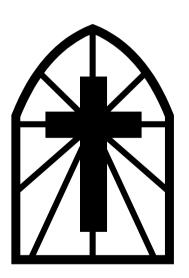
CHRIST CHURCH CHALLENGE



August 2009

CHRIST CHURCH, JULIAN ROAD DIOCESE OF BATH AND WELLS IN THE CHURCH OF ENGLAND

SUNDAY SERVICES

8.00am Holy Communion

10.00am Family Communion, Junior Church & Crêche First Sundays & Festivals Choral Evensong and Sermon at 4.30pm

Other Sundays Said Evening Prayer at 5.30pm

There is amplification to assist the hard of hearing

CHOIR

Junior Choir Practice Friday 6.30pm - 8.00pm Adult Practice Friday 7.30pm - 9.00pm

New singers always welcome - please contact Director of Music 01225 445360

BAPTISMS, MARRIAGES, FUNERALS

By arrangement. Please 'phone the Vestry 338869 / Officiating Minister 427462

Angela and Chris, the churchwardens, would like to know about people who are ill, or of any circumstances in which the ministry of the Church would be welcome.

Many thanks, as ever, to all of our contributors. Articles, opinions and news items are always most welcome. They can be emailed to admin@christchurchbath.org, or handed to David or one of the Church Wardens.



A very happy Summer break to all our readers!

Please note that Antony is on holiday 6th to 21st August.

Pray as though everything depended on God. Work as though everything depended on you.

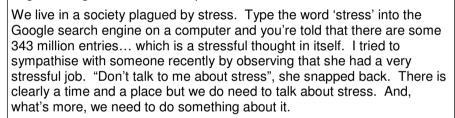
St Augustine (Feast day 28th August)

Forum...

Don't talk to me about stress.

of generating the relaxation response.

For 40 years, laboratories at the Harvard Medical School have carried out studies on how the mind and body interact. The research appears to have established that when a person engages in a repetitive prayer, word, sound or phrase and blocks out intrusive thoughts, a specific set of physiological changes can be observed. These changes—decreased metabolism, heart rate, blood pressure and rate of breathing—are the opposite of those induced by stress, and have been labelled the relaxation response. In our country, surveys indicate that over 60% of visits to GP surgeries are for conditions caused or made worse by stress. Clearly an awful lot of people would improve the quality of their lives by finding ways



The removal of stress is, of course, impossible and actually undesirable. All the wonderful festival services at our church, for example, do not happen without a certain degree of tension and stress. And what sound can you get out of a violin string unless you first wind up the tension? The problems come to human beings (and violin strings) when the peg is turn too tight.

The other Sunday, I preached on the text: Jesus said to his disciples "Come away to a deserted place all by yourselves and rest a while." These words suggest that stress is not an invention of modern times. Jesus and his disciples would have instantly recognised the condition. In Mark 6 we read of them having just returned from a period of teaching and preaching desperately in need of some rest and relaxation. The crowds have been so demanding that we are told 'they had no leisure even to eat—so Jesus calls them away to be by themselves and to rest. Jesus and his disciples would have recognised the cry of the person who feels as though 'every one wants a piece of me'.

It's easier said than done to find time to relax outside the demands of work and family life. Jesus had to postpone taking his disciples away when he was interrupted by people who desperately needed him. But once he had met that demand we read: "Immediately Jesus made his disciples get into the boat and go on ahead to the other side while he dismissed the crowd. After saying farewell he went up on the mountain to pray."

If relaxation was necessary for Jesus and his disciples we can be sure we need it too. The enjoyment of taking a break—whether at home or away—should remind us to make such space part of the rhythm of our weekly routine.

Antony

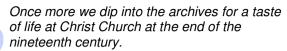
Lectionary for August					
		Old Testament	New Testament	Gospel	
Aug	2	Trinity 8			
		Exodus 16.2-4, 9-15	Ephesians 4.1-6	John 6.24-35	
	9	Trinity 9			
		1 Kings 19.4-8	Ephesians 4.25-5.2	John 6.35, 41-51	
	16	Trinity 10			
		No reading	Ephesians 5.15-20	John 6.51-58	
23 Trinity 11					
		Joshua 24.1-2a, 14-18	Ephesians 6.10-20	John 6. 56-69	
	30	Trinity 12			
		Deuteronomy 4.1-2, 6-9	No reading	Mark 7.1-8, 14-15, 21-23	
Sep 6 Trinity 13					
		Isaiah 35. 4-7a	No reading	Mark 7.24-37	

