

Saints Alive!

***The parish magazine of
All Saints Church, Kings Heath***



October 2020

£1
(suggested donation)

From the vicarage

Ten years richer

Friends, this week marks ten years since we first got together. As I may have said to some of you, I still don't really feel grown up enough to be vicar for such a remarkable community, and sometimes wonder if the right person is going to arrive and say: "It's all right, David. I'm here now," and thank me for looking after the keys.

But you have been very patient. While I am all too aware of things I have not yet done, I do count myself as just about the most fortunate vicar in the Church of England, which is a bit like someone saying "I have most handsome husband" or "beautiful lover in the land". No one minds you saying it, and no one assumes you are suggesting their partner isn't beautiful. It's not a competitive statement meant to belittle any other parish.

If a colleague asks me to describe ministry here I always alight first on the quality of worship. I don't mean tidiness, or exotic liturgy, but the tone and demeanour with which you gather for and contribute to worship. I have led worship sometimes where I sense people's arms are metaphorically folded and they wait for someone to entertain, or prove that the worship will be all right. Here, though, I sense the common assumption in the air is that "we as congregation, I as individual pray-er take responsibility for the quality of this act of worship". There's a feeling that most work with the assumption that it will work unless proved otherwise; that it's up to each of us to pray well not badly whatever the idiom of the particular service.

That said, the emotional intelligence and sheer friendliness with which prayers are composed and readings read and music sung is wonderfully rich. I find a splendid lack of pretension and glorious absence of egotism in the contributions that make up the whole.

Secondly, I give thanks loudly to colleagues that, if I spend time searching for words, working at prayers, reflecting on texts, people are appreciative and attentive. You listen, sometimes worryingly well. You push back. You reflect. You take ideas and work them further. You have encouraged me to try now and then to find the words for prayer, or to describe what's going on out there, or to evoke what may be happening within us when the world is disorientating. You have given me space to find the words such as they are, and I am grateful.

Another thing I often share is how, when my dad died, you all as a group seemed to know instinctively just how to be, what degree of sympathy to express, how to hold without intruding and how to care and give space.

This feeling of trust I have in you appeared very early on. Anna found our move very difficult indeed, comparing it to bereavement. She offered to share her reflection at an All Age Worship service. I agreed and did not read what she had read before she spoke. I realised afterwards that I was not only trusting her. I realised then how much I trusted you.

I could pick out great moments: the Eucharist woven with Virgin Monologues, the All Age Worship considering whether we should bomb Syria, Greenbelt dining tables, sonorous funerals, Carols by Candlelight, training a splendid curate, the day we had 13,000 figures pasted around the church to remember people executed by Assad, challenging ideological discussion around the future of the

Centre, Naomi's solo in *The Climate Changer*, the panto... any one moment is terrific, but it is you who hold all this; you who create the conditions in which such exploration is possible. Your diverse faith journeys weave an irregular, unpredictable, quite mesmerisingly rich tapestry.

This is my 55th autumn. I am no less moved and thrilled by the changing colours and wistful skies. Indeed, the 55th seems infused with all the richness of the previous 54. Just so, on this anniversary, I want to say that I may be used to this trust, but I do not take it for granted. I do not take you for granted.

Thank you, together, as a group, for being you.

With love and admiration,

David

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Prayer Circle

Having delved back into pastoral minutes of great antiquity and consulted those in the congregation who have better memories than mine, I believe that the Prayer Circle came into existence after Bishop John Austin came to review how All Saints was serving the parish and the local community in 2002, while John Wilkinson was vicar. In his report, the Bishop commented on prayer at All Saints and suggested that it could be strengthened and developed.

Lewis Coley, as Pastoral Team (PT) leader, with Elaine Apps, Mary Cole, Cyril Dyer, Alan Fletcher and Brian Miles, proceeded to consider the whole subject of prayer – why we prayed and how life challenges might affect our ability to pray and lead to us being grateful for the support of others praying for us.

At an early stage in this work it was recognized that the PT was only one part of the caring and supportive mosaic at All Saints and that there were unofficial support systems in place where friends kept an eye on each other, as well as the work done by individuals to support those at the church who were seeking asylum, or to support young people. It is these unofficial systems that often, in the early days, led to individuals asking for prayerful support.

These discussions were led by Lewis and considered those times in our life when we might feel especially vulnerable, and also how support could be provided. Potential pinch points might be as a result of, among others:

- a bereavement;
- a feeling of being overburdened;
- a forthcoming interview;
- a serious illness of yourself or a loved one;
- a family breakdown;
- mental health issues;
- fears for your children;
- financial or employment worries.

Also that at such times you might:

- feel alone;
- think that there is no one you can turn to for help;
- find it hard to pray or open up to others.

It would be of help if you:

- knew that someone cares;
- were able to clear your mind;
- were able to find peace.

It was decided that a Prayer Circle (PC) could be of great benefit to individuals in times of stress and that there needed to be a clear set of parameters to protect both the vulnerable individual and the group of people who were praying:

- Confidentiality to be paramount – both for those seeking support and those praying.
- It would be seen as a vehicle to respond to an urgent need and would be of a short duration.
- Those who volunteer to be part of the PC would only be told sufficient information to enable them to pray for the individual with sense and some level of understanding.
- A co-ordinator would take receipt of prayer requests, and Mary Cole volunteered to do this.
- Mary would then contact Lewis/Alan who would send out the emails while she made phone calls to those not on email.
- Where possible, information would be passed by email to those praying.
- Initially, members of the PT past and present, Ministry Team members, and a small group of volunteers formed the PC.

The PC was launched in late 2004 and proved to be popular; it became a part of the standing PT agenda and over time its management has evolved. Changes in legislation – especially data protection – meant that procedures needed to be amended and in 2012 the PT, which now included Liz Fletcher and Avril McQue as co-opted members, reviewed the process with David's support, before its relaunch in October of that year.

The PT was changing: Alan had taken over leadership of the group and by now everyone, with a few exceptions, was on email so Mary, having held the co-ordinator role from its inception, handed it over to Alan. It was decided that:

- If a referral came to the PT on behalf of an individual, one of the PT would check that they were happy with this.
- Confidentiality was paramount and all emails that are sent out are headed "AS Prayer Circle – Confidential".
- At each PT meeting any feedback which had been received would be shared – but we would never request updates.
- At the end of each PT meeting we would start with a blank sheet of paper and create a new PC list for circulation to those praying.

During the PC's lifetime, many who have been prayed for have expressed their thanks for our support and said how it has helped them get through the dark times they have faced.

