# ASPIRATION

IN SOUTH HEREFORD



See how the wild flowers grow! They don't work to earn, or craft their own clothes, but even King Solomon with all his wealth was not dressed as well as they are. Lk 12:27-28

#### **Hello and Welcome**

Hello and welcome to this August edition of Aspiration

Where will you be reading this magazine? In the garden? On the beach? If you find yourself browsing through Aspiration in exotic or interesting surroundings, send us a photo – we might even have a prize. Or would a picture of you reading Aspiration just look like you staring at your 'phone because you receive the magazine by email or download it from the website? For both environmental and financial reasons, we would are trying to encourage people to receive the electronic version of the magazine as well as the weekly newsletter – but I know that this is not appropriate for everyone. Please let us have your thoughts on this.

Whether you are reading on the beach or with coffee in your kitchen, this month we have an extended report from General Synod. A couple of issues of local interest were discussed, including the 'Hereford Motion' brought forward by Bishop Richard. If reading about the debates and discussions whets your appetite, it's possible to follow them live online at the Church of England website and, if you miss them, to catch up on YouTube.

We have also got pictures of the Summer Fete at St Martins, and a reminder on page 8 about some of the reasons why fundraising is so important for our churches. It's easy to forget, just now, when it's not needed, but it won't be too long before we are needing to put the heating on, at home and in church and we will be worrying about meeting those bills again.

Wherever you are reading the magazine this Summer, I pray that you will be able to find some time for rest and refreshment. If that's tricky at home or at work, perhaps popping in to church would offer a little peace. St Peter's is always open at 11:15 on a Sunday, but at other times we can arrange for it to be open to visitors on request. St Martin's is currently locked a little more than usual, but please just ask in the office if you need access for prayer or peace. And if you are visiting other churches whilst you are on holiday, let us know if you see ideas that might be useful in South Wye.

With every blessing, Anne

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All contributions are welcomed - if submitting photos, please check that appropriate permissions have been given for publication



# St Peter's Bullinghope and St Martin's Ross Road



#### St Martin's Summer Fete

Huge thanks to everyone who came along or helped in anyway with St Martin's Summer Fete and Grand Draw. It was a lovely day and the weather (kind of) held for us. The hard work of the whole team enabled us to raise over £1200 on the day.

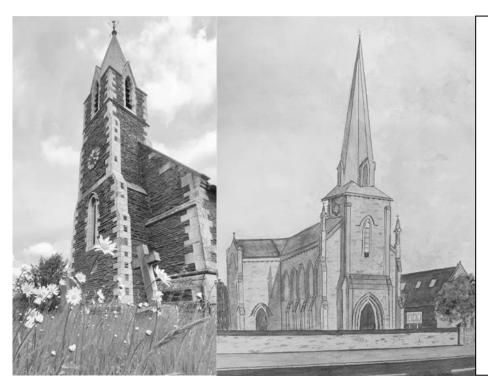
Congratulations to the prize winners – as well as the draw prizes listed on the next page, Kay correctly guessed that Spike's name was Spike (!) and Cait won the tablet on the mini draw.

Thank you all so much (and to Jean for the photos) – and don't forget St Martin's Christmas Fair on Saturday 29th November!

Summer Fete Grand Draw Prize Winners						
TICKET No.	PRIZE	WINNER				
583	£50	Kevin Whistance				
038	£25	Sue Cockroft				
190	Whiskey	Heather Harwood				
551	Ricard Liqueur	Sarah Hammett				
042	Dairy Box	B. John				
644	Sloe Gin	Gwen Leake				
429	Red Wine	Stuart Wilce				
010	Picnic Blanket	Sarah Hammett				
590	Sauvignon Blanc Richard Barnes					
	Red Wine	Carol Hammond				
866	Piggy Bank	Shirley Kendal				
121	Toblerone	Susan Goodman				
639	White Wine	John Dix				
025	Scarf and Clutch Bag	Ann Bishop				
595	Tumbling Tower	Lynda Vaughn				
177	Cheese Maker	Irene Healey				
857	Echo Falls	Natalie M. W.				
566	Quality Street	M. Harris				
244	Design-a-Mug	Gillian Farlow				
576	Coronation Bag	Betty Leason				
541	Bath Fizzer	Sarah Hammett				
215	Fox's Biscuits	Ann Libby				
076	Toiletries and Bag	John Eden				
188	Floral Petals	Heather Harwood				
723	Kylie Non-alcoholic Wine	Chris Miller				
323	Spiced Rum	Marlene Price				
194	White Choc Toblerone	Rob Hughes				
683	Lobster Plate	Dottie				
322	Spiced Rum	Marlene Price				
558	Celebrations	Julia Wall				
1628	Pinot Grigio	Julie				
777	Raspberry Jam	Myrtle Everest				
633	Prosecco	Diana Symonds				
421	Household Kit	Sue Wilce				
554	Magic Set	Sarah Hammett				
340	Picture	Do Rogers				



# St Peter's Bullinghope and St Martin's Ross Road



Bring along your furry/feathered or scaly friends to our Pet Service

4pm 31st August at St Peter's Bullinghope

## **Daniel's Work Experience**

Hi, my name is Daniel Hammett, and I go to Kingstone High School.

From the 7<sup>th</sup> to the 11<sup>th</sup> of July, I had my work experience week in the church office. I learnt multiple things that I didn't know beforehand that helped me to create an idea about what working is really like because all I have done so far is schoolwork and working is very different to school!

I enjoyed my work experience time at the church office lots because I had the opportunity to answer phone calls, sort FoodShare emails and even help to create Hymn sheets for the next Sunday services!

I am very grateful for this opportunity and would like to thank everybody in the office for their kindness and helpfulness during this week.

