



Services This July

**2nd July** 9:30am, Holy Communion, St Lawrence, Long Buckby

#### **6th July**

9am, BCP Communion, St Lawrence, Long Buckby 10:30am, The Breakfast Service, School Rooms, Long Buckby 10:30am, Morning Praise, All Saints, West Haddon

#### 13th July

9am, Holy Communion, St Peter and St Paul, Watford 10:30am, Morning Praise, St Lawrence, Long Buckby 10:30am, Holy Communion, All Saints, West Haddon 4pm Tea Time Together, St Lawrence, Long Buckby

#### 20th July

10:30am, Morning Praise, All Saints, West Haddon 10:30am, The Family Service, St Lawrence, Long Buckby 6pm, Holy Communion, St Michael and All Angels, Winwick

#### 27th July

9am, Holy Communion, St Peter and St Paul, Watford 10:30am, Holy Communion, St Lawrence, Long Buckby 10:30am, The Family Service, All Saints, West Haddon

# **EVERYONE WELCOME!**

pening times across our churches

St Lawrence, Long Buckby Open Monday-Saturday 10am-3pm

St Peter and St Paul, Watford Open Monday-Sunday, 10am-4pm All Saints, West Haddon Open Monday-Sunday, 9am-4pm

St Michael and All Angels, Winwick Open 24 Hours

The Vicar Writes

Six Marys are mentioned in the New Testament, including Mary Magdalene, who is remembered this month in the church's calendar. What can we learn from Mary's story? We don't have to be defined by our past:

When Jesus encountered Mary, He cast seven demons out of her (Luke 8:2). As a result, her life was transformed, and she became a follower of Jesus. Her life as a disciple was no longer defined by the person she had been before. Like Mary, we don't have to let our past without Christ dictate how we see ourselves today.

Make Jesus the centre of our world:

Along with some of the women who had been cured of evil spirits and diseases (Luke 8:1-3), Mary followed Jesus and His disciples and supported them in ministry. She was there at the cross (Matthew 27:55-56) and one of the first to the tomb on the Sunday (Matthew 28:1; Mark 16:1 and John 20:1-18). Like Mary, we are called to serve Jesus as dedicated disciples.

Jesus uses the weakest people for His purposes:

Mary is a great example of Paul's words: 'But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong.' (1 Corinthians 1:27). At a time when women were regarded as second-class citizens with no real autonomy, Jesus had a special compassion and care for women. Alongside Mary, the women's witness to the resurrection was taken seriously. We shouldn't be quick to dismiss the things that don't agree with our expectations, as Jesus doesn't always do what we expect! He delights in working out His plans through unlikely people and in surprising ways. He did this through Mary, and if we allow Him, He can do it through us!

Every blessing Verin

## Mothers Union Annual Day Out

### The Mothers Union had their annual day out last month and visited Cottesbrooke house! Looks like a lovely time was had!



# smile

Church Notice that didn't quite 'make it'...

The preacher for Sunday next will be found hanging on the notice board in the porch.

A north country choirmaster was rehearsing the hymns for Sunday, telling the choir the hymns they were to sing, and the tunes to which they were to sing them. He concluded the list and said, "Now then, 'Come ye that love the Lord', to Southport!"

A moment later a voice called out, "Where are you tekking t'rest of us then?"

# Music on a Summer Afternoon



We had a great time at the Music on a Summer Afternoon Concert at St Lawrence on the afternoon of the 29<sup>th</sup> June. The event was very well attended with well over a hundred people coming and enjoying a great time listening to both the Long Buckby Community Band and the St Lawrence Singers, there was even an opportunity to take part in a couple of songs. Many thanks to all involved and for the money raised for the roof appeal!

## 1700 Years of the Nicene Creed - Part 3 Who is Jesus?

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made.

This month we are looking at what the Nicene Creed affirms about the person of Jesus Christ.

'We believe in one Lord, Jesus Christ, the only Son of God': Jesus is presented as the unique Son of God. This reflects the big debate at the time, which was to counter the teachings of Arius, who taught that Jesus was the first and greatest of God's creatures, but not the same as God the Father.

