the system that produces it'. It supports local campaigning groups to help their community to become an official Plastic-Free Community. Abingdon Cuts Plastic (ACP) is seeking to gain SAS approval for the town to become a Plastic-Free Town by the end of 2019.

There are very stringent requirements for a community to achieve this status. ACP has to demonstrate that at least 12 businesses and 20 community organisations in the town, including a third of schools, have taken and are continuing to take action to avoid and reduce single-use plastic. SAS considers that such a number shows sufficient serious commitment by the town and a strong intent to continue on the plastic-reduction journey. Fortunately it is not necessary for all businesses and organisations to be totally plastic-free before gaining Plastic Free Community status. Businesses that meet these requirements are called Champions: to qualify, a business needs to remove 3 types of single use plastics. For example, a café could remove plastic straws and cutlery, replace plastic takeaway cups with biodegradable cups, and offer a discount to customers who bring in their own mugs. Community Organisations, including churches and schools, can become Community Allies.

Audit of St Helen's Use of Single-Use Plastic

To support this aim I sought the agreement of St Helen's DCC's for an Audit of the church's use of disposable plastic. As a good indication of the Church's commitment to this goal the DCC readily agreed.

Hospitality is the main area where single-use plastic items have been used in the past but a deliberate policy to avoid and reduce these items has been ongoing for some time and will continue. For example: re-usable plastic beakers are provided for children's drinks; church crockery is used now for social occasions where refreshments are served to moderate numbers; non-recyclable plastic cups were previously used for large numbers of hot drinks but they are being replaced by biodegradable ones.

In the office a small selection of folders, punched pockets and ring folders is used. However, these are kept to a minimum and are reused for as long as possible. Packs bought last many years. The few other plastic storage items used such as card boxes and plastic box folders are re-used and no longer bought new. Cardboard is replacing these where needed.

Some archive material is stored in plastic but mostly they are kept in paper/card folders in cardboard boxes.

Hirers and Other Church Users were asked about single-use plastic and they were all aware of the need to avoid/reduce/recycle it and were actively seeking to reduce use of single-use plastic items. They all used church crockery for refreshments. The Toddler Group use plastic toys but they are old and multi-used, mended where possible and recycled at the end of life. Both this group and Junior Church do use some single-use plastics for craft activities but items are always recycled where possible and increasingly alternatives are being sought.

St Helen's Church Is Now A Plastic-Free Community Ally

A Report of the Audit was presented to the DCC which endorsed the need for continuing attention to be given to plastic reduction in church activities. The DCC also agreed that it would be willing to be included as a Community Ally in the ACP's submission to SAS for Abingdon to be formally approved as a Plastic-Free Town.

What Can We All Do?

In the meantime it is up to us all to seek very pro-actively to reduce our use of single-use plastic in our own lives. We can start by doing an audit of our individual and family use and then look for the increasing number of plastic-free alternatives.

A service held on June 9th

St Helen's was pleased to host, as in previous years, the biennial service for the Provincial Priory of Oxfordshire, Berkshire and Buckinghamshire of 'The United Religious, Military and Masonic Orders of the Temple and of St John of Jerusalem, Palestine, Rhodes and Malta in England & Wales and Provinces Overseas'.

The service is modelled on Evensong from the Book of Common Prayer and includes a sermon and the National Anthem. Each local branch has a banner which are carried in procession; the photograph below shows the banners on the platform where they remain during the service.

Members of the Order and their families and friends stayed for tea afterwards prepared efficiently as ever by Susan Scott and the hospitality team. St Helen's is grateful for the very generous donation to the church which was made during the service.



