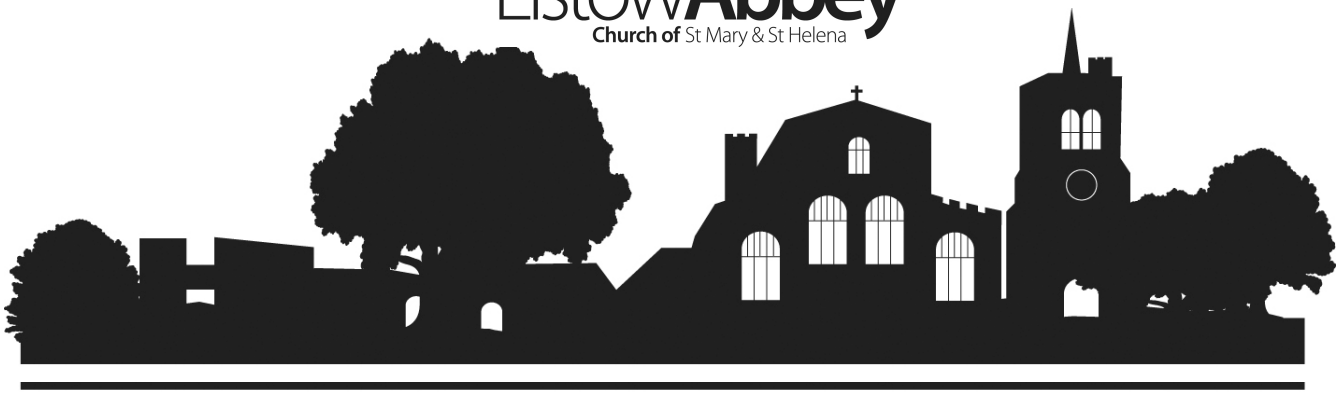
Elstow**Abbey**
Church of St Mary & St Helena



MAGAZINE

June / July / August 2019 **70p**

This poem was composed in about 1260 A.D. in Middle English.

Middle English was a form of the English language, spoken after the Norman conquest (1066) until the late 15th century.

See whether you can guess the meanings! A modern translation is given on page 6.

Little survives of early Middle English literature, due in part to Norman domination and the prestige that came with writing in French rather than English. During the 14th century, a new style of literature emerged with the works of writers including John Wycliffe and Geoffrey Chaucer, whose Canterbury Tales remains one of the most studied and read works of the period.

Sumer is icumen in,
Lhude sing, cuccu;
Groweth sed
and bloweth med,
And springth the wode nu;
Sing, cuccu!

Awe bleteth after lomb,
Lhouth after calue cu;
Bulluc sterteth,
Bucke uerteth,

Murie sing, cuccu!
Cuccu, cuccu,
Wel singes thu, cuccu;
Ne swic thu naver nu.

Sing, cuccu, nu; sing, cuccu;
Sing, cuccu; sing, cuccu, nu!

Church Contacts

Priest in Charge
The Rev'd Fr. Paul Messam
Abbey Vicarage, Church End, Elstow, Bedford MK42 9XT
01234 261477
vicar@elstow-abbey.org.uk

Assistant Curate
The Rev'd Kate Scott
07922 487705
curate@elstow-abbey.org.uk

Lay Minister (Reader)
Mr John Hinson

Church Wardens
Mrs Andrene Kerr-Robinson
Miss Chris Woollard

Director of Music
Mr David Ewbank

Baptism & Wedding enquiries should be made in Church on any Saturday morning between 10.00am – 12 noon

