

*THE PARISH OF  
ST JAMES AND ST PAUL  
COLCHESTER*

*www.stjamesstpaulcolchester.org.uk*

*PARISH MAGAZINE*



*SEPTEMBER 2011*

*THIRTY PENCE*

## ***Father Peter Writes***

Music is an important part of worship. Hymn singing is something that many Christians enjoy. Music has been used in worship for thousands of years in many of the world religions. In our own faith we have the heritage of the Psalms, taken from the Old Testament. Psalms were the backbone of worship in the Jewish Temple and synagogue dating back around three thousand years. The early Church used these as the foundation of their worship but soon added others too. Some of the still quite well known hymns we use today date back to the third or fourth century. As time went on, others added to this repertoire and other great musical works to the praise of God were written. People like Charles and John Wesley realised the impact of hymns. They saw that familiar words, which could easily be learned by heart by those who could not read, could impart solid and sound teaching to members of the Church. In another push to spread the word of God in this way William Booth asked, *why should the devil have all the best tunes?*

As yet, we have not really been too affected by the absence of a choir. The congregational singing has even improved. Why that should be is difficult to know. Perhaps the congregation now knows they must sing up and play their part, not relying on one group of people. Perhaps having members of the former choir scattered among the congregation has given a wider feeling of confidence. Added to which, we have been enjoying the skills of a very talented group of organists. Thus far we have not been too affected but we will certainly notice the absence of church musicians more when we come to the great festivals of the church, especially Holy Week and Easter.

There is a meeting this month; you will see details about it elsewhere in the Magazine, which will explore where we move onto with our music at St James. Music in any worship setting is there to serve and support the Liturgy of the Mass, not the other way around. Choirs, music groups and musicians are there to serve the Church not to be served by the Church. In changing times when people are committed in so many ways it may not be possible for one to make a regular commitment to the church's music. If you feel you might be able to be part of this ministry, in any way, on a regular basis or an occasional one, please sign up for the meeting.

***Wishing you every blessing.***

***Fr Peter Walker***

## **From The Parish Registers**

### **Funeral Service**

**8<sup>th</sup> July 2011**

Christine Mary Mabbitt aged 91years followed by cremation.

**25<sup>th</sup> July 2011**

Richard Smith (priest), aged 64 years, Requiem Mass, followed by interment.

### **Holy Marriage**

**8<sup>th</sup> July 2011**

Samuel Howgego and Stephanie Louise Burton.

**9<sup>th</sup> July 2011**

Vitus Chukwunyere and Elisabete Riberio Gomes.

### **Holy Baptism**

**Sunday 26<sup>th</sup> June 2011**

Harry Joseph and Liam Michael Thompson.

### **Monday Mass**

Monday 5 <sup>th</sup> September	9-00am	St James' School To begin the new school year.
	7-00pm	St James
Monday 12 <sup>th</sup> September	11-00am	Cranmere Court
Monday 19 <sup>th</sup> September	7-00pm	St James
Monday 26 <sup>th</sup> September	8-00pm	11 Wheatsheaf Court, Kendal Rd.

### **House Mass**

The House Mass this month will be at the home of Clare Walker, 11 Wheatsheaf Court, Kendal Road, on Monday 26<sup>th</sup> September 2011 at 8-00pm. Everyone welcome, see Fr Peter if you need transport.

### **Healing Mass**

The Mass 7-00pm on Wednesday 7<sup>th</sup> September will include the Sacraments of the laying on of hand and anointing.

## **Saints Days**

Saturday 3<sup>rd</sup> September

St Gregory the Great, Apostle of the English

Mass St James 9-00am

Thursday 8<sup>th</sup> September

The Birthday of the Blessed Virgin Mary

Mass St James 12-30pm

Wednesday 14<sup>th</sup> September

The Triumph of the Cross

Mass St James 7-00pm

Wednesday 21<sup>st</sup> September

St Matthew Apostle

Mass St James 7-00pm

Saturday 24<sup>th</sup> September

Our Lady of Walsingham

Mass St James 9-00am

Thursday 29<sup>th</sup> September

Ss Michael, Gabriel & Raphael, Archangels

Mass St James 12-30pm

### **The Children's Liturgy will resume on Sunday September 18<sup>th</sup>.**

Please do continue to bring your children along over the summer period, they are no problem in church and should you wish to, you can always retire to the vestry for a break.

### **Fr Matthew Catterick**

Fr Matthew Catterick, assistant priest at St James from 1995 to 1998, will be collated as the new vicar of the parish of St Saviour Pimlico, London, on Thursday 22<sup>nd</sup> September. Please remember Fr Matthew and his family in your prayers that day. It is interesting to note that Pamela Lee and her parents were members of St Saviour's Church, Pimlico, before moving to Colchester in the 1930s.

From this September issue, Fr. Taemin will write six articles (referred to Tufon Tracts, but reconstructed in our own perspective) in our Parish Magazine to deal with some tricky questions which some of us might have. The six themes are; *Making the Sign of the Cross, Lighting a Candle, Genuflecting and Bowing, Burning Incense, Anointing with Oil, and Asking the Prayers of the Saints*. If you have any other questions apart from these six themes, please do not hesitate to speak to Fr. Taemin or Fr. Peter.

### **Making the Sign of the Cross**

The symbol of the Cross is common to all Christians, and has been since the beginning of Christianity. The Cross reminds us of the Death and Resurrection of our Lord, Jesus Christ. *Making the Sign of the Cross* is, therefore, not just a meaningless gesture but an act of faith and self submission.