Sweet Slices of History Baking and Cakes by Marjory Szurko

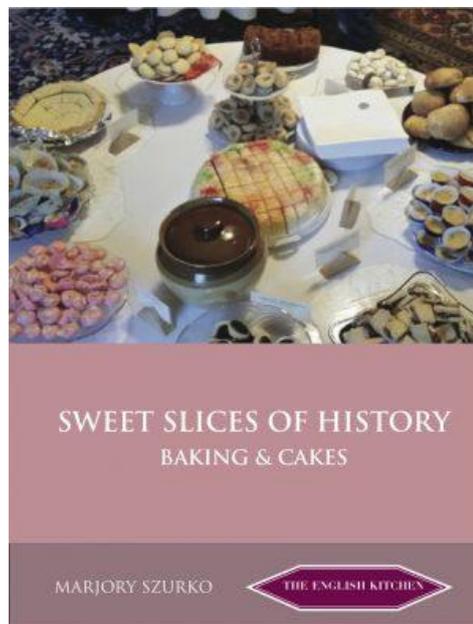
A book review by Louise Heffernan

Part historical record, part cookbook, this delightful book is based on Marjory Szurko's research over 16 years into recipes, ingredients and cooking methods from the fourteenth century to the early twentieth. As Librarian at Oriel College, Oxford, Marjory Szurko was intrigued by a bequest to the library of The Otterington Hall Recipe Book, a compilation of recipes from a country house in Yorkshire, inspiring her to recreate some of the dishes. She did not stop with this first source text but went on to find numerous domestic manuals and manuscripts which she used to discover the ways that cookery was affected by factors such as availability and expense of ingredients, organisation of households and the recording and publishing of recipes. The outcome of her work led to a series of 'Edible Exhibitions' in Oriel College, Oxford, between 2002 and 2017 in which cakes and desserts from past recipes could be sampled.

The success of the Exhibitions led her to research further into the culinary arts and practices through the centuries and as a result she has produced a book which contains accounts of her discoveries of original sources and of her own excitement as she trialled the recipes, translating from Middle English or Early Modern English where necessary, and updating them so that they could be used by a modern cook. Marjory has focused on sweet dishes, so providing a treasure trove of baking and desserts.

What I love about this book is the story that accompanies each dish. Marjory has divided the book into seven chapters, giving a chapter to each century. So, we are led through 'Courtly Cuisine' of the fourteenth century to 'Country House Confections' of the early twentieth century. Each chapter begins with explanation of factors which affected cookery of that time period and each recipe is produced in its original form, and then is followed by Marjory's translation and updated version. The result is a charming but practical recreation of past baking. For instance, who could not be intrigued by 'A Tarte to Provoke Courage Either in Man or Woman'? Fortunately, Marjory has substituted sweet chestnut kernels for 'the brains of three or four cock sparrows' in this recipe. The majority of the dishes are much more familiar and accessible to a modern chef including a few variations on old favourites such as gyngerbrede or almond tarte. I have tried a few of the recipes and I can thoroughly recommend the deliciously light chocolate cake of the 'Home Comforts' chapter. How fortunate for us that in the nineteenth century the process for producing chocolate bars was developed.

If 'we are what we eat' Marjory Szurko's book is a brilliant way to discover more of our ancestors' lives through the sweet things they baked and ate.



Sweet Slices of History: Baking and Cakes by Marjory Szurko, Prospect Books, November 2018, £12.99 (paperback) ISBN: 978-1-909248-60-1

Marjory Szurko writes...

One day in April, I received the astonishing news that my book had been shortlisted for *Debut Food Book* at the annual *Fortnum & Mason Food and Drink Awards*, to be held in May at their wonderful shop in Piccadilly.

It was exciting to gather in the tearoom of Fortnum's, and to recognize so many people I had seen only on television. I didn't win an award at the ceremony on the day (a man called Thom Eagle won with his book 'First, Catch'), but it was a good party, and Claudia Winkelman pronounced my name correctly when she announced the shortlist!

I had the opportunity of talking to many interesting celebrities from the food world and further afield. Prince Charles was there (he won the special award for his contribution to the food industry) but he had to slip off early to knight Andy Murray. I gave Nadiya Hussain a hug for being an inspiration to so many, had a word with Matt Tebbutt (a charming man from television's Saturday Kitchen), chatted to Nigel Slater, whom I admire, and talked to Mary Berry (winner of the Food Personality of the Year Award) about her fabulous lemon drizzle cake – a recipe I have used often. The canapés were lovely - we even had the mini Scotch eggs that F&M invented!

It was a treat to be in such company, and I felt honoured to be there.

Marjory Szurko has had a long and distinguished career as a librarian and is currently librarian at St Stephen's House, the Anglican theological college in Oxford. She and her husband, Christian, worship at St Helen's.