If you would like the PC to pray for you please speak to one of the PT: members are Juliet Bick, Stuart Blissitt, Becky Frall, Wendy Ross, David Warbrick and Jenny Warbrick, and they can be contacted via parishoffice@allsaintscentrekh.co.uk or on 444 0260.

If you would like to become part of the PC please talk to one of the above to discuss it further.

Liz Fletcher

Know your saints

4 October – Francis of Assisi

St Francis (1181-1226) began by being anything but a saint. Born the son of a wealthy cloth-merchant of Assisi, his youth was spent in fast living, parties and on fast horses as a leader of the young society of the town. Then he went to the war between Assisi and Perugia, and was taken prisoner for a year. By the time of his release, Francis had changed; perhaps his own suffering had awakened him to that of others, and he abandoned warfare and carousing and began to help the poor and the lepers of his area.

Jesus Christ became very real and immediate to Francis. His inspiration was always religious, not social, and the object of his quest was always the crucified Christ, not Lady Poverty for her own sake. Francis travelled as a pilgrim and his compassion became famous. Soon disciples joined him, and they set up a communal life in simple wattle and daub huts and went on occasional preaching tours.

Francis's close rapport with animals was well known. The 20th century witnessed a widespread revival of interest in him, although some films and books caricatured him as only a sentimental nature-lover or a hippie drop out from society. This ignores the real sternness of his character, and his all-pervasive love of God and identification with Christ's sufferings, which alone make sense of his life.

10 October – Thomas Traherne

Thomas Traherne (1636-74) is a good saint for anyone who loves our planet; this poet and clergyman wrote extensively about nature, seeing in it a reflection of the glory of God. Traherne was not of a literary family, but he did well at the Hereford Cathedral School and went on to Brasenose College Oxford. From there he became rector of Credenhill near Hereford in 1657, and ten years later was appointed to be the private chaplain to Sir Orlando Bridgeman, the Lord Keeper of the Great Seal to King Charles II, who lived at Teddington.

Traherne led a simple and devout life, and his friendliness drew people to him. Aside from his beloved books, he seems to have possessed very little; instead, he poured his energy into his writings, which had an intense, mystical, metaphysical spirituality. His poems and prose frequently mention the glory of creation, and his intimate relationship with God, for whom he had an ardent, childlike love.

He is best known for his *Centuries of Meditations*, which has been described as "one of the finest prose-poems in our language". Lost for many years, and then finally first published in 1908, it was a favourite of the Trappist monk Thomas Merton, the Christian humanist Dorothy Sayers, and the writer C S Lewis, among others – Lewis considered *Centuries of Meditations* "almost the most beautiful book in English."

Traherne is buried in St Mary's, Teddington, under the church's reading desk, and today is counted as one of the leading 17th-century devotional poets.

(information adapted from www.parishpump.co.uk)

Supporting young people and their families

An update from All Saints Youth Project (part of All Saints Community Projects) – one of the All Saints family.

Proud to be part of the All Saints family, the Youth Project is based at the rear of All Saints Centre in the heart of Kings Heath, run by staff and volunteers and open to all young people and their families.

We have been open for over 20 years, with support from many individuals and from the PCC.

Our Project works with and for young people and their families, some of whom experience many difficulties in their lives. We aim to be responsive and flexible to their needs. We work with over 350 young people (aged 10 to 21, 25 with disabilities) and 200 parents/carers per year.

During COVID-19, from the beginning of lockdown we have continued to support both young people and families through online meeting and activities, telephone calls and texts, delivery of activity and wellbeing packs, referrals to foodbanks and other resources, Zoom meetings, one-to-one meetings outside, counselling sessions and visiting at home on doorsteps. In this way we have kept in touch with over 150 young people and supported the most vulnerable. During August we ran a successful three-week holiday scheme, outside and social distancing for 30 young people and 20 young adults, and are now looking at opening some sessions safely during September/October.

Our staff team have done a brilliant job in these difficult circumstances, ensuring that people don't fall through the net, and they have been very positive in the changes they have had to make. What was important to them was sustaining the relationships with the young people and families. Some have had to learn new skills, especially around social media, and will continue to use them as we will be offering social media contact, even when we are able to open sessions, for those who still feel unable to attend.

Watch out for our outreach worker on the Village Square, Chelsea. She started with us six weeks before lockdown.

For further information visit our website www.allsaintsyouthproject.org.uk or look at our annual report, published in the April 2020 issue of the magazine.

Mary Miles

From the registers



Congratulations to:

Steven Andrew Bennett and Louise Hunnisett,

who were married at All Saints on 12 September

Cookery corner

David has continued his lockdown habit of including a recipe at the end of each weekly order of service, and we are pleased to reprint those from some recent Sundays below.

Sunday 16 August: Crossing borders

Soon after the Berlin Wall came down, I had the privilege of cooking for the drivers of a convoy of humanitarian aid sent from Durham to their twin town Kostrama, 200 miles east of Moscow. We passed through Poland and Belarus (so trouble at the moment) and entered a grey, snowy Russia. We encountered warm hospitality, suspicious but generous gifts, like a school dinner when food was scarce, we met elite young soldiers, weak and thin and desperate for Western T-shirts. We met surly border guards demanding bribes. It wasn't all bright and cheerful, but nor was it the place of threat I had been taught to think of through the Cold War. The borders, so forbidding in my mind beforehand, on return were now liminal. Prejudice became harder to sustain. I need to hold on to these memories as we rightly interrogate Russian state behaviour at the moment.

Once, while drunk border guards went off duty and we had to wait at night for we'd no idea how long, I made minestrone for the twenty or so drivers. The delay meant that the taste had time to mature and cohere. It was the best minestrone I've ever made and only one driver noticed there was no meat in it. It went something like this (this one for six to eight people).

Dice four little potatoes, and a similar volume of pumpkin or squash. Quarter a couple of courgettes lengthways, then slice thinly across. Break a small cauliflower into small florets and slice 75g mushrooms. Prepare a handful of peas or broad beans or green beans cut into 2cm pieces. Chop two onions and a couple of cloves of garlic and drain a can of cannellini beans. Find a small handful of pearl barley, probably at the back of your cupboard (optional). Break some spaghetti into 2cm pieces. Chop a pile of parsley. Have a jar of tomato puree and half a bottle of white wine ready.