We say prayers through our words with our language, unless we pray in silence, but when we make the Sign of the Cross, we pray with our own bodies, because this simple action reminds us that what Christ did on the Cross (Death and Resurrection) is for each one of us. Therefore, the faithful should actively join this prayer with gratitude, delight, expectation and confidence.

### **How to make the Sign of the Cross**

The tradition of making the Sign of the Cross varies from the Eastern Church to the Western Church. However, in the West, we use **the right hand**. We begin by touching *four spots* in the following order; *forehead, heart* (the pit of stomach), *the left shoulder* and *the right shoulder*. (The four spots are *italicized* in this article.)

Once you make the Sign of the Cross by touching all four spots, you finish your swift moving of your right hand at the centre (usually your heart) of the Cross which you just made. It makes the Sign of the Cross looks dignified and neat.

Some people begin to touch their right shoulder first then move on to the left shoulder. But traditionally, in the Western Church, left shoulder comes first then the right shoulder follows. So, please do not be confused. (Try to remember that when Fr. Peter gives us the final blessing, he makes the big Sign of Cross from the top, down, his left and his right.)

## When to make the Sign of the Cross

There are many occasions when you can make the Sign of the Cross.

### First of all, during the Mass;

1) At the words, "In the name of the *Father* (forehead), and of the *Son* (heart), and of the *Holy* (left shoulder) *Spirit* (right shoulder), Amen (centre)."

2) When priest says absolution; "Almighty God, who forgives all who truly repent, have mercy on you, *pardon* (forehead) and *deliver you* (heart) from *all* (left shoulder) your *sins* (right shoulder), confirm (centre) and strengthen you in all goodness ... through Jesus Christ our Lord."

3) At the beginning of the Gospel reading; we make 'the special Sign of the Cross.'\*\*

4) At the end of the Creed, when we say "We look for the *resurrection* (forehead) of the *dead* (heart), and the *life* (left shoulder) of the *world* (right shoulder) to come (centre). Amen."

5) At the end of the Intercession, when we say "*Rest eternal* (forehead) grant to them *O Lord* (heart), and *let* (left shoulder) light perpetual *shine upon* (right shoulder) them (centre). Amen"

6) During the Eucharistic Prayer, when the Consecrated Host (Bread) and Chalice (Wine) are raised. "Do this in remembrance of me. (then people make the Sign of the Cross in silence)"

7) At Holy Communion, before receiving the Host and the Chalice; "The Body (Blood) of Christ. (then people make the Sign of the Cross before they receive the Body (Blood) and saying). Amen",

8) For the final blessing; "The peace of God, which passes all understanding, ... and the blessing of God almighty, *the Father* (forehead), *the Son* (heart), and the *Holy* (left shoulder) *Spirit* (right shoulder) be among you (centre) and remain with you always. Amen."

## **Secondly, other occasions;**

1) When entering and leaving the Church; it is a good practice to make the Sign of the Cross with the Holy Water (dipping your finger into the Holy Water Stoup, then make the Sign of the Cross with the Holy Water), because it reminds us our Baptism and Confirmation. So, please DO make the Sign of the Cross with the Holy Water.

2) During the Daily Prayers; at the beginning of the each office “O Lord, open thou our lips (a small Sign of the Cross at the lips)” or “O God, make speed to save us (a big Sign of the Cross)” and at the beginning of the Gospel Canticles (Benedictus, Magnificat and Nunc Dimittis) or any other dismissal form.

3) Before and after of each meal or your private prayers or when you get up or lay down.

## **Make the Sign of the Cross at the beginning of the Gospel\*\***

When we make the Sign of the Cross at the beginning of the Gospel, we follow the general formula, but do it three times. We use **the thumb** of the right hand to make the sign of the Cross. One at the forehead, one at the lips and one at the heart.

“(A deacon or priest says) A reading from the Holy Gospel, according to ....”, “*Glory* (forehead) to *you* (lips), *O Lord* (heart).”

This special three-fold Sign of the Cross means that “we understand the Gospel with our brain / knowledge, we proclaim the Gospel with our own lips, and we keep the Gospel within our heart.”

## **Still confusing?**

One of the best ways to learn how to do or when to do is, actually, to copy someone. Pick one person, watch and observe closely. While you are doing this, you will be able to create your own style. Whatever you do, you should do it reverently and clearly.

If you have any further burning questions, please feel free to speak to me or Fr. Peter at any time. I hope you enjoy or rediscover the beauty of the making the Sign of the Cross in our daily life.

**Fr. Taemin Oh**

**W H SHEPHARD  
Funeral Home**

93/94 High Street, Colchester  
Tel 01206 572305

A BRANCH OF CO-OPERATIVE FUNERAL SERVICES



care, reassurance  
and support,  
when you need it most



Branches in Norfolk, Suffolk and Essex  
Pre-Paid Funeral plans available For branches in your area  
visit [www.eastofengland.coop](http://www.eastofengland.coop)



**RM (BOB) TOKLEY  
Gas Service Engineer**

**Gas Safe Registered**

**44 years experience  
Ex British Gas**

**Installation, Servicing & Repairs  
to all types of Gas Appliances**

**General Plumbing**

**Phone 01206 866033  
Mobile 07710293997**

# Gift Day

The Parish Finances are in a fairly desperate situation and we need to do everything we can to remedy this. The PCC has agreed that

**There will be a day of Prayer and Giving for the work of God's Church**

**on**

**Saturday 1<sup>st</sup> October.**

All church members will receive a letter about this but

Please add this important day to your diary now.