The Elstow Abbey Website can be found at
www.elstow-abbey.org.uk

Find us on Facebook
www.facebook.com/Elstow Abbey

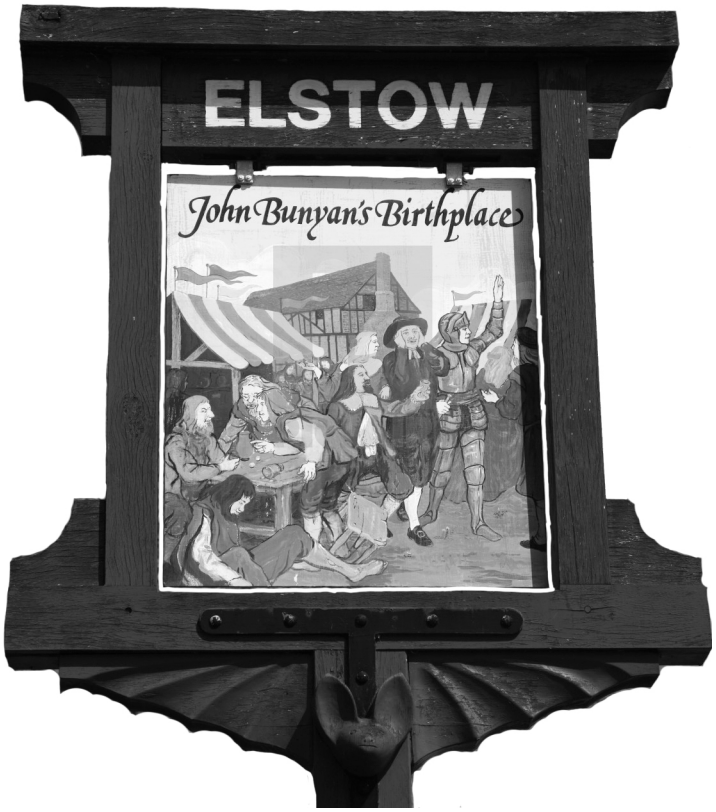
and on Twitter
@Elstow_Abbey

Life's wonderful path!

Spring has finally given way to summer. The May Festival at the beginning of the month was a day of sunshine and showers, some of them very heavy indeed! Local school children braved the cold easterly wind to continue the tradition of the May Day procession and dancing around the maypole. Many from the local community and further afield came to support them, and the Abbey, as we raised much needed funds to maintain ministry and mission in this very special place.

Alongside raising funds for the Abbey, we were delighted to host an abseiling event down the church tower in support of Christian Aid. Those of us who took part had the opportunity not just to fulfil a personal challenge, but also to raise money to enable Christian Aid to continue to fight poverty throughout the world. As a community of faith based at the Abbey, it is important that we live out our faith by showing our gratitude for all that we receive by sharing generously what we have with our local community and with those in need.

This past week has seen another flurry of activity in and around the Abbey, as we have welcomed Scripture Union to lead their biennial Lifepath event for schools, based on the life and times of John Bunyan. The weather has been perfect; warm and sunny, with just enough of a breeze to keep us all pleasantly cool, especially those who dressed up in a variety of costumes to add to the authenticity of the experience. The John Bunyan Lifepath event is well-established in Elstow, as is the John Newton Lifepath event in Olney with which it alternates. Volunteers turn up from all over the region to support Scripture Union staff to host 1100+ children from schools both local and further afield. Many people are regular volunteers who know the ropes



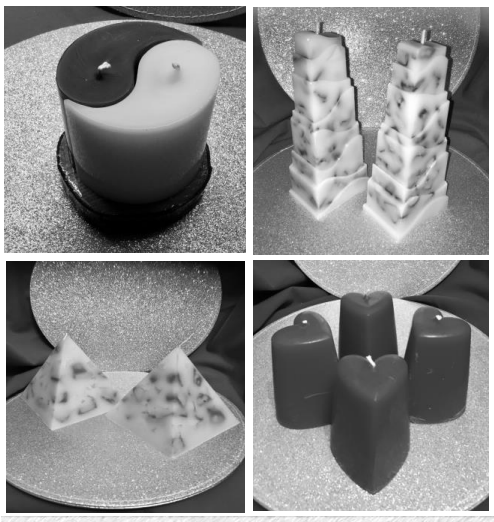
from previous years; others of us were seeing it for the first time. Either way, it is very impressive.

The children are sub-divided into groups of about twenty and are guided by volunteers through a series of activities in the Abbey, on The Green, in the Moot Hall and in the bell tower. Here they had a go at maypole dancing, calligraphy, bell ringing and weaving, as well as learning all about the life of John Bunyan, exploring artefacts from his life-time and hearing about the gruesome practices of early medicine. They experienced all the fun of the fair and opportunities for creative prayer. They sang songs, watched drama based on John Bunyan's life, and became familiar with the story of The Pilgrim's Progress, following an obstacle course around The Green. Carrying their heavy burden, each group navigated the Slough of Despond, went through the narrow gate, left their burden at the Cross and collected their scroll enabling them to enter the Celestial City. They climbed Hill Difficulty, avoiding the lions, and ate sweets at House Beautiful, before crawling through the Valley of the Shadow of Death. Some of them managed to resist the temptations of Vanity Fair and other worldly distractions, and all of them were finally welcomed into the Celestial City by angels and cheering crowds.