Church Calendar for August

onaron oaronaar for Aagaot					
Aug	2	Sun	EIGHTH S	SUNDAY AFTER TRINITY	
	6	Thur	TRANSFI	GURATION OF OUR LORD	
	7	Fri	11.00am	The Cedar Tree Community Café	
	9	Sun	NINTH SU	INDAY AFTER TRINITY	
			MARY SU	MNER, Founder of the Mothers' Union	
	11	Tue	ST CLARE	of Assisi	
	14	Fri	11.00am	The Cedar Tree Community Café	
	15	Sat	THE BLES	THE BLESSED VIRGIN MARY	
	16	Sun	TENTH S	TENTH SUNDAY AFTER TRINITY	
			Genesis S	unday Lunchbox: Christ Church Duty	
	19	Wed	12.30pm 4.00pm	St Mary's Charlcombe Quiet Afternoon Led by Angela Berners-Wilson	
	21	Fri	11.00am	The Cedar Tree Community Café	
	23	Sun	ELEVENTH SUNDAY AFTER TRINITY		
			11.00am	Holy Communion at St Stephen's No 10.00am service at Christ Church	
	24	Mon	ST BARTHOLOMEW, Apostle		
	28	Fri	ST AUGUSTINE of Hippo		
			11.00am	The Cedar Tree Community Café	
	29	Sat	THE BEHI	EADING OF JOHN THE BAPTIST	
	30	Sun	TWELFTH	SUNDAY AFTER TRINITY	
			JOHN BU	NYAN	
	31	Mon	ST AIDEN	of Lindisfarne	
Sep	6	Sun	THIRTEE	NTH SUNDAY AFTER TRINITY	

.org...see our website for latest details...www.christchurchbath.org...see o

All our yesterdays



Knowledge of Scripture was encouraged by an annual competition set up by Lady Tweedmouth and in 1897 four boys from Christ Church did extremely well as the magazine reported.

n order to encourage a knowledge of Scripture in the Bath Board Schools, Lady Tweedmouth has offered prizes and certificates yearly. The examination took place at the end of July, the subjects being the Life of Daniel and the Life of St Paul. We were pleased to announce that four of our Sunday School boys were successful at the Walcot Board School, H Beesley and G Bowles gaining First Prizes, and W Mitchell and C Bauldry, Certificates. This result goes to prove that the teaching at our Sunday Schools is good, and is well grounded into the boys.

In last month's magazine we heard about the choir outing to Clevedon. The choristers were not the only ones to enjoy summer treats and outings.

Christ Church Sunday School Treat

y the kindness of the many friends of these Schools, the children who had made sufficient marks were taken on Friday, July 14th to the Clifton Zoological Gardens. The Vicar took charge of the party and made arrangements, assisted by the several superintendents and teachers. The weather was very fine, and the youngsters thoroughly enjoyed the afternoon.

Dr Norman's Class

he Annual Outing of the members of the Bible Class took place on Monday, July 17th, to Southampton, starting at 6.30am, and arriving at Southampton at 9.30am. By the kindness of the Union Line Steamship Company, permission was obtained to go on board their S.S. German. She was lying in the docks preparing to sale for the west coast of S. Africa on the following Saturday.

After dinner an expedition was arranged for the Isle of Wight, some of the party landing at Cowes, while others preferred the longer voyage to Ryde.

A keen interest was taken by all the party in Sir Thomas Lipton's yacht, the Shamrock, which is shortly to compete for the American Cup. She was out for a trial trip and passed under full sail.

Along with these and similar accounts of happy outings, the magazine carried an appeal for the **London Children's Holiday Fund.**

hen people's minds are full of the thoughts of their own Summer Holidays, it is not an unfitting time to suggest the claims of other people under less favourable circumstances. May we therefore call the attention of our friends to the London Children's Holiday Fund which provides a pleasant holiday for some of the poor children of East London, enabling them to lose sight for a time of the bricks and mortar of the great city. It is estimated that 10 shillings will provide for a fortnight's holiday for one child.

On a final seasonal note, it is worth noticing that the Christ Church Cricket Club did very well. The results of the season's matches up to August 19th were as follows:

Played: 18 Won: 12 Lost: 3 Drawn 3

The Vicar, the Reverend B N Thompson, was holding a batting average of 11.