Daniel

# Services at St. Peter's Bullinghope - August 2025

Sunday 3<sup>rd</sup> August: 11.15am-Holy Communion

Sunday 10th August: 11.15am Morning Prayer with Baptism

Sunday 17th August: 11.15am Holy Communion

Sunday 24th August: 11.15am Morning Prayer

Sunday 31st August: 4pm Pet Praise!



# Regular Services and Events, South Wye Hereford

# Sung Communion at St Martin's,

Sunday mornings at 9:30am.

Everyone is welcome to this service which is followed by refreshments in church.

# **Sunday Worship at 11:15am at St Peter's Bullinghope**

On the first and third Sundays of each month we celebrate Holy Communion.

On the second Sundays we usually have Reflective Prayer - sometimes there is a baptism service - and on fourth Sundays we have morning prayer.

When there is a fifth Sunday in the month we usually have a special service - check the magazine for details.

#### Young at Heart

A group for older people.

We meet twice a month - on the second Thursday each month in the Hall at St Martin's for lunch and on the third Thursday in the Narthex for an afternoon meeting which might involve a talk, quizzes, games or Bingo.

If you'd like to join, just drop in to a session or check with the office for dates.

#### **Coffee in the Narthex**

Tuesdays at 2pm we get together at St Martin's to share our news and stories over a cuppa and cake – usually homemade! everyone is really welcome to join us.

#### **Messy Church**

At the Scout Hut at 3:30pm Friday afternoons monthly in term time.

Join us as we learn, worship, make and eat together.

# You are welcome to join us for Holy Communion at Belmont Community Centre

at 11:30pm on the second and fourth Fridays of each month, before Foodshare.

When the weather is fine, we worship outside.

# Holy Communion at St Martin's at 10am on Thursdays - everyone welcome

#### **Tuesday Study Group**

Our South Wye Tuesday bible study group meets at 1pm in the Narthex at St Martin's. You are very welcome to join the group on site, but if that is difficult, please contact the office and ask for one of the study books to use at home.

We invite a donation of up to £5 per term towards the cost of resources, but this is entirely optional. The group will not meet in August.

# What am I reading on Sunday?

**Date** 03/08/2025 10/08/2025

**'Sunday'** 7<sup>th</sup> after Trinity (Proper 13) 8<sup>th</sup> after Trinity (Proper 14)

Colour Green Green

First Reading Hosea 11.1-11 Isaiah 1.1, 10-20

**Psalm** Ps 107.1-9,43\* Ps 50.1-8, 23,24\*

New Testament Colossians 3.1-11 Hebrews 11.1-3, 8-16

**Gospel** Luke 12.13-21 Luke 12.32-40

**Date** 17/08/2025 24/08/2025

**'Sunday'** 9th after Trinity (Proper 15) Bartholomew the Apostle

Colour Green Red

First Reading Isaiah 5.1-7 Isaiah 43.8-13

**Psalm** Ps 80.1-2,9-20\* Ps 145.1-7

**New Testament** Hebrews 11.29 – 12.2 Acts 5.12-16

**Gospel** Luke 12.49-56 Luke 22.24-30

**Date** 31/08/2025

**'Sunday'** 11<sup>th</sup> after Trinity (Proper 17)

**Colour** Green

First Reading Jeremiah 2.4-13

**Psalm** Ps 81.1,10-16\*

New Testament Hebrews 13.1-8, 15, 16

**Gospel** Luke 14.1, 7-14

**Sunday Readings:** As usual, it is important to check with the person leading your service that they are expecting you to read the lessons given here, especially if it is a special service or an evening service. If you would like to join the rota to read at St Martin's, please sign up on the rota in the Narthex. Just ask if you would like to practise with the microphone beforehand.



# St Martin's Parish Giving Scheme

Thank you so much to everybody who is donating to St Martin's Church through the Parish Giving Scheme which has now been running for more than 5 years. We are relaunching the Parish Giving Scheme for the benefit of new members of our congregation and encourage more to join.

Have your electricity, gas and water costs gone up in the last 5 years? So has St Martin's.

Has your contribution to church also gone up?

Our costs are the same even if we aren't in church every Sunday.

If you haven't yet signed up to the Parish Giving Scheme please do so.

If you are, perhaps you can increase your regular contributions.

Apart from our Sunday services we celebrate Holy Communion every Thursday and twice a month at Belmont Community Centre.

Baptisms, weddings and funerals, Bible Study, Tuesday Coffee Group, Craft Group meetings and many more are all held in church.

Our Parish Hall is a community centre used regularly by many organisations including FoodShare, Monday Meals and private hires for parties and receptions. Messy Church, After School Club, EcoChurch are all regular activities.

Without our church building and parish hall none of this would be possible. To continue to do these wonderful things that benefit the wider community of South Wye and provide even more we need even more money.

If you haven't yet joined please do so. If you are already contributing then thank you for your support. Can you increase your contributions? An information sheet is available in church. Should you have any questions or queries please see me or ring me on 07484681133.