## **BRF Notes**

We currently are looking for someone to take over the administration of the Bible Reading Fellowship notes. Five people currently make use of these notes, so it will not be an onerous task. Please see Fr Peter if you can help with this.

## **Contact Centre**

The St James Child Contact Centre meets every other Saturday and supports families that have broken down. It provides a safe environment in which the absent parent can meet with their children. It is run by a group of volunteers from St James and a few more are needed at the present time. If you could help with this, it would mean a commitment of a few hours on Saturday afternoon on a regular basis but not too often, please speak with Fr Peter.

## **Scrap Precious Metals**

Thank you to everyone who has searched out odd pieces of damaged, broken or unwanted precious metals. The first batch I took to sell raised £ 1007, the second, £371-20. I took a third selection on July and £445-00 was raised. This makes a total of £1823-20, which has been added to the Restoration Fund, which will help us to keep our wonderful church building in a good state of repair. Many thanks to everyone who has helped out in this way and if you have not searched your drawers yet, it is not too late; it would be good to reach £2000 with this initiative.

Fr Peter

# **MASON & SON LTD**

**Television, Video, & DVD Sales,  
Repairs & Rentals**

**Aerials, Satellite, Freeview**

**Dyson Sales & Repairs**

**47 East Hill COLCHESTER CO1 2QY**

**01206 867180**



**LB GROUP**

Chartered Accountants  
Business Advisers  
Chartered Tax Advisers

**Richard Francis BA, FCA**

**82 East Hill  
Colchester  
Essex  
CO1 2QW**

**Tel: 01206 867551  
Fax: 01206 865976  
Email: [info@lbgroupltd.com](mailto:info@lbgroupltd.com)  
Web: [www.lbgroupltd.com](http://www.lbgroupltd.com)**

## **Music Meeting**

A meeting for all church members who are interested in the music in St James will be held at the Rectory on Monday 12<sup>th</sup> September beginning at 6-30pm. This meeting is for young and old, for those who can make a regular commitment to our worship through music or only an occasional one. A light supper will be served. Please add your name to the list at the back of church to aid catering arrangements.

## **Music Choices**

Thank you to everyone who responded to the consultation about favourite hymns and Mass settings. From your responses, the most favoured Mass setting is the Inwood setting. There was no clear second preference from the responses received.

The four most popular hymns in order of preference are:

1. Dear Lord and Father of Mankind.

The next three all had the same number of preferences,

I the Lord of Sea and Sky, Be Still for the Presence of the Lord, Tell Out my Soul.

It is interesting to note that three of the four most popular hymns are more modern hymns, two of which can only be found in our blue hymn book...

From the School community the three most popular hymns and songs are:

1. Who put the colours in the rainbow
2. Jubilate
3. Colours of Day

Many thanks to everyone who took part in this survey, many other hymns were mentioned some of which we do sing often or from time to time. One completely new hymn was suggested and other recommendations about hymns we have not sung for a time were made. It is also interesting to note the preferences from our School and we will have to begin to include some of these from time to time. Keep a look out for those hymns you have said we have not sung for a while and see when they are on the music list. There will be something written about each of the four most popular hymns in the coming editions of the Magazine.

## Hymn Story

### Dear Lord and Father of Mankind by John Greenleaf Whittier

John Greenleaf Whittier (1807-1892) grew up on a farm in Massachusetts. While he did not have the advantage of a higher education, a teacher in the district school that he attended as a boy introduced him to poetry. He became particularly fond of the poetry of Robert Burns.

Whittier was a lifelong Quaker whose faith shaped his life and much of his writing. He didn't intend to write hymns for two reasons: First, he didn't feel competent musically. Second, in his Quaker tradition, hymns were not sung in worship. Nevertheless, several of his poems were set to music by other people. Many modern hymnals include one or two of his hymns, but "Dear Lord and Father of Mankind" is the only one that has had nearly universal acceptance.

The verses of this hymn come toward the end of a longer poem entitled, "The Brewing of Soma." Soma was an intoxicating drink used in Hindu worship to induce religious frenzy. Whittier, who was appalled at the frenzied revivalism of his day, asks God to "Forgive our feverish ways." He honours quiet qualities of religious devotion — "purer lives" — "deeper reverence" — and "simple trust" — qualities that he learned from his Quaker faith.

The hymn is strongly influenced by scripture, the call of the Apostles, the teaching ministry of Jesus around the sea of Galilee and the last verse takes its inspiration from 1 Kings 19:11-13.

Whittier's faith led him to become a strong advocate of the abolition of slavery. William Lloyd Garrison, the famous abolitionist, was the first person to publish his poems, and the two men became lifelong friends. Whittier was one of the founders of the Republican Party — Lincoln's party — devoted to the abolition of slavery. He lived long enough to see the slaves freed in the United States.

Dear Lord and Father of mankind,  
Forgive our foolish ways;  
Reclothe us in our rightful mind,  
In purer lives Thy service find,  
In deeper reverence, praise.  
In deeper reverence, praise.

In simple trust like theirs who heard,  
Beside the Syrian sea,  
The gracious calling of the Lord,  
Let us, like them, without a word,  
Rise up and follow Thee.  
Rise up and follow Thee.

O Sabbath rest by Galilee,  
O calm of hills above,  
Where Jesus knelt to share with Thee  
The silence of eternity,  
Interpreted by love!  
Interpreted by love!

Drop Thy still dews of quietness,  
Till all our strivings cease;  
Take from our souls the strain and stress,  
And let our ordered lives confess  
The beauty of Thy peace.  
The beauty of Thy peace.