Soften the onion and garlic, then root veg, then cauliflower, in plenty of olive oil. Stir in the whole jar of tomato puree to coat everything well and cook, stirring and enjoying the smell for a while. Pour in the wine and simmer until sweet-smelling. Stir in the beans, courgettes, pasta and top up with water so all the veg are covered and free to move a little. Simmer gently for an hour or until the veg are cooked. Season well with salt and pepper then leave to stand. Overnight would do no harm.

To serve, heat the soup, then add the parsley and serve with pesto sauce and plenty of Parmesan for people to add to their bowl.

Khorosheve zdorov'ye

Buon appetito

Sunday 23 August: Vegetarians, forgive me

My grandfather struggled to show affection, so he bought us expensive meals. He fed me more steaks than I can remember. After my grandmother's first attempt at ending her life some years earlier, I spent a week with her at a friend's hotel in the Lake District. We had a picnic by a river which she said she had never done before and she preferred it to any restaurant. (She did like luxury, though, but struggled with guilt about it.) I was allowed to spend a day in the kitchen where a young chef showed me how to make the sauce I had enjoyed with a steak the previous evening. It is good, mind you, with grilled Portobello mushrooms.

If I were fortunate enough to have a thick round fillet steak of well hung beef to cook for a friend I would:

Take the steak from the fridge to let it come to room temperature.

Prepare a tomato stuffed with softened onion, breadcrumbs and herbs on a baking sheet.

Prepare some green beans, simmer them for four or five minutes then cool, season with lots of pepper and have ready to reheat in a small pan with some butter.

Prepare some sautéed sliced potatoes, gently fried and turned until very nearly done then, again, have them ready to finish at the last moment, scattered with some sliced spring onions.

Soften a finely chopped onion in butter, then add a tablespoon of freshly ground black pepper. Add a little tarragon or thyme and half a glass of white wine and reduce. Add cream until it is the sauce texture you want and simmer, seasoning with salt and a squeeze of lemon. Taste and see if you can take even more pepperiness and add some more if you like. Reserve.

Put the oven on at 200 degrees. Roast the stuffed tomato until soft, the crumbs coloured, but the tomato intact. Keep it somewhere warm.

Heat an ovenproof sauté pan on the hob and melt enough butter to give a good coating to the pan. When it is foaming, sear the steak for one minute on each side.

Season with salt and pepper then roast in the hot oven for five minutes. Remove and put some foil over the steak and let it rest for five minutes while you reheat the vegetables and sauce and serve.

Sunday 30 August: "Contribute to the needs of the saints and practise hospitality to strangers"
(Romans 12:13)

Our meals service is winding up, having served up to 50 meals a day to strangers. We can assume some were grateful, some maybe less so. Some made donations, some couldn't. Some may be people who pray. Many, surely, were not. The scheme did not discriminate. While I take huge pride in the neighbourly initiative Margaret and her many volunteers made possible, it mattered much to me that, when cooking, I did not know who would eat the meal. They would not know me. There was no chance for thanks or congratulations.

Here is one dish we provided a couple of times. (Normally I'd add celery, but that's an allergen; polenta gives a delicious coating, but is also gluten-free: things to consider if cooking for strangers.)

Forethought, not afterthought: for the vegetarian orders I replaced the chicken with butterbeans.

Dust four chicken breasts with polenta, season with salt and pepper and colour lightly in olive oil in a frying pan. Set aside. In a casserole large enough for the chicken, soften plenty of sliced onion in

olive oil with some garlic. When translucent, add some diced parsnips and carrots. Cook, stirring for a while, then add some thyme or sage and a can of cider. Add chicken to the pot and simmer gently for about 45 minutes, lid on, but leaving a gap, until just cooked through but still tender. Check seasoning. The sauce can be thickened with cornflour if you like. Add a handful of parsley if you have it.

We served it with new potatoes and peas.

Sunday 6 September: Glory of glories, all is glory (as Ecclesiastes meant to say)

Yes, the wind, the sun and the seasons do come round and round again. My 55th autumn begins and I am still bedazzled and moved by the lavish gift of blackberries. I want to laugh and cry as I take them home, knowing their abundance is such that the birds have them, the voles have the ones I dropped, I have plenty and there are plenty more. They even ripen gradually at different speeds on the same branch so that the season spreads out generously.

A repeated miracle is still a miracle, Mr Ecclesiastes. Wake up and rejoice.

Take the ice-cream container of blackberries you picked on your walk, wash them and pick over them carefully. Put them in a saucepan with some honey or sugar, a couple of strips of orange zest peeled with a vegetable peeler, and a good pinch of cinnamon. Bring to a simmer for a couple of minutes and stir once or twice.

That's it.

The glorious, endlessly rich colour flows, the yeasty sweet smell fills the kitchen, they are perfect warm with a swirl of cream, or cold with good yoghurt, or on your morning cereal. I like to honour them by serving them in a cocktail glass to show what a lavish treat they should be considered to be, even though free from the hedgerow.

Sunday 13 September

A seasonal vegetarian dish around which to gather, inspired by the River Café, showing that those who eat vegetables are to be admired, not pitied (Romans 14:2).

Roast a pile of peeled pumpkin or butternut squash chunks with some oil and oregano, salt and pepper until soft. Mash with a fork and set aside. Heat some oil in a sauté pan and soften a finely-chopped onion and a similar amount of finely-chopped celery for five minutes or so. Add some chopped garlic, a good pinch of chilli flakes, some more oregano and a cinnamon stick, or a good pinch of ground cinnamon, and stir together. Add your risotto rice (Arborio or Carnaroli) and stir to coat well. Add a tin of chopped tomatoes and stir, reducing the liquid slowly. Then have some good vegetable stock simmering on the stove and add a ladle at a time, stirring well and only adding more when each ladle full has been absorbed. When the rice is just about done, stir in the pumpkin and heat through gently. Taste and season with salt and pepper. Serve drizzled with Extra Virgin Olive Oil and finely-grated Pecorino cheese.

Sunday 20 September: Well it had to be... *[inspired by the reading from Exodus 16:2-15]*

Take four quails: for two as a main, for four as a starter, prepare a mixture of French beans, broad beans and peas, enough for a handful for each person.

Reduce a glass of white wine and two tablespoons white wine vinegar by half, (by simmering it on the stove rather than by drinking it) then add a finely-diced red onion and a finely-chopped red chilli. Add 50ml of your favourite dressing oil and 50ml chicken stock. Stir in two teaspoons of honey and season with salt and pepper.

In a large pot of salted water, blanch the French beans for two minutes, then add the peas for another two minutes then add the broad beans for one minute and drain. Refresh in cold water. (That's the beans, but refresh yourself, too, by all means.)

