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Would Jesus even notice you?

“On a Sabbath, Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years” (Luke 13:10).

I still have my old school photograph. There we were - arranged in a massive semi-circle. Facing us was a motorised swivelling camera. We were told, “When the camera lens comes opposite YOU, keep still! That will be your moment!”

I look at the photo today. So that’s me at 15... several years of my life compressed into a single moment of time!

With the woman in the synagogue,

it had been 18 long years of enduring pain. Then it came - the lens of God’s love in Christ focused upon the anonymous figure at the back. This was her moment – with Jesus Christ!

Jesus had walked in – to be surrounded by the officials – but He’s already seen the woman. Within minutes she will have the lens of God’s love swivelling directly upon her. Four phrases summarise the actions of Jesus. “He saw her.... He called her....He said to her.... He put his hands on her.”

She was never the same again. Instantly she was up, her face alight as she praised God for her release from the long agony - and the other

worshippers were thrilled.

Not so, the synagogue ruler! For him, correct order and systems were more important than people. To him, healing on the Sabbath meant working on the Sabbath. “There are six days for work!” he complained. “So come and be healed on those days, not on the Sabbath.”

Jesus immediately cut through the hypocrisy of the man-made rules that had fenced in the blessing of the One Day in Seven. He told a parable - of a tiny mustard seed that grew to become an all-embracing tree. This single healing was a pointer to the in-coming Kingdom of God - to that future

This Month.....Digital Evangelism.....Page 8

Services

Sundays

11.00am Sung Eucharist

"Sunday Supplement" the children's activity takes place every Sunday in the sacristy during the service

Weekday Services

Said Eucharist

Tuesday 7.30pm

Wednesday 9.30am

Friday 7.30am

Saints' & Holy Days

Sunday 14th August

The Assumption of the Blessed Virgin Mary.

11.00am Parish Mass

24th August St Bartholomew

9.30am Mass

Clergy Day off: Fr. Guy is off duty on Monday but don't hesitate to call him in emergencies.

The Vicar is usually available in the Vicarage, 85 Dartmouth Park Road, from 8:00pm until 9:00pm on Tuesdays for the purpose of interviews, arranging Baptisms, reading of Banns and Weddings etc. he is also available to hear confessions then or by appointment.

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day when Creation itself will be freed from all decay and corruption.

The lens of Christ's love moves through any gathering, touching one, reassuring another; lifting, forgiving, strengthening, ministering.

Someone asks, 'Can He meet with me too - among the millions of people who inhabit this world? Can He even notice me?'

Go back to that Sabbath gathering of Luke 13, and see yourself there, as someone whom Christ loves, sees – and serves. Why, the lens of the Cross is on you. This is your moment - one in a million. That's you.

Huge rise in persecution of Christians in China since 2008

There has been a seven-fold rise in the persecution of Christians in China since 2008, according to a report by a partner of UK-based Release International.

The report claims China is seeking “complete control over the nation’s churches” with the aim of replacing “Christ as the head of the church with submission to the Communist Party”. To that end, China has increased its crackdown on Christians and churches, especially house churches.

“Our partners China Aid have meticulously documented attacks against Christians and churches in China,” says Paul Robinson, chief executive of Release, which serves persecuted Christians worldwide.

“They have found that religious persecution, especially of house church Christians, is increasing in severity. They document a seven-fold rise in persecution since 2008.”

Holidays or Holy Days?

August is a month when many of us go on holiday. The balance of work, rest and play is a biblical one and at its heart lies the Sabbath principle.

God himself established this principle when He rested from His work on the 7th day and made it holy (Genesis 2:2). He set aside a special day for people to gather for celebration and worship. It also provides an opportunity for rest and refreshment, as a break from the routines of life. The Jewish Sabbath runs from sunset to sunset and so begins with food

Release urges the Government to use their developing relationship with Xi Jinping to press for full religious freedom in China and an end to persecution. “In all conscience, Britain cannot put trade before human rights.”

China has a long history of attempting to bring the rapidly growing church under the control of the atheist state. Since the downturn in the Chinese economy, which has revealed yawning inequalities, the State has been cracking down on churches, Christians and others for fear of unrest.

This includes the arrest of Christian human rights lawyers for mounting a legal campaign against the tearing down of hundreds of Christian crosses from churches. Among them, leading Christian lawyer Zhang Kai, who was forced to publicly confess to crimes against the state on television.