Thank you for your continuing support. *Gillian Farlow* 

# **South Wye August Diary**

Fri 1st Sat 2 <sup>nd</sup>	12:00noon 9:00am 3:00pm	FoodShare at Belmont Community Centre St John the Baptist JSOC at St Martin's Wedding at St Martin's
Sun 3rd Trinity VII	9:30am 11:15am 1:00pm	Holy Communion at St Martin's (livestreamed on FB) Holy Communion at St Peter's, Bullinghope Baptism at St Martin's
2:00pm Mon 4th	2:00pm 11:00am 12:00noon	Baptism at St Martin's FoodShare at the Scout Hut, Blackmarston Road FoodShare at St Martin's
Tues 5th Thu 7th Fri 8th	2:00pm 10:00am 11:30pm	Coffee in the Narthex Holy Communion at St Martin's Holy Communion at Belmont Community Centre
•	12:00noon	FoodShare at Belmont Community Centre
Sun 10th Trinity VIII		All Age Communion at St Martins (livestreamed on FB) Baptism at St Peter's Bullinghope Baptism at St Martin's Baptism at St Martin's Baptism at St Martin's
Mon 11th		FoodShare at the Scout Hut FoodShare at St Martin's
Tues 12th Thu 14th	2:00pm 10:00am 12:00noon	Coffee in the Narthex Holy Communion at St Martin's Lunch club in St Martin's Hall
Fri 15th Sat 16 <sup>th</sup>	12:00noon 2:00pm	FoodShare at Belmont Community Centre Wedding at St Martin's
Sun 17th Trinity IX		Holy Communion at St Martins (livestreamed on FB) Holy Communion at St Peter's Bullinghope
Mon 18th	11:00am	FoodShare at the Scout Hut
Tues 19th Thu 21st	•	FoodShare at St Martin's Coffee in the Narthex Holy Communion at St Martin's
	2:00pm	Young at Heart in the Narthex at St Martin's

Fri 22nd 12:00noon Sat 23 <sup>rd</sup>	FoodShare at Belmont Community Centre Wedding at St Martin's
Sun 24th 9:30am Bartholomew11:15am Mon 25th 11:00am 12:00noon Tues 26th 2:00pm Thurs 28th 10:00am Fri 29th 12:00noon	Holy Communion at St Martins (livestreamed on FB) Morning Prayer at St Peter's Bullinghope ****Office Closed – Bank Holiday**** FoodShare at the Scout Hut FoodShare at St Martin's Coffee in the Narthex Holy Communion at St Martin's FoodShare at Belmont Community Centre
Sun 31st 9:30am Trinity XI 4:00pm	Holy Communion at St Martin's (livestreamed on FB) Pet Praise at St Peter's Bullinghope

Please Note – the Tuesday Bible Study Group will not meet in August

## St Martin's Church Hall

Planning a party, family reunion, a regular meeting or a training day? Wanting to offer refreshments after a family event in St Martin's Church?

In the church centre at St Martin's we have a spacious hall where we can seat 80 people as well as smaller meeting rooms. The hall has a fully equipped kitchen – use of the kitchen as well as crockery, cutlery and glasses is included in the hire cost.

The hall is accessible and there is an accessible toilet as well as designated parking for blue badge holders. Bouncy Castles can be used in the hall (if provided by approved, appropriately insured companies.) AV equipment is available by arrangement.

Craft groups or smaller meetings might find one of our smaller rooms more useful. Tea and coffee making facilities are available.

Contact the Parish Office to check availability and for hire charges 01432 353717 office@stmartinshereford.org.uk

# Faith and Family



# Giving thanks for Creation

The Summer holidays can be a great opportunity to talk and think about creation. When you are out and about as a family – in the garden or the park, at the seaside or on the playing fields, encourage everyone to look around them and think about the wonders of nature. Tally how many different types of trees (see https://www. woodlandtrust.org.uk/blog/2020/03/tree-id-kids/) plants, animals and insects can be found where you are. Even a small corner can be home to hundreds of insects, so imagine the vastness of God's creation. It's incredible. Ask everyone to think about God: How does it make you feel, knowing that God created all of this? Is there anything you would like to say to God about creation? Is there a way you would like to spend more time in nature or look after it more?

When you get home, you could read the story from Genesis. Wonder about the story together:

- I wonder why God made the world?
- I wonder which bit of creation makes you think 'Wow, God made me'?
- I wonder which bit of creation you most want to protect?
- When you are outside, I wonder where you feel refreshed and rested?

Talk together about the concept of rest: God was pleased with creation and took time to rest. Did you know that spending just 20 minutes outside each day helps to improve your mood, calms you down and gives many other benefits?

If possible, when you are outside, lie down to watch the clouds go past. Ask:

- 1) How does it feel? Is the wind cold or warm? Can you feel the sun?
- 2) What can you hear? Birds? Cars? The leaves of the trees blowing together?
- 3) What can you smell? The grass? Dry dirt? Fresh flowers? The children don't need to answer any of these questions aloud, this is just for them. week enjoying the Creator's handiwork. Pray together, praising God for the natural world and asking for help so we may care for it properly.

#### Create a pressed flower/leaf candle holder

You will need: prepared plastic milk bottles or glass jars/ramekins, scissors, PVA glue, water, squares of white tissue paper, pressed flowers or leaves (pressed beforehand or buy prepressed online), tealights (real if using glass, battery-powered if using plastic).

Cut the tops off the plastic bottles so there is a 10-15cm high base. Take care, these will be sharp once cut.

Mix one part glue, with one part water to make a paste.

Place a dried flower or leaf on the side of the bottle, then a layer of white tissue paper and brush over with glue. Repeat until all the sides are covered.

The pressed flowers or leaves can be placed randomly under all the layers. Let them dry before lighting the tea lights to remember the God who said, 'Let there be light.'

#### Genesis 1–2:4 Creation

In the beginning, the earth was formless and empty and everything was dark. God's spirit blew over the waters. God said, 'Let there be light,' and there was light. God called the light 'day' and the darkness 'night'. This was the first day. God said, 'Let there be a dome to separate earth from space.' And it was so. God called the dome 'the sky'. This was the second day.

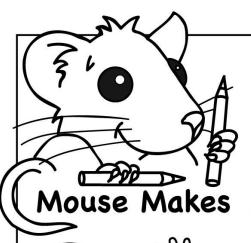
God said, 'Let the water pool together so that dry land appears.' God called the dry land 'earth' and told every kind of plant and tree to grow. God saw that the earth was good. This was the third day.

God said, 'Let there be lights in the sky – the sun, the moon and the stars.' And it was so. God saw that it was good. This was the fourth day.

And God said, 'Let the sea produce creatures and the sky fill with birds.' And every sea creature and every bird was there, and God blessed them. This was the fifth day.