More extracts from 1897 in next month's magazine.

Mothers Union News

We would like to send our heart-felt thanks to all the members of the congregation who supported our Summer Appeal for the MU Overseas Fund, on June 14th and 21st. We are very happy to report that on those two Sundays, we collected the magnificent total of \$76.55, which included the contents of an MU collected.



of £76.55, which included the contents of an MU collecting Box. You can be assured that this money will, as always, be used wisely by the Officers at Mary Sumner House to support their many overseas workers.

Several members of the Congregation regularly purchase Mothers Union Diaries Calendars and Cards through our Christmas Order plan. Although there are five months still to go to Christmas, I can now offer you a Diary at £3.50, a Single Card Calendar at £1, or a Year Planner at £2.50. Also, if you wish to buy some Cards or other Christmas Items, Margaret Burrows has a catalogue of these which you may borrow. Just let me know your choices and have your money ready as every order must be pre-paid, and hopefully the parcels should arrive by the beginning of October. You do not have to be an MU member to buy from us, so if any member of the congregation would like to take advantage of our Christmas Order Plan, please let me know now.

Sylvia M Ayers Secretary

Laity Rota for August

		OT Readers	NT Readers	Gospel
August	2	Nicky Gladstone	Esme Buss	Morny Davison
	9	Penny Edwards	Georgina Bowman	David Bishop
	16	Mark Elliott	Jane Fletcher	Sarah Cade
	23	Margaret Heath	Sylvia Ayers	Matthew Jones
	30	Judith Anderson	No reading	Judith Bishop
September	6	Emma Elliott	No reading	Bev Pont
Chalice Assis	stants			
August	2	Tessa Claridge	Bev Pont	
	9	Margaret Burrows	Margaret Heath	
	16	Janet Mahto	Jane Fletcher	
	23	Penny Edwards	Bob Siderfin	
	30	Andrew Sillett	Tessa Claridge	
September	6	Bev Pont	Margaret Burrows	
Intercessors				
•		Georgina Bowman		
		Rev Antony Claridge		
	16	Mark Elliott		4
	23	Martin Palmer		
	30	Penny Edwards		
September	6	Bev Pont		
Sidespeople		8am	I0am	
August	2	Clive Tilling	Andrew Sillett	Janet Mahto
	9	Arthur Jones	Morny Davison	Margaret Heath
	16	Clive Tilling	Tessa Claridge	Emma Elliott
	23	Arthur Jones	Margaret Silver	Frank Twissell
	30	Clive Tilling	Ken & Sy	lvia Ayers
September	6	Arthur Jones	Andrew Sillett	Janet Mahto

Working Group for Possible Church Improvements

No, we haven't gone underground and we certainly haven't completed our work! We are still actively making progress; although taking into account current events has given us more to consider, and this short update is designed to keep you in the picture.

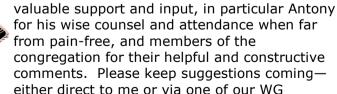


Within the Working Group we have now each taken specific areas of responsibility within the terms of reference.

Approach to the Church
Secular Space (including Youth Club)
Layout of Nave
Information Exchange & Notice Boards
Lighting Enhancement
Kitchen and Loos
David
Alice (& Mark)
Mark
Martin
Bob

We have had a very informative meeting with Chris Gladstone who described many of his and Angela's ideas based on their many years of Wardenship. During this, Chris mentioned the plight of Church storage which needs to be far more coordinated; and that, now that the Vestry has been refurbished, there was an opportunity to resolve this issue. With the blessing of the Trustees and Council, our members have volunteered to help Chris and Angela with this work, helped by the purchase of some new storage furniture funded by the Trustees.

The Working Group plans to return to its formal deliberations in September and I would like to thank the members for their



members who now include Jane Nicholson who has very kindly agreed to help me with the kitchen requirements.

Storm in a Chalice?

Two words have dominated my last three months at work: swine flu. And you can understand why—when the story first broke in April, reports suggested that this new variant of the influenza virus might kill millions. As a consequence, the government's carefully worked out flu pandemic



plan kicked into action—a plan originally devised with the danger of a deadly bird flu pandemic in mind.

