



## From the Rector's Study

### Michaelmas: Archangel Michael, Geese and Quarter Days

September always seems like New Year to me - and following some time away from the altar and the study, I do feel it is the beginning of a new season. September is the month which contains the Feast of St Michael and the beginning of Michaelmas. It is the also the day this year on which our new Bishop of Dorking will be consecrated at Westminster Abbey and I shall be there taking the prayers and love of St Nicolas church family with me on St Michael's day.

St Michael's Mount and its sister, Mont St Michel demonstrate the faith we have had in this Archangel in the past. Indeed, my childhood church was the Collegiate Church of St Michael and All Angels and birthed in me the riches of the Catholic faith. St Michael has a particularly special place in my heart, therefore, and this month, this 29th, perhaps you too, might seek his prayers to the Father for protection. Saint Michael the Archangel isn't a saint in the same tradition as canonisation, but rather he is an angel, and the leader of the army of God. Michael has four main responsibilities as we know from scripture and Christian tradition: the first is to combat Satan. Secondly, he is to escort the faithful to heaven at their hour of death. The third office of this Archangel is to be a champion of all the faithful and the Church herself. And fourthly, Michael is to call us from life on Earth to their heavenly judgment. Very little is known about St Michael other than what we know from scriptures, which themselves are sparse. In Daniel, St. Michael is mentioned twice. The first time as one who helped Daniel, and the second time he is mentioned with regard to the end times of the world when he will stand for the "children of thy people." His next mention comes in the Epistle of St. Jude, where St. Michael is said to guard the tombs of Moses and Eve and has contended with Satan over the body of Moses. The final mention is in Revelation, where St. Michael and his angels, do battle with the dragon.

Here, in the British Isles a well fattened goose, fed on the stubble from the fields after the harvest, is eaten to protect against financial need in the family for the next year; and as the saying goes: *"Eat a goose on Michaelmas Day, Want not for money all the year"*. Sometimes the day was also known as "Goose Day" and goose fairs were held. Even now, the famous Nottingham Goose Fair is still held on or around the 3rd October. The connection to geese is shrouded in mystery and one tradition suggests the son of an Irish king choked on a goose bone he'd

eaten, and was consequently brought back to life by St Patrick. The king ordered the sacrifice of a goose every Michaelmas in honour of the saint. The Irish Michaelmas goose was slaughtered and eaten on the day; they were also presented as gifts or donated to the poor. In parts of Ireland sheep were also slaughtered with tradition of the "St. Michael's portion" donated, again, to the poor. Another thread suggests that goose is eaten because it was said that when Queen Elizabeth I heard of the defeat of the Armada, she was dining on goose and resolved to eat it on Michaelmas Day. Others followed suit. Perhaps most likely, however, is that it developed through the role of Michaelmas Day as the day when debts were due; tenants requiring a delay in payment may have tried to persuade their landlords with gifts of geese! In Scotland, St Michael's Bannock, or Struan Micheil (a large scone-like cake) is also created. This used to be made from cereals grown on the family's land during the year, representing the fruits of the fields, and is cooked on a lamb skin, representing the fruit of the flocks.



*St Michael's Mount, Cornwall (high tide).  
The National Trust*



*Mont St. Michel, Normandy tourism*





The Struan is created by the eldest daughter of the family, the following is said: "Progeny and prosperity of family, Mystery of Michael, Protection of the Trinity." Through the celebration of the day in this way, the prosperity and wealth of the family is supported for the coming year. The custom of celebrating Michaelmas Day as the last day of harvest was broken at the

Reformation. Instead, it is Harvest Festival that is celebrated now and we shall do that early this year on 3rd September. In British folklore, *Old Michaelmas Day*, which was not 29th September but 10th October, and was the last day that blackberries should be picked. It is said that on this day, when Lucifer was expelled from Heaven, he fell from the skies, straight onto a blackberry bush. He then cursed the fruit, scorched them with his fiery breath, spat and stamped on them and made them unfit for consumption! And so the Irish proverb goes: "On Michaelmas Day the devil puts his foot on blackberries".

Another tradition is associated with the Michaelmas Daisy: flowering between late August and early October, it provides colour in the garden at a time when the majority of flowers are coming to an end. The act of giving a Michaelmas Daisy symbolises saying farewell, perhaps in the same way as Michaelmas Day is seen to say farewell to the productive year and welcome in the new cycle. So, as the harvest was over, we are to make out the accounts for the year. It is right, therefore, that on this quarter day (the four dates in each year on which servants were hired, school terms started, and rents were due and close to the two solstices and two equinox when our financial rents for properties in England are often still due on the old English quarter days, we should **review our finances**.

## What Michaelmas means for St Nicolas

**So, if you haven't been asked to review your giving to church until now, I am today.**

In short, we are running at a significant deficit and each year we currently draw down from historic reserves - given to our church through generous bequests from former parishioners - to the sum of around £62,000. Within that, £22,000 is the difference between what we currently give and what it costs to meet our 'parish share'.

In other words, we need to aim to bridge the gap in the region of what is just less than the cost of a priest's stipend. To be even more focussed: it is the cost of either paying the Rector or the Curate - both of whom cost much more in terms of housing, ongoing training, living expenses and so forth. We need to invest in the people who will attract new people to our worshipping community but also in the care we give to the parish. They are kingdom motives and I know you share that desire and that heart for growth. BUT, and it is a big but, if we do not up our giving, we will not long be at a situation where we may need to make some difficult decisions: will we choose not be able to afford another curate, or not invest in our Mission Enabler for Children and Families, Nicky, and in the medium term, will we be able to perhaps keep the building, but will we have to share the Rector with other parishes - it will simply not be possible to be an independent church with one incumbent. These are significant questions with unpalatable answers if we do not look to how we support the church financially and before long.

