

*Little Saint Mary's, Cambridge* September 2018: No. 518

# NEWSLETTER



*This newsletter contains*

*News of the Foodbank and the Homeless Project, more information on helping with our parish Garden, the next in our series of articles explaining the Eucharist in detail, plus the usual Vicar's letter, daily intentions for prayer and more.*

## Highlights of September

Saturday 8<sup>th</sup> September

### **Feast of the Birth of the Blessed Virgin Mary**

10am Sung Mass *followed by coffee and cake.*

Tuesday 11<sup>th</sup> September

### **12noon – 2pm Forum Lunch Club**

*For sufferers from dementia and their carers. See Bob DeWolf for more info.*

Wednesday 12<sup>th</sup> September

### **Monthly Healing Mass**

10am *preceded by prayers for the sick at 9.45am in the Lady Chapel.*

*All welcome to this meditative service where personal prayer & anointing with oil are offered at Mass.*

Saturday 15<sup>th</sup> September

### **Confraternity of the Blessed Sacrament District Festival**

12noon Sung Mass *followed by lunch. All welcome.*

2.30pm Vespers & Benediction

Friday 14<sup>th</sup> September

### **Holy Cross Day**

12.30pm Low Mass, 7pm Sung Mass *followed by refreshments*

*Preacher at 7pm Sung Mass:* The Rev'd Dr Geoff Dumbreck,  
Acting Dean of Peterhouse

Friday 21<sup>st</sup> September

### **Feast of S. Matthew, apostle & evangelist**

12.30pm Low Mass, 7pm Sung Mass *followed by refreshments*

Saturday 29<sup>th</sup> September

### **Feast of S. Michael & All Angels**

10am Sung Mass followed by coffee and cake

Sunday 30<sup>th</sup> September

### **Harvest Festival**

Please bring food for Jimmy's and the Foodbank (details in church).

# From the Vicar

S. Aidan, bishop, 2018

Dear Brothers and Sisters,

For so many of us September seems as much like a new year as January. People are returning to work and many of you have children or grandchildren off to school or university either for the first time or entering a new year group. I haven't quite got round to wishing people a happy new year but there is a sense this month of things winding back into action.

As you'll read elsewhere in this newsletter – with such a large increase in the use of the Foodbank – this summer has not been a time of rest and recreation for everyone and some may be approaching the demands of September with trepidation. What can we do to build our resilience to all that will be thrown at us in the coming months?

First, we can look at everything *sub specie aeternitatis*, which is to say from the perspective of eternity or rather God and the kingdom of heaven. We can get so caught up in the moment that we get pressures out of proportion. Let us then always remember as Christians that we see things in an eternal light. Suddenly things matter a little less (or at least differently) in this light. Further, this is because, as one spiritual writer put it, the facts are kind and God is in the facts; or as Mother Julian of Norwich said, 'all shall be well and all shall be well and all manner of thing shall be well'.

Secondly, therefore, how do we get ourselves in the position to be able to stop amid our stresses and turn to God? At this stage you'll be unsurprised to read me saying 'Prayer'! What I would say before elucidating that one word is that if we are truly committed to it then we will do it and it will have an impact. I often see people out running at all hours of the day or students putting in hours of hard, repetitious work at the gym and wonder why we are willing to do this but not to put the work in to our faith – some of us at least, mainly me!

I'm sure the reason is that one can see and measure results more clearly in the field of exercise or dieting than in the field of the spirit. Yet the thing that will last us the longest – indeed will be of eternal value – is in the field of the spirit. Long after our bodies are in no position to be made beautiful by exercise or

diet, we will live off the spiritual capital amassed by a life of committed prayer.

So perhaps September is a good time to recommit to attendance at Mass every Sunday and to a time of prayer each day of our lives, if only twenty minutes. Simply sitting still, upright and attentive but relaxed and repeating the name Jesus Christ silently in line with our breathing will, if we stick with it, have genuine results. We might repeat 'Maranatha' (Aramaic meaning 'Come Lord') in time with our breathing instead. When our mind wanders just gently bring it back to the prayer word. It is a way of making ourselves still enough for the Holy Spirit to do his work and to make us attentive to his promptings and presence in our lives.

