



Widcombe
ST THOMAS & ST MATT'S

Newsletter August 2016

So as August descends upon us, the holiday season swings into top gear. Children smile at the thought of over a month away from lessons while parents grimace wondering how to fill that time. Car boots are packed with everything from wellies to wetsuits and sou'westers to sun cream as the annual dash for the coast begins. Perhaps appropriately, given the origin of our word 'holiday' from the Old English *hāligdæg* or 'holy day', there are no doubt lots of weather-related prayers being offered up to heaven.

This year we're fortunate to be camping in Cornwall before heading off to the sun in Spain and I'm always amazed at the effort and energy required to pack for a few days away. Each year I promise myself next time I'll pack less – every time we seem to pack more. The car boot groans as every conceivable necessity for a few days camping is hurled in. Our family motto: Hope for sunshine, prepare for weather Armageddon. Sun beds – check, sunblock – check, snow shovel – check. Oh, and enough clothes to see us through several months of catastrophic weather fronts. Holidays – we can't live without them – yet sometimes it's exhausting living through them.

So are holidays really good for us? Well, three years ago, researchers from the Nuffield Health healthcare charity noted that for those that holidayed, blood pressure dropped on average by six per cent, sleep quality improved by 17 per cent and resilience to stress improved by 29 per cent. That's clearly all good news – although perhaps it should be noted that the researchers didn't go on holiday with my children.

But while holidays of any type can be wonderfully restful things for the body and the mind, I sometimes wonder about our spiritual side. Sometimes it's all too easy to take a break away from God, to pull back from spiritual thoughts, perhaps especially for those of us very involved in church life. Stephen R. Covey, author of the brilliant '7 Habits of Highly Effective People', wisely says this: "Most of us spend too much time on what is urgent and not enough time on what is important."

Often our bodies cry out loudly for rest and for a change of scenery – rightly, we hear that cry and so holidays become key for us and our loved ones. But coming full circle and returning to the old English origin of our word *hāligdæg*, 'holy day' - perhaps taking some time out from our busy lives to encounter our Maker afresh is equally, if not more, important. This holiday, as always, I'm taking some books but this year not just my normal escapist stories of mystery and mayhem – this year I want to feed my soul as well as my body so I'm taking a book of meditations and the inspirational story of the life of the Vicar of Baghdad.

I hope you and your loved ones all have a wonderful and refreshing August – body, soul and spirit.

Love, Tim.



Widcombe

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www.widcombe.church

THINGS TO DO

Coffee Morning Wednesday 10am-noon
Parish Hall, St Matthew's. Drop in for tea, coffee, biscuits and a chat. All welcome!

St Thomas open afternoons on Sundays from 2.30-5.30pm until September
The church is kept open for visitors.

Advance Notice: Widcombe Chapel Trail, 2-5pm, Sunday 11 September

This is a wonderful opportunity to visit eight of Widcombe's many chapels and churches, some of which are rarely open to the public. St Thomas will be opening and we will be offering teas in the churchyard from 3-5pm. We would be most grateful for offers of cakes and helpers. Please let Sian or Angie know if you are available between 3-5pm on the day.

For your prayers this month

Please pray for all our couples who got married in July: Liz & Joshy Easaw and Alison & David Quine at St Thomas. Also Aurelia & Jonathan Hilsden and Hannah & Mike Hallet from St Matt's.

Please also pray for Erica Knollys and her family as she gets baptised on 28 August.

Parish Communion



St Thomas
à Becket

No Thursday communions in August.
Next one will be
12 noon, 1st September.

NOTICES

The PCC is looking for a new Foundation Governor for Widcombe Junior School from September. Anyone who might be interested or knows someone suitable, please contact Angie Frith (tel 447005 or email ajfrith@btinternet.com).

We are also looking for someone who would like to help keep St Thomas beautiful by cleaning it weekly. This would be a paid position. Please let Angie know if you can help yourself or know someone you would recommend.



Summer Programme

St. Matt's *Sundays, 5.30-7pm*

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| 31st July | Family barbecue at St Matt's with live music from "Band of Pilgrims" |
| 7th August | Pastorate-style worship and prayer at St Matt's |
| 14th August | Church Outside, venue to be decided on the day! |
| 21st August | Pastorate-style worship and prayer at St Matt's |
| 28th August | Church family lunch, ask office for more details. |

There will be no organised children's activities on these evenings but children are very welcome at all services/events.

No Life Hub programme in July or August but some groups are still meeting - see group leaders for more information!

From 4 September, we will be trialling a new service start time at St Matt's of 5pm, with the cafe open from 4.30pm.

Sunday Services August 2016

Date	Time	Service		Venue
7th August	10.30am	Holy Communion (CW)	Revd Roger Clifton	 St Thomas à Becket
11th after Trinity	5.30-7pm	St Matt's Summer Programme		 St. Matt's
14th August	8am	Holy Communion (BCP)	Revd Caroline O'Neill	 St Thomas à Becket
12th after Trinity	10.30am	Morning Prayer (CW)	Team Service	
	5.30-7pm	St Matt's Summer Programme		 St. Matt's
21st August	10.30am	Holy Communion (CW)	Revd Caroline O'Neill	 St Thomas à Becket
13th after Trinity	5.30-7pm	St Matt's Summer Programme		 St. Matt's
28th August	8am	Holy Communion (BCP)	Revd Evelyn Lee-Barber	 St Thomas à Becket
14th after Trinity	10.30am	Morning Prayer & Baptism (CW)	Revd Judith Harries	
	5.30-7pm	St Matt's Summer Programme		 St. Matt's

Join us for tea and coffee after the 10.30am service every Sunday

OUR CHURCHES



St Thomas à Becket
Church Street
Bath
BA2 6AZ



St Matthew's
Widcombe Hill
Bath
BA2 6AA

Contact us

If you have any general queries about services, opening times, or any other matters, please see our website www.widcombe.church

Vicar: Revd Tim Buckley 07810 543209 (vicar@widcombe.church)

Churchwardens St Thomas à Becket: Angela Frith & Sian Lewis
Chapelwardens St Matthew's: Andrew Udale-Smith & Bill James

To book our buildings or for information about getting married, baptisms or to make donations please contact the office:

Parish Administrator: Mary Udale-Smith

Church Office, St Matthew's Church, Widcombe Hill, Bath, BA2 6AA

Email: admin@widcombe.church

Phone: 01225 465065 (answer service out of hours)



We extend a warm welcome to the Orthodox and Lutheran congregations who also meet in our Widcombe churches

The Orthodox Parish of Saint John of Kronstadt

Services at St Matthew's:

Saturday Vigil 5pm

Sunday Divine Liturgy 10.30am.

www.bath-orthodox.org.uk

The German Lutheran Church

Occasional services at St Thomas à Becket

www.evsynode.org.uk/bristol.html
