

Caring  
Relevant  
Fun Traditional  
Local & New & Global  
Friendly Family



**Holy Saviour Church 150<sup>th</sup> Anniversary**  
**MONTHLY PARISH MAGAZINE**  
**AUGUST 2017**

SUGGESTED DONATIONS 50p

# CREATIVE COMPETITION

**Attention Adults, Young People and Children. Win up to £10,000 for Holy Saviour Church! Celebrate the community work of Holy Saviour Church. Get creative for your chance to win.**

Ecclesiastical Insurance is running a church competition this year, all about celebrating community and the role churches play within their communities.

They want you to find a creative way of showing us the community work this church (Holy Saviour) does. The competition will be judged not just on the quality of the work, but most importantly, how it represents this church's role in our community. The best entries will be combined to create a 'Great Community Mural'. Entries can be in any form from cross stitch to pottery, so get creative!

**How creative is this church?**

The Ecclesiastical 2017 Church Competition is all about celebrating the community work of the UK's churches. Ecclesiastical is inviting all of its church insurance customers to submit a piece of original artwork that celebrates the role their church plays in its local community. Entries must be on A3 paper. Entries can be

created by anyone with a connection to the church, young or old, and collaborations are welcome!

Submissions can be via any medium; be that collage, crayons, chalk, felt tip, embroidery or something else!

The winning church will receive a prize of £10,000; with 4 runners up receiving £2,500 each. The Great Community Mural will be unveiled at a prestigious London venue before touring to a select number of cathedrals around the UK. **Entries must be:**

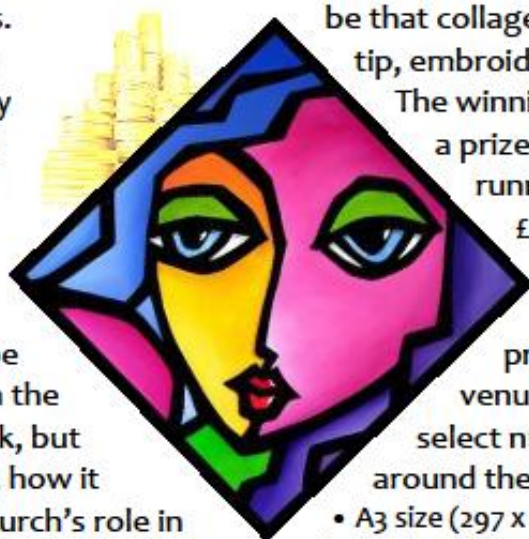
- A3 size (297 x 420 mm or 11.7 x 16.5 inches)
- The original artwork
- Created by people in or connected to the church
- A representation of the work the church does in its community.

To enter just download the entry form:

<http://www.ecclesiastical.com/churchmatters/images/mural-entry-form.pdf>

And send your completed work to 'Freepost Ecclesiastical'

(Freepost is where you don't need a stamp or to write anything else on the envelope). Closing date for entries is 21st August 2017.







## August Services 2017

### **'We believe in one holy catholic and apostolic church'**

This line comes towards the end of our Creed, which we say together every week. The word '**catholic**' here does not mean 'Roman Catholic' but is used in its original meaning which is 'everyone' - a holy church for 'all'.

The word '**apostolic**' relates to the succession of spiritual authority from the 12 Apostles. As Church of England (Anglicans) this succession, we believe, has come down from the Apostles through our Bishops since then.

#### **Every Tuesday:**

7am-7.30pm **Morning Prayer:** Start the day with God and He will give you peace throughout the day.

9.30am-11.00am (term time only) **Stay & Play** for babies and their parents/carers.

7.30pm-8.30pm **Tuesday Night Prayer**, with **Mindfulness Meditation**.

#### **Every Wednesday:**

10am-10.45am **Holy Communion:** Peaceful and Prayerful

6pm-8pm: **Church Open** for Personal Prayer. Feel free to drop into the church for as long or as short as you wish. Spend time in the calm of silence and stillness.