Today we can be more concerned about Jesus' authority as a moral teacher, neglecting that Jesus the man is also truly God. 'We have seen His glory, the glory of the one and only Son, who came from the Father' (John 1:14).

'eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father': These words affirm the divinity of Jesus. The phrase 'begotten not made' is crucial in understanding Jesus as the unique Son of the Father, who existed eternally of the same divine nature as the Father.

'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning'(John 1:1,2). It is a powerful reminder that our belief revolves around trusting a person, not simply in a set of beliefs and moral teaching.

'through Him all things were made': The Creed affirms that Jesus the Son cannot be made, because through Him all things were made and only God can create from nothing.

'Through Him all things were made; without Him nothing was made that has been made.' (John 1:3). This implies that our world was made good, with a purpose in which we can share.

Also, Jesus has the last word in promising to bring everything in heaven and on earth together at the end of time under His Lordship (Ephesians 1:10). This makes a real difference to how we see and treat God's Creation and those created in God's image. In response to this, can we say that Jesus is Lord of every area of our life?

### The Nicene Creed

We believe in one God, the Father, the almighty, maker of heaven and earth, of all that is, seen and unseen.

We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father. Through Him all things were made.

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.

> On the third day He rose again in accordance with the scriptures; He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and His kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son He is worshipped and glorified. He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come.

Amen.

Eternal Father, strong to save, Whose arm hath bound the restless wave, Who bidd'st the mighty ocean deep Its own appointed limits keep; Oh, hear us when we cry to Thee, For those in peril on the sea!

O Christ! Whose voice the waters heard And hushed their raging at Thy word, Who walked'st on the foaming deep, And calm amidst its rage didst sleep; Oh, hear us when we cry to Thee, For those in peril on the sea

Most Holy Spirit! Who didst brood Upon the chaos dark and rude, And bid its angry tumult cease, And give, for wild confusion, peace; Oh, hear us when we cry to Thee, For those in peril on the sea!

O Trinity of love and power! Our brethren shield in danger's hour; From rock and tempest, fire and foe, Protect them wheresoe'er they go; Thus evermore shall rise to Thee Glad hymns of praise from land and sea. The author of these words, William Whiting, was an Anglican clergyman in Winchester, which is hardly a seaside town. Yet Whiting had not only grown up by the sea, but had nearly died in it. As a young man he had been on a ship that got caught in a violent storm, and afterwards he felt certain it was only God who had saved the ship from sinking that night.

Some years later, as headmaster of the Winchester College Choristers' School, Whiting was approached by a student in distress. The student was due to sail to the USA and was simply terrified at the thought of 3,000 miles of ocean. To try and reassure the student, Whiting decided to share his experience. And so, he wrote this poem, basing the description of the power and fury of the sea on Psalm 107.

It is not known if it helped the nervous student or not, but within a year the poem had become a hymn, and soon sailed into the influential first edition of Hymns Ancient and Modern of 1861.

Another Anglican clergyman, John B Dykes, wrote the music for it. He was already a successful composer, with 300 hymns to his name. Dykes named this tune 'Melita', after an old name for Malta, where St Paul was once shipwrecked. Whiting released two more versions of the lyrics, in 1869 and in 1874.

During the rest of the 19th century the hymn became a favourite with the Royal Navy and the United States Navy. Other Services adapted it, including the Royal Marines, the Royal Air Force, the British Army, and the United States Coast Guard. Above all, it became known as the Royal Navy Hymn.

Well into the 20th century, it was the favourite hymn of President Franklin Delano Roosevelt, who had served as Secretary of the Navy during the Second World War. In 1963 Eternal Father was played by the Navy Band, as President John F. Kennedy's body was carried up the steps of the U.S. Capitol to lie in state. (Kennedy had been a PT boat commander in World War II.)

More recently, Eternal Father made a 'guest appearance' in the Hollywood blockbuster Titanic, and is also often chosen by ship's chaplains for use in civilian services at sea.