Over the last nine years the arrest and harassment of Christians in

China has been rising. And while fewer Christians are being sent to jail, more are being harassed, beaten and even tortured, the report claims.

In one province alone, Zhejiang, the Release partner has independently verified that “by the end of 2015, more than 20 churches had been forcibly demolished, 1,300 crosses removed, more than 500 Christians taken into police custody, at least 130 Christians physically injured, more than 60 Christians administratively or criminally detained, and at least 28 pastors and Christians arrested or charged with a crime.”

Through its international network of missions Release serves persecuted Christians in 30 countries around the world, by supporting pastors and Christian prisoners, and their families; supplying Christian literature and Bibles, and working for justice.

a great way of using idle moments eg waiting in traffic! Developing these attitudes will increase our appreciation of God and his world!

Two men challenged each other to a wood-chopping contest. One worked hard all day, stopping only for a brief lunch break. The other took time over lunch and several other breaks. At the end of the day, the man who had worked straight through was annoyed to find that the other had chopped substantially more wood than himself. The winner simply said, ‘Didn’t you notice? Every time I sat down to rest, I was sharpening my axe!’

St Oswald ± a king with faith, courage and humility

Many Christians have indulged in wanting to do something spectacular for God, which would be remembered for centuries afterwards. Oswald, who lived from 605 to 642AD, was in a position to do so.

He was a King, whose father, Aethelfrith, was a great warrior who laid the foundations of the great kingdom of Northumbria. But Aethelfrith was killed by a rival, and Oswald was only twelve years old when he was driven into exile with his elder sister and two younger brothers. For their own safety, all were taken to Irish territory in the West of Scotland.

The three brothers were educated by the Christian monks on Iona. Meanwhile, warfare raged in Northumbria, and in due course the time came for Oswald to make a difficult decision. Should he remain in safety, or return to claim his kingdom? In 632 his older brother led an expedition there to sue for peace, but instead he was put to the sword. It was a time of broken dreams and bitter grief for the young Oswald, who must have spent many hours in prayer before he decided to risk his life by following his brother south.

In his famous book, *The Ecclesiastical History of England*, Bede tells us that Oswald prepared to meet his enemies Cadwallon and Penda in battle on a December night at a place which is now called Heavenfield. His small army was likely to be outnumbered and victory seemed impossible. But that night, Oswald had a vision of St Columba, the founder of Iona. Columba prophesied that Oswald would be king, and reminded him of God's

words to Joshua at the river Jordan, "Be strong, and of good courage..... for you will be the leader of these people as they occupy this land." Before battle commenced, Oswald made a rough cross from two young trees and held it upright until soldiers were able to fill in the hole around it. Then he led his army in a prayer that God would bring victory and deliverance to his people. He also promised that if they survived, he would send for missionaries from Iona to bring the Christian faith to Northumbria.

Oswald's subsequent victory has become part of the region's folklore, commemorated by the name of that battlefield and the more permanent cross which now stands at Heavenfield. Many leaders would have regarded such a triumph as the high point of their career, advanced to the royal palace and quickly forgotten their promise to God. But Oswald remained faithful, and in due course St Aidan arrived in the new kingdom and made Lindisfarne the centre of his ministry.

Now it was time for Oswald to reveal a quality less frequently associated with kings, but even more vital to the spread of God's work. That quality was humility. As the sponsor and protector of Aidan, he could easily have imposed his own agenda on this new mission. Such a test came early, when Aidan declined Oswald's offer of resources at court in Bamburgh Castle, and chose the remoter location of Lindisfarne.

Not only did Oswald accept the monk's decision gracefully; he continued to spend many uncomfortable weeks on the road

acting as Aidan's interpreter. His willingness to lay aside his kingly privileges and play second fiddle to a spiritual leader ensured that the Gospel spread quickly through the new kingdom and transformed many lives.

Within a few years, dark times returned to Northumbria. Oswald was slain in battle and his brother Oswin succeeded to the throne. Penda continued to wreak havoc with his marauding raids; on one famous occasion, Aidan watched him attack the royal fortress as he prayed on the Farne Islands, and it is written that his intercessions caused the wind to change direction and beat back the flames from the castle gates.