#### **Every Thursday:**

6pm-6.30pm **Evening Prayer** and **Bible Study** 6pm-7pm on the last Thursday of the month.

#### **Services:**

**Sunday 6 August 10am**

Holy Communion & Sunday School  
& Anointing, Guest Priest  
Transfiguration of our Lord  
12 noon *Mission & Communication*  
*Action Team Meeting.*

**Sunday 13 August 10am**

Holy Communion & Sunday School  
Trinity 9 Our Gospel is Matthew 14:  
22-33, Jesus walks on the water and  
disciple Peter says 'Lord, save me'.  
**With Blessing of the Marriage**  
**of James and Maria Lewis.**

**Sunday 20 August 10am**

Holy Communion & Sunday School  
**Bartholomew the Apostle -**  
We hear about  
the work of the  
disciples in the  
early days of  
the Church.



**Sunday 27 August 10am**

Holy Communion & Sunday School

Trinity 11 our Gospel is Matthew again, 16: 21-end '...and those who lose their life for my sake will find it'.

Reader James Lewis to preach

*11.45 Standing Committee meeting.*



## Save the Date

Save the date **August 2017**

Events are in normal text and the church meetings are in *italics*.

Fri 11 August 12.30pm **Wedding** of Tasha & Junior.

Sat 26 August 12 noon **Parish Picnic** at **Wandle Park**, organised by the Social Events Team.

Fri 1 September 4pm-7pm **Advocacy Café Open Day** led by Mission & Communications Action Team.

Sun 3 September After the service, **Bring & Share Lunch**

Tue 5 September 6pm **Faith Action Team Meeting**

Sun 10 September 5pm-7.30pm **Interfaith Forum** Christian / Muslim Hindu at St James Road Mosque. Rev Catherine is one of the speakers, all very welcome.

Sun 17 September 10am

**Young People's Group**

Sun 17 September 12 noon 150th **Action Team Meeting**

Tue 12 September 7pm-9pm **PCC**

Sun 24 September 12 noon **Pastoral Action Team Meeting**

Sat 30 September 10am-12.30pm **Macmillan Coffee Morning** in the Church Hall.



Sun 8 October 10am **Harvest Festival Service, All Together.**

Sat 14 October 7pm **Harvest Supper**

Sun 29 October after 10am service, Talk on 'End of Life Care', and 4pm **All Souls Service.**







## *Picture Gallery*

*Fun Day 15.07.17*







# Getting to Know Us

*Interviews and pictures by Carole Young*



## **Kathryn Prentice**

My name is Kathryn Prentice and I am over 21. I grew up here in Thornton Heath and this is where I live.

I started to come into Holy Saviour Church, Croydon when I was born. I went to Ecclesbourne School which is the school my two children go to as well.

I was in the Brownies and the Guides at Holy Saviour and also a member of the Tower Youth Club. I was christened here and my children have also been christened here. We have been to lots of different churches and this is the church that I

came to from when I was a child. I think it was right for me to go to other churches to see different ways of being a Christian and how they praise God. Then obviously we have gone full circle and come back to this church, so I am glad I have tried other churches.

We moved away and were living in Kent for a while but then we moved back to Croydon and came back to Holy Saviour Church and we have been here ever since.

I am the Sunday School Leader at Holy Saviour Church. I am also on the PCC, the Faith Action Team and the Social Events Team.

The last social event was the Church Fun Day and we attempted to sell ice lollies and ice cream cones. We also ran a tin can alley; play your cards right; the smoothie bike and the inflatable slide. And the doves were amazing! 15 doves were released for the 150<sup>th</sup> Anniversary for the church.

The next social event is the Church Family Picnic at Wandle Park in Waddon, Croydon on August 26 from 12 - 3pm and hopefully that will be successful and everyone will come and have a good time.

## **Doreen Shaw**

I'm Doreen Shaw, 51. I was born in the UK; my parents are originally from Jamaica in the West Indies.

During childhood, I always lived around Croydon and Thornton Heath area. I went to different local churches in this area with cousins and family so that was good. I had a very good upbringing. Although I was an only child, I had lots of cousins who were close by. It never felt like I was an only child because I was always with my cousins. Just mum now, who also lives locally.