# Why you should drink tea

There is a popular greeting card which says: 'All things are possible with a cup of tea'.

For many of us, that is almost always true.

Tea comes from the Camellia sinensis plant, which is often blended with other plants for different flavours, such as Earl Grey or chai. Tea is the UK's favourite hot beverage, which besides from cheering us up, has cancer-fighting properties and can improve our heart and gut health.

So here's what's good about tea:

Tea is rich in polyphenols, which have antioxidant effects on the body, and can reduce inflammation. Milk does not hurt their absorption, so add milk if you like!

Tea has flavanols, which helps your blood to flow and lowers your blood pressure. One study at Harvard found that drinking three to four cups a day means you are less likely to have a heart attack.

Tea is prebiotic, which means it promotes healthier kinds of bacteria in your gut, which helps with your digestion, your respiratory system, and your immune system.

Tea lowers blood sugar, and even the risk of Type 2 diabetes, due to the polyphenols.

Tea may reduce your risk of cancer. Again, the polyphenols are your friends here, as they may be slowing the development of certain types of cancer.

Tea helps you concentrate. Coffee may speed you up, but it can also give you the jitters. Tea contains around 40-50 mg of caffeine, which is only half the amount found in coffee.

But tea also has an amino acid called 'L-theanine', which helps produce a feeling of 'calm concentration', by lowering stress and improving mental focus.

Tea improves sleep – due to the polyphenols, L-theanine, theaflavins, thearubigins, and gammaaminobutyric acid (GABA), which help lower stress and create calm.

Finally, black tea or green tea? Without going into some complicated science, it seems that they are equally healthy to drink. Black tea has more caffeine, which may help if you need more energy!

I'm guessing most of you know how much I love a good cup of tea, and so couldn't resist putting this article in. If anyone wants to write one on the merits of coffee do let me know! Rev Kevin Montgomery



## Spotlight on the Saints St Ignatius of Loyola

Ignatius came from a noble Basque family in north-east Spain. Born in 1491 in his family's castle near Loyala, he was sent to serve as a page at the court of King Ferdinand V of Castile. Ignatius entered military service, but was wounded in 1521, at the French siege of Pamplona. While convalescing, he read the life of Christ, as well as the biographies of various saints. Like those saints, Ignatius felt the call of Christ on his life, and responded. He made a pilgrimage to Montserrat (near Barcelona) where he firmly hung up his sword over the altar. He exchanged his clothes with a beggar, and settled in nearby Manresa, where he helped care for the sick in the hospital there. Then he spent some time as a hermit in a local cave, praying and studying Thomas a Kempis's book 'The Imitation of Christ'. It was probably during this time that Ignatius wrote his famous 'Spiritual Exercises' on Christian prayer and meditation. It has been valued by Christians of many traditions for centuries.

Ignatius then went on pilgrimage to Rome and Jerusalem, studied at the universities of Barcelona, Alcala and Salamanca, and ended up in Paris to continue studies. It was there, in 1534 that Ignatius and a group of six students (including Francis Xavier) vowed to go as missionaries to Islamic Palestine.

They were prevented from travel by a war in Europe, and so, in 1537, the group, now ten in number, offered their services to the Pope. By 1540 they had been ordained, and with papal approval, formed the Society of Jesus, with a vow of personal obedience to the Pope, in addition to the traditional three monastic vows.

Ignatius became the first general of the order, and in the following 15 years the order grew hundred-fold, to become the vanguard of both the Counter Reformation and the missionary work of the Roman Catholic Church.

Ignatius died on 31st July 1556, but even today his famous prayer is treasured by Christians of all traditions:

Teach us, good Lord, to serve You as You deserve. To give and not to count the cost. To fight and not to heed the wounds; To toil and not to seek for rest; To labour and not to ask for any reward; Save that of knowing that we do Your will; Through Jesus Christ our Lord. Amen.

### **St Benedict**

St Benedict (c.480 – c.550) was an abbot and author of the famous Rule that bears his name. Because of his Rule, Benedict is also the Patriarch of Western Monasticism, and Patron Saint of Europe.