In an ovenproof pan, sear the outside of the quails in a little more oil, turning them until golden all over. Put inside each bird a sliver of garlic, a piece of chilli and a sprig of thyme. Roast the birds for about 10 minutes, 180 degrees.

Remove and allow to cool enough to handle. Take the breasts off the bone and place on a baking sheet, along with the legs. Season with salt and pepper. It's fine if they're still a bit pink. They will be finished in the oven.

When ready to serve put the meat in the oven for a minute, or more if you think they need more cooking through. Gently warm the vegetables in the vinaigrette. Spoon onto plates or dishes and serve with the meat on top.

(Inspired by Raymond Blanc)

Alternatively, I think a slice of grilled halloumi goes well with these vegetables and dressing, its saltiness complementing the sweetness and heat of the dressing.

If you are unable to come to church at the moment,
do keep an eye on the All Saints website –
the order of service for each week, including sermon,
intercessions, and links to listen to music and readings
(plus more recipes!), is published on the homepage:

www.allsaintskingsheath.org.uk

Music matters

“I will dwell in the house of the Lord for ever”: the enduring appeal of six verses from the Bible.

If you had to suggest bits of the Bible most well-known to that most nebulous group, the general public, Psalm 23 would surely be up there. Beginning along the lines (depending on your translation – the following is from the King James Version) of “The Lord is my shepherd; I shall not want”, it has been set to music, or inspired compositions, by Anton Bruckner and Pink Floyd, Megadeth and John Rutter, and countless others beside. Psalm 23 crops up regularly in the liturgy and we will often choose a setting of it to sing; the next such occasion is on Sunday 11 October so we thought we would take this opportunity to look at a few of these settings here.

The version we have selected to sing this time was written by Stuart Townend, who has been described as “one of the most significant songwriters in the whole international Christian music field” (we regularly sing other pieces of Townend’s, such his collaborations with Keith Getty *King of the ages* and *In Christ alone*). Jenny Warbrick introduced us to this setting, and I think it is one of the best songs that we have added to our repertoire at All Saints in recent years. Townend writes that he “never set out to write a new musical version of this psalm – it seems very brave, or very arrogant, to think that you can improve on the existing hymn version, which has been loved and sung by millions of people for so long! I was actually working on a different song at the time, which... was not going well” – and “happening to flick to this psalm in my Bible while taking a break, a simple melody popped into my head, and the whole thing was written in 10 minutes.” The melody for the verses may be simple – it doubles up as the melody for the refrain, where it is augmented by a gentle but insistent descant – but it is extremely effective, and is sung over a flowing accompaniment which reflects Townend’s comment that “the psalm uses a lot of ‘movement’ imagery... that speaks to me of an active response of faith to what the psalm is saying”.

The “existing hymn” to which Townend refers above is the setting of Psalm 23 likely to be most familiar to a Church of England congregation: a translation which first appeared in the mid-17th century and is sung to the tune **Crimond**. Various paraphrased metrical versions of the psalm had been written previously, but it was this one, produced by a committee and published in the *Scottish Psalter* of 1650, which established itself as one of the most popular English-language hymns. There has been some controversy over the attribution of **Crimond**, but it is now generally credited to Jessie Seymour Irvine. The daughter of a Church of Scotland minister, Irvine wrote it as an exercise in composition while her father was based in the Aberdeenshire village of Crimond; not satisfied with her own harmony, she apparently sent it to local musician David Grant, who reharmonised it and then published it – credited to himself alone – in a collection that he had been working on, and thus it remained for several years. There is a soaring last-verse descant which, once heard, sticks in your head – when we first wanted to use this descant at All Saints, Clare transcribed it from memory having sung it many times as a child, only much later finding it printed alongside the name of its composer, William Baird Ross.

The other tune which appears with the words *The Lord’s my shepherd* in our hymnbook, and which we sometimes use, is **Brother James’s Air**. Another simple melody, this was written by James Leith Macbeth Bain – described by the website hymnary.org as a “healer, mystic and poet known simply as Brother James”, a childhood friend further noted that Bain “worked among the poor. He was a nature-lover, a wanderer among woods and hills, a shade eccentric perhaps, author of a number of books, mainly religious” – and first published, along with the 1650 translation of the psalm, in 1915.

Henry Williams Baker, a 19th-century baronet and hymnwriter, based *The King of love my shepherd* is on a Welsh version of Psalm 23. Certainly his words are an archetype of the hymns of the Victorian era, with florid phrases such “where the verdant pastures grow / with food celestial feedeth” and “thy unction grace bestoweth: / and O what transport of delight [known to Flanders and Swann fans as an omnibus – demonstrating how up-to-date my references are...] / from thy pure chalice floweth!”, but this remains a well-loved and popular piece which we often sing at All Saints, to the tune **Dominus Regit Me**. This was written by John Bacchus Dykes for the hymn in 1868; Dykes is well represented in our book as composer or arranger, with other credits including **Melita** (*Eternal Father, strong to save*) and **Rievaulx** (*Father of heaven, whose love profound*).

Numerous other hymns in our book have taken some inspiration from the 23rd psalm – including *Abide with me*; George Herbert’s *The God of love my shepherd is* (evocatively describing as it does death’s “shady” abode, the “tender grass, / where I both feed and rest”, and straightforwardly asking “while he is mine and I am his, / what can I want or need?”); *In heavenly love abiding*, another Victorian-era adaptation of the psalmist’s words; and the simple, plaintive chant *Nada te turbe* (*Nothing can trouble*) from the Taizé Community.

In fact, Psalm 23 pops up everywhere: the man behind the music for such shows as *Mr Bean* and – undoubtedly one of the greatest ever TV theme tunes – *Red Dwarf*, Howard Goodall, composed a setting of Psalm 23 which was subsequently used over the opening credits of *The Vicar of Dibley* (in a world in which *Father Ted* exists, surely not a programme that can be considered the best clergy-based sitcom, although plenty including my sister-in-law would beg to differ); the second-best-selling single in the UK in 1995, *Gangsta’s Paradise* by rapper Coolio featuring L.V., beings with the line “As I walk through the valley of the shadow of death”; the middle movement of Leonard Bernstein’s magnificent *Chichester Psalms* mixes the Hebrew words of the 23rd psalm with those of Psalm 2 (“Why do the nations rage, / and the people imagine a vain thing?” – a text also familiar to anyone who knows Part II of Handel’s *Messiah*).