Finally, we might think of making a retreat. There are plenty of places that offer such a thing and I can help suggest places. Building silence and time apart into our lives truly will make us more resilient as we enter this 'new year'. If nothing else, come on our parish retreat next July!

With my love and prayers for your life of prayer, I am,  
yours ever in the Lord,

Fr Robert.

PS. Thank you to everyone who came to the Assumptiontide BBQ at the Vicarage on 19<sup>th</sup> August. We had a very jolly time and raised £210 for the work of the church in Papua New Guinea. Thanks especially to our cooks!

PPS. We will be having a trip to **Canterbury Cathedral** on **Saturday 10<sup>th</sup> November**. Fr Max will give us a tour of the Cathedral and there will be lunch followed by a chance to attend Evensong at the Cathedral. This is being organised by the Friends of Little S. Mary's but everyone is welcome to come. See Paul Huskinson or Janet Nevitt if you are interested. It should be a wonderful day out.

# Explaining the Eucharist (VI)

*Fr Gregory writes...*

## **The sermon**

You might wonder what is there to be said about the sermon. It is the least “mystical” part of the liturgy: the sermon or homily is simply an explanation of the sacred texts, teaching, or an explanation of a feast or mystery. And while this is true, it is worth looking into some details: why do we preach from a pulpit? Why is the pulpit where it is?

Unfortunately, in my experience in most churches (at least on the continent) the pulpit has been abandoned (sometimes even removed), and priests preach from the lectern. So much so, that today most dictionaries define “lectern” as “a tall stand . . . on which documents or books are placed as support for reading aloud, as in a scripture reading, lecture, or sermon.” Indeed, in most churches, sadly, everything (Scripture, sermon, notices, eulogy) is read from the same place, losing thus centuries of liturgical development, symbolism, subtle differentiation.

First of all, there is a very simple, practical reason behind the existence of the pulpit: to see and to hear the preacher. We know for sure that the pulpit was in use as early as in the period of the Church Fathers. St. John Chrysostom, the ‘Golden-mouthed’, was the first to speak from a pulpit “in order to be better understood.” The Christian sermon was an art, intended not only for the ears (as in the case of some pagan orators), but also for the mind and eyes. The practicality of the pulpit becomes even more evident from its development during the Middle Ages, when there were many wooden pulpits which were movable wherever occasion required.

Beyond practical reasons, the pulpit has biblical roots too. There are several Old Testament examples. In the second book of the Chronicles we read: “And Solomon stood before the altar of the Lord, in presence of all the multitude of Israel, and stretched forth his hands. For he had made a brazen scaffold, and had set it in the midst of the temple.” (6.12-13) And again, in the Book of Esdras: “Then Esdras the priest brought the law before the multitude of men and women. And Esdras the scribe stood upon a step of wood, which he had made to speak upon. And Esdras opened the book before all the people: for he was above all the people.” (8.2-5) But the most important biblical foundation

of the pulpit is in the Gospels: “And seeing the multitudes, Jesus went up into a mountain, and when He was set down, His disciples came unto Him. And opening His mouth He taught them.” (Mt 5.1-2) Teaching from an elevated place, therefore, follows the example of Jesus

All this seems to give quite an importance to the sermon: it is delivered from an eminent place, everything stops, everybody must pay attention (yes, we can see it when you nod off...). One might find all this importance given to the sermon even exaggerated. In reality, the pulpit does not exalt, but rather puts the sermon in the right context. Being located in the nave, that is in the “less sacred” part of the church, the pulpit makes it clear that the sermon is only human teaching, lacking the sacredness of the word of God, and so it has no place in the parts of the church-building reserved to the divine liturgy. The priest needs to leave, to step out from the divine, the sacred (in some places it is customary for the priest to take the chasuble off for the sermon) in order to preach.