Two things struck me particularly. First, the diversity of the children who came. There were children of many different ethnic origins and faiths, all working together and having fun; learning all about John Bunyan, and how his faith impacted not just his own life, but generations of people since. Secondly, I noticed the change as the day wore on in many of the children who came. Several of the children arrived seemingly stressed and weighed down by anxiety. They were subdued and it was difficult to coax a smile from them. By the time they left they were chatty, full of smiles and confident, having enjoyed a 'mega-brilliant' day out. Their burdens had been lifted by engagement with a story and a place, and with a fantastic group of volunteers who had made them feel special and valued. John Bunyan, and the God who so inspired him, are working their magic still in the lives of people, old and young – and Elstow continues to play its part in helping that to happen.

Be sure not to miss out when the event returns to Elstow in 2021. Volunteers are always welcome – and they have just as much fun as the schools do!

Rev'd Kate



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Elstow tea garden

NOW OPEN FOR THE SUMMER
Friday, Saturday, Sunday, Monday
10.00am – 4.00pm
(weather permitting)

To reserve your favourite table
(01234) 926677

"Sumer Is Icumen In" in Modern English

Summer is a-coming in,
Loudly sing, cuckoo!
The seed is growing
And the meadow is blooming,
And the wood is coming into leaf now,
Sing, cuckoo!

The ewe is bleating after her lamb,
The cow is lowing after her calf;
The bullock is prancing,
The billy-goat cavorting,

Sing merrily, cuckoo!
Cuckoo, cuckoo,
You sing well, cuckoo,
Never stop now.

Sing, cuckoo, now; sing, cuckoo;
Sing, cuckoo; sing, cuckoo, now!

(Isn't it really kind of more fun in Middle English? – ed.)

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closed Sundays/ bank holidays

This years May Festival (despite the freezing cold windy weather) raised nearly £3,000 towards the ministry and mission of the Elstow Abbey.

Also the abseil down the Church Tower has currently brought in over £2,000 for the work of Christian Aid. THANK YOU for all your support.

Cranfield St Peter and St Paul

Deanery of Bedford

Evensong

with Holywell School Choir

Sunday 16th June 2019

6 pm

Followed by Refreshments

All Welcome

SATNAV: MK43 0DR

‘TAKE A DEEP BREATH’ CONTEMPORARY CHOIR

Take A Deep Breath Contemporary choir is led by Sophie Garner, 25 years working as a full-time singer, vocal coach and music therapist. Sophie was the first artist to play the main stage at London's O2 Arena when it first opened and is a coach on ITV's ‘The Voice’. She has a passion for singing and it’s power to empower.

Performing an ecletic mix of Soul, Motown, Blues and Pop. This super friendly Bedford based choir has only been established since the beginning of the year and has already established an enthusiastic and dedicated group of adults.

The choir meet every Thursday evening in Elstow Abbey Church from 7.00pm – 8.30pm, £8 per week. There are no auditions or egos, just fun, laughter, a tipple or two and lots of singing. Come and join the fun. Just turn up on any Thursday evening for a warm welcome.

www.sophiegarner.com

FEPOW Day – 15th August

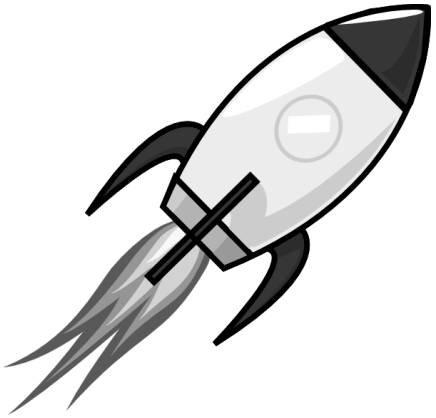
Peter Hartley became a FEPOW (Far East Prisoner Of War) when he was captured in the Far East at the surrender of Singapore. He was a very young Sergeant in the Bedfordshire and Hertfordshire Regiment. He was the son of the Reverend Stanley Hartley, Vicar of this Parish, whose memorial plaque appears above the door of the church and whose grave lies next to Peter's buried ashes in the churchyard.

