



*St* HELEN'S CHURCH  
ABINGDON-ON-THAMES

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Sunday 21<sup>st</sup> September 2025

The Fourteenth Sunday after Trinity

### **Exploring Spirituality**

Spirituality is one of those words that people often use but not always meaning the same thing. For some, spirituality is connected to – and cannot be separated from – religious belief and faith. For others, spirituality is something that transcends religion, or even replaces it. For Christians, spirituality is an aspect of our faith, but even agreeing on that, we might not know exactly what a person means when he or she talks about their own spirituality.

There are, indeed, many ways to define spirituality, but I like to think of it as our awareness of, response to, and movement towards God. Spirituality has different facets and expressions, some of which exist corporately, as in our shared worship. Others are more personal in nature, for example, our personal prayer life and how we live out our faith.

In our autumn Faith Forum series, we'll be exploring some aspects of personal spirituality, both its expression and how we nurture our spiritual life. We'll begin our look at spirituality with a talk by Margaret Adam on prayer. In October, we'll hear about the practice of *Lectio Divina* and prayerful reading of scripture. We'll finish in November with a look at how we live out our faith in the world.

Our first autumn Faith Forum meeting will be on 28<sup>th</sup> September (see notice for more details). Do join us!

**The Revd Dr Jen Brown, Associate Priest**

**WELCOME** to St Helen's this Sunday. 10.30 am *Sung Eucharist*. 5.30 pm *Choral Evensong*.  
10.30 am services at St Helen's can be accessed on Zoom from 10.15 am on: Meeting ID:  
865 5159 6523; Passcode: 626891.

### **FOR TODAY'S WORSHIP**

**Readings:** Proverbs 3.13-18; Psalm 119.65-72; 2 Corinthians 4.1-6; Matthew 9.9-13

**Service Setting:** Aston

#### **Hymns:**

**Processional:** 233 Jesus calls us, o'er the tumult

**Gradual:** 327 The prophets spoke in days of old

**Offertory:** 581 Take my life and let it be

**Anthem:** Bullock, Give us the wings of faith

**Post communion:** 229 Who are these like stars appearing

#### **Collect:**

Almighty God, whose only Son has opened for us a new and living way into your presence:  
give us pure hearts and steadfast wills to worship you in spirit and in truth; 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 for ever. **Amen.**

#### **Psalm: 119, vv 65-72**

**Response: Lead me, O Lord, in the path of your commandments.**

You have dealt  
graciously with your servant,  
according to your word, O Lord.  
O teach me true  
understanding and knowledge,  
for I have trusted  
in your commandments. **Response**

Before I was afflicted I went astray,  
But now I keep your word.  
You are gracious and do good;  
O Lord, teach me your statutes. **Response**

The proud have  
smeared me with lies,  
but I will keep your commandments  
with my whole heart.  
Their heart has become gross with fat,  
but my delight is in your hoard. **Response**

It is good for me that I have been afflicted,  
that I may learn your statutes.

The law of your mouth is dearer to me  
than a hoard of gold and silver. **Response**

### 5.30 PM CHORAL EVENSONG

**Readings:** TBC

**Responses:** Foster

**Office hymn:** 401 Come, let us join our cheerful songs

**Psalm:** 119: 33-40, 89-96

**Canticles:** Stanford in B flat

**Anthem:** Holst, Turn back O man

**Final hymn:** 10 Abide with me

### THE COMING WEEK AT ST HELEN'S

**ON WEEKDAYS** 9.10 am *Morning Prayer*.

**ON MONDAY** 9.30 am *Baby and Toddler Group* in the Parish Centre Hall.

**ON TUESDAY** 4.00 pm *Events Group Meeting* in the Parish Centre Lounge.

**ON WEDNESDAY** 10.30 am *Holy Communion*.

**ON THURSDAY** 6.30 pm *Life Drawing Class* in the Parish Centre Lounge.

**ON FRIDAY** 4.45 pm *Wedding Rehearsal* in the church.

**ON SATURDAY** 2.15 pm *Wedding*.

**ON SUNDAY** 10.30 am *Sung Eucharist*. 5.30 pm *Service for Healing and Wholeness*.

### PROGRAMMES, EVENTS & NOTICES

**Afternoon tea at St Michael's** on the Sunday 28<sup>th</sup> September from 2.30 pm until 4.30 pm to mark Fr Paul's retirement in addition to his final service on Thursday 9<sup>th</sup> October. All are welcome.