Breathe through the heats of our desire  
Thy coolness and Thy balm;  
Let sense be dumb, let flesh retire;  
Speak through the earthquake, wind, and fire,  
O still, small voice of calm.  
O still, small voice of calm.

This hymn was voted second in a poll by Songs of Praise in 2005 to find the nation's favourite hymn.

It can be sung to a number of hymn tunes but most commonly is sung to the tune Repton by Hubert Parry. Parry originally wrote the score for what became Repton in 1888 for the contralto aria 'Long since in Egypt's pleasant land' in his oratorio *Judith*. In 1924 Dr George Gilbert Stocks, director of music at Repton School, set it to 'Dear Lord and Father of mankind' in a supplement of tunes for use in the school chapel. Despite the need to repeat the last line of words, Repton provides an inspired matching of lyrics and tune.

Sir Charles Hubert Hastings Parry, 1st Baronet (27 February 1848 – 7 October 1918) was an English composer, teacher and historian of music. Parry's first major works appeared in 1880. As a composer he is best known for the choral song "Jerusalem", the coronation anthem "I was glad", which was written for the coronation of King Edward VII and revised in 1911 for that of King George V, when the familiar introduction was added. As well as the hymn tune "Repton". He was director of the Royal College of Music from 1895 until his death and was also professor of music at the University of Oxford from 1900 to 1908. He also wrote several books about music and music history. Some contemporaries rated him as the finest English composer since Henry Purcell, but his academic duties prevented him from devoting all his energies to composition.



# Diary Dates for the Year

## Friday 9<sup>th</sup> September to Sunday 11<sup>th</sup> September

### Parish Pilgrimage to Walsingham

Some of our parishioners (nine pilgrims this year) are going to visit the Shrine of our Lady of Walsingham on Friday 9<sup>th</sup> September for three days. As many of you already know, Walsingham has been a place of pilgrimage for centuries and her nick name *England's Nazareth* explains why we go there. Also, the Administrator of the Shrine of Our Lady of Walsingham, the Rt Revd Lindsay Urwin OGS is very close to our parish. The Stations of the Cross, Shrine Prayers, Sprinkling at the Holy Well, Laying-on of Hands, Anointing, Benediction, Daily Offices and Mass... there are so many things we can experience in a 'secured', 'peaceful' and 'friendly' atmosphere including Shrine shop and local pub visiting! If you already have been to Walsingham, you should know all of these. However, if you have never been to Walsingham before, yet need some peace and cure in your body, mind and soul, please speak to Fr. Taemin or Fr. Peter for there will be more chances for you (and your friends!) to join the pilgrimage in the future. Be vigilant!

## Saturday 10<sup>th</sup> September

### Colchester Heritage Day and Friends of Essex Churches Ride and Stride

The annual Ride and Stride and Heritage day is on Saturday 10<sup>th</sup> September 9-00am until 5-00pm. We will be keeping St James open that day and will need people in church at all times. If you can help with this please see Fr Peter or Paul Bareham or add your name to the list which is at the back of church. If you feel you might be able to get some sponsors and ride or walk around local churches, Paul has all the details. Half of any sponsorship would go to the organisers, the Friends of Essex Churches, the other half would return to our parish for the Restoration Fund. Last year we did very well can we better that this year?

As the church will be open, in common with many other ancient buildings of significance, for the National Heritage Day, it would be good to have a Working Party that morning to tidy church and churchyard in preparation for autumn and winter. Please come along and help if you can, Mass at 9-00am Working party at 9-30am.

## **Sunday 18<sup>th</sup> September**

**Tabletop Sale at the home of Stephen Pawlak.** Any help with this would be much appreciated and it will run from 10-00am until 3-00pm. We hope to be selling cakes, perhaps plants, certainly Bric-a-Brac and books, so begin turning out your cupboards to see what you have that you may no longer require. All in aid of general church funds. See Stephen for more details and any ideas you may have.

## **Sunday 25<sup>th</sup> September at the 10-00am Mass**

### **Festival of Harvest Thanksgiving**

We will give thanks to God for all of His blessings on Sunday 25<sup>th</sup> September at the 10-00am Mass. St James' School will be involved in helping to lead our worship on that Sunday. This year, following the success of our Ploughman's Lunch at the end of July, our harvest Thanksgiving Meal will take place in St James on Sunday following Mass. It will be held in the church if wet but it may still be nice at the end of September, so we may be able to enjoy it in the churchyard.

Once again this year we will be receiving gifts at the altar to support the homeless. To support our participation in the Colchester Soup Run gifts of tinned or packet soup will be gratefully received as will any sort of canned sandwich filling. These can then be put into store and used throughout the year. Jars of instant coffee and instant tea are also very welcome. If you prefer to offer something that can be used in Beacon House, the centre for the homeless opposite the church, they would be very pleased with donations of: twin-bladed disposable razors; aerosol shaving foam; shower gel (200-300mls size); shampoo; spray deodorant (men's); and toothpaste.

## **Wednesday 9<sup>th</sup> November 8-00pm**

### **Parish Dinner at the Anchor Rowhedge**

## **Saturday 19<sup>th</sup> November 11-00am**

### **Annual Bereavement Service**

## **Sunday 27<sup>th</sup> November 10-00am**

### **Advent Sunday Sung Mass**

Preacher Fr Darren Smith SSC, general Secretary of the Additional Curates Society.

### **Pudding Club:**

The St James Pudding Club met in August for an evening of fun and puddings, £85-20 was added to church funds and some inches to waistlines!