On the other hand, although the sermon is only human teaching, it does not mean that we can completely ignore it. The sermon, while the possibility of error on the priest’s side cannot be excluded, is still the teaching voice of the Church. Of the Church who is Mother and Teacher, so we must listen to the sermon with due diligence. It can happen that we do not agree with what has been said from the pulpit. In these cases our first duty is prayer. We must ask God to illuminate our mind: are we perhaps in error? If, in good conscience, we are still in doubt, we can ask the preacher to show us what the Holy Scripture and the Tradition of the Church says about this or that particular teaching.

Then there are, of course, the preacher’s duties. The sermon being only human teaching does not mean that the preacher can say anything from the pulpit, or even that s/he has the right to talk about any chosen topic. It is the grave duty of the preacher to prepare the sermon in accordance with the teaching of the Holy Scripture, as understood and taught by the Church. St. Isidor of Seville called the pulpit “tribunal” because from it the “precepts for the conduct of life,” law and justice are proclaimed. The Venerable Bede warns the preacher to preach, not what people want to hear, but what helps them to correct their lives and to be saved. Those preachers who try only to please people, he quotes S. Peter, “are fountains without water and clouds tossed with whirlwinds, to whom the mist of darkness is reserved.” (II Pet 2.17) Yes, the preacher can talk even about present-day political issues, but first s/he must ask: Does my sermon glorify God and sanctify His people; is it about justice and the

correction of life; does it help those present to love God more, to become better Christians, to practise the virtues more fervently?

Let me conclude with some practical advice: the Church has always regarded the sermon as part of the sanctification of the Lord's day. If for some reason we did not hear a (the) sermon on Sunday, we should read an edifying Christian book instead, such as the writings of the Church Fathers, the lives of the Saints, works of spiritual writers, or a collection of sermons. Feel free to ask the clergy for some advice or peruse the parish library.

*Next month: the Creed...*

...



## **Calendar and Intentions**

**for**

**September 2018**

*The list of Thanksgivings and Intercessions offers a focus for our daily prayer, both at the Offices and Mass, and in our personal times of prayer.*

*The Vicar would be glad of suggestions or additions to the list of daily intentions.*