But through it all, the light of Christianity continued to flourish and grow. Aidan is rightly remembered as the missionary who brought the good news to Northumbria, but he could not have succeeded without Oswald, the man who was brave enough to claim an earthly kingdom, yet obedient enough to play a humbler role in advancing a heavenly one. Prayer from the liturgy for St Oswald's day (5th August), written by the Northumbria Community: "I place into your hands, Lord, the choices that I face. Guard me from choosing the way perilous of which the end is heart-pain and the secret tear.

"May I feel your presence at the heart of my desire, and so know it is for Your desire for me. Thus shall I prosper, thus see that my purpose is from You, thus have power to do the good which endures." (Copyright Northumbria Community Trust, 1996)

“Dear Friends...”

From the Vicars Desk

Last week Bishop Richard announced that he would be retiring next February. He was appointed Bishop of Stepney in 1992 and moved to become Bishop of London in 1995, so will have been our Bishop for over twenty two years. That is a remarkable time to have carried the load as the third most senior Bishop in the Church of England.

So what will happen now? The Diocese has what is called the Vacancy in See committee. This is chaired by the Dean of St Paul's and is made up of representatives from the Bishops Council, the members of the General Synod, various interest groups, and those representing significant areas of the Diocese. These will be tasked with producing a person specification and the addition of names thought suitable by members. This alone will be difficult as the committee is made up of nearly fifty people who are unlikely to agree. Should it be a traditionalist, a woman, a moderniser, Catholic, Evangelical, Liberal, or middle of the road person! However their representations will be taken into consideration, not least by the small group elected by them onto the Crown Nominations Committee which has representatives of the National Church, the Archbishop and Parliament on it. It is they who will seek to find a suitable candidate who can match all the criteria that have been laid down by the various interested parties.

Inevitably not all will be satisfied with the result, but by about this

time next year we should have a new Bishop of London, if not in post then at least announced. There is the small quirk in the proceedings in that the Cathedral College of Canons of which I am currently a member then have to confirm the appointment. We could refuse to do so, but I am told that were we to do so we could see all our worldly goods confiscated, so I think that is unlikely to happen! The Church of England moves in mysterious ways.

As you can imagine the rumours abound already as to who will be appointed. There are we know a number of candidates who have made it clear that they are interested and I am sure that others will arise in the coming months. In the meantime we can concentrate of the farewell to Bishop Richard which will be on 2nd February, Candlemas, in the Cathedral.

With the holiday season well and truly in full swing please do remember to visit local churches wherever you go. They may well have ideas that we could develop for ourselves as we will need to start serious fundraising in the near future after the PCC decision last week to try to go ahead with the major works to the east end of the church. These have been pending now for some years and putting them off for much longer is not really wise, so we are looking to raise some £150,000 in the next year so that work can begin in the summer of 2017.

If you are going away or even stay-

cationing do have a good break.

Your Parish Priest

Remembering Friar Maximilian Kolbe ± 75 years on

The extraordinary Polish Franciscan Friar Maximilian Kolbe, who sheltered 2000 Jewish refugees from the Nazis, died 75 years ago this month when he took the place of a condemned man at Auschwitz concentration camp.

When a prisoner was believed to have escaped from the camp (he had in fact died in the latrine) the Nazis selected ten others to be killed by starvation in reprisal. One of the ten, Franciszek Gajowniczek, began to cry: “My wife! My children!” Kolbe asked to die in his place, and his request was granted.

Gajowniczek survived the camp and witnessed Kolbe's canonisation in 1971.

Kolbe was born Raymond Kolbe in Poland (then part of Russia). His German father was hanged for his part in fighting for an independent Poland. When still a child Raymond had a vision of the Virgin Mary, who offered him a white crown (for purity) or a red one (martyrdom). He said he would take both.