### **Tree of Light:**

The Tree of Light will be shining outside church this Christmastide. If anyone has any ideas regarding sponsorship or advertising this venture, please have a word with Fr. Peter, Sheila Sansom or Caroline.

### **Parish Finances**

At the June PCC meeting it was reported that our finances are in a difficult position and to help rectify this several ideas have been mooted with regard to fund raising. So in the autumn, please look out for a Quiz Evening, and an Italian Evening. Next year we hope to organise some Tea Parties and a Jubilee Flower festival over the extended Bank Holiday weekend at the beginning of June 2012, which might also include a Street Party. It was also suggested we might enjoy a Children's Nativity Play at Christmas time.

Offers of help or other suggestions to Fr Peter please.

### **Jubilee Tea Parties**

To mark the Diamond Jubilee of Her Majesty the Queen we plan to hold a series of 60 Jubilee Tea Parties throughout her Jubilee year. These might be large affairs or very small ones. The small ones might be just two or three of your friends being invited to tea at your home in return for a small donation. The large ones could be much more elaborate. All money raised will go to support church funds. A calendar will be in church soon to add your date to the Jubilee Tea Party list.

# Launching: Wednesday Study Group at Benson House

Dear all

I am very happy to invite all of you to the Wednesday Study Group at Benson House. The Wednesday Study Group aims to explore many interesting 'church things' in practical and spiritual perspectives. It will run several themes in the future and each theme will have couple of weekly sessions. And each session begins at 7.30pm at the newly decorated Benson House. (Also, bear in mind that Mass is at 7pm at St. James on every Wednesday!) We will enjoy simple dinner together for half about an hour and begin the session at 8pm roughly for an hour.

The Study Group will meet on 14<sup>th</sup> of September for the first time. So, please speak to me or Fr. Peter as soon as possible to secure your seat! Themes and session titles for Wednesday Study Group are below for your information;

Fr Taemin

## **Theme: Mass**

Sessions: The Gathering (14 Sep)  
The Liturgy of the Word (21 Sep)  
The Liturgy of the Sacrament (5 Oct)  
The Dismissal (12 Oct)

## **Theme: Daily Prayer**

Sessions: History of the Daily Prayer (19 Oct)  
The Book of Common Prayer, Common Worship and Divine Office (26 Oct)  
Excursion Day – Westminster Abbey Choral Evensong, etc (2 Nov)

## **Theme: Liturgical Year (Church Calendar)**

Sessions: Advent & Christmas  
Epiphany & Ordinary Time  
Lent  
Easter & Ordinary Time

**Theme: Catechism (some important and intriguing issues)**

Sessions: The Trinity and the Creation

The Creeds

Justification by Faith

Prayer & Confession

**Theme: The Seven Sacraments**

Sessions: Baptism & Confirmation

Holy Communion & Confession

Marriage, Holy Orders & Anointing of the Sick

**Theme: Bible Study with Next Week's Gospel**

Sessions: TBC

**Theme: Prayer Meeting**

Sessions: TBC



## Early Judaism Psalm 119

'To Jacob he makes his word known  
his statutes and decrees to Israel  
he has not done this for any other nation  
nor taught them his decrees.'

While toiling to restore walls and gates or keeping guard by night, the Israelites of Judah and Jerusalem sang the above words which end psalm 147 as a source of encouragement and comfort, telling each other of the Lord's gracious gift that in their minds equalled that of his summer rains. From the very outset the law had been an essential aspect of the special relationship with their ever-existing God but now it had assumed an even greater importance; observers of these decrees would avoid the devastation in which they laboured from ever occurring again. Furthermore as their Persian overlords had accepted that they could follow their own law books rather than those of the Medes and Persians they had become the instrument of a religious and social freedom unusual in the age of great empires. As this benefit had been offered to all Israelite communities in both Palestine and Babylonia, the observance of the law created a unity that extended from place to place and generation to generation. Living by the law became the hallmark of Judaism.

References to the law are common throughout the Psalter but psalm 119 most clearly captures the thought and feeling of this time and the style of second temple poems. The structure is simple but limiting, 176 lines in twenty-two sections each line within a section commencing with the same Hebrew letter, these stanzas then arranged in alphabetical order. There is very little sense of continuity, more a collection of proverbs or wisdom. At first reading it may strike as odd that although the psalmist finds several words for law: testimonies, ways, precepts, statutes, no specific decree or even book of laws is ever mentioned. I am reminded of doorstep politicians who advocate law and order but fail to mention any particular laws, measures or even the problems they intend to address lest I don't share their views. However this parallel is misleading as the Israelites did not look upon the law as a reference book in time of need but a means of refreshment, a source of renewed energy, a contact with God like re-charging a flat battery. This psalm is a prolonged eulogy on the law, the law as a whole and best read as such to gain its full impact.

Yet once completed a detailed study can reveal insights into the thinking of early Judaism and the feelings that were to influence coming years. Verse 15 makes clear reference to a further feature of the revised religion, Separation.

'Go you evil doers and leave me to myself  
that I may keep the commandments of my God.'

In this period of re-shaping religious thought it was concluded, possibly under the influence of returning exiles, that in order to be the Lord God's holy people, able to follow and serve him, it was necessary to remain separate from neighbouring peoples and also maintain a policy of racial purity. Separation became a religious symbol or mystery. In Zechariah's dream vision of the stones those carried by Zerubbabel are called Possession and Separation. In the account of creation written about this time, God is shown to separate light from darkness and the waters above from those below, practical features that lend themselves to a religious interpretation. This wish to keep apart eventually lead to isolated communities such as that at Qumran.