# Calendar for September

SAT 1<sup>st</sup> *S. Giles, hermit*

**SUN 2<sup>nd</sup> FOURTEENTH SUNDAY AFTER TRINITY**

MON 3<sup>rd</sup> S. Gregory the Great, bishop & doctor

TUE 4<sup>th</sup> *S. Birinus, bishop & missionary*

WED 5<sup>th</sup>

THU 6<sup>th</sup>

FRI 7<sup>th</sup> of the Sacred Heart

**SAT 8<sup>th</sup> The Nativity of Our Lady**

**SUN 9<sup>th</sup> FIFTEENTH SUNDAY AFTER TRINITY**

MON 10<sup>th</sup> of Requiem

TUE 11<sup>th</sup>

WED 12<sup>th</sup>

THU 13<sup>th</sup> S. John Chrysostom, bishop & doctor

**FRI 14<sup>th</sup> Holy Cross Day**

SAT 15<sup>th</sup> S. Cyprian, martyr

**SUN 16<sup>th</sup> SIXTEENTH SUNDAY AFTER TRINITY**

MON 17<sup>th</sup> S. Hildegard of Bingen, abbess

TUE 18<sup>th</sup>

WED 19<sup>th</sup> S. Theodore of Tarsus, archbishop

THU 20<sup>th</sup> John Coleridge Patteson, bishop & companions, martyrs

**FRI 21<sup>st</sup> S. Matthew, apostle & evangelist**

SAT 22<sup>nd</sup>

**SUN 23<sup>rd</sup> SEVENTEENTH SUNDAY AFTER TRINITY**

MON 24<sup>th</sup> Our Lady of Walsingham

TUE 25<sup>th</sup> Lancelot Andrewes, bishop

WED 26<sup>th</sup> Ember day

THU 27<sup>th</sup> S. Vincent de Paul, priest

FRI 28<sup>th</sup> Ember day

**SAT 29<sup>th</sup> S. Michael & All Angels**

**SUN 30<sup>th</sup> EIGHTEENTH SUNDAY AFTER TRINITY  
(Harvest Festival)**

## Daily Intentions and *Anniversaries of death* for September

S. Giles' Church, Cambridge 1<sup>st</sup>

### Our Parish & People 2<sup>nd</sup>

Schools & students *Ernest Cherry, Queenie Windeatt* 3<sup>rd</sup>

Diocese of Winchester *Richard Barlow Poole* 4<sup>th</sup>

Her Majesty the Queen *David Mossop* 5<sup>th</sup>

The Cambridge City Foodbank 6<sup>th</sup>

Greater devotion to the Sacred Heart *Ian Ledsham, Kimji Popat* 7<sup>th</sup>

Thanksgiving for Our Lady's intercession 8<sup>th</sup>

### Our Parish & People *Helen Kinnier Wilson, Ivan Buchanan* 9<sup>th</sup>

The Faithful Departed 10<sup>th</sup>

The armed forces *Christine Stevenson, Joyce Bird, Joan White* 11<sup>th</sup>

The sick 12<sup>th</sup>

Preachers 13<sup>th</sup>

Greater hope in the Cross *Lilian Fletcher, Doris White, Patrick Theobald* 14<sup>th</sup>

Those who have lapsed from the Faith 15<sup>th</sup>

### Our Parish & People 16<sup>th</sup>

Religious houses *Leslie Norman, Edith Butcher* 17<sup>th</sup>

Hospitals & hospices 18<sup>th</sup>

All bishops *Rose Linsey-Bird, Hannah Dennett, Geoffrey Smith, pr.* 19<sup>th</sup>

The Church in Melanesia *Lily Wythe* 20<sup>th</sup>

Thanksgiving for the Gospels 21<sup>st</sup>

The Cambridge Churches' Homelessness Project 22<sup>nd</sup>

### Our Parish & People *Michael Rowett* 23<sup>rd</sup>

The Anglican Shrine of Our Lady of Walsingham 24<sup>th</sup>

*Ena Matheson, Nellie Harnwell, Ian Thompson, pr., Stephen Sykes, bp.*

The Diocese of Ely *Joan Wardill* 25<sup>th</sup>

All confessors & those making Confessions *Richard Bainbridge, Ian Paton* 26<sup>th</sup>

Those living in poverty 27<sup>th</sup>

Those being ordained this Michaelmas 28<sup>th</sup>

Thanksgiving for the intercession of the angels *Derek Gibbons* 29<sup>th</sup>

### Our Parish & People 30<sup>th</sup>

## Walsingham Retreat 2019

*Fr Robert writes:* I'm giving you advanced notice of a weekend retreat / pilgrimage to the Shrine of Our Lady in Walsingham, Norfolk, next year.

We will depart after work on Friday 19<sup>th</sup> July and return by 7pm on Sunday 21<sup>st</sup> July. We will be full board (supper on Friday through to lunch on Sunday) and there will be plenty of time in the schedule for you to do your own thing, as well as to speak privately with the clergy and to make full use of the Shrine and Church. I know it will be a wonderful and holy time.

The cost will be £138 per person and a £20 deposit secures your place. I have initially booked 20 places and more will be available but we will need to book them soon because July is peak season, so if you'd like to come let Emma in the parish office know ASAP.

## Little S. Mary's Social Responsibility Group

*Mary Ward writes:*

The Social Responsibility Group currently supports five local, and one national charity through financial donations, prayer and practical aid. Last financial year saw donations to the **Foodbank, Whitworth Trust, Jimmy's, Cambridge Central Aid Society, Camtrust** and the **Medaille Trust**. We also support the **Forum Lunch Club** and the **Cambridge Churches Homeless Project**. Over the next couple of months we will give information about each project, starting this month with the Foodbank, suggesting ways in which we can help, by volunteering, fundraising and donations.