The opening words of Psalm 23 are plastered high and wide on hoardings round The Hawthorns (for the uninitiated – and at the risk of inciting conflicting, albeit wrong, opinions from certain friends within the All Saints congregation – the home of the finest football team in the West Midlands, West Bromwich Albion) and are often sung out by the crowd when the home team have scored; as with singing with a congregation in church, hopefully it won’t be too long until we’re able to do that again in person. The reasons for this seem to be as hard to pin down as the authorship of some of the hymns and tunes that we’ve looked at in these columns over the years – one suggestion goes that in the early 1970s there was a West Brom game on a Sunday (at that time, an unusual occurrence); a young supporter had gone to the match straight from church, still clutching a hymnbook, and started singing **Crimond** with his schoolmates. If the Sunday School pupil had turned to a different page in his book, who knows how a WBA goalscorer would be hymned today?

Finally, the permeation of this short Biblical chapter into popular culture was most recently brought home to me as I listened on YouTube to an episode of Radio 4’s *I’m Sorry I Haven’t A Clue* – not the first time that this classic comedy show has been referenced within these pages, for which I make no apologies – in which panel members were asked to announce the late arrivals at the Old Testament ball. Listeners were therefore invited to welcome “Mr and Mrs Goodness-And-Mercy-Shall-Follow-Me-All-The-Days-Of-My-Life, and their daughter Shirley...”

Ben Noakes
Music Co-ordinator

Bible crossword

Across

1. He must be “the husband of but one wife and must manage his children and his household well” (1 Timothy 3:12) (6)
4. “For we must all — before the judgement seat of Christ” (2 Corinthians 5:10) (6)
7. “They reeled and staggered like drunken men; they were at their — end” (Psalm 107:27) (4)
8. See 19 Across
9. It concerned who among the disciples would be the greatest (Luke 9:46) (8)
13. Formed by the Jews in Thessalonica to root out Paul and Silas (Acts 17:5) (3)
16. “He has sent me to bind up the — “ (Isaiah 61:1) (6-7)
17. Moved rapidly on foot (Matthew 28:8) (3)
19. and 8. “ — a great company of the — host appeared with the angel” (Luke 2:13) (8,8)
24. Hindrance (Romans 14:13) (8)
25. Comes between Luke and Acts (4)
26. Empower (Acts 4:29) (6)
27. “Get these out of here! How dare you turn my Father’s house into a — !” (John 2:16) (6)

Down

1. Sunrise (Psalm 119:147) (4)
2. The part of the day when Cornelius the Caesarean centurion had a vision of an angel of God (Acts 10:3) (9)
3. He was one of those who returned with Zerubbabel from exile in Babylon to Jerusalem (Nehemiah 7:7) (5)
4. “No one can see the kingdom of God unless he is born — ” (John 3:3) (5)
5. Animal hunted or killed as food (Ezekiel 22:25) (4)
6. “He encouraged them — — remain true to the Lord” (Acts 11:23) (3,2)
10. Ruses (anag.) (5)
11. Jewish priestly vestment (Exodus 28:6) (5)
12. Visible sign of what had been there (Daniel 2:35) (5)
13. This was the trade of Alexander, who did Paul “a great deal of harm” (2 Timothy 4:14) (9)
14. “This is my — , which is for you; do this in remembrance of me” (1 Corinthians 11:24) (4)
15. One of Noah’s great-great-grandsons (Genesis 10:24) (4)
18. Traditionally the first British Christian martyr (5)
20. Relationship of Ner to Saul (1 Samuel 14:50) (5)
21. Jacob had one at a place he named Bethel while on his way to Haran, fleeing from Esau (Genesis 28:12) (5)
22. Bats (anag.) (4)
23. “You strain out a — but swallow a camel” (Matthew 23:24) (4)

Bread church

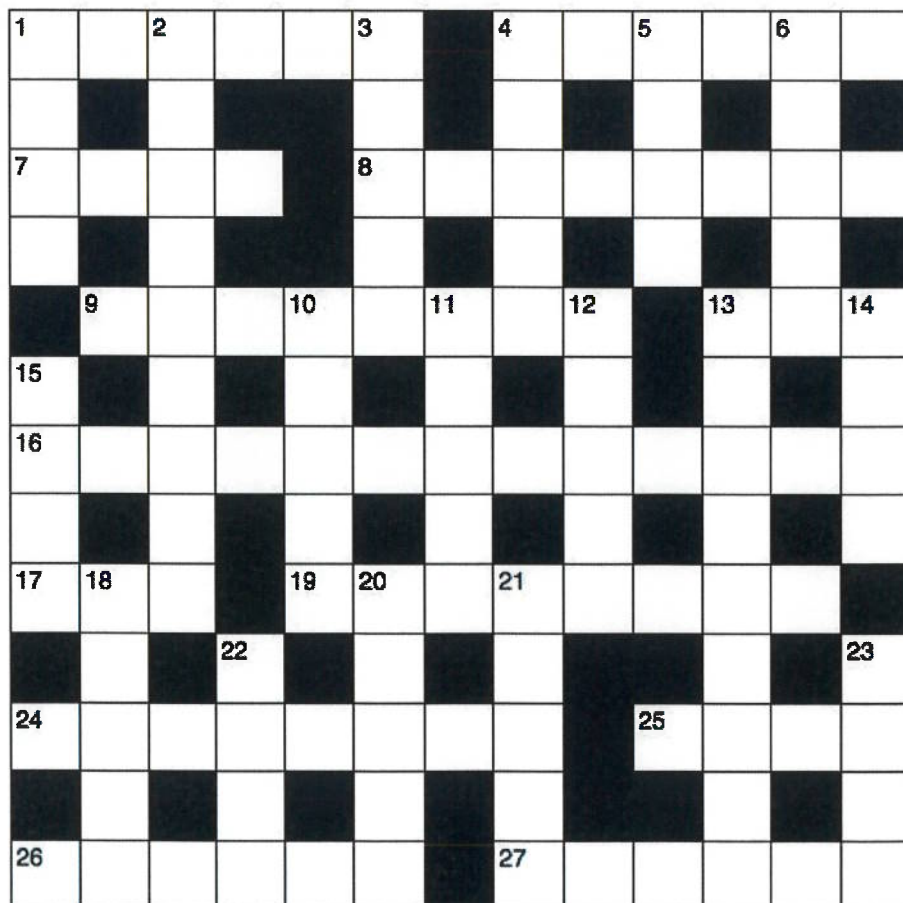
Margaret Healey-Pollett and I have been meeting fortnightly this summer to make bread. During the rising we have chatted and done some meditation and followed liturgy together. It has been an opportunity to think about what this could look like going forward, into a time when we are able to begin this in a group.