An obsessive quality may also be observed that foretells the insistence on detailed observances practised in later years by the Pharisees or even more so by their breakaway movement the Essenes who insisted on yet stricter compliance.

'My heart pines with longing day and night for thy decrees' (verse 19).

Christians can hardly fail to notice that the intolerant feelings later to be shown in the gospels and Acts of the Apostles are already visible.

'Gusts of anger seize me as I think of evil men who forsake thy law' (verse 53)

'I am speechless with resentment' (verse 39)

'I hate men who are not single minded but I love thy law' (verse 113)

But several turbulent centuries had yet to pass before Christ's birth in Bethlehem. When this psalm was newly written with both Jerusalem and the second temple freshly finished, all the congregation could happily join the choir in singing verses 30 and 105:

'I have chosen the path of truth  
and set thy decrees before me.'

'Thy word is a lamp to guide my feet  
and a light on my path.'

**John Thompson**



## **HUNNABALL FUNERAL SERVICES**

**Family Funeral Directors**

York House, 41 Mersea Road, Colchester CO2 7QT

*We are an Established Family Firm Dedicated to  
Upholding the Traditional Values of Respect and  
Dignity and Providing the Best Care*

**Burials - Cremations - Woodland Burials - DSS Funerals  
Senior Citizen Discount - Memorials - Floristry  
After Care Service - Pre-Payment Funeral Plans**

For Immediate, Personal Attention Please Telephone:

**01206 760049 (24hrs)**

## **E F DENNY Ltd**

**Joiners & Decorators**

**Plumbing & Heating Engineers**

*Specialists in  
all kinds of repairs*

**Interior Decorations**

**General Painting & Repairs**

**287 Ipswich Road Colchester CO4 4HW**

**Telephone (01206) 211488**

# School News

[www.st-james-colchester.essex.sch.uk](http://www.st-james-colchester.essex.sch.uk)

**BUILDING WORKS** - by the time the magazine goes to print, our new relocatable should be in place to cater for our significant increase in pupil numbers. This state of the art building will have air conditioning, be fully accessible and be larger than the typical classroom. It will have an interactive whiteboard and full wireless connectivity. New furniture and equipment has been purchased for this building and the staff and pupils are very excited about its use.

**RINGSFIELD HALL** - the school is moving its annual Year 6 residential visit from the summer to the autumn term. This means our Year 6 pupils will be going in late September this year and will have time for lots of follow- up activities.

**END OF TERM** - it was very good to be in a packed church for the Year 6 Leavers' Service at the end of July. It was a very moving and emotional occasion and one that our Year 6 pupils will not forget. My thanks to the churchwardens and Father Peter for allowing us to use the church for this service.

**HONK! THE MUSICAL** - this was by far our most ambitious Key Stage 2 production in the last 5 years. There were 2 casts, which crossed classes and year groups and the performance was double the length of our previous productions, with some challenging solo musical parts and large amounts of words to learn. The staff and pupils rose to the challenge magnificently and it was wonderful to see such confident and competent performances. The story is essentially that of The Ugly Ducking, encouraging us all to

reflect on what is really important in life. This will be a very hard act to follow next year.

FINALLY.....

I recently went to a concert at Wembley Stadium and am not too good with heights. Our tickets were up in 'the gods' and I commented to my wife that any higher up and I would be knocking on the gates of Saint Peter!

**Jeff Graham, Head Teacher**

### **Phoebe's Cookies - a chewy treat**

80g./3 oz soft butter/margarine  
100g./4oz brown sugar  
100g./4oz granulated sugar  
2 eggs  
1tsp. vanilla essence  
200g./7oz porridge oats  
175g./6oz plain flour, sifted  
3/4 tsp baking powder  
3/4 tsp bicarbonate of soda  
1/4 tsp salt  
200g./8oz sultanas

Method:

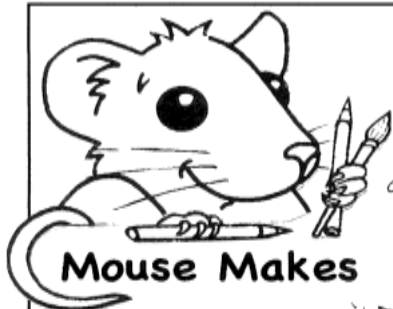
Cream butter and sugars, then add eggs and vanilla and mix well.  
Mix dry ingredients and add to batter. Stir in sultanas.

Spoon onto lined baking sheets.

Bake 12 - 15 minutes at Mark 4, 180 degrees electric, 160 degrees fan.

Makes about 30 cookies.

Store in airtight tin for at least 24 hours and these cookies will become chewy and delicious.



## Mouse Makes

### HARVEST WORDSEARCH

HARVEST  
THANKSGIVING  
PRAISE (x2) • GOD

BLESSED

SEED • SOW

PLOUGH • LAND

SCATTER • GROW

CROP • REAP • SOIL

WATER • RAIN

SUN • AUTUMN

GATHER • BALE

TRACTOR • BARN

CART • HAYSTACK

FOOD • MOUSE

BREAD • LOAF

GRAIN • CORN

WHEAT • OATS

FLOUR

PIPS • GRAPES

PEARS • PEACHES

PLUMS • APPLE

BERRIES • NUTS

VINE • WINE

BEANS • POTATOES

CARROTS • PEAS

ONIONS • PARSNIPS

MUSHROOMS • RICE

LETTUCE • SWEDE

How many mice  
can you find on this page?