God said, 'Let the earth be covered with all kinds of animals.' God saw them and said that it was good. Then God said, 'I will make people in my own image, male and female together.' God made people and blessed them and put them in charge of all the other creatures. God saw everything there was, and it was all very good. This was the sixth day.

When everything had been made, God rested on the seventh day. God blessed the seventh day and made it holy



"Just as a **body**, though **one**, has **many** parts, but all its many **parts** form one body, so it is with **Christ**. For we were all baptised by one **Spirit** so as to form one body...

Even so, the body is not made up of one part but of many...

...Now you are the body of Christ, and **each** one of you is part of it."

from 1 Corinthians 12:12-27



Just as the different parts
of our body need each
other to make a **whole**,
living person so
Christians need each
other to make a
whole living church!



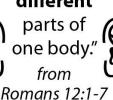
G I W O U A N F V U F A P A R T S M K E T L R L M V Y D B W S L E G S Q E B

Look in the Bible verses for the words written in **bold** then look for these words too!

GOD • TOGETHER • EQUAL • ALL • EVERY HEAD • EYES • EARS • MOUTH • TONGUE TEETH • NOSE • ARMS • HANDS • FINGERS LEGS • KNEES • FEET • TOES • GIFTS

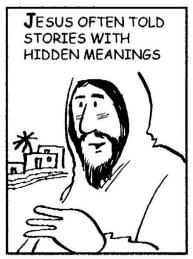


"Though we are many, we are one body in union with Christ, and we are joined to each other as different



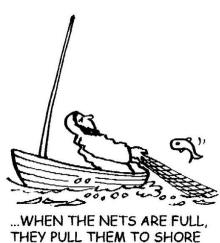


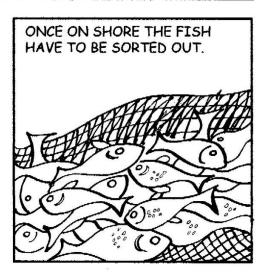


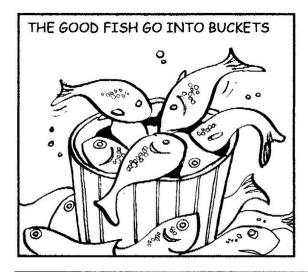








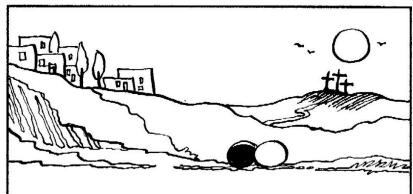








JESUS EXPLAINED THAT WE TOO WILL



BUT EVEN IF WE MAKE TERRIBLE MISTAKES - WE CAN ALWAYS BE FORGIVEN - THAT'S JESUS' PROMISE.

# For our Prayers

Those who are ill or in need of your prayers, including:

Brenda Baylis Irene F Margaret Charlie Colin Rachel Peter Shelley Simon **Fddie** Maureen Gerard Sue Irene Mussell Mike Karen Katie June M Marie

Andrew Ley Duncan

Those who have died and those who mourn their loss:

Stanley Dorothy G A Stephen G

Those preparing for baptism or blessing, their families and Godparents

Zak Willow Dolly-Darcy Violet Piotr Chloe

Those preparing for marriage

Tom and Alexandra Michelle and Matthew Samantha and Ricardo

## Prayer for August 2025 By Daphne Kitching

Heavenly Father, August – summer holidays and sunny skies. All should be well and yet, around the world all is *not* well! Every day, it seems, new wars begin, catastrophes occur, world politicians play power games – and people suffer. It can feel overwhelming and we want to bury our heads in the sand, rather than build sandcastles on the beach. Help us Lord, to look up; to see things with Your perspective; to remember that Jesus warned us that in this world we will have trouble. Then help us to remember that He told us to take heart, because He has overcome the world. Father, help us to savour the summer, as we put our trust in You – our strength, our hope, our ultimate and unfailing security. In Jesus name, Amen.

Prayer Lists If you would like anyone – including yourself – to be remembered by name in our intercessions, please could you let the office know in writing or by email to <a href="mailto:office@stmartinshereford.org.uk">office@stmartinshereford.org.uk</a> or complete one of the forms in Church. Please include the name of the person to be prayed for, your name and a contact number or email address, the name by which the person would like to be referred to in the prayers ('Anne', 'Anne D', 'Annie', or 'Anne Dowdeswell', for example) and to which of the prayer lists the name should be added. Please ensure that anyone whose name is to go on the list has given their consent and do not include details of the nature of any illness or misfortune in your note.

Anne

## **Acts of Kindness**



# MENTORS URGENTLY NEEDED FOR CHILDREN'S CHARITY

Children's charity Mentor Link provides one to one mentoring and therapeutic support to children and young people in schools and the community who are facing social and emotional difficulties, impacting on themselves and their motivation to learn.

Due to the demand for our service from schools in Herefordshire, we are recruiting additional Volunteer Mentors. We are looking for volunteers who want to support and help the next generation, have a good listening ear and can spare a couple of hours each week.

The charity has an excellent track record of success in achieving positive outcomes with children and young people

If you are interested in supporting a child/young person with social and emotional issues, we would like to hear from you <a href="mailto:enquiries@mentorlink.org.uk">enquiries@mentorlink.org.uk</a>

Tel: 01299 822336 www.mentorlink.org.uk

Life experiences a must!

Travel expenses paid.

Training and ongoing training and support provided.

As a safer recruiter the role is subject to 2-character references and an Enhanced DBS.

Reg Charity No.1169026

#### **Acts of Kindness**

# St Martin's A Share

Reduce Waste - Help Out - Share Joy



# Volunteer with us

St Martin's Foodshare is a project run by St Martin's Church, Ross Road Hereford. We obtain surplus food from local supermarkets, the national charity FoodShare and other sources. We share this food with people in our local community.