The Quarter days have been observed at least since the Middle Ages, and they ensured that debts and unresolved lawsuits were not allowed to linger on. Accounts had to be settled, a reckoning had to be made and publicly recorded on the quarter days. I am asking you to prayerfully discern what it is that you give to the upkeep of the church. Like any household or business we have regular costs and expenses, and the best way to budget, the best way to cut our cloth, is to know what our income is and the best way to do that is for those who want the church to be here today and tomorrow to sign up to the PLANNED GIVING SCHEME. David Sharpin, our Planned Giving Officer, will be in touch with you about this and we shall be launching our Planned Giving Campaign on Dedication Sunday - there will be Mass, Lunch and then Festal Evensong. This will be the day for you to consider, prayerfully, how you want your contribution to shape the future viability of our church. What is clear is that things cannot continue as they are unless we are simply managing decline. I cannot do this alone and I know that you love our church - the signs of growth God is giving us in Junior church, our communicants numbers are up from 57 to 70 and there is much we wish to share across the town. So I am asking you, please, to pray and to give if you believe that we can make a difference and this place matters - the future is in God's hands, of course, but He made us in His image and gave us two of our own - we now need to use them to build a Temple to His glory for the sake of the world.







And then there is the Organ....

The Living Organ Project is something I have asked interested parties to look into. We have had the report written on the state of the current organ and there is a list a mile long regarding the costs and the investments over the years - a substantial amount.

What is important is to remember that the Organ Project is an independent issue: I am clear, as is PCC, that no church money will be raised or spent on the Organ. The money raised by this group of dedicated enthusiasts will be from the community to ensure that the organ - as a community investment and resource - has a life. So, please do remember that we shall not be looking to the congregation to fund the church organ (unless you want to!), and a little like a *Friends of the Organ* society, their role is distinct from the church's finances. More updates on this project from our Deputy Warden, Phil, who convenes this group, in the coming months... **Fr Neil**

## More from Walsingham



### A chance meeting

Donald Thompson reports: "During High Mass at St Mary's, Walsingham on Sunday, we discovered that Father Andrew Norman and his wife were sitting almost next to us! What a coincidence!"


Photos from the recent St Nics Pilgrimage by Wendy Gabriel



Photo by Julia Wake

**A gift from St Nicolas' to Walsingham** Julia Wake spotted and photographed this door plaque with a mention of St Nicolas' in the new accommodation wing. Catherine Ferguson delved into Parish records and found that, "the 2006 St Nics Annual Report & Accounts records that St Nics had responded to an appeal from the Shrine at Walsingham to 'upgrade their facilities' and had given £5000 (in addition to donations from individual members of the congregation). This was towards the creation of the new Milner Wing which was opened by the Duke of Edinburgh in October 2009. As with many fund- raising appeals, you were invited to give sums of money for aspects of the new building..."



Fri 1	10 Morning Prayer, The Lady Chapel; 11 Angelus, 12 Mass, St George's Chapel
Sa 2	12.30 Baptism Lewis Family (Rector), 4pm Messy Church 
Su 3 <b>Harvest</b>	8.30 Mass 10 Mass
Mo 4	10 Morning Prayer, The Lady Chapel
Tu 5	10 Morning Prayer, The Lady Chapel
We 6	10 Morning Prayer, The Lady Chapel; 12 Mass, St George's Chapel
Th 7	10 Morning Prayer, The Lady Chapel;
Fri 8	10 Morning Prayer, The Lady Chapel; 11 Mass, St George's Chapel; 2pm PCC
Sa 9	Heritage Open Day; PCC drinks at the Rectory
Su 10 <b>Trinity XIII</b>	8.30 Mass  10 Beavers and Cubs service. New Choir Term. 11.15 Baptism Lavender Family (Curate)
Mo 11	10 Morning Prayer, The Lady Chapel
Tu 12	10 Morning Prayer, The Lady Chapel; PCC
We 13	10 Morning Prayer, The Lady Chapel
Th 14	10 Morning Prayer, The Lady Chapel; 7:30pm Walsingham Cell Mass
Fr 15	10 Morning Prayer, The Lady Chapel; 11 Mass, St George's Chapel
Sa 16	11 Burial of Ashes - Roger Gabriel
Su 17 <b>Battle of Britain Sunday</b>	8.30 Mass 10 Battle of Britain Mass with Junior Church
Tu 19	10 Morning Prayer, The Lady Chapel
We 20	10 Morning Prayer, The Lady Chapel
Th 21	10 Morning Prayer, The Lady Chapel
Fr 22	10 Morning Prayer, The Lady Chapel; 11 Mass, St George's Chapel
Su 24 <b>Trinity XVI</b>	8.30 Mass 10 Mass and Healing
Tu 26	10 Morning Prayer, The Lady Chapel
We 27	10 Morning Prayer, The Lady Chapel. Beer and Banter
Th 28	10 Morning Prayer, The Lady Chapel
Fr 29	10 Morning Prayer, The Lady Chapel; 11 Mass, St George's Chapel
Sa 30	12.30 Baptism Sheehan family (Rector)