GOD SAID

"As the rain and snow come  
down from heaven and do not return until  
they have watered the earth- making it  
blossom and sprout, and giving seed to be  
sown and bread for food- so it is with the  
word of my mouth: it will not return  
fruitless, but will accomplish my purpose,  
and achieve that for which I sent it"

Isaiah 55:10-11

B	A	L	E	R	B	E	R	R	I	E	S
S	V	A	H	A	R	V	E	S	T	G	L
S	C	A	T	T	E	R	E	A	P	R	A
U	A	P	L	O	A	F	A	O	A	N	
N	U	R	O	V	D	U	W	D	R	I	D
T	H	A	N	K	S	G	I	V	I	N	G
S	O	I	L	C	O	R	N	I	C	P	O
O	O	S	E	E	D	O	E	N	E	M	D
W	H	E	A	T	U	W	P	E	F	I	A
A	P	P	L	E	R	A	I	N	B	F	B
U	L	T	P	W	P	T	P	E	A	R	S
T	E	R	L	B	L	E	S	S	E	D	W
U	T	A	U	O	R	P	I	N	C	E	
M	T	C	M	O	U	S	E	V	S	D	
N	U	T	S	C	G	R	A	P	E	S	E
G	C	O	C	A	H	W	C	R	O	P	H
A	E	R	A	R	V	S	H	A	A	D	A
T	F	C	A	R	T	E	I	T	S	Y	
H	O	N	I	O	N	S	S	S	S	E	S
E	O	P	O	T	A	T	O	E	S	B	T
R	D	E	B	S	F	L	O	U	R	A	A
O	P	A	R	S	N	I	P	S	A	R	C
M	U	S	H	R	O	O	M	S	M	N	K

## Mass and Prayer Intention for September

<b>1 Thu</b>	Parish Finances
<b>2 Fri</b>	Street Pastors
<b>3 Sat</b>	Vocations
<b>4 SUN</b>	Church and Parish
<b>5 Mon</b>	The PCC
<b>6 Tue</b>	St James' School
<b>7 Wed</b>	North Primary School
<b>8 Thu</b>	Healing and Wholeness
<b>9 Fri</b>	Parish Pilgrimage to Walsingham
<b>10 Sat</b>	Ride, Stride & Heritage Day.
<b>11 SUN</b>	Church and Parish
<b>12 Mon</b>	Church Music
<b>13 Tue</b>	Parish Study Groups
<b>14 Wed</b>	Thanksgiving
<b>15 Thu</b>	Fr Matthew Catterick
<b>16 Fri</b>	The Children's Liturgy
<b>17 Sat</b>	Baptism Candidates
<b>18 SUN</b>	Church and Parish
<b>19 Mon</b>	Peace & Justice
<b>20 Tues</b>	Prisons & Prisoners
<b>21 Wed</b>	St James' School Governors
<b>22 Thu</b>	Our Bishops
<b>23 Fri</b>	St James Contact Centre
<b>24 Sat</b>	Parish Social Life
<b>25 SUN</b>	Church and Parish
<b>26 Mon</b>	Parish Prayer life
<b>27 Tue</b>	Town Centre Ministry
<b>28 Wed</b>	Thanksgiving
<b>29 Thu</b>	Universities & Colleges
<b>30 Fri</b>	The Bible

## DIARY FOR SEPTEMBER

1	Thurs	12-30	Mass	St James
2	Fri	9-00	Mass	St James
3	Sat St Gregory	9-00	Mass	St James
4	SUN	8-00	Mass	
		10-00	Sung Mass	
		18-30	Evening Prayer	
5	Mon	9-00	Mass	School
		19-00	Mass	St James
6	Tues		NO MASS	
7	Wed	19-00	Healing Mass	St James
8	Thurs BD BVM	12-30	Mass	St James
9	Fri	9-00	Mass	School
10	Sat	9-00	Mass	St James
11	SUN	8-00	Mass	
		10-00	Sung Mass	
		18-30	Evening Prayer	
12	Mon	11-00	Mass	Cranmere Crt
13	Tues		NO MASS	
14	Wed Triumph of the Cross	19-00	Mass	St James
15	Thurs	12-30	Mass	St James
16	Fri	9-00	Mass	School
17	Sat	9-00	Mass	St James
18	SUN	8-00	Mass	
		10-00	Sung Mass	
		18-30	Evening Prayer	
19	Mon	19-00	Mass	St James
20	Tues		NO MASS	
21	Wed St Matthew	19-00	Mass	St James
22	Thurs	12-30	Mass	St James
23	Fri	9-00	Mass	School
24	Sat Our Lady of W/ham	9-00	Mass	St James
25	SUN	8-00	Mass	
		10-00	Sung Mass	
		18-30	Evening prayer	
26	Mon	20-00	Mass	11 Wheatsheaf Crt
27	Tues		NO MASS	
28	Wed	19-00	Mass	St James
29	Thurs Sts Michael Gabriel & Raphael	12-30	Mass	St James
30	Fri	9-00	Mass	School

## Churchwardens of the Parish

Mr Paul Bareham                      01206 210270  
90 London Road  
Copford CO6 1BJ

Mrs Janet Walker                      01206 790448  
38 Gladstone Road  
Colchester CO1 2EA

## Parochial Church Council Officers

**Secretary**                      Mrs Lucy Mason                      01206 386766  
2 The Anchorage  
East Road  
East Mersea CO5 8UJ

**Treasurer**                      Mr Tony Allen                      01206570214  
40 Wavell Avenue  
Colchester CO2 7HP