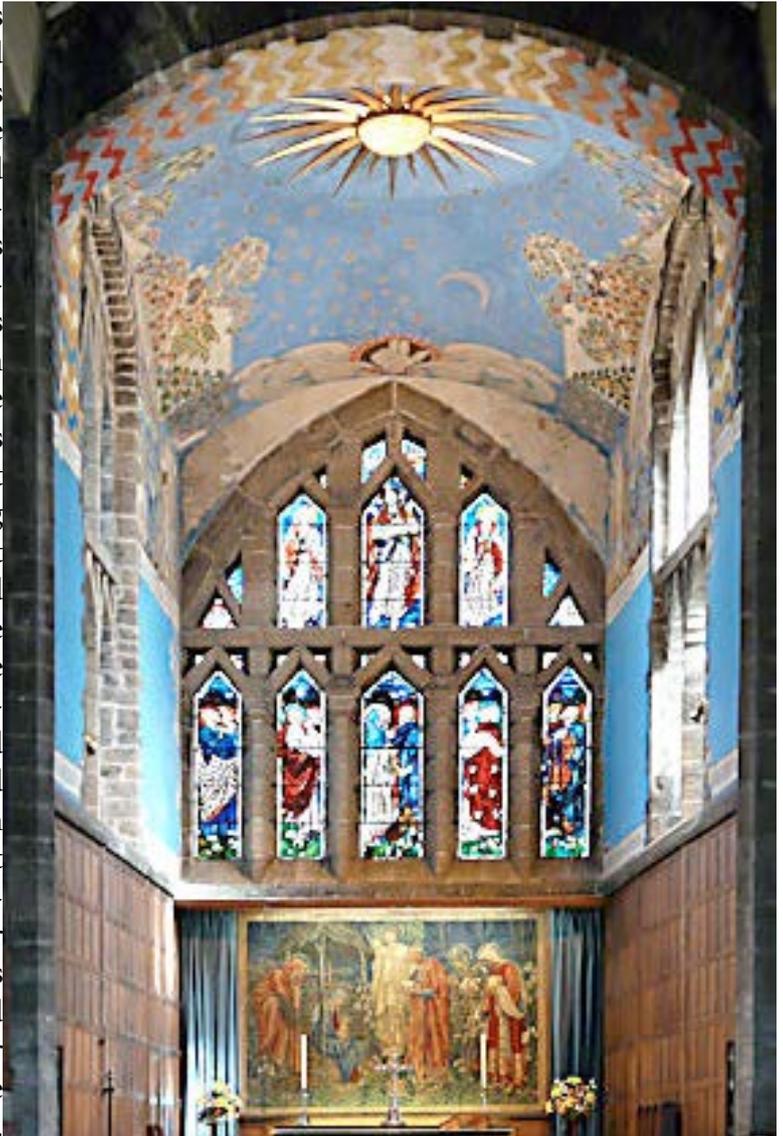
When he became a monk he was given the name of Maximilian. He settled in the monastery of Niepokalanów near Warsaw, and despite poor health he was an active priest, keen to work for the conversion of sinners, both in Poland and elsewhere, notably Japan.

'He gave us eyes to see them' ± the church roof and ceiling

Each month we have been making our way through the church building and pausing to ponder different areas. This month we look up to the roof and ceiling of the church. In Gothic buildings our hearts are lifted high as the architecture soars upwards, trying to touch the very skirts of heaven. Norman churches in an earlier age by contrast seem weighed down by the stonework with heavy pillars and simpler windows.

This August we travel to a church consecrated much later – at the beginning of the 20th century. It is a wonderful monument to the Arts and Crafts Movement: St Andrew's Church at Roker, near Sunderland. It was commissioned by a shipyard millionaire, and there is a vivid sense of an upturned boat as we enter the nave. The building abounds with riches: a font with its cover by Mouseman Thompson of Kilburn, lettering by Eric Gill on plaques around the walls, and a beautiful lectern by Ernest Gimson. But our eyes are drawn to the east end – to the reredos tapestry of Burne-Jones, and then above, a ceiling by Eric Gill's brother, MacDonald, that proclaims the glory of creation.

The sky is studded with stars and the moon, and surrounded by trees and undulating lines of water. In the centre the sun is a brilliant light fitting for the east end. And from the clouds we see the creative hand of God raised in blessing. It is the opening chapter of Genesis portrayed in colour and shape above us. There we read that God rested on the seventh day. As we give thanks for that glory we see in St Andrew's Church and in our world around, we can hear George Herbert's hymn tell-



ing us how a life of work and rest should always be permeated by praise:

'Sev'n whole days, not one in seven,
I will praise thee.'

Why you should leave your tea to cool before you drink it

Here is a bizarre finding: that extremely hot drinks can cause cancer, and should therefore be left to cool for a few minutes.