On Peter's return from the war he wrote a book about his experiences as a FEPOW called *'Escape to Captivity'*. He also trained as a priest himself and after his curacy was sent to Elstow to replace his father as Vicar. Peter was Vicar of Elstow from 1952 to 1976. He became the Chaplain to the Bedford and District Branch of the Far East Prisoners of War Association and was instrumental in remembering his fellow men. He conducted the first service at the dedication of the FEPOW Memorial Altar in the Bunyan Chapel of the church. A Service of Remembrance was held on Sunday 5th May 1957 at 3.00pm. The Reverend Peter Hartley left Elstow to become a Canon Residentiary of Bermuda Cathedral.

Many of the features in the church are thanks to Peter Hartley and his father. Peter designed the wooden housing of the pipework of the organ we see today; he was studying at the Slade School of Art before the war. The Bedford firm C. A. White built the organ case, Altar, Lectern, and Clergy Stall. Another feature in the church is the oak reredos which was given by the Bedfordshire Branch of the Far East Prisoner of War Association.

Elstow church remains an important place for FEPOW and now COFEPOW (Children Of Far East Prisoners Of War). So many from the Bedfordshire and Hertfordshire Regiment died as prisoners or returned as changed men.

Once again this year on FEPOW Day (Thursday August 15th) we will pause to reflect at a short service at 3.00pm on all those who died and lived through the ordeal of life in the Far East Prisoner Camps.



Elstow Abbey Holiday Club 2019

Space Pilgrims

10am – 12 noon
Monday 22nd – Friday 26th July 2019

BBQ / Family Celebration
Friday 26th July from 6pm

Space Pilgrims is a five day holiday club which will be held in Elstow Church and Gardens. Each day there will be crafts, songs, games, stories, competitions and prizes, along with Bible teaching.

Come and join the crew of the Abbey Spaceship on our mission to find out more about the creator of the Universe and everything in it.

Space Pilgrims is **FREE** and **OPEN** to ALL (4 – 11 years old). If you want to join us and take part please complete the registration form and send it back before the start of the club.

Adult and teenage volunteers are always welcome, please contact us for more details.

Places are limited and will be allocated on receipt of the fully completed registration form and consent form. If you do not hear from us, please assume that you have been allocated a place. If the club is full we will contact you and put you on the reserve list.

Please send the form, marked as "Holiday Club" to

Abbey Vicarage, Church End, Elstow MK42 9XT
Or by email to abbeyelstow@gmail.com
If you need more copies of this letter for your friends – please just ask.

You are invited to join us on the 4th weekend of each month for

Pilgrim's Praise @ Elstow Abbey

Next event – Praise in the Woods

Saturday 22nd June 2019 4pm – 6pm
Sunday 23rd June 2019 10am – Pilgrims' Praise and Worship
A mini holiday club experience for all the family
Please watch out for details www.facebook.com/ElstowAbbey
And message or email abbeyelstow@gmail.com to book your place

"Space Pilgrims"

Registration and Consent Form

(please use a separate form for each child)

"Space Pilgrims" will take place from Monday 22nd July - Friday 26th July, 2019
10am - 12 noon at Elstow Abbey Church

Child's full Name	Gender M/F
Date of Birth Current age	School School year just ended
Parent/Guardian full name	
Address	
Phone number	
e-mail address	
Emergency contact 1 Name Relationship to child	Phone Number
Emergency contact 2 Name Relationship to child	Phone Number
GP Name	GP phone Number
Any known Allergies, illness or condition	

Please register my child for "Space Pilgrims" I give permission for my child to be photographed and the photos used within the church magazine and publicity. In an emergency, and if I cannot be contacted, I give permission for my child to be given hospital treatment (including anaesthetic) as deemed necessary by health care professionals. I understand that every effort will be made to contact me as soon as possible. I give permission for the church to send details of other events/activities by e-mail. I give permission for my child's name to be entered onto the church database.

Any other person or organisation will **not** use this information. We may send you details of other events and activities.

Signature Date

Castle Theatre Company Presents William Shakespeare's

King Ferdinand of Navarre and his friends vow celibacy for three years in order to devote themselves to scholarly pursuits. They forswear women for this period in order to keep their minds solely focused on learning. Unfortunately for them, they have forgotten that the Princess of France and her ladies are scheduled to visit on diplomatic business - when they meet, romantic chaos ensues as their vows are tested.