Surprisingly little is known about his life. Born at Nursia, Benedict studied at Rome, which he then left before completing his studies to become a hermit at Subiaco. After a time disciples joined him, whom he organised into twelve deaneries of ten. After an attempt on his life, Benedict moved on to Monte Cassino, near Naples, where he wrote the final version of his Rule.

Benedict's Rule is justly famous and respected: not only did it incorporate much traditional monastic teaching from revered monks like Basil, but Benedict went on to modify this in a way characterised by prudence and moderation within a framework of authority, obedience, stability and community life.

Benedict's great achievement was to produce a monastic way of life that was complete, orderly, and workable. The monks' primary occupation was liturgical prayer, which was complemented by sacred reading and manual work of various kinds.

Benedict's own personality shines through this Rule: wise, discreet, flexible, learned in the law of God, but also a spiritual father to his community. Benedict's Rule came to be recognised as the fundamental monastic code of Western Europe in the early Middle Ages. Because of his Rule, monasteries became centres of learning, agriculture, hospitality, and medicine. Thus, Benedict came to influence the lives of millions of people.

### St Joseph of Arimathea

Have you ever suffered from gossip? Ever discovered that people are saying some really wild things about you? If so, Joseph of Arimathea would understand – and sympathise with you. This decent, godly man of the gospels seems to have fired the imaginations of all sorts of odd people down the centuries.

Joseph was a rich, prominent member of the ruling Jewish council – the Sanhedrin. Mark's gospel describes him as having been 'waiting for the kingdom of God' for years, and even being a secret disciple of Jesus. He played no part in the trial or crucifixion.

When Jesus was pronounced dead, Joseph had the seniority needed to approach Pilate for the body – and get it. Near to where Jesus had been crucified there was a garden, and in the garden a new tomb, cut deep in the rock. Joseph himself already owned it – and it was still new and empty. So Joseph laid Jesus there, and wrapped him in a linen cloth, according to Jewish burial custom. Joseph did not bury Jesus alone – Nicodemus helped him, while some women who had followed Jesus trailed miserably behind.

Matthew tells us that the last thing Joseph did for Jesus was to sadly roll a big stone across the entrance to the tomb, and then go away. With that, Joseph passes out of history – and into legend. For in the centuries that followed, Joseph was swept up into the Legend of the Holy Grail, the Legend of Glastonbury, and even bits of the Arthurian legends. It was said that the Holy Thorn, which flowers at Christmas, had sprung from his staff.

The mind boggles at what Joseph would have made of it all. One suspects he would have preferred to stick to the simple, but far better, true story: as having had the immense, unique privilege of laying the body of Jesus Christ in the tomb. Even if Jesus didn't stay very long!

# Not too serious



"It's not a new stained-glass window – the Youth Club put its skateboard ramp too close to the church's west wall!"



It was a normal Sunday Morning in Midsomer Parish Church





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# Double Sudoku!



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## **Bible Crossword**

#### Across

1 'l pray that out of his glorious — he may 2 3 5 6 strengthen you with power through his Spirit in your inner being' (Ephesians 3:16) (6) 4'Saul's father Kish and — father Ner were sons of 8 Abiel' (1 Samuel 14:51) (6) 7'Praise the Lord, O my -' (Psalm 103:1) (4) 8 See 5 Down 10 14 9 11 12 13 9Laws (1 Kings 11:33) (8) 13 'Who of you by worrying can — a single hour to his life?' (Luke 12:25) (3) 16 Artistry (Exodus 31:5) (13) 17 'Your young men will see visions, your — men will dream dreams' (Acts 2:17) (3) 18 19 20 21 19 How David described his Lord (Psalm 19:14) (8) 22 23 24 'If this city is built and its — — restored, you will be left with nothing in Trans-Euphrates' (Ezra 25 4:16) (5,3) 25 'The holy Scriptures, which are able to make you - for salvation through faith in Christ Jesus' 27 (2 Timothy 3:15) (4) 26 Intended destination of arrows (Lamentations 3:12) (6) 27 Eve hit (anag.) (6)