Three months on, we know a lot more about swine flu and we're beginning to realise it's not nearly as bad as we first thought it might be. It's a new variant of the influenza virus, so most people don't have immunity to it, making it very contagious. But when you get it, is it that serious?

It's now estimated to have a mortality rate of 0.1-0.35%¹, which sounds bad for "just flu", until you remember that "normal" flu kills 8,000-9,000 people in an average winter and in 1999-2000 killed 19,000¹. So in fact, what we now have is a new form of flu that's no more serious than what we've all been used to for years. Indeed, swine flu is now being referred to as "mild...in most of those infected"². It's terrible when someone dies of anything, especially of what we consider to be a minor illness, but to misquote two of my favourite comedians, in a balanced, fair and democratic society, some people will die of flu.

Given the above, I have to confess to be slightly disappointed that the Church of England is now advising against the sharing of the peace and the use of communal chalices during the Eucharist. This is based on advice from the Department of Health³, but this was drawn up in 2008, presumably with a pandemic of a potentially serious bird flu virus in mind. I don't doubt that these are potential sources of transmission of the flu virus, but it strikes me that we don't change anything when "normal" flu goes round each winter, so why change anything now, especially as some predict that swine flu could be circulating in the community for the next two to three years?

Of course, some people might have reason to be more concerned about the risk to their health, so we should make it clear that if they only want to receive bread at the altar rail and not shake hands during the peace, then that's absolutely fine. And we should certainly ask anyone with symptoms of flu to stay at home until they have recovered. We could even consider providing hand gel so people could clean their hands whenever they felt it appropriate.

The advice from the Department of Health³ also contains some interesting suggestions on how religious groups could help in the response to a flu pandemic. These include collecting antivirals and other supplies for those who are ill and keeping an eye on vulnerable people whilst the NHS is more stretched than usual. Perhaps this is something we at Christ Church could do, through the Friends in Deed network.

Finally, it's worth reiterating some sensible advice: cough or sneeze into a tissue, dispose of it straight away and wash your hands with soap and water. Wash your hands before cooking or eating and before touching your mouth or eyes. The symptoms of flu include a fever above 38°C/100.4°F plus some of: cough, runny nose, sneezing, sore throat, headache, tiredness, chills, aching muscles, limb or joint pain, diarrhoea, upset stomach and loss of appetite. If you develop these symptoms, stay at home and contact the National Pandemic Flu service at www.pandemicflu.direct.gov.uk or telephone 0800 1 513 100.

Matthew Jones

Editor's note: Matthew Jones MPharm PhD is a member of the Royal Pharmaceutical Society and is currently working as a swine flu receiving ward pharmacist and Medicines Information Pharmacist at the RUH.

- O'Dowd, A. (2009). A/H1N1 Influenza Update. British Medical Journal, 339 pp. 196-197.
- 2) Anderson, R.M. (2009). How well is the UK managing the influenza A/H1N1 pandemic? *British Medical Journal*, **339**, pp. 181-182.
- 3) Department of Health, (2009). Faith communities and pandemic flu: guidance for faith communities and local influenza pandemic committees.

Missions to Seafarers

On behalf of this Mission, I would like to send my heartfelt thanks to the Christ Church Congregation for the Sea Sunday donations on the after Service plate, which this year totalled £30. I do thank you all most sincerely for your generosity, especially as it does seem that we are continually being asked for money for a variety of good causes at this time. Please would you let me now if you are holding a Missions to Seafarers Box, as I do not appear to have a list of you good people in my records.

Also, please don't forget that used stamps of all the higher values especially foreign issues are still very much required, Thank you.

> Sylvia M Ayers Missions to Seafarers

Prayer Cycle for August

August	t			
Sun	2	For our next-door neighbours; for our colleagues at work.		
Mon	3	For those suffering from depression; for those struggling to support them.		
Tues	4	For all those working in the health service who are dealing with an increased workload.		
Wed	5	For David, our Treasurer and magazine editor.		
Thurs	6	For our Clergy Team, especially for Antony as he takes a summer break.		
Fri	7	For Mark, our Director of Music and David, our Organist. For our choir.		
Sat	8	For those who make coffee for us to enjoy after the 10am Communion service. That we may give a warm welcome to all visitors to the church this summer.		
Sun	9	For the work of the Mothers Union around the world and all who share the vision and values of its founder.		
Mon	10	For those who have been affected by the recession. For those affected by unemployment or reduced income.		
Tues	11	For civilians caught up in wars and violence throughout the world.		
Wed	12	For Angela, our Verger.		
Thurs	13	For Cyril and Mark our Readers; for Sarah's ministry at Batheaston.		
Fri	14	For the work of the Cedar Tree. For Nicky and all the helpers.		
Sat	15	In the Churches Together in Bath rota, we pray for the work of the YMCA and for the unity of all Christians in Bath.		
Sun	16	For the work of Genesis with the homeless of our city. For those helping at the Sunday Lunch today.		
Mon	17	For all members of Christ Church, that this summer may bring them peace, refreshment and strength.		
Tues	18	For Judith, who prepares our weekly notice sheet.		