For over 30 years Castle Theatre Company has taken its annual summer Shakespeare tour around the South of England and the USA, performing classic comedies on the lawns of stately homes, gardens and abbeys. Renowned for its high standard, Castle Theatre Company promises an afternoon of light-hearted family entertainment.

Castle Theatre Company is one of the oldest and most prestigious student Theatre Companies in Durham. We aim to offer extensive performance opportunities to students across the University. Besides productions of classical and modern plays, we hold comedy nights, poetry evenings and workshops. Recent highlights include 'Dracula' in Durham Castle's Norman Chapel and 'Hamlet' in Durham's historic town hall.

FRIDAY 19th JULY. Picnics and BBQ from 6.00pm Performance 7.00pm
To reserve tickets contact info@elstow-abbey.org.uk / also available on the door £16 adult / £30 two Adults / £10 students / under 10s free

JUNE

Sunday 1st June	9.00am BCP Sung Mattins
	10:00am Holy Communion
	12 noon Christening Service
	4.00pm 'Friends' AGM
	6.30pm BCP Evensong
Tuesday 4th June	10:00am – 11:30am 'Little Pilgrims'
Wednesday 5th June	11:00am Holy Communion (said)
	11:30am – 12:30pm Soup and Natter
	7.15pm WI meeting on Vestry
Thursday 6th June	10.00am – 3.00pm Clergy Quiet Day
	7.00pm – 8.30pm Take a deep breath choir
Saturday 8th June	9.30am Iona Morning Prayer
	3.00pm Wedding
Sunday 9th June	9.00am BCP Sung Mattins
	10:00am Holy Communion
	3.00pm Teddy Bear Blessing & Picnic
	6.30pm BCP Evensong
Tuesday 11th June	10:00am – 11:30am 'Little Pilgrims'
Wednesday 12th June	11:00am Holy Communion (said)
	11:30am – 12:30pm Soup and Natter
Thursday 13th June	7.00pm – 8.30pm Take A Deep Breath Choir
Saturday 15th June	9.30am Iona Morning Prayer
Sunday 16th June	9.00am BCP Sung Mattins
	10:00am Holy Communion
	3.00pm Christening Service
	6.30pm BCP Evensong
Tuesday 18th June	10:00am – 11:30am 'Little Pilgrims'
Wednesday 19th June	11:00am Holy Communion (said)
	11:30am – 12:30pm Soup and Natter
Thursday 20th June	7.00pm – 8.30pm Take A Deep Breath Choir
Saturday 22nd June	9.30am Iona Morning Prayer
	10.00am – 1.00pm C2 Safeguarding training
	4.00pm Pilgrims Praise
Sunday 23rd June	9:00am Holy Communion (said)
	10.00am All Age Worship
	6.30pm BCP Holy Communion
Tuesday 25th June	10:00am – 11:30am 'Little Pilgrims'
Wednesday 26th June	11:00am Holy Communion (said)
	11:30am – 12:30pm Soup and Natter
Thursday 27th June	7.00pm – 8.30pm Take A Deep Breath Choir
Saturday 28th June	9.30am Iona Morning Prayer
Sunday 30th June	9.00am BCP Sung Mattins
	10:00am Holy Communion
	12noon Christening Service
	6.30pm Taizé Worship