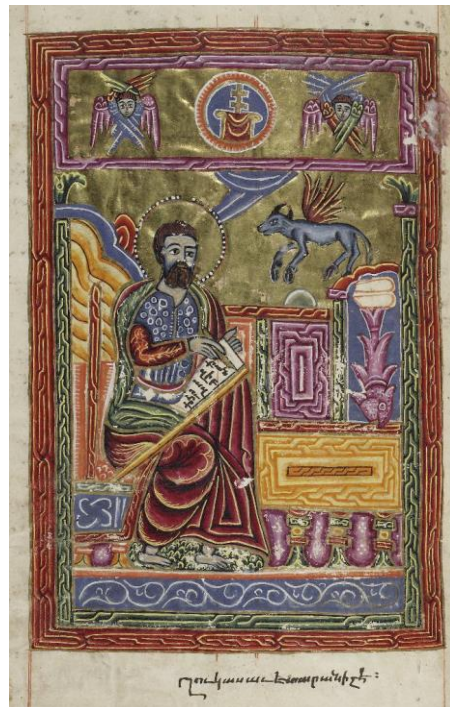
## More from The Rector's Study Pastoral Support Group

When I first arrived, having checked the Safeguarding and Accounts details, the very first thing I established was the PSG or Pastoral Support Group. This group of pastoral visitors and Fr Nick and I were to meet to talk about the pastoral needs of the parish and to ensure visiting and Home Communion took place. David Greenwood has been instrumental in this ministry and I thank God for him.

An important expression of pastoral care is Healing Ministry and I am delighted that Fr Nick is taking the lead on this. Healing was a fundamental part of the ministry of Jesus and is at the heart of our life as a Christian community. The next **Service of Laying on of Hands and Anointing will be on Sunday 24th September** and will take place in the Mass immediately following the distribution of Communion for those who wish to receive this ministry.

On **15th October**, however, we shall have a dedicated **Healing Mass**. This will not be only for those who wish to receive healing, as we do each month, but for us all - with those who feel so inclined, to receive the sacrament of healing. This is traditionally associated with St Luke's time as St Luke was known as a physician and so on a Sunday to honour his feast day we are holding a Mass dedicated to healing in the main Sunday morning slot. This will include the Laying on of Hands and Anointing.

At this service, we propose to invite residents of Care Homes we visit and those for whom we regularly pray and who are able, to join us as a worshipping community. If you would like to know more about this ministry, please contact Fr Neil or Fr Nick or David Greenwood.



*Saint Luke as depicted in the head-piece of an Armenian Gospel manuscript from 1609, held at the Bodleian Library, Oxford University. Wikipedia*

*He is often pictured with a book or a pen, accompanied by a winged ox or calf, painting an icon of the Blessed Virgin Mary.*

**DEDICATION**

SUNDAY

Image: The Well

**Dedication Sunday** 1 October is Dedication Sunday. An important St Nicolas tradition. On this day we call to mind our calling as a church - our foundations, founders, benefactors and more importantly our foundation, which is Christ Himself. It is the day we remember with pride and joy the past, but look to the future in faith and hope. To mark Dedication this year we shall celebrate the morning Mass as is our duty and our joy; and then, following coffee we shall be treated to one of the legendary Catering team's hearty lunches. Over a drink I will have the opportunity to share with you

our Planned Giving campaign. After lunch we shall have the opportunity to pray together our evening office with our Foundation Singers at Choral Evensong at 3 - earlier than normal, to give us the chance to go from a good lunch to singing God's praises. **Fr Neil**



**St Nicolas School** term starts on 5 September. Here is the school Chatty Area in EcoTherapy, which the children helped to create. They relocated the logs, painted the crate table and planted all the flowers and herbs. It is designed for friends to chat, listen to the birds singing or simply read a book!



**Giving** I hope you have all had a wonderful summer! This is my first note to you all after taking over the role of Stewardship Promoter from David Coom earlier in the year. Asking for money does not sit easily with me (and I am a banker!) and I know thinking about money can be difficult for many people. However, whilst I think we are all proud of the Anglo-Catholic tradition that has been developed and nurtured here at St Nicolas we must be conscious that maintaining success and carrying it forward into the future



*Image: Tama66, Pixabay*

Unfortunately comes at a cost. You will all be aware from the annual accounts of the gap between our income and expenditure and the reliance we currently have on donations from the Dorothy Grover Trust (£42,000 in 2022) is just not sustainable. We therefore need to consider in our hearts how much we give to the church.

Harvest is a time in the year where we reflect on God's goodness to us and his provision for our needs, giving thanks to him. It's also a time where we consider what we can share, rather than storing it up in barns (or bank accounts!) for ourselves, to give thanks. The Church of England General Synod has for some time now encouraged individual Christians to review our giving annually and to give a proportion of our income. The target suggested by General Synod is 5% of post-tax income to and through the church and a similar amount to other charities.

We are all living in a period of challenging economic conditions and much higher inflation than we have been used to for many years (latest RPI data suggests inflation is reducing but still running at over 10% pa). Whilst this is clearly impacting household budgets we must not forget that it is also impacting the church budget which will make it more challenging for us to close the gap between income and expenditure.