#### What We're Looking For:

- Drivers to collect food and to drive the Van
- People to sort collected food in the evenings and for share days
- People to clean equiptment and the van

#### Contact us

Cat 07581 141100 Graham 07870 529129

Find us on Facebook St Martin's FoodShare



#### **Acts of Kindness**



We are Farming
Minds registered
charity has been
set up by farmers
for farmers to tackle
mental health
in the farming
community within
Herefordshire.

## How can we help?

#### 24 Hour Support Line:

We run a **FREE 24 hour Support Line 7 days a week** for farmers and their families within Herefordshire who are feeling distressed and need someone to talk to anonymously.

#### Counselling:

We provide **fully funded counselling to anyone in the Herefordshire farming community** who may be in emotional distress.

#### Training:

We offer **FREE mental health awareness training** to anyone living or working in or with the farming community in Herefordshire.

#### Social Events:

We run a series of **FREE social events throughout the year** to break the isolation often felt by the farming community in Herefordshire.

#### Befriending:

Befriending volunteers offer companionship and support to people who are isolated and lonely – they may visit you at home and/or phone for a regular chat. A befriender can offer conversation and a listening ear to those that need it.



'Taking the bull by the horns' to tackle Mental Health in the farming community Call our Support Line: 0808 802 0070

Or text:

07786 203 130

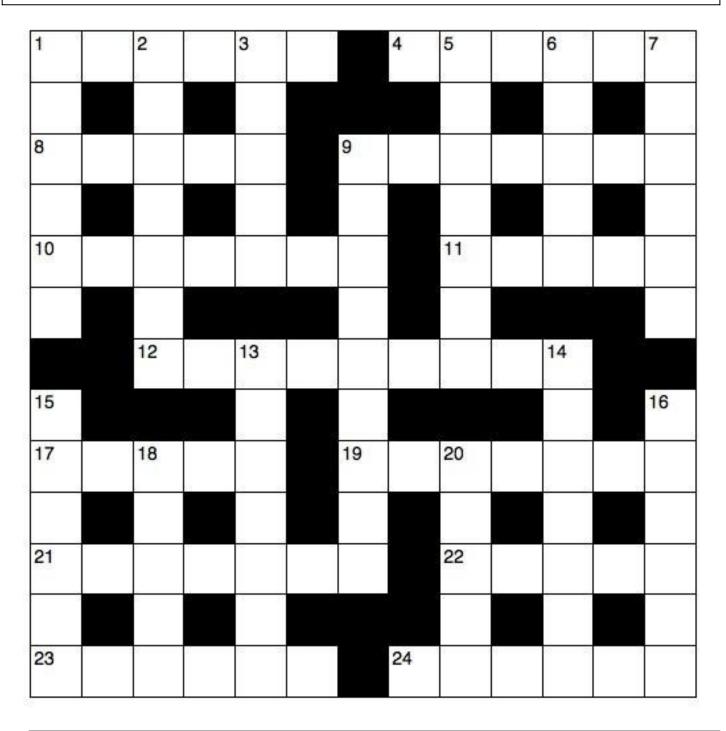
General enquiries: wearefarmingminds@gmail.com www.wearefarmingminds.co.uk

Registered charity number: 1191461



WeAreFarmingMinds

# **Coffee Time**



Doodle Box		

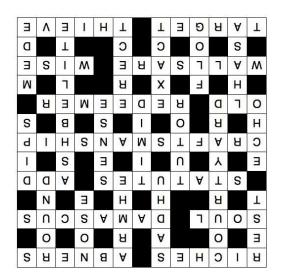
#### **Across**

- 1 'The people were at his teaching' (Mark 1:22) (6)
- 4 'He saved —; let him save himself' (Luke 23:35) (6)
- 8 He addressed the crowd in Jerusalem on the day of Pentecost (Acts 2:14) (5)
- 9 Father of James and John (Matt 4:21) (7)
- 10 One who charges another with an offence (Job 31:35) (7)
- 11 '— thy ministers with righteousness' (Book of Common Prayer) (5)
- 12 and 15 Down 'All is God-breathed and is for teaching, rebuking, correcting and training in righteousness' (2 Timothy 3:16) (9,6)
- 17 'No of the field had yet appeared on the earth and no plant of the field had yet sprung up' (Gen 2:5) (5)
- 19 Made to feel embarrassed (Isaiah 24:23) (7)
- 21 This man built his house on sand (Matthew 7:26) (7)
- 22 David's hypocritical message to Joab on the death in battle of Uriah: 'Don't let this you' (2 Sam 11:25) (5)
- 23 Detest (Job 10:1) (6)
- 24 'God made two great lights, the greater light to govern the day and the light to govern the night' (Gen 1:16) (6)

#### Down

- 1 To make a serious request (1 Corinthians 1:10) (6)
- 2 Launches an assault against (Genesis 32:8) (7)
- 3 'The wicked man deceptive wages' (Proverbs 11:18) (5)
- 5 Tuba ale (anag.) (7)
- 6 'The day thou gavest, Lord, is -' (5)
- 7 Old Testament measure of weight, equal to about 12 grammes (Ex 30:13) (6)
- 9 Where Elijah restored life to the son of a widow with whom he lodged (1 Kings 17:10) (9)
- 13 Paul said of whatever was to his profit, 'I consider them —, that I may gain Christ and be found in him' (Phil 3:8) (7) 14 City visited by Paul, described by the city clerk as 'the guardian of the temple of the great Artemis' (Acts 19:35) (7)
- 15 See 12 Across
- 16 Rioted (anag.) (6)
- 18 She had a surprise when she answered the door and found 8 Across outside (Acts 12:13) (5)
- 20 Maltreat (1 Chronicles 10:4) (5)

#### Last month's solution



# Reflecting Faith: Saying 'Farewell

Last month we considered how we are welcomed at the beginning of a church service, as we come together to enter into the real presence of God.