**Foodbank** use has increased by around 60% over the past two years; the charity has only been able to cope thanks to the support of the public and the commitment of its volunteers. In the twelve months from April 2017 to March 2018, Cambridge City Foodbank provided 2,991 food boxes, feeding 6,904 Cambridge residents. Many people are living on the edge and are struggling to afford the basic food that they need. On 17<sup>th</sup> October, "Full Service Universal Credit" rolls out in Cambridge, and it is expected that demand for the Foodbank will grow even further. Supermarket collections are essential to meet this demand, especially during the summer when donations fall, so please

look out for Foodbank donation boxes in your supermarket, take donations directly to the Foodbank (details below), or keep bringing donations to LSM.

Cambridge City Foodbank has also launched **Fairbite**, to help local people who are struggling to feed themselves and their families. Fairbite provides access to food that would otherwise go to waste (across the UK, around 250,000 tons of food a year are thrown away by supermarkets). Located in North Cambridge's Arbury Court, Fairbite operates as a food club which looks like a food shop where people can collect food for free once they have paid a small membership fee. Fairbite Arbury has been opened for over a month and is growing steadily. At the moment, food is supplied by FareShare, a national charity tackling food waste and supporting local charities with food supplies, but there are plans to sell fresh food and vegetables in the near future.

*Addresses and practical information:*

**Food Collection points in Cambridge:** Tesco Extra, Yarrow Road; Tesco, Bar Hill; Waitrose Trumpington; Sainsbury's, Brooks Road; Asda, Beehive Centre. The Foodbank warehouse (Unit 4, Orwell Furlong, CB4 0WY) receives donations on Mondays and Fridays 9:30am-1pm.

**Financial Donations:** Please make cheques payable to *Cambridge City Foodbank* and send your donation to Cambridge City Foodbank, 2 Orwell House, Orwell Furlong, CAMBRIDGE CB4 0PP. Gift Aid and standing order forms for regular giving can be downloaded from <https://cambridgecity.foodbank.org.uk/give-help/donate-funds>

**Volunteers:** Please check for volunteering information and forms on <https://cambridgecity.foodbank.org.uk/give-help/volunteer> At the time of writing a van driver, a warehouse team worker and an advocacy team worker are needed. Further information from [volunteer@ccfb.org.uk](mailto:volunteer@ccfb.org.uk)

**Urgently needed items:** tinned vegetables; tinned meat; long-life fruit juice (1 litre); instant coffee (small jars); long-life puddings (sponge etc.); tinned rice pudding, long-life milk (NOT soya, almond, etc.); jars of pasta sauce; tinned tomatoes; tinned potatoes/instant mash; tinned fruit; sweets (children & adult); snacks (crisps, nuts, bars, etc.); pasta; instant custard; biscuits; jams & spreads; granulated sugar (500g); cooking oil; instant noodles; pasta 'n' sauce. We do NOT need sanitary pads or tampons.

*Patricia Pires Boulhosa*

# The Church Garden

*Christine Tipple writes:*

For the past few weeks some of us who love the church garden have been meeting for a bit of afternoon tea – and for the energetic ones a bit of garden-tidying. As the very hot weather is now over we are planning to meet in the morning each September week (day to be confirmed) and should be pleased if anyone interested would join us. Physical work is not compulsory! But if that is not possible for you, donations of autumn bulbs to be planted soon for spring flowering would be really nice. For more information do please contact me: [cstipple@gmail.com](mailto:cstipple@gmail.com)

## People for our prayers

*Fr Robert writes:*

It is with great sadness that I report the death of **Sue Yealland**. She died very peacefully in her nursing home (which she'd been in for only a matter of days) in the early hours of Sunday 12<sup>th</sup> August. She had spoken on the 'phone with people only the previous night! Sue had worshipped at Little S. Mary's for many decades and her children had been altar servers. Her funeral took place on Tuesday 28<sup>th</sup> August at Cambridge Crematorium and was very well attended. There will be a simple Requiem Mass for her at LSM in the autumn - date and time to be confirmed. We keep her and her sons John and Tim in our prayers. May she rest in peace and rise in glory.