- Wed 19 For Margaret and Andrew, our Deanery Synod representatives.
- **Thurs 20** That we may cherish the earth and its fruitfulness, and recognise and give thanks for the plenty around us.
- Fri 21 For Chris and Lewis, our church wardens.
- Sat 22 For all our readers, chalice assistants, intercessors and sidespeople.For Sarah, who draws up the Laity Rotas.
- Sun 23 For our LMG partners, St Stephen's and St Mary's Charlcombe.
- **Mon** 24 For Rowan our Archbishop and for Peter our Bishop. For all Anglican Bishops and Primates.
- *Tues* 25 For the work of Bath Alcohol and Drugs Advisory Service.
- **Wed** 26 Let us give thanks for our closest family and friends. May we always treat them with love and patience.
- **Thurs 27** For the work of USPG in general, and especially for St Anne's Hospital, Lake Malawi. For Adrian Pegg, our USPG representative.
- Fri 28 For couples experiencing difficulties in their relationship. For the work of Relate.
- Sat 29 For the work of USPG in general, and especially for St Anne's Hospital, Lake Malawi. For Adrian Pegg, our USPG representative.
- **Sun** 30 For the staff, pupils and governors of St Andrew's and St Stephen's schools.
- *Mon* 31 Let us thank God for the blessings of the month now ending.

September

- **Tues** 1 For the work of Dorothy House, for those benefiting from its care and for their families.
- *Wed* 2 For Yvonne and all of our Trustees.
- **Thurs 3** For children returning to school, especially for those starting a new school..
- Fri 4 For the leaders of the nations, that they may be directed in the ways of justice and of peace.
- Sat 5 For the children in our congregation; for our witness to them and theirs to us.

And music perhaps...

Our friends at St Mary's Charlcombe are raising money for repairs to the church roof. On Friday, 18th September, they are presenting a topical recital at the theatre in Kingswood School.

Under the title "Music perhaps..." the trio MUSE (Andrew Bannerman—narrator, Richard Frewer—tenor, Lauren Hibberd—piano) will present a musical portrait of Charles and Emma Darwin.

Muse performed in Shrewsbury last month and the concert was well-reviewed.

"MUSE have not only captured a unique insight into the cultural and domestic influences on Darwin, but they also show how these coloured his essential humanity and how this illuminates ours."



Tickets (£10 incl. a glass of wine) are available from the Bath Festival Box Office (01225 463362). Richard Frewer, the group's tenor and director, will be in Christ Church on Sunday, 6th September to tell us a little more about the recital.

Frience



The Christ Church Friends in Deed scheme is designed to provide a network of good neighbours who have volunteered • to do the neighbourly things we used to do for each other when we lived closer together. When the need arises, they are prepared on request to:

in Deed

- make friendship visits or telephone calls
- do shopping at times of illness or infirmity
- offer or find sources of advice
- handle occasional non-specialist odd jobs

All areas in which church members live are covered by the Friends in Deed scheme. If you need or know of someone else who needs help, you should in the first instance contact the Friends in Deed Co-ordinators, Jane Fletcher (01225 463758) and Yvonne Morris (01225 425555). They will then get in touch with the local contact best able to provide the help that is needed.