Whilst we are happy to take money from anyone in any form (within the appropriate legal and ethical boundaries of course!), our preferred method of receiving funds is through the Parish Giving Scheme, for both regular and one-off donations, as this hugely reduces the amount of administration required. Regular giving is hugely beneficial to the church as it allows our Treasurer and the PCC to plan more effectively, giving more certainty about the future income stream. However, whilst our electoral roll currently totals 137, only 35 of us are signed up to the Parish Giving Scheme and 40% of those are not inflation linked. Whilst a small number of the 35 Parish Giving Scheme members relates to couples who donate together rather than as individuals, we are in a position where less than a third of the electoral roll are committed to regular giving through the Parish Giving Scheme.

I appreciate that this is a very personal decision but please take time to look into your hearts and review what you are able to give. I would love to see the number of participants in the Parish Giving Scheme rise and for these gifts to be inflation linked.

We should also think about legacies. As a result of Dorothy Grover's very generous legacy we have been able to plug gaps in our finances over a number of years. If you would like to leave a bequest to the church in your will, please let me know so that I can provide you with further information on this very special way to make a difference.



And finally - I can't do this by myself. Please do speak to me (or write to me) with any thoughts you may have on how to encourage our congregation to give more to the church including how we might encourage occasional (or regular!) visitors to give to us.

**Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver (2 Corinthians 9:7)**

Many thanks for your support.

David Sharpin

Stewardship Promoter, E-mail: [plannedgiving@saintnics.com](mailto:plannedgiving@saintnics.com)

*Image: Zorro4, Pixabay*



**Family Fun Afternoon** What fun we had! Children, their parents and grandparents found St. Nicolas' Church transformed! The usual chairs had been packed away, and in their place were tables, each with a different craft activity, or space for co-operative board games for different ages. There were quoits, a safe play area for little ones, and refreshments for everyone. A variety of children came, and we were pleased to welcome some visitors from other churches.

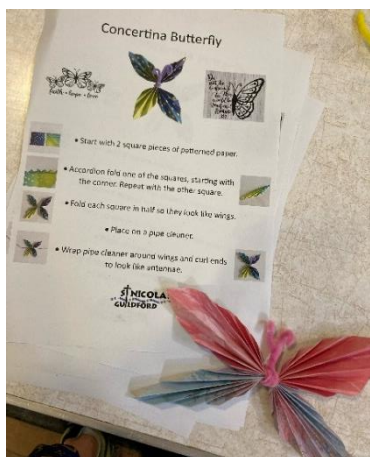
Nicky Geraghty had thought of everything, and was on hand herself to offer face-painting to

transform anyone who wished. Each craft table was plentifully supplied with materials for the designated creation, and provided with two copies of clear instructions, each of which included an appropriate Bible quotation. I was accompanied by a three year old and a four year old, and found the instructions straightforward. While they needed some help with tasks like pleating paper or sticking, they could do enough themselves to complete their work to their satisfaction. Isla was very pleased to have made a flower, a butterfly, a tortoise and a picture, which she could take home to show Mummy and Daddy.

Nicky herself had baked cakes to account for every possible allergy, and Jana was on hand to offer a choice of juices, and tea and coffee for the grown ups. Isla declared her refreshments, "Yummy!" They clearly gave her enough energy to join in with enthusiasm for the whole two hours! On the way home Isla said, "That was good fun Granny. when can we do it again?"

Thank you Nicky, for masterminding such a successful afternoon.

It was a treat! **Hilary Fletcher**



If you, your children or grandchildren would like to join future events, please contact **Nicky Geraghty**, Mission Enabler - Children & Families Worker on 07903 028299 or [missionenabler@saintnics.com](mailto:missionenabler@saintnics.com)



**St Nicolas' Café Play,**  
**Wednesdays 10-11:30am**  
**in the Parish Centre restarts**  
**6 September**

All welcome, no need to book.

Nicky Geraghty

[missionenabler@saintnics.com](mailto:missionenabler@saintnics.com)

**Children's Competition!!!**

**Win some chocolate**

by picking your favourite work of art at our

**Heritage Open Day exhibition.**

Write down the reason why you like it or draw a picture of the art for this Newsletter.

Entry forms will be available on the day and prizes awarded at Children's Church on a Sunday.



## The Rainbow

The rain had ceased, and as I walked along the pathway leading across the field into town I looked about me enjoying the sweet freshness of the air and noticing the raindrops sparkling on every leaf and blade of grass the sun came out in a burst of splendour and as I turned to look across the field towards the town which still lay in shadow, I was thrilled to see a rainbow arching in a glorious curve of radiant hues right over the horizon. Words from the Old Testament came to mind "and He shall set His bow in the sky as a sign...." What more beautiful symbol of hope and joy could God have given us? It seemed to me also a symbol of Eternity, a link between earth and heaven. Even as it faded into the grey background of sky I knew that it had not really gone. Those lovely colours had merely blended into the white radiance of eternity. They still exist in the form of light.

Jean Woolley



## The Gift

I thank you Lord for this most precious gift, the gift of life, the sight and sound, the touch of joyous day.

I'll cherish it and keep it clean and bright,  
I will not throw it wantonly away.

But I will use it well and in a way most pleasing to your sight.

And as its pristine brightness slowly fades into the patina of age, I'll hope, and pray that I may worthy be to keep this Precious Gift for evermore.

And when the night draws near and my day is nearly done, O Lord, I pray,  
Take not the gift away.

**Winifred Woolley** (*Jean's mother*)

## Between

God is in the 'and' of you and me.  
Not you, not me; but you and me.