I currently work for a bank up in London. I have been there all my working career. It's called a portfolio Manager so I deal with commercial and corporate businesses with turnovers from £2 million up to £100 million. So not branch work, just accountancy and business. I enjoy it. Although I have moved around the different branches so it does not feel like I have been with the same company for so many years. I have enjoyed it.



Currently, I am a Sunday school teacher; I assist Kathryn. I have been on the PCC coming up to three years now, Sunday school I think over three years, and just helping wherever it is needed with Rev Catherine and when the previous Reverend needed help.

I started Sunday school at another local church and also at my cousin's church, and their family, where there were bible studies and teachings. Then came away from the church for a while, not for any reason, there were just different things going on. Then just came back in and out, then came back, probably about 13 years ago back in church. Because we live locally, just round the corner, slowly started coming to Holy Saviour Church. Enjoyed it, so just carried on then my son was baptised here. So just carried on and it has just grown and grown with the various things I have been doing here.

I always look for new challenges and new beginnings and I enjoy new challenges in and outside of the church.

### **If I can help, I will.**

I am enjoying the community and family spirit of the church and it is growing and it is rubbing off on my son, I'm enjoying all of it.

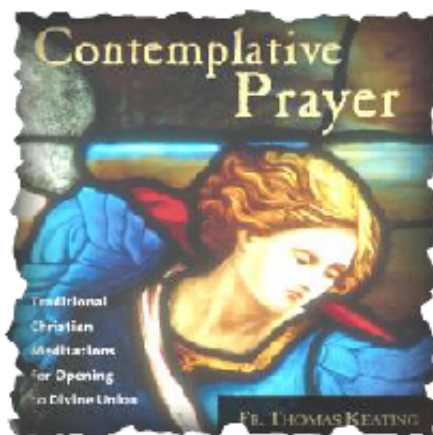




Rev Catherine

# Rev's End

**August 2017**



## **Hello Holy Savs!**

Last month, I went on a wonderful day's course on 'mindfulness' organised by Bishop Jonathan for all the priests in the Croydon Episcopal area. It was led, very well, by Rev. Tim Stead from Oxford. Although mindfulness is not specifically Christian, as taught in the mainstream, it does link with age old Christian meditation and contemplative practices and the day was dedicated to **Father, Son and Holy Spirit**.

**Mindfulness and Christian Meditation** are both widely practised nowadays and have much in common.

We are all aware of the stress and bustle of modern life and seek some escape into a state of peace or freedom from stress.



**Luke 12.22: He said to his disciples, 'Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear.'**

In mindfulness, which has its roots in all the major faiths, the central insight is that we are bigger than our thoughts and feelings; our thoughts are just events in our minds. We can observe our thoughts and feelings and de-centre from them. We might want to say from a Christian perspective that they are part of us, but they are not us.



### **Mindfulness has its roots in all the major faiths**

We learn not to react so automatically to our thoughts but begin to respond compassionately. Here we are following the teaching of Jesus. We are called to 'leave self behind' or 'deny ourselves'. This is what we are doing in mindfulness and meditation, leaving behind the small egotistical mind and our obsession with our sense of self, in order to find the fullness of being to which the practice opens us.



Our thoughts and feelings are often shaped by our culture into narcissistic, competitive, fearful or consumerist patterns. Instead, we follow Jesus, who was able to say: 'The Father and I are One'. This is a spiritual practice. By stilling the mind, we become open to our own spirit and the creator spirit of God.

### **The practice of Mindfulness and Meditation (M & M) can bring many benefits to your Emotional & Physical health, as well as to the Relationships in your life.**

Mindfulness and Meditation (M & M) are amazing tools for stress management and overall wellness because it can be used at virtually any time of the day and can quickly bring results. Mindfulness and Meditation (M & M) can pull you out of the



negative downward spiral that can be caused by too much daily stress, too many bad moods, or the habit of rumination. It **can build resilience** to stress so you're less stressed in the future while it helps you to shrug off present stress.