Answers to the June Crossword by Eccles

R	O	M	A	N	I	A		G	R	E	Y	L	A	G	
A		A		O		L	E	A		R		O		E	
M	A	N	A	T	E	E		M	A	N	A	G	E	R	
P				E		R		B		E				M	
A	R	M	Y			I	T	A	L	Y		G	A	L	A
N		A		S		E		E		K		U		N	
T	R	I	P	P	E	D		D	Y	N	A	S	T	Y	
		D		A						A		T			
B	L	E	R	I	O	T		B	E	V	E	R	L	Y	
E		N		N		R		R		E		I		I	
L	O	S	T			D	E	N	I	M		D	A	L	E
G				K		S		G		S					L
I	N	T	E	N	T	S		A	D	O	P	T	E	D	
U		O		O		E	N	D		N		E		E	
M	I	N	U	T	E	D		E	N	G	L	A	N	D	

Church Visiting

Anne Smithson

During March 2019 the Smithson Family visited St Peter's church in Satterleigh, Devon. The building is now in the care of The Churches Conservation Trust, being one of over 350 kept open and welcoming to visitors throughout England. St Peter's remains consecrated but was declared redundant in March 1996.



It is a small rubble-built structure with a later slate roof, hidden behind a large tidy collection of farmhouse and buildings. It has a single nave, chancel, south porch and wooden bell cote at the west gable end. An indulgence granted in 1435 for 40 days probably dates the present building to that time, when the parish was too poor to repair or rebuild its church.

The south door stands in its original wooden frame, which shows a distinct narrowing towards the doorstep. Bench ends are carved in rich 15th century designs, some later ones are fine copies. The reading desk and pulpit, which still has its sounding board, are 17th and 18th century and

placed on the north side of the single aisle. There are 24 carved hat pegs both in the chancel and on the west wall. The font on the south wall is 15th century, and placed above is a later decorated quote from Psalm 95 (xcv). The Royal Arms over the door are dated 1726 - in use from the accession of George I, who reigned from 1714-1727 - the French Royal Coat of Arms is still showing in the design at this time until it was removed in 1801. Over the site of the rood screen is a richly carved ceiling. The tympanum remains painted in the late Georgian period with The Lord's Prayer and The Creed. The chancel is Restoration design. The altar rails and the East Window glass are Victorian. On either side of the window are painted boards of The Ten Commandments. There are three bells, almost unique, as they are fitted with half wheels which went out of fashion 300 years ago. The first bell is inscribed 1724, the third bell is inscribed 1722, and the second bell is uninscribed but late medieval and recorded as being in the tower in 1553. All are lightweight. The entrance to the church is through a wooden lychgate and is a memorial to those who lost their lives in the First World War.

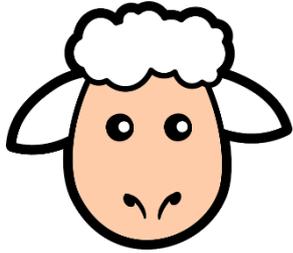
A Little Gem

Silvia Joinson

We enjoy exploring local churches and have found some tiny ones in remote spots. All Saints Shorthampton west of Charlbury is a good example. The Norman nave has remains of medieval wall paintings including St Frideswide and an Archbishop, possibly Edmund of Abingdon or Thomas a Becket. It still has box pews and a two decker pulpit. The chancel is later and has a fine view of open country through the east window. Don't be put off by external scaffolding; the church is open daily.

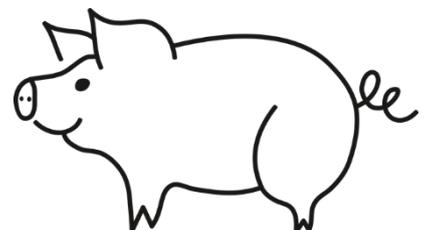
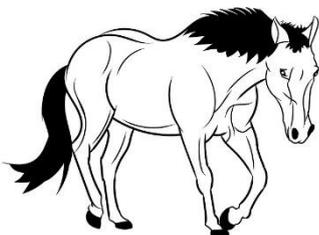


Children's Puzzle Page!