Do not think of a static God:  
there is no static God;  
only action and reaction,  
activity and response,  
movement and relationship,  
the ceaseless flow  
between you and me,  
the interplay in which  
all cohere.

Do not think of a changeless God:  
there is no changeless God.  
Without change, there is no movement;  
without movement, no relationship;  
without relationship, no God.  
The only constancy  
is the constancy of change;  
the moving out of all to all,  
the flow and flux between  
Blake's flower and star.

Do not think of God beyond  
or God within,  
but God between;  
for in the going between  
is the movement of relationship,  
and in that movement  
there is God.

**Richard Skinner**

*English novelist, poet, critic*

Sent by **Sally Lowe**





## Nature is talking to you, are you listening?

"Drink water from the spring where horses drink. The horse will never drink bad water. Lay your bed where the cat sleeps. Eat the fruit that has been touched by a worm. Boldly pick the mushroom on which the insects sit. Plant the tree where the mole digs. Build your house where the snake sits to warm itself. Dig your fountain where the birds hide from the heat. Go to sleep and wake up at the same time with the birds – you will reap all of the days' golden grains. Eat more green – you will have strong legs and a resistant heart, like the beings of the forest. Swim often and you will feel on earth like the fish in the water. Look at the sky as often as possible and your thoughts will become light and clear. Be quiet a lot, speak little – and silence will come in your heart, and your spirit will be calm and full of peace." **Saint Seraphim of Sarov**

(1754 – 1833) Sent by **Fr Neil**



*Painting by Grace Beckett*



*OrthodoxWiki:*

*"Our venerable and God-bearing father **Seraphim of Sarov** was a Russian ascetic who lived at the Sarov Monastery in the 18th century, and is considered a wonder-worker. The Church commemorates St. Seraphim on January 2..."*

Some quotations

*"Acquire a peaceful spirit, and around you thousands will be saved."*

*"Where there is God, there is no evil. Everything coming from God is peaceful, healthy and leads a person to the judgment of his own imperfections and humility."*

*"When a person accepts anything Godly, then he rejoices in his heart, but when he has accepted anything devilish, then he becomes tormented."*

## Drinking from My Saucer

by **John Paul Moore**

I've never made a fortune and it's probably too late now.  
But I don't worry about that much, I'm happy anyhow.  
And as I go along life's way, I'm reaping better than I sowed.  
I'm drinking from my saucer, 'Cause my cup has overflowed.

I don't have a lot of riches, and sometimes the going's tough.  
But I've got loved ones around me, and that makes me rich enough.  
I thank God for his blessings, and the mercies He's bestowed.  
I'm drinking from my saucer, 'Cause my cup has overflowed.

I remember times when things went wrong, my faith wore somewhat thin.  
But all at once the dark clouds broke, and the sun peeped through again.  
So God, help me not to gripe about the tough rows that I've hoed.  
I'm drinking from my saucer, 'Cause my cup has overflowed.

If God gives me strength and courage, when the way grows steep and rough.  
I'll not ask for other blessings, I'm already blessed enough.  
And may I never be too busy, to help others bear their loads.  
Then I'll keep drinking from my saucer, 'Cause my cup has overflowed



*My grandmother always drank her coffee like this! I thought it was because it was too hot. Do you remember older generations drinking from their saucer? Then today I came across this poem that made me feel there was symbolism to the coffee ritual. **Fr Neil***



**Communion at a Care Home** I have previously described a Communion Service in a Care Home in another parish. The principle came to immediate life in St Nicolas itself on 4th August when it turned out that there was a congregation but no priest to take the 11:00 Friday Service. The vacancy was ably filled by one of our Authorised Pastoral Assistants, who stepped up to lead a Communion Service based on that prescribed for use in a Care Home where a priest was unable to be present. Taken in the Loseley Chapel, which seemed admirably suited for this purpose. This is communion from the Reserved Sacrament for those who cannot attend the Parish Service, a practice decreed in the 1662 Prayer Book, but common in the "primitive" Church [Justin "Apology" c.150, and Martyrdom of Tarcissus c.250] and now again uneasily accepted in the CofE, which has published a form of words [available on the Web - "The Distribution of Holy Communion at Home or in Hospital"]. This is not "Extreme Unction, but something with less finality. The centrally published form of words is not, I think, exactly followed by either St Nicolas or the church that services the Care Home where my wife is resident. It might be good here for those who draft these documents centrally to ask for reference in the text to the Parish Church from which the Care Home service is sponsored, for this gives immediacy to the concept of the "Common Assembly" of Justin. The Catholic Church has its own form of words - not, I perhaps hint, quite as suitable as the Anglican form for the old and confused?

An important related issue is who might take Communion. I have been asked - is it essential to have been Confirmed, for some in the Home have trouble remembering and will be worried? The primitive Church is adamant about the necessity of Baptism, but is silent on Confirmation, and that approach seems to have returned. Perhaps a footnote in the model printed text?

The basis of the Anglican Form is, of course, the old and new alternatives in Common Worship, but without the actual act of consecration. These tend to length, whereas many residents in Care Homes are simply not up to lengthy services, and locally there seems to be some trimming. And it presupposes that all attending [including those with dementia] will fully remember what the Communion Service is all about. Some local variations omit any reference, another used Christ's words immediately before communion, leading to confusion as to whether the Pastoral Assistant was actually making the consecration itself. The Anglican Form does make brief reference to the purpose in a sort-of preamble, but this is one area that could be strengthened.