Officiating Minister	The Rev Antony Claridge, 62 Cranwells Park, Weston, Bath BA1 2YE 01225 427462
Assistant Clergy	The Rev Cliff Burrows, Stonecroft, Entry Hill Drive, Bath BA2 5NL 01225 334743
Reader / Director of Music	Mark Elliott, 32 Charlcombe Lane, Larkhall, Bath BA1 6NS 01225 445360
Reader / Magazine Distributor and Editor Emeritus	Cyril Selmes, 10 Daffords Buildings, Larkhall, Bath BA1 6SG 01225 420039
Churchwarden	Chris Gladstone, 5 Westwoods, Box Road, Bath BA1 7QE 01225 859969
Churchwarden / Christian Aid	Lewis Boyd, 5 Jesse Hughes Court, Lower Swainswick, BA1 7BE 01225 329190
Verger	Angela Soboslay, 285 Newbridge Road, Bath BAI 3HN 01225 333297
Church Council Secretary	David Bishop, The Old Tannery, Turleigh, Bradford on Avon, BA15 2HG 01225 869409
Treasurer to the Trustees / Magazine Editor	David Marles, 5 Westwoods, Box Road, Bath BAI 7QE 01225 859969
Chairman of the Trustees	Yvonne Morris, 3 Summerhill Road, Sion Hill, Bath BA1 2UP. 01225 425555
Secretary to the Trustees	Nicky Gladstone, 5 Westwoods, Box Road, Bath BA1 7QE 01225 859969
Deanery Synod / Laity Rotas / Junior Church	Sarah Cade, 2 Mortimer Close, Bath BAI 4EN 07983 556759
Deanery Synod / Churches Together in Bath (CTB)	Margaret Heath, St Lawrence, Lansdown Road, Bath BAI 5TD 01225 428272
Deanery Synod	Andrew Sillett
Mothers' Union (MU)	Margaret Burrows, Stonecroft, Entry Hill Drive, Bath BA2 5NL 01225 334743
CTB / MU Secretary & Treasurer / Missions to Seafarers / Calendar	Sylvia Ayers, 5 Forester Avenue, Bath BA2 6QD 01225 463976
USPG	Adrian Pegg, 68 London Road West, Bath BAI 7DA 01225 858809
Organist	David Wrigley, 3 Haydon Gate, Radstock, BA3 3RB 01761 439355
Concert and Bookings Co-ordinator / Weekly Notices	Judith Bishop, 01225 869409 Email concerts@christchurchbath.org

CHRIST CHURCH, JULIAN ROAD DIOCESE OF BATH AND WELLS IN THE CHURCH OF ENGLAND

PAST HISTORY

Christ Church was built at the end of the 18th Century by the socially concerned clergy and lay people for those excluded from worship by the system of pew rents. It was probably the first church of that time to provide seating free of charge. Early supporters included the Archbishops of Canterbury and York; the great evangelical campaigner against slavery, William Wilberforce; Philip Pusey, the father of E B Pusey; and Martin Stafford Smith, the godfather of John Keble, who were both founders of the Oxford Movement. The building was designed by the famous Bath architect John Palmer, who was responsible for the completion of the Great Pump Room, Lansdown Crescent and St Swithin's, the parish church of Walcot. In November 1998, the congregation, friends and well-wishers from all over the world celebrated the bicentenary.

MINISTRY

Christ Church is unusual in not being a parish church. Much of the vitality of its life and worship derives from the fact that the congregation comes from all areas of the city and the surrounding districts. Whilst there is no full-time paid vicar, there is a non-stipendiary priest-in-charge, who leads a ministerial team of ordained and lay people. Worship at Christ Church largely reflects the traditions of those responsible for its foundation and the rich diversity of the Church of England as a whole. Thus, preaching and Bible-based teaching is firmly set within a liturgical setting which is best described as liberal and catholic.

SERVICES

The 8am Holy Communion is either Book of Common Prayer (1662) or Common Worship. At 10am the Eucharist is celebrated according to Common Worship. On the first Sunday of each month, there is a full Choral Evensong. A Junior Church and a Crêche cater for the children and young people who attend the 10am service. We hold special all-age services once a month and at festivals such as Easter, Christmas, Mothering Sunday and Harvest.

There are a variety of mid-week activities including Holy Communion at 11am every Wednesday during Lent, followed by lunch). The notice board and the weekly notice sheet provide details of discussion and prayer groups which are held at different times throughout the year. An all-age choir, which rehearses on Friday evenings maintains the much-admired music tradition at Christ Church.

CHURCH COMMUNICATIONS

Published on the first Sunday of every month, Christ Church Challenge brings news of the church locally, in the Diocese, and throughout the world. Our website is constantly updated and can be found at www.christchurchbath.org

The deadline for articles for the magazine is the 15th of the preceding month.

Thank you.