



St HELEN'S CHURCH
ABINGDON-ON-THAMES

Sunday 11th October 2026

Trinity 19

Trading fairly

Following Jen's words last week about the importance of respecting and living gently with the animals and plants of the earth, I was reminded of the capacity we all have to use Fair Trade products.

Buying "fairtrade" is an ingrained habit for me and like all habits, nothing to be proud of. But a few months ago, Miranda St John Nicolle spoke at Faith Forum. Having visited people across the world trying to make a gentle living from the land, she told us at first hand that Fair Trade really does make an incomparable difference. She injected me with renewed enthusiasm to support and promote fairly traded products. I am delighted that the hospitality team have decided to switch back to fairly traded coffee!

Buying Fairtrade may mean paying a little more, so even giving less to other charities. We all have to juggle the best use of limited resources. Fair trade may not be the only way to help others; but buying ethically is a very significant way in which we as consumers can make a difference.

This year's "Fair Trade fortnight" ended a week ago, on the Feast of St Francis. The website offers personal stories from a coffee farmer in Brazil, a cocoa farmer in Ghana and a banana farmer in Colombia, all of whom, despite suffering effects of climate change, are enabled through Fairtrade to hope for a sustainable future. There's more information on the website (fairtrade.net). It's a good point that while Andy Burnham supports living wages in the UK, we also need to remember the people across the world who enable us to enjoy our favourite products, but who often don't receive a fair reward for their labours.

Gwen Bevington

WELCOME to all joining us this Sunday at St Helen's. **10.30am** *Sung Eucharist*, **5.30pm** *Taizé*. The 10.30am service at St Helen's can be accessed on Zoom from 10.15am on: Meeting ID: 865 5159 6523; Passcode: 626891

FOR TODAY'S SERVICE: Celebrant - The Revd Dr A K M Adam

Readings: Isaiah 25.1-9; Philippians 4.1-9; Matthew 22.1-14.

Service Setting: Rutter

Hymns

Processional: 563 Rejoice, the Lord is King

Gradual: 521 May the mind of Christ my Saviour

Offertory: 589 The King of Love my shepherd is

Anthem: Anon (attr Redfern), *Rejoice in the Lord alway*

Post communion: 482 Jerusalem the golden

Collect: O God, forasmuch as without you we are not able to please you; mercifully grant that your Holy Spirit may in all things direct and rule our hearts; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and forever. **Amen**

Psalms 23 Response: The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd: therefore can I lack nothing.

He makes me lie down in green pastures:

and leads me beside still waters.

Response

He shall refresh my soul:

and guide me in the paths of righteousness for his name's sake.

Though I walk through the valley of the shadow of death, I will fear no evil;

for you are with me; your rod and your staff, they comfort me. **Response**

You spread a table before me in the presence of those who trouble me:

you have anointed my head with oil and my cup shall be full.

Surely goodness and loving mercy shall follow me all the days of my life:

and I will dwell in the house of the Lord for ever.

Response

For prayer:

- For us as followers of Jesus to listen to his teaching
- The work of farmers who grow the items we consume
- The Fairtrade Foundation, and the role of supermarkets
- Jill Gant's family and close friends; for Daniel Boore being held in custody, and his family

Intercessory prayer requests to clairembolton@googlemail.com.

Please pray for the residents of Ely Close, Exbourne Road, Eyston Way, Fairacres

For health, consolation & wellbeing: Annelise Dennis, Vanessa Madden, Ann and Ron Moss, Anne Smithson, Sarah Stevens, Katie Stuart, Alli

NEXT SUNDAY'S SERVICE: Celebrant - The Revd Dr Jen Brown

10.30am *Sung Eucharist*, **5.30pm** *Choral Evensong*

Readings: Acts 16.6-12a; Psalm 147.1-7; 2 Timothy 4.5-17; Luke 10.1-9

CHURCH NOTICES

Colin and Val Casemore would be delighted if you would join them in the South Aisle after the service on **Sunday 11th October** for Prosecco and Cake when they are (finally!) able to celebrate their 60th Wedding Anniversary.