More locally, thought might be given to the way a St Nicolas text titles the service the "Mass", which is likely to confuse the older folk resident in Care Homes, who will have grown up remembering the traditional term of "Communion" or the original Greek title of "Eucharist". They may not have been to church since childhood, but later life does tend to concentrate the mind. "Mass" it is not - the term comes from the Latin: "Ite!, missa est" - "Go, [*imperative*], it is the dismissal". Go they cannot, for they are in a Care Home for reason!

**Ian Mcpherson**

**Eglwys Gadeiriol Llanellwy, St. Asaph, Wales** (commonly called St Asaph Cathedral).

In the North Transept, the Translators' Chapel, where Holy Communion in Welsh is celebrated.

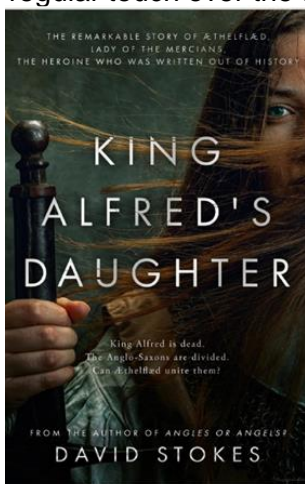
**David Greenwood.**



**Tuesday Group** As mentioned in the previous Parish Newsletter, Tuesday Group observes the school terms, and breaks for the holidays. As the Summer Term drew to a close, the Group made red paper roses (you may have noticed them decorating the Plant Stall which the Group ran at the Summer Fayre), held a birthday party (with sedentary parlour games, plus a cake and a candle) for one of the members whose birthday fell that day, listened to a talk on a character from Guildford's past, considered the role that colours play in our lives, and finished with a summer-themed medley of individual contributions. Since then, those who wish have been meeting informally at the Friday Coffee shop, keeping in regular touch over the summer break.



Photo Chris Goodwin



How do Tuesday Group plan their programmes? Ideas spring in the first instance from the members themselves. The local history talk prompted a request to explore more local history, so the opening meeting for the Autumn Term, **5<sup>th</sup> September**, is a **"Patchwork of Guildford History"**, with individual contributions on varying aspects of this. Speakers are a popular draw, and author and historian **David Stokes** is coming to speak to the group on **17<sup>th</sup> October**. Birdwatching, and music and books, are particular interests, and there will be discussions on these. A quiz, and a craft session (making models of hedgehogs - really cute!), plus birthday celebrations, comprise the remainder of the programme. Please watch out for **further details as announced on the Tuesday Group page of the St Nicolas's website, on notices displayed at the church and school, and in the weekly leaflet** - and if anything appeals to you, do feel free to join the meeting. **Cathy Goodwin**

## On a lighter note...

### Seeking a Software Developer?



So, what makes you suitable for this job?



I hacked your computer and invited myself for this interview

Social media

MATT



The Telegraph



Isabel and Jeremy Pedric attend the Tuesday Group. Isabel's hobby is designing and quilting wall-hangings and lap quilts.

[www.guildfordquilters.co.uk](http://www.guildfordquilters.co.uk)

Sent by **Grace Beckett**





## 'Deeply Rooted, Profoundly Open': Monday 4th September

10.00am - 3.30pm

The day will explore being deeply rooted in our own faith, so we can be profoundly open to others through 'Generous Love', 'Hospitality and Welcome'. There will be an opportunity to put it into practice.



## 'Be Still & Know God' Quiet Day: Tuesday 19th September

10.00am - 4.00pm

Come and spend a guided quiet day. Time just to be, to read, to be creative, to walk, to find space to be yourself with God. For anyone needing a quiet day.

## For more information and to book, contact us:

call: +44 (0)1483 766498 email: [admin@stcolumbashouse.org.uk](mailto:admin@stcolumbashouse.org.uk) web: [www.stcolumbashouse.org.uk](http://www.stcolumbashouse.org.uk)

"There is always a linkage between the inner journey of contemplation and our ability to work against violence in the world, in our culture, and in ourselves." **Richard Rohr**



### Eco-concept: The 15-minute city (FMC or 15mC)

you may have heard about it recently? This Urban planning concept locates most daily necessities and services, such as work, shopping, education, healthcare

and leisure within a 15-minute walk or bike ride from any point in the city. The aim is to reduce car dependency, promote healthy and sustainable living and improve wellbeing and quality of life for city dwellers.



Simply put, walking, cycling and using public transport is healthier because it makes us walk far more and reduces environmental pollution. Implementing the 15-minute city concept requires a joined-up approach integrating transport, urban design and policy-making to create useful public spaces, pedestrian-friendly streets and mixed-use development. Hailed as a "return to a local way of life," this was the norm a generation ago, some of us may even remember it?!

**MATT**



*'The Met Office says summers will be 40C in 2060. The weather tomorrow, however, remains a mystery to them'*

Matt, The Telegraph

In 2021, **Ipswich** announced its goal to become the UK's first 15-minute town in a "post COVID world" in a bid to improve connectivity and help businesses bounce back after the pandemic. **Birmingham** also plans to become a 15-minute city, while **Colchester** has said the idea "should not be off the table". On 16 Feb 2023, in its Local Plan 2040, **Oxford City Council** proposed installing 15-minute neighbourhoods throughout the city over the next 20 years. These plans don't include restricting people to their local areas, but instead focus on improving infrastructure and increasing mobility within neighbourhoods.