This month let's consider how we say 'goodbye' at the end of the service. For the leader of the service doesn't just say something like, "Thanks for coming, lovely to see you – have a great week." Rather, there's a promise and a blessing for each of us as we take what we have 'received' from the service into the world. So the crunch question is: what do you get out of coming to a church service?

The ideal is: You have been met with a friendly welcome followed by music you love, played at the perfect speed with no squeaky singers in the congregation. Then, an inspiring sermon which gives you something to think about for the coming week. After that, prayers that speak of what is on your heart and what you have heard on the news that week. Finally, good fellowship and a cuppa after the service, where you can feel part of 'them', rather than ignored because you are only visiting.

Following all that good stuff, you go out of the church with a spring in your step! Of course, in the real world not all those boxes get ticked.

But still we can go to church with hope, and ideally, we leave it in peace. The time that we spend together is the 'easy' bit. The real challenge begins when we go out the door and back into the daily round of home life and work. But we can be sure that we do not leave God at the church door. He always comes home with us, and He is there to help us throughout the coming week. That is why we can indeed 'go in peace'.

#### This month

When you next go to a church service take note of the leader's closing words and your expected responses to them. How heartily can you agree with them? How do they make you feel?

# The Nicene Creed part 3: The Incarnate Jesus

For us men and for our salvation He came down from heaven; by the power of the Holy Spirit He became incarnate of the Virgin Mary, and was made man. For our sake He was crucified under Pontius Pilate; He suffered death and was buried. In this study we are looking at what the Nicene Creed says about the ministry of Jesus on earth.

'For us men and for our salvation He came down from heaven': Jesus came down to earth to save us all. Salvation involves healing and rescuing us from the wrong things in our lives, which result in death itself. The Creed demonstrates the importance of having a proper understanding of Christ that safeguards the gospel of salvation. 'For the Son of Man came to seek and to save the lost.' (Luke 19:10). 'by the power of the Holy Spirit He became incarnate of the Virgin Mary, and was made man':

Although the word 'incarnate' doesn't appear in the New Testament, it expresses the meaning of Jesus' birth. Heresies of the time included Adoptionism (i.e. Jesus became God's Son only at His baptism) and Docetism (i.e. Jesus appeared to be human, as a fully divine being). The incarnation affirms that the divine son, was conceived in Mary's womb by the power of the Spirit and born in time as a human being: 'The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy One to be born will be called the Son of God.' (Luke 1:35). If Jesus was not conceived both fully divine and human, the Christian understanding of salvation is lost.

'For our sake He was crucified under Pontius Pilate; He suffered death and was buried': In the Creed we move straight from Jesus' birth to His death, which is the climax of His ministry. Jesus dying for our sins on the cross lies at the heart of God's plan of salvation. The mention of Pontius Pilate roots our faith in history and reminds us of the important part people played in God's plan. 'He himself bore our sins in His body on the cross, so that we might die to sins and live for righteousness; by His wounds you have been healed.' (1 Peter 2:24).

What is the place of the incarnation in your understanding of the Christian Faith?

## St Martin's Eco Church Team

# Looking after wildlife and plant life in the heat

Whilst the heatwaves are coming and going across the UK, the reality is that we will have many more extreme-weather periods in the months and years ahead due to climate change. So while there is a real danger to wildlife in times of drought and dryness, it can also be a chance for us to make sure life continues in abundance.



# So what can we do to ensure nature has a chance in these dry and hot times? Here are some of our top actions for wildlife.

- 1. Make sure you have a supply of water for birds and insects. Water stress is one of the biggest killers of wildlife during drought. Put a dish of water out and you will help to keep all kinds of wildlife hydrated. Insects, small mammals, birds and even badgers, foxes and deer will benefit. Putting a stone in a plant saucer will help bees to perch and drink without drowning.
- 2. Don't forget to continue to supply food for wildlife. Drought can mean that grains dry up faster and insect numbers reduce, so wildlife relies on us for extra support. Hedgehogs struggle to find invertebrates when the ground is dry, as worms move deeper down. Why not put out some hedgehog food too? Make sure it's from a reputable source like the RSPB shop.
- 3. Avoid cutting your grass. Keeping grass long will help retain moisture, provide a source of shelter for insects and mammals and keep the topsoil from blowing away.
- 4. Keep your bushes unpruned. Creating shaded areas will help reduce your garden's temperature, slowing the effects of drought.
- 5. Make sure you keep fruit trees well watered with a can not a hose. Don't waste water trying to keep grass alive instead, focus your attention on flowering and fruiting species. This will help to keep a food source for pollinating insects and for birds and other animals.
- 6. Adding mulch around trees, shrubs, and plants in your garden helps retain soil moisture, reduces watering needs during drought and improves soil health. Use organic mulch like grass cuttings, wood chips or straw, spread two to three inches deep and avoid direct contact with plant stems.

Andy Lester
A Rocha UK Head of Conservation

## From the National Church

# Lord's Prayer tops Shakespeare, Dickens, Churchill and National Anthem in public recognition poll

People in the UK are more likely to identify correctly a short extract from the Lord's Prayer – also known as the Our Father – than one from the National Anthem and other sources chosen for their deep cultural resonance, a new poll has found. The polling, carried out for the Church of England, also found the reference in the prayer to being forgiven and forgiving others was the element people found most meaningful to them.

Pollsters Savanta surveyed more than 2,000 people across the UK. They asked them to match seven famous lines - spanning areas ranging from literature and history to popular culture – with their source, from a list of correct answers.

