



St HELEN'S CHURCH
ABINGDON-ON-THAMES

Sunday 19th October 2025

The Eighteenth Sunday after Trinity

Today (October 19th) Christians throughout the world remember St Paul of the Cross:

A Life of Passion and Purpose

St Paul of the Cross, born Paolo Francesco Danei in 1694 in northern Italy, was a man whose life radiated with fervour and devotion. Growing up in a devout Christian family, Paul felt a deep spiritual calling from a young age. However, it wasn't until his early thirties that he truly embraced his mission, founding the Passionist order in 1720.

What makes St Paul of the Cross so inspiring isn't just his religious dedication but the heartfelt way he connected with others. He believed deeply in the transformative power of Christ's Passion—the suffering and sacrifice of Jesus—and dedicated his life to spreading this message. Paul wasn't content with quiet contemplation alone; he was a dynamic preacher, travelling extensively to reach people from all walks of life.

Known for his compassionate heart, St Paul of the Cross offered guidance and spiritual support to countless individuals. His letters, many of which survive today, reveal a man full of empathy and wisdom, addressing both the spiritual and practical struggles of his time.

Despite facing personal hardships, including illness and opposition, Paul remained steadfast. His legacy lives on through the Passionist community, which continues his mission of reflecting on Christ's Passion as a source of hope and love.

St Paul of the Cross passed away 250 years ago in 1775, but his message remains timeless: in embracing both our joys and sufferings with faith, we find profound connection and purpose.

David Pope, Churchwarden

WELCOME to St Helen's this Sunday. 8.00 am *Holy Communion*. 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: Genesis 32.22-31; 2 Timothy 3.14-4.5; Luke 18.1-8

Service Setting: Rutter

Hymns:

Processional: 558 Praise to the Lord, the almighty

Gradual: 460 Help us, O Lord to learn

Offertory: 214 Disposer supreme and judge of the earth

Anthem: Redford/Anon, Rejoice in the Lord alway

Post communion: 530 Now thank we all our God

Collect: Almighty and everlasting God, increase in us your gift of faith that, forsaking what lies behind and reaching out to that which is before, we may run the way of your commandments and win the crown of everlasting joy; 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: 121

Response: My help comes from the Lord who has made Heav'n and Earth.

I lift up my eyes to the hills

but where shall I find help?

My help comes from the Lord

who has made heav'n and earth. **Response**

He will not suffer your foot to stumble

and he who watches over you will not sleep

but he who has charge over Israel

will neither slumber nor sleep. **Response**

The Lord himself is your keeper

the Lord is your fence upon your right hand.

The Lord will defend your going out and your coming in

from this time forward and for evermore. **Response**

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 10.00 am *Portrait Class* in the Parish Centre Lounge. 5.00 pm *Yellow Submarine Youth Group* in the Parish Centre Lounge. 7.00 pm *Licensing Service* in the church.

ON WEDNESDAY 10.30 am *Holy Communion*. 7.00 pm *Scouts visit* in the Bell Tower.

ON THURSDAY 6.15 pm *Life Drawing Class* in the Parish Centre Lounge. 7.45 pm *Private Booking* in the Parish Centre Hall.

ON FRIDAY 7.00 pm *Event Rehearsal* in the church.

ON SATURDAY 2.00 pm *Event Rehearsal* in the church. 7.15 pm *Haydn's Creation* in the church.

ON SUNDAY 8.00 am *Holy Communion*. 10.30 am *Sung Eucharist*. 12.30 pm *Faith Forum* in the Parish Centre Hall. 5.30 pm *Service for Healing and Wholeness*.

5.30 PM CHORAL EVENSONG

Readings: Nehemiah 8.9-end; John 16.1-11

Responses: Foster

Office hymn: 195 Spirit divine, attend our prayers

Psalm: 149

Canticles: Brewer in D

Anthem: Howells, Like as the hart desireth the waterbrooks

Final hymn: 425 Filled with the spirit's power

PROGRAMMES, EVENTS & NOTICES

Everyone is welcome to attend The Revd Dr Jennifer Brown's Licensing at 7 pm on Tuesday 21st October, followed by nibbles and drinks in the south aisle. Any contributions to the nibbles appreciated.

"**Haydn's 'Creation'**" will be performed in St Helen's on Sat 25th Oct at 7.15 pm, to mark the installation of Jen as our new Rector. Sally Mears is conducting a full orchestra, chorus and soloists so it should be an excellent performance and not to be missed. Half the proceeds will go to St Helen's church. Tickets £15 adults (under 16 free) available from Ticketsource, the Bookstore, after the 10.30 am service and at the door. Interval refreshments.

Faith Forum: The October Faith Forum will be on 26th October in the Parish Centre. Our speaker will be Sr Lizzie Ruth from the Community of St Mary the Virgin, Wantage. Sr Lizzie Ruth will be speaking on Lectio Divina and Meditation on the Scriptures. A buffet lunch will be served from 12.20 pm, and the talk will begin at 12.45 pm. We would be grateful if a few people could come a bit early to help with setting up. <https://us06web.zoom.us/j/85645633324?pwd=LYbJpGrcqpTWk1ZfNJ9VRq4lLHZMda.1>
Meeting ID: 856 4563 3324; Passcode: 656494

The Oxford Waits are giving a performance of 17th century music and readings on Sat 1st Nov at 7.30 pm in St Helen's Church. This will be a fun, light hearted evening for all ages, with refreshments available. Tickets £15 adults (under 16 free) available from Ticketsource, the Bookstore, after the 10.30 am service or at the door.

On Saturday 1st November 2025 at 11.00 am, in Christ Church Cathedral Oxford, Linda Hobbs will be Licensed as a Lay Minister in the Diocese of Oxford. She would be delighted if you would like to support her on this important day. Following the service she would like

to invite you to join her and her family in the Parish Centre for lunch. Please email if you will be able to join her for lunch (lindahobbs1954@gmail.com) and please keep her in your prayers as she prepares for this special day.

We will be holding a parish service of Commemoration of the Faithful Departed at 5.30 pm on Sunday 2nd November at St Helen's. This service is a special opportunity to remember in prayer, and by having names read and a candle lit, our departed loved ones. There will be a list in each church on the 12th, 19th, and 26th of October for those to be remembered. If you would like a loved one remembered in this service, please add their name to the list. All are welcome to attend this service, but you do not need to attend the service to have a loved one's name read out in memory.

The Flower Group wish to thank you for the gifts of flowers/greenery and fruit for our Harvest Festival.

Printing – As we now only have one printer, three working days notice is required for all printing requests sent to the Parish Centre Office. Thank you.

Please pray for the residents of Lamas Close, Langley Road, Lee Avenue and Ley Court. Intercessory prayer requests to clairembolton@googlemail.com. **For health & wellbeing:** Sarah Stevens, Katie Stuart, Alli, David, Anne Smithson, Loelia Lyon, Christian Szurko, Mick and Vanessa Madden.

Next week's readings: Jeremiah 14.7–10, 19–22; 2 Timothy 4.6–8, 16–18; Luke 18.9–14

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; Website: abingdonparish.org.uk/StH

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