The Royal Town Planning Institute also refer to 15 Minute Cities as "20 Minute Neighbourhoods."



**RTPI**

Royal Town Planning Institute





The **Sun** moves from Leo into Virgo on September 23 and Autumn Equinox falls on the same day. **Mercury** reaches its Greatest Western Elongation on 22 September. This is Mercury's best morning apparition of the year. **Venus** has now become a brilliant morning object before sunrise. **Mars** is running into daylight as it approaches Conjunction in November. **Jupiter** becomes a brilliant object in the midnight sky. **Saturn**, now just past Opposition, is well placed in the evening sky among the stars of Aquarius. **Uranus** rises mid-evening among the stars of Aries, easy to observe through 10x50 binoculars. **Neptune** is at Opposition on 19 September at magnitude +7.8 in Pisces. A small telescope is needed to identify it.

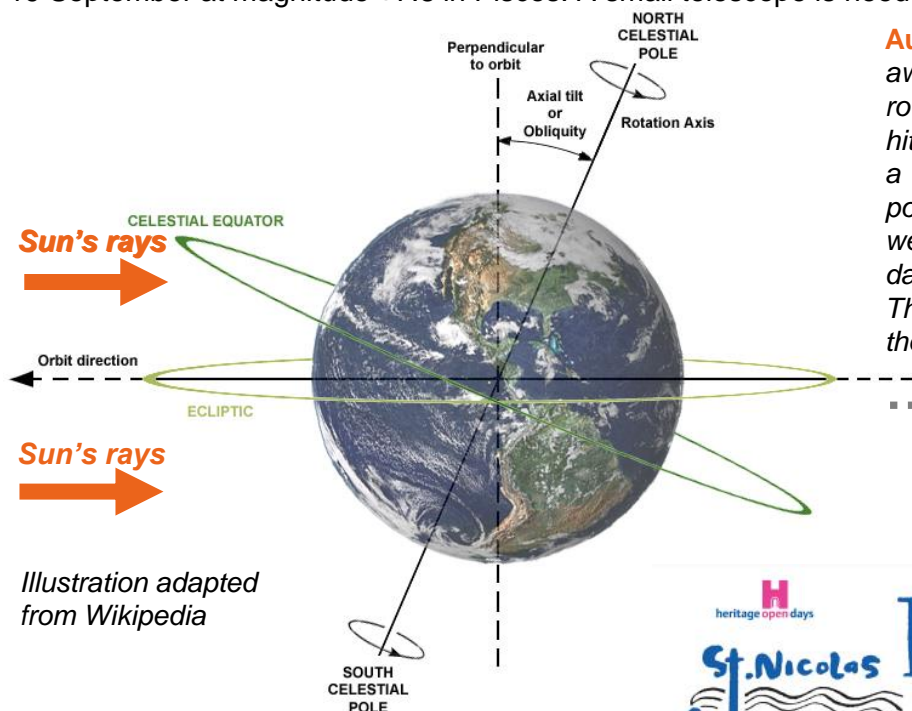


Illustration adapted from Wikipedia

**Autumn Equinox** The North Pole points away from the Sun and as the Earth rotates on its inclined axis, the sun's rays hit the Northern hemisphere's surface at a wider angle than in the summer when it points towards the sun. The rays become weaker, and give us less heat, shorter days and the sun lower in the sky. The Southern hemisphere points towards the sun and enjoys its summer.

## Heritage Open Day at St Nicolas

Come and visit our beautiful church

10am-4pm, free entry.

- ❖ 11am: David Greenwood will give an illustrated talk about Art in British Cathedrals.
- ❖ 2pm: Historian Dr Catherine Ferguson will give a guided tour of Art at St Nicolas, including the Loseley Chapel.
- ❖ All day: Multi-discipline Art exhibition of Surrey artists

### with a Competition for children

- ❖ Tower Tours at 10.30 & 11.30am please book yours by emailing Cath at [parishoffice@saintnics.com](mailto:parishoffice@saintnics.com)
- ❖ All day: St Nicolas' team's legendary refreshments will be in the church

- Nearby in Guildford -

- ❖ St Mary's church with a Photographic Exhibition by Surrey University

- ❖ Holy Trinity church with an exhibition by the Guildford Art Society  
(We are promoting each other's events)



© Designed by @VeronicaWestIllustrations

I really enjoyed Home Economics at school - previously known as Domestic Science and now known as Food Technology. The "Home Ec" classroom was on the top (3rd) floor of my school building in Wiltshire so we had great views as we cooked. The school had a stock of recipes which we were given to cook and this is one of them.

This Ginger Cake is quick, easy and I make it very often - you may have tried it at previous church events. It's another recipe in imperial measures - just shows how old it is! It also freezes well if you have any left over.

### **Ginger Cake**

2 oz black treacle  
2 oz golden syrup  
4 oz butter or margarine (I find soft margarine is perfect)  
1 beaten egg  
6 oz plain flour  
1 level dessertspoon ground ginger  
1.5 level teaspoons ground cinnamon  
Pinch of salt  
1 level teaspoon bicarbonate of soda  
0.25 pint milk



Melt the treacle, syrup, butter and sugar in a saucepan on a low heat.

Once melted, take off the heat and allow to cool for a few minutes.

Stir in the beaten egg.

Sieve together the flour, spices and salt and add to the melted ingredients. Mix until smooth.

Heat the milk to blood temperature (I find 30 seconds in the microwave is about right). Stir in the bicarbonate of soda and add this mixture to the ginger mix in the pan.