#### Down

1

7

15

16

17

24

26

1'For I am gentle and humble in heart, and you will find — for your souls' (Matthew 11:29) (4) 2Where Peter was when he denied Christ three times (Luke 22:55) (9) 3Remarkable early 20th-century Indian evangelist, a convert from Hinduism, — Sundar Singh (5) 4'Now the king had put the officer on whose — — leaned in charge of the gate' (2 Kings 7:17) (3,2) 5 and 8 Across The Lover describes this facial feature of the Beloved thus: 'Your — is like the tower of Lebanon looking towards — ' (Song of Songs 7:4) (4,8) 6'Stand firm then, with the belt of truth buckled — your waist' (Ephesians 6:14) (5) 10 Trout (anag.) (5) 11 Easily frightened (1 Thessalonians 5:14) (5) 12 The ability to perceive (Ecclesiastes 10:3) (5) 13 One of the clans descended from Benjamin (Numbers 26:38) (9) 14 "It is one of the Twelve," he replied, "one who — bread into the bowl with me" (Mark 14:20) (4) 15 Resound (Zephaniah 2:14) (4) 18 Traditional seat of the Dalai Lama (5) 20 Precise (John 4:53) (5) 21 Build (Ezekiel 4:2) (5) 22 Beat harshly (Acts 22:25) (4) 23 Darius, who succeeded Belshazzar as king of the Babylonians, was one (Daniel 5:31) (4)

The Maze



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#### CROSSWORD ANSWERS:

:SSOADA

ג, Riches. 4, Abner's. 7, Soul. 8, Damascus. 9, Statutes. 13, Add. 16, Craftsmanship. 17, Old. 19, Redeemer. 24, Walls are. 25, Wise. 26, Target. 27, Thieve.

:NWOQ

1, Rest. 2, Courtyard. 3, Sadhu. 4, Arm he. 5, Nose. 6, Round. 10, Tutor. 11, Timid. 12, Sense. 13, Ashbelite. 14, Dips. 15, Echo. 18, Lhasa. 20, Exact. 21, Erect. 22, Flog. 23, Mede.

Hard Sudoku

Easy Sudoku

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# BAPTISMS

### Interested in getting your child baptised?

Whether you call it christening or baptism we are here to welcome you and those being baptised as part of our church family. A baptism service is a special service where those being baptised will be prayed for, where parents and Godparents will make important promises, water is poured over the person being baptised to signify being made clean and often a sign of the cross is made, a candle is given to you in the service to help remind you to "Shine as a light in the world to the Glory of God". It's a special day for not only the person being baptised but all those family, friends and church members who are there to be part of it. Please do contact us and we'd be happy to talk with you about baptism.



# WEDDINGS

### Have you considered a church wedding?

We are blessed to have wonderful church buildings in our benefice, in beautiful surroundings, where you can have a wonderful wedding as you make promises to God and each other in front of family and friends. Wedding services have declarations, vows, exchanging of rings, blessings and can include your own choice of readings, music and more, they are a joy to be part of. Church weddings are also surprisingly inexpensive and can help you have a very special wedding without breaking the bank. Contact us to find out how you can have your very special day with us.



# **FUNERALS**

### We are here for you.

Firstly our sympathies for your loss. We know how hard times like this are and we as the church can be here to support you, not only with the funeral service itself but also afterwards with pastoral support and special services to help you commemorate and remember your loved ones life. We are happy to liaise with you and funeral directors to help you say goodbye to your loved one, services can be tailored to help reflect the life of the deceased so that even in the sadness of loss you can remember the love, the times you had together and look to the hope that a church funeral services gives. Do contact us or ask your funeral director to be in touch with us and let us support you in this difficult time.

# **CONTACTS ACROSS THE BENEFICE**



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### For further contact details visit our website

Any articles or information for the next monthly newsletter should be submitted by the 20<sup>th</sup> of this month to hello@onechurch4parishes.co.uk



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