According to the World Health Organisation, hot drinks of 65C (150F) and over are likely to cause cancer of the oesophagus. It's the

heat; not the beverage; there was no evidence that the coffee or tea caused cancer.

Of course, it is an easy problem to solve: recent research published in the journal *Burns* found that a cup of tea with 10ml of milk cools down to under 65C in less than five minutes. The Royal Society of

Chemistry recommends drinking tea at 60 – 65C, while Northumbria University believes the perfect temperature is 60C for tea. As for coffee, most experts recommend 40 to 60C.

London's mulberry trees come under the spotlight

Some of London's oldest trees are now under the spotlight, thanks to a new campaign supported by the Heritage Lottery Fund.

The Conservation Foundation's *Morus Londinium* project unravels the intriguing stories of London's mulberry tree heritage, including the East End's 17th century silk industry and reveal some of the capital's lesser known heritage sites.

Mulberries and their place in the life of London over the centuries have long interested Peter Coles, who first approached The Conservation Foundation with a plea to help preserve and publicise London's precious mulberry inheritance. *Morus Londinium* is the latest of the Foundation's tree projects which include elm programmes for London and Sussex and We Love Yew, all supported by the Heritage Lottery Fund and the Great British

Elm Experiment.

Mulberries have been grown in London since Roman times, when they were planted for their unique and delicious fruit, which perishes soon after it is picked and so cannot be imported fresh. Mulberry trees were often associated with medieval abbeys and monasteries in and around London, where they may have been grown for their medicinal virtues. The unusual home-grown fruit brought an exotic flavour to the tables of fashionable nobility in Elizabethan times. Some of London's mulberries may date back to the 17th century, when they were planted to provide food for silkworms in James I's attempt to start a silk industry to rival that of Italy and France.

In addition to the expanding national mulberry collection in the private gardens of Buckingham Palace, mulberry trees can also be

found in London's streets and back gardens, as well as public parks and heritage sites. Some of the older trees may be the only survivors of a lost past, destroyed by fires, war-time bombs and the accelerating march of progress. They can also provide fruit for urban foragers, and can be eaten raw, used in traditional British cuisine, or provide a prized fresh ingredient at the heart of specialty dishes from Iran, Syria, Turkey and elsewhere.

Sadly, the existence of only a few of these valuable trees has been recorded and their true histories are often unknown. The *Morus Londinium* project is therefore calling on Londoners to help hunt down and record their local mulberry trees on the website as part of the first comprehensive survey ever.

More details at: www.moruslondinium.org or contact The Conservation Foundation on info@conservationfoundation.co.uk.

New plans to expand network of support on money and debt

Did you know that more than eight million people in the UK are struggling in real financial distress? They have no access to other finance options, and so many resort to high cost loans to cover basic necessities such as food and fuel. This is having a devastating effect on physical and mental health, families and entire communities.

To try and help, the Church of England has embarked on an ambitious programme to grow a nationwide network of support for people to help them take action on money and debt.

Pilot work under the Church Credit Champions Network across two regions has formed the beginnings of a 'Just Finance Network' to develop community finance and money advice services, and give people the skills they need to make sound financial decisions.

This pilot has mobilised nearly 200 churches so far. There are now over 250 trained volunteers providing budget and debt advice. This pilot is expected to generate £2.2 million in social value. Imagine the impact this would have if it was national.

The Archbishop has asked Church Urban Fund to deliver a national

roll out of the Just Finance Network. To raise funds for this transformative work, CUF is running the Archbishop of Canterbury's Mustard Seed Appeal. (www.cuf.org.uk/mustard-seed-appeal),

CUF says: "Together we can grow the seed planted so courageously by the Archbishop into a real movement for positive change. In the Archbishop's words, 'We have to challenge the sovereignty of money and finance over every aspect of our life and to say in quite a revolutionary way that money is not in charge - human beings are the ultimate value.'"

Cof E seeks digital evangelist to proclaim Gospel in the digital space

The Church of England has launched a search for its first Head of Digital Communications.

The advertisement for the new post states the Church is seeking someone to “take risks for the Gospel in exploring how digital engagement can lead to spiritual and numerical growth.”

The job description for the new role suggests the postholder will be responsible for “leading a team developing and implementing digital evangelism, discipleship and digital communication strategies for the Church of England”.