Line a 2lb loaf tin with greaseproof paper (or a loaf tin liner) and pour in the mixture - don't worry, it is really runny!

Bake at Gas Mark 2, 150C, 300F for about an hour "until bouncy"

## **ANXIETY, FEAR, AND PANIC - IT ALL MAKES PERFECT SENSE**



**Led by Dr Martin Brunet,  
GP at Binscombe Medical Centre**

**Saturday 23<sup>rd</sup> September 2023  
10 am – 12.30**

**(Coffee available from 9.30 am)**

**at Godalming Baptist Church,**

**Queen Street, Godalming, Surrey GU7 1BA**



**NB: The session will be free of charge,  
but there will be an opportunity to give a  
voluntary donation, towards the  
Farncombe Community Garden -  
An exciting community project  
to promote wellbeing**

**Please reserve a place, by contacting  
Sally Pollard-01483-428646  
(email: [pollard3@hotmail.co.uk](mailto:pollard3@hotmail.co.uk)) by  
Friday 15th September**





## volunteer chaplains

**Volunteer Chaplains** is one of three projects run by Guildford Town Centre Chaplaincy, along with Street Angels and Community Angels

**Who are they?** Our trained volunteers come from all walks of life. They are not necessarily trained clergy but motivated by their Christian faith to give time and reach out to others. They understand the importance and need to really listen to others and for people to feel heard. Quite simply they are a listening ear.

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**What do they do?** Our chaplains usually visit their placement weekly for a few hours depending on the setting. They are non-judgemental and offer a safe and confidential space. They are not counsellors or an emergency service, but they are there for people to share and to unburden themselves with anything they may be worried about. It is often easier to be completely honest with a chaplain in a way that you can't with close friends or family. We all have times in our life when we are dealing with different kinds of loss, stresses and difficulties. Our chaplains are there for those times.

**Our vision** We want to grow, meeting the need across our town by increasing the number of our volunteers to match the placements willing to welcome our chaplains. Our placements range from supporting staff at Casino to residents at The Clockhouse, London Road, meeting patients in surgeries referred by GP's and supporting staff in the police station. There really is a placement for everyone!

Some feedback from our clients:

*"This has helped me far more than any other service I have tried"*

*"This is my safe place"*

*"This is really helping me manage my anxiety – thank you"*

Please contact **Susanna Hoar**, project coordinator if you are interested and or would like more information [susanna.hoar@gtcc.org.uk](mailto:susanna.hoar@gtcc.org.uk)



## MULTI-FAITH FORUM

POWERED BY REAL CHANGE GUILDFORD



**Date: Tuesday 26th September 2023**

**Time: 6-8pm**



**St Saviours Church**

Woodbridge Rd, Guildford GU1 4QD

Join us at St Saviours Church to celebrate the collaboration between the faith community and Real Change Guildford. We'll be holding workshops to discuss future endeavours for the initiative and to pledge your ideas for further community outreach.



[www.realchangeguildford.co.uk](http://www.realchangeguildford.co.uk)

### Multi-Faith Forum

An opportunity to look at how the faith community in Guildford can make a difference to those who are begging on the streets or on the edge of homelessness. We want to encourage

Real Change and enable support that will have a lasting effect. Tea, coffee and light refreshments will be available. Rev Noelle Coe, Guildford Town Chaplain, 07500 834658.

Book on <https://www.eventbrite.co.uk/e/multi-faith-forum-powered-by-real-change-guildford-tickets-656797939317?aff=erelexpmlt>

## Hay Fever 5, 6, 7 October!

Here is something you might be interested in. I am directing a production of Noel Coward's "Hay Fever" in October, to be performed at Haslemere Hall.

Haslemere Thespians invite you to the weekend from Hell! Written in 1924 by the 25 year old Noel Coward, "Hay Fever" is a cross between high farce and a comedy of manners (it has been called a "comedy of bad manners"), with perhaps a dash of cruelty thrown in. The play is set in an English country house in the 1920s, and deals with the four members of the Bliss family and the games they indulge in when they each invite a guest to spend the weekend. The play is a 20th century classic. A wonderful confection of sparkling dialogue, riotous ensemble scenes and beautifully observed human interaction, it has never been out of the repertoire and continues to delight audiences with its wit and biting satire. "Hay Fever" is a gift from a master of the theatre. Come and enjoy.

**David Greenwood** 07534 328408

Tickets may be bought via the Haslemere Hall Box Office

<https://www.haslemerehall.co.uk/theatre/hay-fever/>



St. Nicolas Parish Church, Bury St, Guildford,  
GU2 4AW [saintnics.com](http://saintnics.com)

Rector Fr Neil Roberts [rector@saintnics.com](mailto:rector@saintnics.com)

Curate Fr Alistair Milne [curate@saintnics.com](mailto:curate@saintnics.com)

Parish Administrator Cath Anderson

tel 01483 564 526 [parishoffice@saintnics.com](mailto:parishoffice@saintnics.com)

Editors Fr Neil Roberts & Jana Phillips



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Fred Hutley,  
ready for  
Church, one fine  
Sunday morning



Please send articles on matters that interest you and you would like to share. Email or telephone your material to: [janagp@btinternet.com](mailto:janagp@btinternet.com), m.07970 934325 or give to Fr Neil or Jana at church. **The next copy deadline will be Sunday 17 September; the next Newsletter will cover October & November.**