**Faith Forum:** The next Faith Forum will be on Sunday 28th September. The autumn series of Faith Forum will focus on personal spirituality, and for our September talk, our very own Margaret Adam will be speaking about prayer. Please do join us in the parish centre for a buffet lunch from 12.15pm, with the talk beginning at 12.45pm. For those who can't join us in person, the talk will be available on Zoom:

<https://us06web.zoom.us/j/85645633324?pwd=LYbJpGrcqpTWk1ZfNJ9VRq4ILHZMda.1>

Meeting ID: 856 4563 3324; Passcode: 656494

**Ride+Stride.** Thank you to everyone who supported the Ride+Stride last Saturday. 604 visitors came to church as part of Heritage Weekend, and the Day family raised over £900 in sponsorship by visiting 15 churches on a specially adapted bike. While Robin and family have the amazing bike on loan, they are going to do another sponsored bike ride for Camp Mohawk who are a great support to Robin and his family (see [www.campmohawk.org.uk](http://www.campmohawk.org.uk)) and who are desperately in need of funds. They are planning to cycle from Dalton Barracks to RAF Benson on 4<sup>th</sup> October. Donations can be made on-line at

<https://www.justgiving.com/charity/campmohawk> or via Jeanette Thomas on a paper

form. Please be generous and let us try and match or exceed the Ride and Stride amount raised.

**Agnostics Anonymous**, 30<sup>th</sup> September in the Parish Centre at 6pm. This month's speaker is Dr Bethany Sollereder who will be speaking on the topic "Why would a good God create through evolution's violence and waste?" It is good to welcome our new speaker, Dr Sollereder, who is Associate Professor in Science and Religion, and the Wills Fellow and Tutor in Theology and Religion at Harris Manchester College. Her research has been in the field of evolution and suffering. Everyone is welcome.

**A Church Twinning visit** to our Christian friends in St Niklaas in Belgium is taking place from 2<sup>nd</sup> to 6<sup>th</sup> October 2025. Travel will be in a group by minibus and accommodation will be with host families. If you are interested please contact Elizabeth Simpson ([simpsonem123@gmail.com](mailto:simpsonem123@gmail.com)) and/or Anne Dodd ([anne.dodd28@googlemail.com](mailto:anne.dodd28@googlemail.com)) as soon as possible, as places are very limited.

**Sat October 4<sup>th</sup> 10am - 1pm**. The flower group are preparing the church for harvest, extra flowers are very welcome. Buckets of water will be in the baptistry, from Friday morning onwards. Extra help welcome from all ages.

**Fr Paul will be celebrating 25 years of ordained ministry** at a special Mass on Thursday 9<sup>th</sup> October, 7 pm, in St Michael's, marking his retirement. Preacher: The Revd Patrick Taylor, Vicar of Holy Trinity, Stratford-upon-Avon. This will be Fr Paul's final service in the parish. His final Service in St Nicolas will be Morning Prayer on 5<sup>th</sup> October.

**The Northcourt Singers Concert 'Mighty in Power'** at St Michael's on 10<sup>th</sup> October at 7.30pm. A concert of hymns to launch the CD which was recorded at St Michael's by local composer David Preston. Tickets are £15 by card or cash on the door. Proceeds to St Michael's and Abingdon Passion Play.

**The Revd Dr Jennifer Brown** will be licensed as Team Rector on Tuesday 21<sup>st</sup> October at 7 pm in St Helen's Church.

**The September issue of the Parish Magazine** is available to download from [https://abingdonparish.org.uk/P\\_window.php](https://abingdonparish.org.uk/P_window.php)  
Do read it!

Please pray for the residents of Hyde Place, Inkerman Close, Jackman Close and John Jones Close.

Intercessory prayer requests to [clairembolton@googlemail.com](mailto:clairembolton@googlemail.com).

**For health & wellbeing:** Sarah Stevens, Katie Stuart, Alli, David, Anne Smithson, Loelia Lyon, Mick and Vanessa Madden.

**Next week's readings:** Genesis 28 v.10-17; Revelation 12 v.7-12; John 1 v.47-51

## For your prayers and thoughts:

- Thanksgiving for all who have helped with services and other aspects of church life during the vacancy
- Those who are distant from God and those longing for a deeper relationship with God
- All who are in need
- The wellbeing of creation

Team Rector	Vacant
Team Vicar	The Revd Paul Smith
Associate Priest	The Revd Dr A. K. M. Adam (AKMA) akma@sthelens-abingdon.org.uk
Associate Priest	The Revd Dr Jennifer Brown jennifer.brown@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 Jackie Cunningham
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, morning and afternoon.

E-mail: [administrator@sthelens-abingdon.org.uk](mailto:administrator@sthelens-abingdon.org.uk); Website: [abingdonparish.org.uk/StH](http://abingdonparish.org.uk/StH)

**A copy of this Newsletter is posted regularly on our website.**