Commenting on the new post the Rev Arun Arora, Director of

Communications for the Church of England said: “We are looking for someone who is as confident and comfortable talking about Jesus as they are talking about the latest developments in tech and social media. As a digital evangelist they will utilise the best of digital to proclaim the Gospel.

“Over the past two years the Church of England has been increasing its digital footprint through the production of video, podcasts and an increasing presence on social media. Our ‘justpray’ campaigns over Christmas and Easter have demonstrated the potential reach of digital with millions of people engaging with the materials we have produced.

“The increase of our digital offering has led to a range of digital projects where we have worked directly with both Facebook and Twitter UK. As well as encouraging a network of new bloggers, we produce a weekly podcast and broadcast live services every Sunday – with our last service coming from an Anglican church in Moscow. A live broadcast of a Bible study led by the Archbishop of Canterbury on Facebook last month received almost a million views.

“This is an exciting opportunity to achieve a paradigm change in how the church engages with the digital space, building upon the best we currently do in our parishes and dioceses and building that out in a new and visionary way.”

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The Way I See It : WHO ARE WE?

All this talk about Europe and the post-referendum arguments about identity have left me, and probably many people, wondering just who I am. After all, this island is home to people of probably the most mixed provenance in human history.

Way back, we were Celts, until our ancestors were driven back into the mountains of Scotland and Wales. Then came the Romans, the Vikings, Angles and Saxons, some to do a bit of pillaging and others to make themselves at home. Then came 1066 and the French invasion, which changed our language for ever.

Over the ensuing centuries we had various refugees from religious persecution, Irish people in huge numbers when harvests failed, and then more recently people from the Commonwealth, starting with the recruitment of workers from the Caribbean in the nineteen-fifties and then those driven from their homes by Idi Amin in East Africa. And so it has gone on.

Yet here we are, quite clearly a nation, even if we don't all look or sound alike. We may feel at times that it would be nice if everyone was just like we are, but deep down we know how boring that would be. It's a nice quiet afternoon exer-

cise to map out our own answers to the question 'Who am I?' What are the things that really make me who I am? I've done my list. I am, I suppose, first and foremost Christian. Then I'm British (English/Welsh), European (geography/culture), and a member of the wonderful, multi-coloured, argumentative, richly endowed but endlessly flawed human race.

In the words of the old Church of England catechism, which older readers may remember, the answer to the question 'Who are you?' is 'a child of God, and an inheritor of the kingdom of heaven'. Put it all together, and I'd settle for that.

Church of England releases new Ministry Statistics

The Church of England has released new Ministry Statistics giving trends in ministry over the period between 2012 and 2015. The statistics show that total ordained ministry over the last four years has remained stable, with over 20,000 ordained people serving the church in various roles.

The number of stipendiary clergy has fallen from 8,300 to 8,000 between 2012 and 2015.

The proportion of stipendiary clergy who are women increased from 24% in 2012 to 27% in 2015. And 19% of senior staff in 2015 were women, up from 12% in 2012.

Nationally, 13% of parish clergy are aged under 40, while a quarter are 60 and over.

There was an increase in stipendiary clergy from Black and Minority Ethnic communities from 3% in

2012 to 3.4% in 2015.

In his commentary, the Church of England Director of Ministry, Julian Hubbard, writes: "While the number of stipendiary ordinations showed a welcome increase between 2012 and 2015, this is not sufficient to redress the gathering effect of clergy retirements predicted over the next ten years."

"The statistics on the age and ethnicity of clergy show that we still have some way to go to ensure that the whole cohort fully reflects the demographics of the wider community."

"The good news is that there is a growing readiness to meet these challenges."

Mike Eastwood, Director of Renewal and Reform, the Church of England's major response to falling church attendance, said: "These

figures support what we have been saying about the need for renewal and reform in the Church of England."

"Renewal and Reform is about a message of hope, through changed lives and transformed communities, as people discover their vocation to love God and serve others."

Move it

A South London clergyman who was appointed to another living received a letter from a firm of furniture removers. It assured him: "Dear Sir, We would like to remove you. In the last year we have removed 40 South London clergymen, to the entire satisfaction of all concerned."

Yum yum

A notice outside Chichester Cathedral advertised lunchtime concerts with the encouragement that: "Sandwiches may be eaten." Someone had scribbled underneath: "So if you are a sandwich, don't come!"