There has been a development in our skills and the bread has been shared. It has been wonderful to share this progress. My mum and I recently shared bread and she made her own shortly after. She said this was her first time unsupervised!

I sense this will grow in some form in the future and hold on to the excitement of not knowing yet how it will look. My own mindful journey has been overwhelming during the lockdown period as I began to process a lot of difficult emotions. Working on self-compassion has released something inside of me that I had not been aware of. I hope to be able to share this through Bread Church as this time has enabled me to be quite open with Margaret. I am hoping it will provide this for others.



Emma Thompson



Getting to know you

We (under normal circumstances) see so many people at church each week, but often we know very little about them. In this regular article a person from the congregation is interviewed and we get to know each other a bit better.

What is your name?

Gillian Lever.

What is (or was) your day job?

I am an artist who makes colourful abstract paintings. I particularly love oil paint. I qualified as an art therapist in 1989 and have practiced art therapy and art for wellbeing in a number of hospitals, GP surgeries and community settings for over thirty years including Hollymoor Hospital, the psychiatric hospital in Northfield, which closed in 1994.



In 2016 I completed the ecumenical training course in Spiritual Accompaniment for lay and ordained Christians run by the Birmingham Forum for Spiritual Directors and Companions. In the last couple of years I have started to offer Creative Quiet Day experiences with Becky Morse-Brown, another member of the All Saints congregation. Throughout my life I have found art making to be a valuable spiritual exercise – like chanting, prayer or reading, art-making can be a powerful way to connect to the divine voice within. Alongside the continuation of my own committed practice as a painter I am enjoying exploring new ways to creatively and spiritually journey with others.

How long have you been at All Saints?

On and off for about 20 years. We attended when our two sons Joe and Toby were young and then moved away from Birmingham to Cheltenham for 10 years or so for work reasons. We returned to our beloved Birmingham in 2011, thought about trying a different church but in the end came back to All Saints. We'd bought a new house in All Saints Road so it seemed rude not to!

What are you currently involved in at church?

Not a lot! I am always more comfortable on the edges – I think that that's possibly an artist thing? My father was also a vicar so re-evaluating my relationship with the CofE is something of a life's work. The pandemic is throwing a lot up into the air for me too in relation to the institution. I love connecting soulfully with people though and prayer is a vitally important part of my life. Dog walking is currently a form of 'outreach'. *[Gillian's ever-cheerful face can usually be spotted in the choir for the Carol Service, though! - ed]*

What has been your most memorable service/event/activity since you've been here?

Probably the service led by the All Saints Youth Project to celebrate their 20th anniversary which was a magically profound experience.

Do you have a favourite hymn/Bible passage?

So many. I'm a fan of the Psalms – how about Psalm 62:5-9?

*"In God alone is my soul at rest.
God is the source of my hope.
In God I find shelter, my rock, and my safety.
Men are but a puff of wind,
men who think themselves important are a delusion.
Put them on a scale,
they are gone in a puff of wind."*

Not bad for 2020!

What are you reading at the moment?

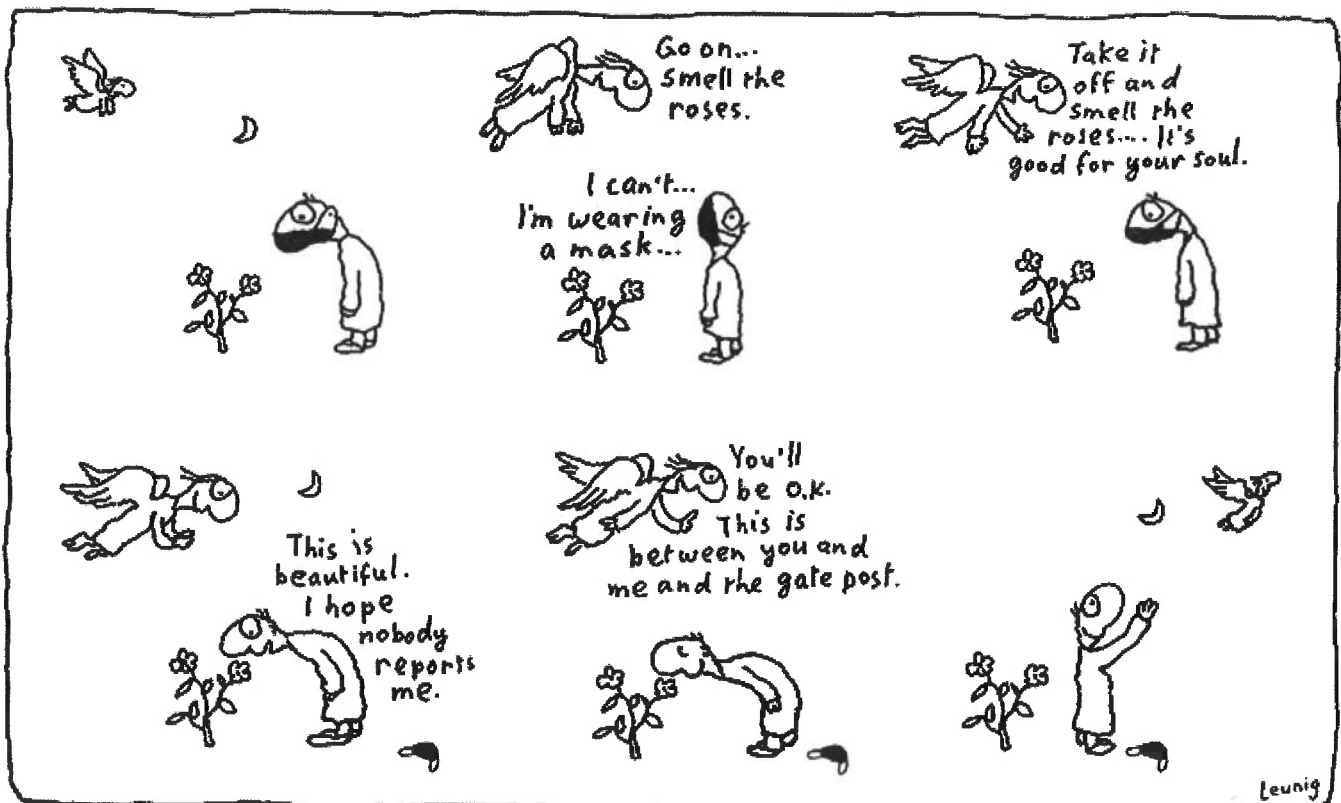
Still digesting Bernadine Evaristo's *Girl, Woman, Other* and Michelle Obama's *Becoming* – both glorious in very different ways.