*In Romans 12:2, Paul tells us, 'Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind...'*

On Tuesday evenings 7.30pm-8.30pm, we combine Night Prayer with Mindfulness Meditation.

Every blessing for August and happy restful stress-free holidays!

*Every blessing for August*  
Rev. Catherine



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## HOME INSTEAD SENIOR CARE

**Bhavin Patel,**  
Director  
of Home

**Instead,** Croydon, which is on Windmill Road, came to speak to our Pastoral Action Team on Sunday 23<sup>rd</sup> July 2017.

**Home Instead** care for senior people in their homes and make relationships as much like family as possible.

**Home Instead**  
There's no place like it

Living with an elderly person can be one of the most important roles in a family. It's a role that requires patience, understanding, and a lot of love. Home Instead is here to help you with everything you need to know about caring for an elderly person.

Home Instead is the UK's leading provider of care for the elderly. We offer a range of services to help you with everything you need to know about caring for an elderly person.

<ul style="list-style-type: none"> <li>Compassionate care</li> <li>Personal care</li> <li>Medication management</li> <li>Meal preparation</li> </ul>	<ul style="list-style-type: none"> <li>Transportation</li> <li>Companionship</li> <li>Housework</li> <li>Shopping</li> </ul>
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Contact us on 0208 404 4444  
Home Instead Senior Care  
12 Windmill Road, Croydon CR9 2DB  
[www.homeinstead.co.uk/croydonbranch](http://www.homeinstead.co.uk/croydonbranch)

**Home Instead** are looking for two things:

1. Care givers for compassionate, home help and personal services
2. Senior people - as 'clients' i.e. your mother, father, grandma, grandpa.

If you are interested or would like further details, contact **Bhavin Patel** and say you are from Holy Saviour:

T: 0208 404 4444 / 07816870942

E: [bhavin.patel@homeinstead.co.uk](mailto:bhavin.patel@homeinstead.co.uk)

W: [homeinstead.co.uk/croydondulwich](http://homeinstead.co.uk/croydondulwich)



## Bible Study at Holy Saviour Church

You are welcome to study the Bible at Holy Saviour Church.

***Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads. Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up. Write them on the door frames of your houses and on your gates.***

**Deuteronomy 11:18-20**

## Emergency Numbers

1. When In Sorrow.....call John 14
2. When you have sinned.....call Psalm 51
3. When you worry.....call Matthew 6:19-34
4. When you are in danger.....call Psalm 91
5. When your faith needs stirring.....call Hebrews 11
6. When you feel down and out.....call Romans 8:31
7. When you want peace and rest.....call Matthew 11:25-30
8. When the world seems bigger than God.....call Psalm 90
9. If your pockets are empty.....call Psalm 37
10. When you are lonely and fearful.....call Psalm 23
11. When you grow bitter and critical.....call 1 Corinthians 13
12. For how to get along with other men.....call Romans 12
13. If you are depressed.....call Psalm 27
14. If people seem unkind.....call John 15

Bible Study at Holy Saviour Church will be held at

Time: **6pm - 7pm**

Where: **Upper Gallery** at Holy Saviour Church

When: **Last Thursday of the month**, May to November 2017.

*We have a few spare bibles but do bring one if you can.*



# *Holy Saviour Church, Croydon Hall Hire*

**Malkhi (pictured right), local Croydon resident, hired the hall for his child's birthday party.**

The hall is available for hire. Hall hire rates are for one-off hires as well as contract or continuous hire.

There is a contract to sign that outlines the terms and conditions such as setting up times, cleaning, maximum number of guests, deposit, curator fees (if applicable) and payment arrangements.



The hall hire includes the use of the hall, kitchen and toilets.

Rates include:

Commercial groups £50 per hour

Charity groups £30 per hour

Party or Reception £25 per hour

Worship groups £22.50 per hour

Member of Congregation £10 p/h

*For further details contact:*

Email: [holysav@hotmail.com](mailto:holysav@hotmail.com)

Telephone: 07709 618 063