The organisers of Abingdon Heritage Weekend have written to thank us saying they had lots of positive feedback from people who had visited St. Helen's. In every comment they heard positive, grateful and appreciative words about you and your input. Thank you again to all those who supported a successful weekend. *Fiona Tonks*

Your Church needs you! We need people who can help with providing hospitality for St Helen's. Help might include baking some food, setting tables and serving. More importantly, we need one, or two people together, to co-ordinate hospitality events such as parish social events, or the Epiphany tea. Please let the wardens or Administrator know if you can help.

St Helen's 2027 calendar: Please support your church by buying one for your friends & family. Mary Anderson will sell them after each 10.30 service for £9.75.

Prayers & Bears: A new service suitable for young children will be starting at St Michael's on **Tuesday 6th October 11am**. We aim to meet on the first Tuesday of each month and this includes a social time with refreshments.

Confirmation and admission to Holy Communion: A parish-wide Confirmation Service is planned for Sunday 31st January 10.30am at St Helen's. If you or your child is interested in confirmation, and have not already done so, please speak to Revd Jen or Fr AKMA. The first class is on **Wednesday 14th October 7.30pm**.

Please sponsor Robin again - he is doing another sponsored bike ride on Saturday 17th of October, in aid of the Newman Holiday Trust. Please sponsor them at <https://www.justgiving.com/page/robinday2026> or see Jeanette Thomas (jeanette.thomas@btinternet.com)

The Window: Please send copy for the **October** edition of the Parish Magazine to candle@abingdonparish.org.uk by Monday 12th October. We are hoping to publish it on Sunday 18th October.

CiA News: The **October** issue of CiA News is available to download from: https://abingdonparish.org.uk/P_communications.html. Copies also in church. Please send entries for the November issue to Alexandra Green by 12th October.

PATHWAYS: Printed copies of the Summer 2026 issue are available in church.

REGULAR SERVICES AND THE COMING WEEK AT ST HELEN'S

ON WEEKDAYS	9.10am Morning Prayer
ON MONDAY	9.30-11.00am <i>Baby and Toddler Group</i> in the hall
ON TUESDAY	10.00am <i>Mothers' Union</i> in the hall 2.15pm <i>Desiring Life</i> in the lounge (alternate weeks) 7.30-9.00pm <i>Bell ringing</i> in the tower (alternate weeks)
ON WEDNESDAY	10.30am Holy Communion 7.30-8.30pm <i>Confirmation Preparation</i> in the lounge
ON THURSDAY	~~10.00-12.00 <i>Macmillan Coffee Morning</i>~~ * CANCELLED* 2.00-9.30pm <i>Rehearsal & concert</i> in church
ON FRIDAY	09.30-3.00pm <i>Organ tuning</i> in the church 4.00-6.00pm <i>Young Bell Ringers Practice</i> in the tower 5.30-6.00pm <i>Quest choir practice</i> 6.00-7.00pm <i>Adult choir practice</i>
ON SATURDAY	12.00-5.00pm <i>Private booking</i> in the hall
ON SUNDAY	10.30am Sung Eucharist 5.30pm Taizé (2nd Sunday) 5.30pm Choral Evensong (3rd Sunday) 5.30pm Service for Healing & Wholeness (4th Sunday)

*The 8am Sunday Holy Communion (1662) service is held at **St NICOLAS** Church*

CONTACT US

Team Rector	The Revd Dr Jennifer Brown rector@abingdonparish.org.uk
Team Vicar	(To join the parish after Christmas)
Associate Priest	The Revd Dr A. K. M. Adam (AKMA) akma@sthelens-abingdon.org.uk
Wardens	Ms Margaret Horton and Mr David Pope
Director of Music	Dr Peter Foster
Assistant Organist	Mr Andrew Shouler
Parish Administrator	Mrs Kate Burland
Caretaker	Mr Robin Day
Parish Safeguarding	Mrs Pat Hudson safeguarding@abingdonparish.org.uk
St Helen's Safeguarding	Mr Emmanuel Chukwuma

The **Parish Office** is open Monday – Thursday, 10.00 am to 1.00 pm (closed on Fridays).

Phone: 01235 520144. Checked on Fridays.

E-mail: administrator@sthelens-abingdon.org.uk; Website abingdonparish.org.uk/StH

A copy of this Newsletter is posted on our website.