Overall, the phrase from the Lord's Prayer was recognised correctly by the largest number of people (80.3 per cent), just ahead of Star Wars (79.9 per cent). They were followed by Hamlet's "To be or not to be" (73 per cent) the extract from the National Anthem (63 per cent); the line from Churchill's 'The Few' speech (61 per cent); and You'll Never Walk Alone (58 per cent).

Overall, 89 per cent of those surveyed said that they had previously heard of the Lord's Prayer or the Our Father. This was highest among those who described themselves as Christian (95 per cent), but also by 88 per cent of those who said they had no religion.

The Archbishop of York, Stephen Cottrell, is currently leading a 'Lord's Prayer Tour' of events at churches and cathedrals across the north of England attended by thousands of people, as part of his *Faith In The North* initiative.

He said: "In a world of shifting cultures and changing circumstances, the Lord's Prayer remains a steady guide - perhaps never more so than now. Lines like 'Give us this day our daily bread' speak powerfully to today's challenges, reminding us to seek sufficiency, not excess, and to consider what 'enough' truly means."

## From the National Church

# Palestinian statehood – comment from CofE bishops 30/07/2025

The Archbishop of York, together with the Bishops of Southwark, Gloucester, Chelmsford and Norwich, respond to the Prime Minister's announcement on the possibility of recognising a Palestinian state.

As we continue to pray for everyone caught up in the devastating violence and suffering in Palestine and Israel, we welcome His Majesty's Government's statement yesterday calling for a ceasefire in Gaza, pledging to work with international partners on a long-term settlement, and the additional steps being taken to help get aid into Gaza.

We call upon the Israeli Government to commit to an immediate ceasefire and to desist from actions that are leading to starvation in Gaza as well as from policies leading to the progressive annexation of the West Bank. We condemn unequivocally the Hamas terrorist attacks of October 7, 2023. The hostages should be immediately and safely released without conditions attached to their freedom. We continue to call for an immediate end to this war and for negotiations leading to lasting justice, security and peace.

But the fact remains: a deliberate famine is being inflicted on the people of Gaza. Air drops of aid are dangerous and entirely inadequate substitutes for what is needed: the unimpeded delivery of aid through the UN and other established humanitarian organisations. His Majesty's Government has a legal and moral obligation to use every possible political, economic and diplomatic means at its disposable to end this abomination. This approach is clearly still not being taken – and so the urgent question remains: what more will it take?

Meanwhile the prospect of the United Kingdom recognising Palestinian statehood is welcome, overdue, and cannot come soon enough. As settlement expansion continues in the West Bank, the UK must recognise Palestine while there is still land on which a state could be recognised. The UK has a particular historical and moral duty to recognise the State of Palestine, and it is therefore disappointing that this recognition has been made conditional.

The right of the Palestinian people to self-determination is not a bargaining chip, and there can be no conditions placed on it. We urge the Government to move ahead with recognition of Palestine regardless of the facts on the ground.

In the name of Jesus Christ, we continue in prayer each day for our Palestinian Anglican sisters and brothers and for all the Christian communities, as well as for all Palestinians, Israelis and peoples of the region. May God bring an end to these terrible injustices and guide our feet into the way of peace.

The Archbishop of York, Stephen Cottrell

The Bishop of Southwark, Christopher Chessun (House of Lords Lead Bishop for the Middle East)

The Bishop of Gloucester, Rachel Treweek

The Bishop of Chelmsford, Guli Francis-Dehgani

The Bishop of Norwich, Graham Usher

# **Hugh Nelson named as next Bishop of Worcester**

29/07/2025

The King has approved the appointment of Hugh Nelson as the next Bishop of Worcester, Downing Street has announced.

Bishop Hugh is currently the Bishop of St Germans in the Diocese of Truro, a position he has held since 2020, serving as the Acting Bishop of Truro from September 2023 until May this year.

He is also Bishop to the Armed Forces, providing spiritual and pastoral leadership to Anglican Chaplains serving in the Royal Navy, British Army and Royal Air Force, a role which he will continue to hold as Bishop of Worcester. Bishop Hugh said: "In a changing world, our first call is to be faithful; to be confident that God has given us everything we need to be the Church that he is calling us to be.

"From that foundation, we're invited to be constantly curious about what is God doing, and to respond boldly, in both traditional and new ways. And it will be a key part of my role to lead us in doing all of that together here in Worcester, with the unity that Jesus prayed for."

# From the National Church – General Synod Round-Up

On Friday 11 July Synod members gathered in York for a five-day summer group of sessions. After the formal opening and welcome, the Archbishop of York, Stephen Cottrell, gave the presidential address, calling for a return to the "deep waters" of faith — rooted in Jesus Christ, rich in tradition, and bold in hope. Brigadier Jaish Mahan, Deputy Commander of the Army's 1st UK Division spoke about the global situation and recounting his own experiences as a Christian in the military. He closed by urging the Church both to continue to pray for the Armed Forces and to consider how it might support the nation including in the event of a large scale conflict.

There was a detailed presentation and questions on the Church of England's recently announced £1.6 billion three-year national spending plans.

Synod heard addresses from two of the Anglican Communion representatives – the Archbishop of Hong Kong, the Most Revd Andrew Chan, and Canon Dr Chuck Robertson, Senior Advisor to the Presiding Bishop of The Episcopal Church.

Saturday began with worship, before members turned to a motion from the Diocese of Hereford calling for a redistribution of Church funds (see separate article *Synod backs national spending plans for next three years*). An amendment from the Bishop of Sheffield was agreed, broadening the motion to focus on long-term funding strategy, clergy support, and giving Synod a greater role in shaping future financial decisions.

Synod then moved to legislative business, approving the final stages of the National Church Governance Measure - a significant step in reforming how the Church is governed nationally.

Following this, Synod returned to the Church's national spending plans for 2026–2028. Members approved the financial package, which includes proposals to improve clergy pensions and support diocesan finances.