Taking my God for a Walk

A pilgrimage to Santiago de Compostela, by Tony Collins

For over 1000 years pilgrims from across Europe have made the tough journey to Santiago de Compostela in northern Spain, heading for the shrine of St James.

Today the Camino de Santiago, or Way of St James, is once again popular, followed by over 200,000 pilgrims each year, though relatively few from Britain.

The most common starting point is St Jean Pied de Port, in the Pyrenees, and the journey to Santiago covers 490 miles, or slightly more than the distance between Hastings, my home town, and Edinburgh.

In 2013 I took advantage of a sabbatical to walk the Camino. My intent was to give God a chance to speak to me, if He should feel so inclined. In the course of a life that has often felt like camping in the fast lane there have been too few opportunities for attentive silence.

I found myself making not one journey, but three. The Camino reveals a Spain casual visitors may not see, alien, crumbling, exquisite, multi-layered. This is straightforward enough, if full of tastes and sights that don't appear in tourist guides. Further, you cannot walk the Camino without being aware that you walk through history, for millions of feet have left their imprint on the landscape. Many towns and villages exist because of the Way. But there was a third journey, my own erratic inner pilgrimage. I went seeking sources

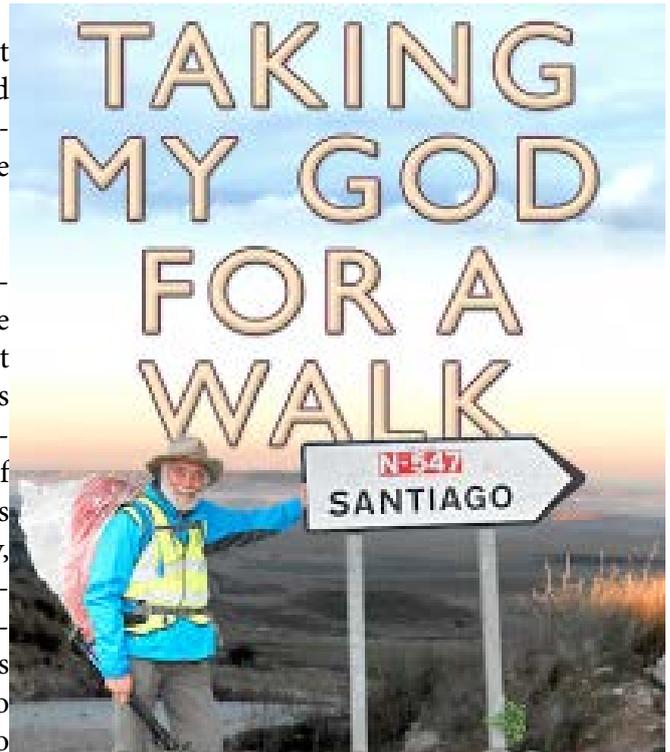
of reverence, but had not expected to be so thoroughly mugged by the Spirit.

Of the three journeys, this was the trickiest and most disconcerting. As I walked, the people and events of previous decades kept me company, gnawed at my conscience and haunted my dreams. This was scarifying to the soul, but it also opened a door. This is the true theme of the book.

I left for Spain intending to walk alone, but in practice often walked in company. A range of fascinating characters punctuate the tale: Mack and Jim, the US Marines; Goldhara and Jan, the Wine Sisters; Nicole, Jacques, Brigitte and Pierre, who stopped laughing long enough to correct my French. They have kindly allowed me to tell portions of their stories. The Way proved arduous, but to my surprise also immensely enjoyable.

Taking My God for a Walk proved fun to write, and I hope it is fun to read. If you would like a taste of what it means to be a pilgrim, this is not a bad place to start. It might even encourage you to dig out your boots.

Tony Collins has been a publisher of Christian books and magazines for over 40 years, and is the founder of Monarch Books and Lion Fiction. He is a Reader and



Churchwarden in Hastings, East Sussex. Taking My God for a Walk, published by Lion Hudson (ISBN 978-0-85721-773-8), is available from bookshops, and from Amazon.

Coffee and tea

If you fancy a cuppa, go ahead! Neither coffee nor tea is bad for you, according to recent research by the World Health Organisation. It seems that coffee may help reduce the risks of heart disease, strokes (in women), Parkinson disease and Alzheimer's disease. Tea helps with heart health, reduces the risk of cancer, and supports normal hydration. solve: recent research published in the journal Burns found that a cup of tea with 10ml of milk cools down to under 65C in less than five minutes. The Royal Society of Chemistry recommends drinking tea at 60 – 65C, while Northumbria University believes the perfect temperature is 60C for tea. As for coffee, most experts recommend 40 to 60C.