**Electoral Roll  
Officer**                      Mrs Sheila Sansom                      07905516502  
14 Greyfriars Court  
The Secret Garden  
Castle Road  
Colchester CO1 1TL

**Child Protection  
Officer**                      Mr Stephen Pawlak                      01206 729810  
Millbank  
16 High Street  
Rowhedge  
Colchester CO5 7HQ

**Health & Safety  
Officer**                      Mrs Janet Walker                      01206 790448  
38 Gladstone Road  
Colchester CO1 2EA

***St James' Church of England Voluntary Aided Primary School***

<b>Headteacher</b>	Mr Jeff Graham	01206 865747
<b>Website</b>	<a href="http://www.st-james-colchester.essex.sch.uk">http://www.st-james-colchester.essex.sch.uk</a>	
<b>Bible Reading Fellowship</b>	Mrs Janice Fielden	01206 574600
<b>Childrens' Society</b>	Mrs Joyce Mays	01206 841681
<b>USPG</b> (Mampong Babies Home)	Mrs Gill Scott	01206 867403
<b>The Church Union</b> (Local Contact)	Mrs Claire Epsom	01255 861202
<b>Child Contact Centre</b> <a href="mailto:stjamesccc@googlemail.com">stjamesccc@googlemail.com</a>		07855 752421
<b>Sidesmen</b>	Mr Paul Bareham	01206 210270
<b>Readers</b>	Mrs Janet Walker	01206 790448
<b>Intercessions</b>	Fr Peter Walker	01206 866802
<b>Stewardship</b>	Mrs Kate Thurston	01206 793243
<b>Organist</b>	As arranged by rota	
<b>Sacristan Team</b>	Mr Brian Appleby	01206 852073
	Mr Paul Bareham	01206 210270
	Mr Stephen Pawlak	01206 729810
<b>Children's' Liturgy &amp; Flowers</b>	Mrs Diana Irven	01206 386393
<b>Magazine Editor</b>	Mrs Lucy Mason	01206 386766

**Rector** **Fr Peter Walker SSC**  
Non Residentiary Canon of Chelmsford Cathedral  
Assistant Rural Dean of Colchester  
Surrogate for Marriage Licences.  
The Rectory 01206 866802  
76 East Hill 07867 972231  
Colchester CO1 2QW 01206 799444 (fax)  
fatherpeter@walkerssc.freemove.co.uk

Fr Peter and Caroline are always happy to welcome parishioners to the Rectory

**Deacon** **Fr Taemin Oh**  
Benson House 07737161317  
13 Roman Road 01206511598  
Colchester CO1 1UR  
[taemin.oh@gmail.com](mailto:taemin.oh@gmail.com)

**Hon Asst. Priest** **Fr Alan Cross SSC**

---

**Services at *St James the Great, East Hill***

<b>Sundays</b>	Morning Prayer	07.25
	Said Mass	08:00
	Sung Mass	10:00
	Evening Worship	18.30
<b>Weekdays</b>	Morning Prayer	07.45
	Evening Prayer	18.00
<b>Monday</b>	Mass	See page 3
<b>Tuesday</b>	No Mass	
<b>Wednesday</b>	Mass	19:00
<b>Thursday</b>	Mass	12:30
<b>Friday</b>	Mass	09:00 In School during term
<b>Saturday</b>	Mass	09-00

*Festivals and Saints Days see monthly calendar.*

---

**Confession** By appointment with the clergy  
**Holy Baptism** By arrangement after preparation  
**Ministry to the Sick** Names of the Sick to the clergy, the Blessed Sacrament is reserved for the communion of the Sick, and the Oil of the Sick for Anointing

**THE LADY D'ARCY WITH FYNCHES  
AND BERRYFIELD COTTAGES  
ALMSHOUSE CHARITY**

REGISTERED CHARITY NO: 1104882  
ALMSHOUSE ASSOCIATION NO - 823

*PLEASE REPLY TO:*

*MICHAEL SIGGS, M.A., F.R.I.C.S.,  
CLERK TO THE CHARITY,  
P.O.BOX 993,  
COLCHESTER, CO3 3TQ*

*TEL: 01206 765138  
FAX: 0871 2562516  
E-MAIL: [michael.siggs@btclick.com](mailto:michael.siggs@btclick.com)*

**LADY D'ARCY WITH FYNCHES AND BERRYFIELD  
COTTAGES ALMSHOUSES**

Applications are invited for a vacancy at Eaglegate, East Hill, Colchester

Applicants should be residents of Colchester and in need of housing.  
The accommodation comprises a living room, bedroom, wet room and  
kitchen.

Current "rent" is £80 per week.

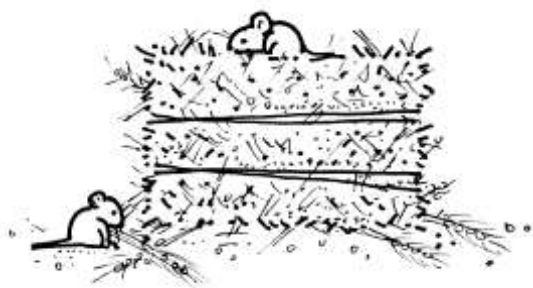
Application forms are available from the Clerk to the Charity,  
Michael Siggs, PO Box 993, Colchester, CO3 3TQ

Or

Tel: 01206 765138

Email: [michael.siggs@btclick.com](mailto:michael.siggs@btclick.com)

Closing date for applications is 9<sup>th</sup> September 2011



SEPTEMBER 2011