Animals found in the Bible

a	a	u	o	j	y	w	z	k	e	m	n	g	i	p	antelope	lamb
e	n	o	d	o	n	k	e	y	h	i	q	s	s	s	bear	lion
t	k	t	w	o	r	r	a	p	s	w	h	h	a	t	bee	locust
a	k	a	e	n	v	g	m	b	l	o	t	e	a	i	camel	pig
o	m	d	n	l	m	c	e	q	r	e	e	e	e	v	cow	raven
g	o	w	t	s	o	a	q	s	f	v	m	p	s	t	dog	sheep
g	n	g	n	u	r	p	e	s	o	z	f	a	m	n	donkey	snail
x	g	a	e	a	g	b	e	d	w	l	n	g	c	n	dove	snake
s	o	d	v	k	m	l	p	k	o	a	t	y	o	b	dragon	sparrow
x	n	q	a	a	b	x	o	w	m	p	l	g	e	e	fish	stork
h	o	a	r	o	y	p	a	c	j	r	a	l	c	e	fox	swallow
l	n	f	i	s	t	o	r	k	u	r	f	a	o	o	goat	wolf
a	j	j	d	l	q	z	d	c	d	s	x	i	v	w	horse	
m	n	o	i	l	w	o	c	w	k	c	t	n	s	f		
b	d	t	f	j	c	p	o	y	w	c	z	e	c	h		



What's on in the Parish

Devotional

Tuesday 2 July

Mothers' Union

CIRCLE DANCING with refreshments

9.30 - 12.00 St Michael & All Angels

Thursday 4 July & 1 August

Moving into Stillness

Circle dancing to music from Taizé

9.45 – 10.45 - St Michael and All Angels

Sunday 7 July

Faith Forum

+TRADITIO+

Personal testimonies of faith seeking understanding

Dr Roderick Smith on John Polkinghorne.

9.15 – 10.00 Parish Hall at St Helen's

Breakfast from 9.00 am

Tuesday 9 July & 23 July

Desiring Life Reading Group

14.30 The Lounge, Parish Centre at St Helen's

From *The Meaning in the Miracles* by Jeffrey

John, Dean of St Albans

Chapter 16 - The Withered Fig Tree then Chapter

18 – Two resurrections.

Buy a copy of the book and just turn up.

Further information from Susan Scott 5229660

email: susan.scott21@btinternet.com

Tuesday 30 July & 27 August

Silent Reflections

19.30 - St Michael and All Angels'

Prayerful activities in the sanctuary with option of coming together to share your journey at the end of the session.

Social

Thursday 4, 11, 18, 25 July & 1 August

Circle Dancing

11.00-12.00- St Michael's and All Angels

Traditional folk dancing and modern steps in a circle to a variety of music. No prior experience or partner needed.

Contact Mary 520608

Every Friday throughout July & August

Friday Morning Sale

11.00-13.00 St Nicolas' Church Yard

Produce, baked goods, plants and handicrafts

Thursday 18 July

St Helen's@lunch

12.30pm King's Head, Sandford.

Boat from Abingdon 11.05

Sandford Lock 12.20

Lunch Kings' Head choose your own table and order your food at the bar.

Boat from Sandford Lock 3.10 pm

Abingdon 4.30 pm

Boat Fare - £11.30 single (Senior) £16.80 return

(Senior) Buy your own boat tickets. Contact Susan Scott 522960

Saturday 20 July

FOSH Summer Tea

15.00 The Parish Hall at St Helen's

A chance to enjoy tea with 'Friends' (and their friends) and to get information-to-date about the last phase of the re-ordering of St Helen's Church.

Wednesday 31 July & 28 August

Lunch Club

12.30 St Michael's Church Room

Booking essential £5.50

Contact Jane Duce 522591 to book.

Saturday 10 August

Mothers' Union

15.00 Parish Hall & St Helen's

CREAM TEA FUNDRAISER and raffle

Tuesday 20 August

St Helen's@lunch

12.00 Rose Revived, Newbridge.

No need to book, just turn up. Contact Susan Scott 522960 if you need or can offer a lift.

If you would like anything included in this Diary, please contact the editors through the email on the front page.

Cathedrals Quiz!

Rachel Marr

Can you guess the cathedral (all Anglican cathedrals in England) from the clues?