A private member's motion seeking to restore clergy pensions to previous levels and provide compensation for those affected by past changes was passed by the Synod. This included an amendment from The Ven Adrian Youings (Bath & Wells) which welcomed the current pension proposals as a major step forward, while also calling for further restitution for retired clergy and a wide-ranging independent review into what a fair and dignified retirement should look like.

General Synod started Sunday with Eucharist at York Minster, presided by Archbishop Stephen Cottrell, with a sermon delivered by the Most Revd Andrew Chan, Archbishop of Hong Kong.

In the afternoon, the members of Synod heard a presentation on the Festival of God the Creator and Commemoration of the twenty-one martyrs of Libya and completed the first stage of the liturgical process to introduce changes to the Church of England's calendar.

As part of the presentation on the Church Growth and Revitalisation report, Synod saw a video highlighting the research and showcasing examples of growth in parishes across the Church of England, and heard from young people sharing stories from their respective contexts.

Members then heard a presentation on the church initiative *Thy Kingdom Come*, focusing on renewing the call to prayer and evangelism and had opportunities to ask questions. The day closed with evening worship.

Synod opened on Monday with worship. Members then approved dates for the General Synod for the period 2027 to 2029.

Following a session that started and ended in silent reflection and prayer, members voted overwhelmingly to give final approval to a comprehensive Redress scheme for survivors of Church-related abuse.

Members heard a presentation on the 40th anniversary of the *Faith in the City* report, and voted to approve the Archbishops' Council annual budget.

On Tuesday, the final day of General Synod, members started the day by hearing from the Archbishop in Jerusalem, Hosam Naoum, who urged Christians to 'speak out in the face of injustices' and called for a permanent ceasefire to end the war. Synod also voted to remove any requirements relating to 'Issues in Human Sexuality' from the vocations process. After an amendment, this will now be temporarily replaced with the Guidelines for Professional Conduct of the Clergy during the period of discernment and training.

In the last debate of July's Synod, members discussed the Terminally III Adults (End of Life) Bill. The debate was triggered by Bishop Sarah's motion, which asked Synod to reaffirm the 'immeasurable and irreducible value' of every person and to request His Majesty's Government to improve palliative care funding.

## From the National Church – General Synod

# Synod backs national spending plans for next three years

General Synod on Saturday afternoon debated the 2026-2028 triennium funding package that was announced in June. The proposals will see £1.6 billion distributed to fund the mission and ministry of the Church during 2026-2028 and will support a major package of measures for clergy well-being and a focus on supporting parishes in the lowest income communities in the country, as well as other key priorities including safeguarding and redress. This represents an increase of 36% on the current triennium, amounting to the biggest distribution in the Church's history.

A motion, brought by the Bishop of London Sarah Mullaly, welcomed the spending plans, which included proposals to improve clergy pensions and recommendations from the recent Diocesan Finances Review. Synod also invited the Archbishops' Council to bring forward any legislative changes necessary to implement these policies.

Clergy pensions Synod turned its attention to clergy pensions, with a private member's motion brought by the Revd James Blandford-Baker (Ely), who welcomed an amendment from the Ven Dr Adrian Youings (Bath and Wells) which aligned the proposed improvements in clergy pensions with those that had been proposed by the Archbishops' Council following detailed work by the Pensions Board and its actuarial adviser. The amendment also sought to confirm that steps would be taken to provide restitution for affected pensioners, and also called for an independent review into long-term retirement support for clergy and their dependents. It was noted that, based on the current actuarial valuation of the Church of England Funded Pension Scheme, these improvements could be accommodated without additional pension contributions from the Responsible Bodies.

The Synod approved the amended motion and work will be put in hand to prepare the necessary changes to Scheme Rules and Regulations for the Synod to consider at the February 2026 Group of Sessions.

**Hereford motion** Earlier on Saturday, Synod passed an amended motion which sought to address the challenging position of diocesan finances and enhance the life and viability of the parishes and dioceses of our whole Church.

The motion, brought by the Bishop of Hereford Richard Jackson, called on the Church Commissioners and Archbishops' Council to redistribute financial resources directly to the Diocesan Stipend Funds, recognising that Diocesan Boards of Finance have covered the cost of pension contributions since 1998. In a vote by Houses, the Synod supported an amendment, proposed by the Bishop of Sheffield Pete Wilcox, which acknowledged the complex financial pressures faced by many dioceses and affirming the Church Commissioners' prudent management of the Church's endowment. The amendment welcomed increased stakeholder engagement in developing the 2026–28 spending plans and the commitment to clergy wellbeing, particularly through increases in stipends and focused funding for ministry in deprived communities. It also called for a formal role for Synod in shaping the future national Funding Framework, with a full debate on the approach to disbursing funding, including support for local stipendiary ministry, and based on robust financial modelling. This will be scheduled early in the next triennium.

The amended motion was approved by the Synod.

The End Child Poverty Coalition, together with the Centre for Research in Social Policy at Loughborough University, has published data on the number of children living in poverty in each Westminster constituency and local authority across the UK.

The Bishop of Leicester, Martyn Snow, who is the Church of England's lead bishop on poverty, has issued the following response:

"These statistics remind us of the sheer scale of child poverty. Churches are doing all they can to offer hope, but we know from the struggles of many people in our congregations, and the demand we see for our projects every day, that there is much work to do to turn the tide on poverty.

"I pray that the Government's child poverty strategy will rise to the challenge we face, addressing the two-child limit and other policies which drive poverty and harm the health, wellbeing and life chances of our children."

The General Synod of the Church of England backed a call last year for an end to the two-child benefit limit. The limit means families can only claim child tax credit and universal credit for their first two children, if they were born after April 2017.

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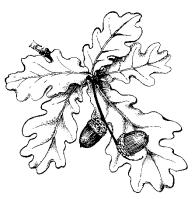
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