JULY

Tuesday 2nd July	10:00am – 11:30am 'Little Pilgrims'
Wednesday 3rd July	11:00am Holy Communion (said)
	11:30am – 12:30pm Soup and Natter
Thursday 4th July	7.00pm – 8.30pm Take A Deep Breath Choir
Saturday 6th July	9.30am Iona Morning Prayer
	1.00pm Wedding
Sunday 7th July	9.00am BCP Sung Mattins
	10:00am Holy Communion
	6.30pm BCP Evensong
Tuesday 8th July	10:00am – 11:30am 'Little Pilgrims'
Wednesday 10th July	11:00am Holy Communion (said)
	11:30am – 12:30pm Soup and Natter
	7.15pm WI meeting on Vestry
Thursday 11th July	7.00pm – 8.30pm Take A Deep Breath Choir
Saturday 13th April	9.30am Iona Morning Prayer
Sunday 14th July	9.00am BCP Sung Mattins
	10:00am Holy Communion
	3.00pm Christening Service
	6.30pm BCP Evensong
Monday 15th April	6.00pm Evening Prayer
Tuesday 16th July	10:00am – 11:30am 'Little Pilgrims'
	7.30pm PCC Meeting (Vestry)
Wednesday 17th July	11:00am Holy Communion (said)
	11:30am – 12:30pm Soup and Natter
Thursday 18th July	7.00pm – 8.30pm Take A Deep Breath Choir
Friday 19th July	7.30pm Shakespeare in the Ruins
Saturday 20th July	9.30am Iona Morning Prayer
	12.30pm Wedding
Sunday 21st July	9.00am BCP Sung Mattins
	10:00am Holy Communion
	6.30pm BCP Evensong
Mon 22nd July – Fri 26th July	Holiday Club
Saturday 27th July	9.30am Iona Morning Prayer
	2.00pm Wedding
Sunday 28th July	9:00am Holy Communion (said)
	10.00am All Age Worship
	12noon Christening Service
	6.30pm BCP Holy Communion
Tuesday 30th July	10.00am Groundworks Project
Wednesday 31st July	11:00am Holy Communion (said)
	11:30am – 12:30pm Soup and Natter

AUGUST

Saturday 3rd August	9.30am Morning Prayer 12.30pm Wedding
Sunday 4th August	9.00am BCP Sung Mattins 10:00am Holy Communion 6.30pm BCP Evensong
Tuesday 6th August	Groundworks Project
Wednesday 7th August	11:00am Holy Communion (said) 11:30am – 12:30pm Soup and Natter 7.15pm WI meeting on Vestry
Thursday 8th August	7.00pm – 8.30pm Take A Deep Breath Choir
Saturday 10th August	9.30am Morning Prayer 1.00pm Wedding
Sunday 11th August	9.00am BCP Sung Mattins 10:00am Holy Communion 12noon Christening Service 3.00pm Christeniong Service 6.30pm BCP Evensong
Tuesday 13th August	3.00pm Memorial Service
Wednesday 14th August	11:00am Holy Communion (said) 11:30am – 12:30pm Soup and Natter
Thursday 15th August	FEPOW Service of Rememberance 7.00pm – 8.30pm Take A Deep Breath Choir
Saturday 18th August	9.30am Morning Prayer 4.00pm Wedding
Sunday 18th August	9.00am BCP Sung Mattins 10:00am Holy Communion 3.00pm Christening Service 6:30pm BCP Evensong
Wednesday 21st August	11:00am Holy Communion (said) 11:30am – 12:30pm Soup and Natter
Saturday 24th August	4.00pm 'Pilgrims Praise'
Sunday 25th August	10:00am All Age Worship 6.30pm BCP Holy Communion
Wednesday 28th August	11:00am Holy Communion (said) 11:30am – 12:30pm Soup and Natter
Thursday 29th August	7.00pm – 8.30pm Take A Deep Breath Choir
Saturday 31st August	9.30am Morning Prayer

OUR WORSHIP TIMES

Elstow Abbey welcomes people of all ages and backgrounds and provides traditional Anglican services as well as those with a modern style of worship.

SUNDAY SERVICES

9.00am BCP Mattins
The traditional Prayer Book service with sung responses and two hymns. The service lasts about 30 minutes.

10.00am Holy Communion with Sunday School
A Common Worship service with hymns, choir and a sermon.
The service lasts about 60 minutes.

6.30pm BCP Evensong
The traditional Prayer Book service with sung responses, hymns and a sermon.
The service lasts about 45 minutes.

SERVICES FOR THE 4th SUNDAY OF THE MONTH

9.00am Holy Communion (said)
A simple said service lasts about 25 minutes

10.00am All-Age Worship
Led with a worship band, short talk and involvement for all ages.
The service lasts about 45 minutes

6.30pm BCP Holy Communion
The traditional Prayer Book Communion service with hymns and a sermon.
The service lasts about 45 minutes.

WEDNESDAYS

11.00am Holy Communion (said)
A simple said service with a short talk lasts about 30 minutes

EVENING SERVICE WHEN THERE IS A 5th SUNDAY OF THE MONTH

6.30pm Taizé Worship
A service of prayer, song and contemplation