Who from history/literature/film would you like strike up a correspondence with and why?

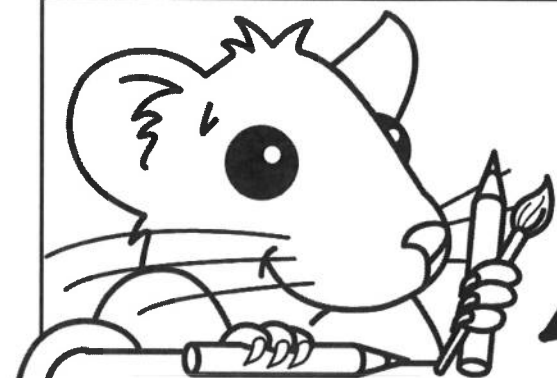
Hildegard of Bingen OSB. German Benedictine abbess, writer, composer, philosopher, Christian mystic, visionary and polymath. I'd probably need to go on several dog walks with her!

Tell us a joke...

Anyone who knows me will know that I do have a sense of humour but that telling jokes isn't really me. Instead I will share a cartoon by my favourite cartoonist Michael Leunig. Jake and I were fortunate to meet him at Greenbelt in 2019 – such a genius!



If you would like to feature on our Getting to know you page, or to suggest people whom we could interview for this, please do get in touch!

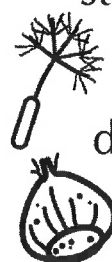


Mouse Makes

"GOD is the **one** who gives seed to those who **plant**, and He gives **bread** for **food**. And GOD will give you spiritual seed and make that seed grow. He will **produce** a great **harvest** from your goodness."

2 Corinthians 9:10

Look out for seeds in the park and garden and in your kitchen store cupboard.



How many different seeds can you find?



Jesus said:
"The kingdom of heaven is like a _____ **seed** that a man took and sowed in his **field**. It is the _____ of all the seeds, but when it has grown it becomes a tree, so that the wild _____ come and nest in its branches."

Read
Matthew
13:31-32

Jesus said:
"You do not need more **faith**. There is no 'more' or 'less' in faith. If you have a bare kernel of faith, say the size of a poppy seed, you could say to this sycamore tree
"Go jump into the lake"
and it would do it."
Luke 17:6

So the one who plants is not important, and the one who **waters** is not important. Only **GOD** is important because He is the one who makes things grow."
1 Corinthians 3:7

H A R V E S T W O E S
F I A F T P L A N T B
O F A I T H A T E E R
O O J E S U S E E D E
D E U L O U G R O W A
P R O D U C E S G O D

Find the words in **bold** on this page in the word search



Campus focus

Normally there is so much going on around the church campus each day of every week, and in previous issues it has been interesting to find out a bit more about the different activities that make up part of life at All Saints. This month we look very close to home with a few updates about Saints Alive! magazine.

During lockdown we have been pleased to be able to continue producing the All Saints parish magazine, *Saints Alive!*, with all issues from March 2020 uploaded to the church's website at www.allsaintskingsheath.org.uk/the-magazine/. We have also now resumed printing copies, and each new edition will be available at the back of church as well as online.

(Copies of the April 2020 issue, which included the agenda and reports for the Annual Parochial Church Meeting, have also been printed for anyone interested to pick up in advance of the rescheduled meeting, which will take place in church after the morning service on Sunday 4 October.)

The price of the printed magazine has remained at 50p for a number of years now, and at the September meeting of the PCC it was agreed to change this to a suggested donation of £1 – but that cost should not be a barrier to anyone in the church reading the magazine in either online or printed form.

Cash donations can continue to be made via the slot at the back of church; alternatively a standing order can be set up to pay in advance for a year's-worth (10 issues) of the magazine – please see the form overleaf. The form gives the individual the ability for their payment to go towards one of three areas – please select the General Purpose Fund (GPF) and delete the other two.

(If you also wish to contribute to the Vicar's Discretionary Fund (VDF), for the vicar to spend on items as he sees fit, or the Memorial Garden (M Garden), for the upkeep and improvement of the Memorial Garden on the north side of the church, please contact Steve Brittle, Treasurer on 01905 772171 or zena_steveb@btinternet.com who will be happy to help!)

If you or someone you know would like a copy of the magazine posting out each month then please contact us (details below) to arrange this.

We would love the magazine to be read ever more widely so do please pass on hard copies or the website address to anyone who you think may be interested. As ever, we are extremely grateful for all submissions we receive – it is your magazine, and the broader the range of contributions, the wider its appeal will be. Thanks to all for your support and we look forward to hearing from you!

STANDING ORDER MANDATE

(Please detach and send to your bank)

To: The Manager

Address: _____

Postcode: _____

Please pay to HSBC PLC, Kings Heath Birmingham Branch

Sort Code: 40-11-15

For the credit of:

The Parochial Church Council of All Saints Church

Account Number: 71801163

the sum of £ _____ First payment on _____ / _____ /20

and monthly / weekly thereafter on the same date until cancelled by me, or on.....

Reference: G.P.F. V.D.F. M Garden *please delete the ones that do not apply*

Please cancel any previous mandates to this beneficiary on this account number.

Name: _____

My Sort Code: _____ My Account Number: _____

Signature: _____ Date: _____

If you bank online, you will be able to use the details to set up a standing order online in your usual way:

Name: The Parochial Church Council of All Saints Church

Account no: 71801163

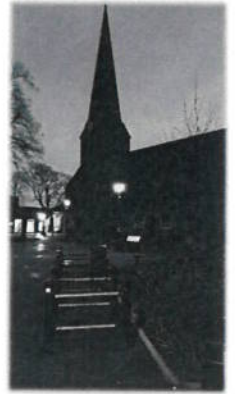
Sort code: 40-11-15

Reference: GPF (magazine)

If you have any problems or questions about setting this up, or the church's finances in general, please contact Steve Brittle, Treasurer on 01905 772171 or zena_steveb@btinternet.com.

All Saints: a church in 10 pictures

Following on from our series of photographs marking twelve – as it turned out, quite unusual – months in the life of our church, in the current year we will celebrate All Saints through 10 pictures taken from various places across the campus, helping us to see our building from a few different angles in the process.