- | | | | |
|----|---|----|--|
| 1 | Also a college chapel | 24 | There are stained glass windows by Edward Byrne Jones at the west and east ends |
| 2 | It has a whispering gallery | 25 | There is a statue of the 16th century theologian Richard Hooker on the cathedral green |
| 3 | The swans ring a bell at the gatehouse when they want to be fed here | 26 | The oldest church building in continuous use in the UK |
| 4 | It has its own brand of gin on sale | 27 | Peter Doll (former Team Vicar) is Canon Librarian here |
| 5 | Thomas Becket was murdered here | 28 | This is the shrine to England's first saint |
| 6 | In the youngest city in England | 29 | A cat called Doorkins Magnificat lives here |
| 7 | There have been two cathedrals on this site | 30 | Jane Austen is buried here |
| 8 | The mediæval Octagon Tower is here | 31 | The first ordination of women to the priesthood in the Church of England took place here |
| 9 | The Three Choirs Festival is here in 2019 | 32 | There is a Fraternity here |
| 10 | Richard III's tomb is here | 33 | This lies within a UNESCO World Heritage site |
| 11 | It has the largest pipe organ in the UK | 34 | You need to climb a large flight of steps up Stag Hill to get here |
| 12 | Katharine of Aragon is buried here | 35 | The only mediæval three-spired cathedral in the UK |
| 13 | There is a shrine to Edmund, King of the East Angles, here | 36 | Dedicated to St Mary, St Denys and St George |
| 14 | You have to cross the Irish Sea to get here | 37 | Charles Dickens almost certainly worshipped here |
| 15 | The service of Nine Lessons and Carols was held here first (before King's College Cambridge), in 1880 | 38 | One of only two open ringing galleries in the country |
| 16 | The funeral of Geoffrey Studdert Kennedy 'Woodbine Willie' was here in 1929 | 39 | Peter Bradley (former Team Vicar) is the Dean |
| 17 | There was a huge fire here in 1984 | 40 | The chapter house was used by Edward I to house meetings of Parliament |
| 18 | It has the tallest tower and oldest clock of cathedrals in England | 41 | Walter Hussey was Dean here and commissioned many works of art and music |
| 19 | Known as the 'Cathedral of the Sea' | | |
| 20 | The lantern tower was a main navigational aid for a river in the northeast | | |
| 21 | The Mappa Mundi is on display here | | |
| 22 | A commemorative plaque to Florence Nightingale was erected here in 2014 | | |
| 23 | Nikki Bennett is poet in residence here | | |
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Services in July and August 2019

Divine Service at St Helen's Church, West St Helen's St

Holy Communion 1662	08.00	Sundays in August (July at St Nicolas').
Morning Praise	09.15	Second Sunday with the opportunity to give thanks for new babies.
Sung Eucharist	10.30	Every Sunday
Morning Prayer	09.10	Monday to Friday in July but not August
Evening Prayer	17.10	Monday to Friday in July but not August
Junior Church	10.30	Starts in Church
Wednesday Church	10.30	Every Wednesday. Holy Communion in Church followed by refreshments.

Sunday Evening Services 17.30 at St Helen's Church

7 July	Vespers
14 July	Taizé
21 July	Choral evensong
28 July	Service of Healing and Wholeness
No evening services in August	

Divine Service at St Michael and All Angels', Park Road

Family Mass	09.30	First Sunday of the month, with Thanksgiving and Welcome
Sung Mass	09.30	Every Sunday
Thursday Mass	12.30	Every Thursday followed by a light lunch
Tues Said Mass	19.30	Every Tuesday except the last one.
Silent Reflections	19.30	The final Tuesday evening of the month

Divine Service at St Nicolas' Church, Market Place

Holy Communion 1662	08.00	Sundays in July (August at St Helen's).
Morning Prayer	11.15	(Matins) 1 st Sunday in the month
Holy Communion	11.15	2 nd and 4 th Sundays with Junior Church
Third Sunday Service	11.15	A short, less formal service.
Family Communion	11.15	5 th Sundays in the month
Junior Church	11.15	2 nd and 4 th Sundays

The services and events listed here are correct at the time of going to press – please consult the weekly Pewsheets or Newsletter if in doubt, or see the online version of The Window on the websites below.

To arrange baptisms, weddings and funerals contact the Parish Office.
Clergy are available in the Parish Office between 19.00 - 20.00 on Wednesdays.
Please call the office to book an appointment.

Team Rector: The Revd Dr Charles Miller

Team Vicar: The Revd Paul Smith

Associate Priests: The Revd Mary Williamson
The Revd Jennifer Brown

Directors of Music: Dr Peter Foster (St H), Glynne Butt, Graham Howell (St M)

Parish Administrator: Mrs Jenny Balshaw

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Normal opening hours 10.00 to 13.00 weekdays, except Thursdays – closed

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