I'm also sad to report the death of Robin Osborne's mum, **Joyce Osborne**, on 10<sup>th</sup> August. It was peaceful and she was very well cared for. Her funeral was in Manningtree on 28<sup>th</sup> August, the same day as that of Sue Yealland.

I'm sorry to report that **Rita Feering** (Cheryl Cook's mother) is declining once again, so do please pray for her.

I'm pleased to let you know that **Lizzie Davies** continues to make slow but solid progress after successful surgery. **Sue Munro** is finally firmly on the mend after a successful second operation and it was wonderful to welcome her back to the 10am Mass on Wednesday 29<sup>th</sup> August. We continue to pray for her recovery. Do pray too for **Geoffrey Howe** who had an operation on his back on Friday 31<sup>st</sup> August. He will be out of circulation for a couple of weeks at least.

The next **Requiem Mass** is on **Monday 10<sup>th</sup> September** at 12.30pm and the next **Healing Mass** is on **Wednesday 12<sup>th</sup> September** at 10am. Do come and pray for the faithful departed and for the sick, respectively.



## Cambridgeshire Historic Churches Trust



**Ride, Drive and Stride**  
**Saturday 8th September**



*Jo Wibberley writes:*

This is an annual fundraising event, both for the Historic Churches Trust and LSM – instead of asking Fr Robert to abseil from some vast height (High Mass sermon 26<sup>th</sup> August!) Participants are sponsored to cycle, walk, horse ride or drive to as many churches and chapels as possible between 10am and 6pm.

We need:            participants to undertake this challenge  
                         people to sponsor them  
                         people to welcome those visiting our church

There is a list of times for welcomers to sign at the back of the church as well as sponsor forms, which can also be downloaded from the Trust's website <https://www.camhct.uk/ride2018>

This is the Trust's biggest fund raiser (£16,000 in 2017) and very much relies on the support we can give them. Sponsor money is divided 50/50 between them and us. Since it was founded in 1983, the Trust has offered well over £2,000,000 in interest-free loans and over £550,000 in grants for works of repair and improvements to places of worship across Cambridgeshire, including funds towards improvements that enable these buildings to be more widely used in the 21st century – projects that provide toilets and serveries, better heating and modern wiring.

## **Cambridge Churches Homeless Project: will you help this year?**

*Lucy McKitterick writes:*

The CCHP is once again preparing for a good and much-needed season welcoming the homeless of Cambridge into our church buildings for a hot meal and shelter overnight this winter. This year Little St Mary's will be hosting the project on **Tuesday nights** in **December and January** and we need your help to care for our guests! Volunteering with the CCHP is very much something everyone can do: you can offer as much or as little time as you're able, and you don't need experience in working with the homeless to be immensely valuable to the project.

This year we are looking for: **Evening volunteers** (7pm-9:30pm): laying tables, washing up, chatting with guests. **Lead cooks** (preparation/7pm-9:30pm): cook a hot meal for around 25 people with all expenses paid! **Overnight volunteers** (7pm-7:30am including 4 hours sleep/rest): share with our guests the experience of spending the night in church, make their beds, help them feel comfortable, and often get to know them best. Signing up is simple: new volunteers just need to come to **ONE** of **THREE** information and training evenings where you'll meet the CCHP team, hear more about the

project and join a conversation about how the evenings and nights work and how to look after yourself and our guests:

- **Tuesday 6th November**, 7pm-9pm at LSM
- **Friday 9th November**, 7pm-9pm at Our Lady & the English Martyrs (Hills Road)
- **Wednesday 14th November**, 7pm-9pm at St Paul's (Hills Road)

You can come to any session: and you can of course volunteer on any night of the week in any church: to sign up for one of these information and training evenings, or if you have any questions, email [info@cchp.org.uk](mailto:info@cchp.org.uk), check our website [www.cchp.org.uk](http://www.cchp.org.uk) or speak to Franco Basso, Mary Ward, Fr Robert or myself for more information. This is the sixth winter LSM has offered a welcome in our beautiful church to people who would otherwise have nowhere indoors to sleep. We are looking forward to welcoming them again!