We have heard elsewhere in this issue of the magazine about prayer at All Saints, and so it seemed appropriate to start our look around the church with the image below. There are numerous noticeboards across our site with information about its people, organisations and events, but this one at the moment is a little out of sight, sitting as it does next to the main (south) door in a corner that, with the current layout and pathways in church, is slightly inaccessible.

Anyone looking for inspiration for focus for prayer, however, could certainly spend some time here as for each date in the month the large chart offers suggestions – starting in the first column with groups within the church such as the Ministry Team and the PCC, the Pastoral Team and the Youth



Project, the Meditation Group and the Social and Fundraising Committee, those who would normally come to Lunch Club and to The Robin Centre. We are also encouraged to remember members of All Saints living outside the parish, those preparing for marriage, the church's links with nearby schools, and those who organise support for Christian Aid.

The second column moves on to name other churches in Kings Heath, local members of other faiths, members of the Deanery Synod, neighbouring parishes, those are based in the diocesan office, and more besides.

Considered next are those working nearby: local MPs and councillors, the staff and students of universities and colleges, emergency service personnel, shop workers and social workers, and people who volunteer; as well as those

who are unemployed, suffering from addiction, lonely or bereaved. Finally, in the right-hand column we are asked to pray day by day for everyone living in each street in the parish: from Sunderton Road to South Road, Ashfield Avenue to Silverfield Close, and everywhere in between, ensuring that all are remembered.

Who's Who

Worship *(for clergy see back page)*

Children's Worship Co-ordinator	Becky Cuthbert	0121 244 7683
Pre-school Praise (under 5s)	Grace Storey	07813 322697
Little Aztec (reception-year 2)	Martha Ann Brookes	0121 444 5655
Big Aztec (year 3-year 6)	Sue Cockcroft	0121 458 2527
Youth Group (year 7 upwards)	Jenny Warbrick	0121 444 0260
Music Co-ordinators	Ben & Clare Noakes	07967 730156 07929 593097

Church upkeep

Vergers	Liz Haskins	c/o 0121 444 0760
	Paul Smart	c/o 0121 444 0760
Sacristan	Bernice Mattis	c/o 0121 444 0760
Altar Linen	Wendy Ross	0121 444 1423
Head Server	Tony Price	01564 824420
Electoral Roll Officer	Tony Cocks	0121 441 2945
Parish Magazine	Ben & Clare Noakes	07967 730156 07929 593097

Finance team

Treasurer	Steve Brittle	01905 772171
Expenditure Officer	Vacant	
Income Officer	John Watling	c/o 0121 444 0760
Insurance & Investments	Tony Cocks	0121 441 5655
Gift Aid	Philip & Martha Ann Brookes	0121 444 5655
Envelope Giving Scheme	Tony Price	01564 824420

Groups, clubs and organisations

All Saints Ramblers	Pam Coley	0121 572 3553
	Gill Parkin	0121 604 6127
Badminton Club	Des Workman	0121 443 5292
	Steve Brittle	01905 772171
Bible Reading Fellowship	Des Workman	0121 443 5292
Lunch Club	Elizabeth Turner	0121 604 6086
Meditation Group	Daniel Wilson	0121 449 9869
Safeguarding & Child Protection	Mary Miles	0121 449 0851
Traidcraft	Gill Parkin	0121 604 6127

Planned giving: All are invited to join the planned giving scheme, contributing by weekly envelope or banker's order/standing order. Taxpayers – please sign a Gift Aid declaration for reclaiming of tax and use of payroll giving if possible. Contact the Finance Team for further information.

Parish Office: For enquiries about baptisms, baby naming services, banns and marriages, please contact the Parish Office to arrange an appointment at a vestry hour – 1st and 3rd Saturdays of each month, 10:00-10:30.

Ministry to the sick: Visiting the sick at home or in hospital – please inform the Ministry Team of anyone who is sick. The Blessed Sacrament is reserved and oil is kept for ministry to the sick.

Ministry of healing: Laying-on of hands and anointing – last Saturday in the month at 09:15 as part of Morning Prayer, occasional Sunday evenings (as announced), and at home or in hospital as requested.

Communion of the sick: At home or in hospital, as requested, communion is taken, monthly, to the long-term sick or housebound.

Other ministries: For blessing of homes, celebrations of anniversaries, thanksgiving after childbirth, confession and counsel, please contact the Ministry Team.

Parochial Church Council (PCC)

Officers	Lay Vice Chair	Secretary	Treasurer
	Stuart Blissitt	Chris Watts, 07980 639856	Steve Brittle, 01905 772171
Members	Martha Ann Brookes	Brian Miles	Claire Wesley (Reader)
	Philip Brookes	John Parkin (Reader)	Daniel Wilson
	Andy Cuthbert	Chris Pearce (Warden)	Sarah Wilson
	Tim Cuthbertson	Vivien Thickett	Des Workman

All Saints Community Development Company (ASCDC)

Chair	Andy Savage	c/o 0121 444 4579
Facilities Manager	Dave Friday	07732 137772
Centre Co-ordinator & Bookings		0121 443 4579
		ascenquiries@allsaintscentreh.co.uk

All Saints Community Projects (ASCP)

Chair	Mary Miles	0121 449 0851
All Saints' Youth Project	Vicki Willinger	0121 443 1842

The Robin Centre for Older People

Centre Manager	Paula McGrath	0121 483 4400
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Ministry Team

Vicar	David Warbrick	4 Vicarage Road, 0211 444 0260
Churchwarden	Chris Pearce	07891 924149
Licensed Readers	John Parkin	0121 604 6127
	Claire Wesley	0121 444 2778
Readers Emeritus	Mike Cheesbrough	0121 444 5620
	Gill Cole	0121 444 3827
Pastoral Team	Juliet Bick, Stuart Blissitt, Becky Frall, Wendy Ross, David Warbrick, Jenny Warbrick	0121 444 0260
Prayer Circle	(for confidential prayer requests)	parishoffice@allsaintscentrehk.co.uk 0121 444 0260

Worship

All Saints is currently holding a weekly communion service at 10am on Sundays.

For more information please see www.allsaintskingsheath.org.uk.

The church is also open for personal prayer between 10am and 12noon on Thursdays.

All Saints Church, Kings Heath

2 Vicarage Road, Kings Heath, Birmingham, B14 7RA

Parish Office: 0121 444 0760

parishoffice@allsaintscentrehk.co.uk

www.allsaintskingsheath.org.uk



THE CHURCH
OF ENGLAND