Hymns and Readings

7th August Trinity 11 proper 14

Readings Genesis 15: 1-6
Psalm 33
Hebrews 11: 1-3 & 8-16
Luke 12: 32-40
Hymns 15 The Lord will come
18 Ye servants of the Lord
381 Jerusalem the Golden
368 Guide me O thou great redeemer
Sidesperson: Elizabeth Oyedemi
Readers: Jenny Kauntze, Mark Williams
Intercessions: Lucy Boyd

14th August Trinity 12 proper 15

Readings Jeremiah 23: 23-29
Psalm 82
Hebrews 11: 29-12: 2
Luke 12: 49-56
Hymns 232 Awake my soul
416 O God of Bethel
475 Ye holy angels bright
359 Fight the good fight Sidesperson:
Monica Sarpong
Readers: Ruth Godwin, Ray Evans
Intercessions : Nicky Pittam

21st August Trinity 13 proper 16

Readings Isaiah 58: 9b-end
Psalm 103
Hebrews 12: 18-end
Luke 13: 10-17
Hymns 480 In Christ there is no East or West
6 Hark the glad sound
Take my life and let it be
391 King of glory
Sidesperson: Nick Bethune
Readers: Rob Nesbitt, Lucy Boyd
Intercessions: Carol Kenning

28th August Trinity 14 proper 17

Readings Ecclesiasticus 10: 12-18
Psalm 112
Hebrews 13: 1-8 & 15-16
Luke 14: 1 7 7-14
Hymns 394 Let all the world
74 O for a heart to praise my God
258 O Christ the same
362 Glorious things of thee are spoken
Sidesperson: Irada Fracassi
Readers: Denise Sealy, Nick Bethune
Intercessions: Ian MacGregor

Ethelwold - the Wessex saint who founded the first monastic cathedral

Feast day 1st August

St Ethelwold (c.912 - 84) did great things for the church at Winchester, which in those days was the principle town of Wessex. He began as a simple monk, eager to restore the Rule of Benedictine in England, a major reform for the church of the time. So, after serving at the abbey in Glastonbury, he was sent on to restore the old abbey at Abingdon. The king thought highly of him, and used him to teach his son, the future king, Edgar.

When in 963 Ethelwold became Bishop of Winchester, he replaced the cathedral canons with monks, thus founding the first monastic cathedral in the land. This was a uniquely English institution, which remained until the Reformation. The monastic reform quickly gained momentum: with the King's support, Ethelwold restored old monasteries such as Milton (Dorset), New Minster and Nunnaminster in Winchester, while

new monasteries were founded and richly endowed at Peterborough (966), Ely (970) and Thorney (972). Ethelwold was austere, able and dynamic. Under his leadership, the monks excelled at music, illumination and writing. When Ethelwold set the monks to work with the masons in the cathedral at Winchester, he built the most powerful organ of its time in England: it was played by two monks, and had 400 pipes and 36 bellows. In music, Ethelwold's Winchester had the distinction of producing the first English polyphony in the Winchester Troper.

Ethelwold's' monasteries also produced a surpassing new style of illumination, and his school of vernacular writing was the most important of its time: with accurate, linguistically significant translations. A major event of his episcopate was the consecration of Winchester Cathedral in 980.

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For your prayers

PRAYER CALENDAR FOR MONTH OF AUGUST 2016

7th Dartmouth Park Avenue
14th Dartmouth Park Hill
21st Dartmouth Park Road
28th Glenhurst Avenue

SAINTS & HOLY DAYS

1st St Ethelwold
4th St John Vianney
5th St Oswald
6th **Transfiguration of Our Lord**
7th **Trinity 11**

8th St Dominic
10th St Laurence
11th St Clare of Assisi
14th **Trinity 12**
15th **Assumption of the Blessed
Virgin Mary**
20th St Bernard of Clairvaux
21st **Trinity 13**
24th **St Bartholomew**
27th St Monica
28th **Trinity 14**
29th **Beheading of St John the Baptist**
31st St Aidan