

# Grapevine

October / November 2008

Parish Magazine

St. Luke with St. Bartholomew



20p

# Lee Abbey

\*\* Warning – this article could seriously change your life \*\*

 **Jennifer Brickwell**

**A**nyone been to Lee Abbey? Then you will know what I am talking about – sea, sand, sun and God – in abundance! Lee Abbey is a beautiful Christian retreat located in North Devon on its own private estate, and with its own beach. It used to be a hotel until a few enterprising and trusting Christians in the 1930s felt they were being led by God to start a Christian retreat centre.

The scenery is stunning. In fact the scenery swept me away so much that it took nearly two days before I had a chance to realize what a beautiful house I was staying in. One of the main rooms is an octagonal room with a huge fireplace, grand piano and French windows that open out onto the lovely grounds. Tea breaks are enjoyed in the gallery, which has stunning views. The chapel is simple, beautiful and quiet.

I went for five days and could have stayed another week. There was a great selection of activities. We had melted marshmallows on the beach bonfire and on a fire in the old tower that was fantastically located by the sea cliffs; we had a blanket of stars to greet us on our night walk back to the main accommodation. We had a “Big Sing” in the evening: we sang while walking to a beautiful viewpoint overlooking the sea and we sang as we watched the sunset. We were entertained by dancers from Brazil, Nepal, Africa and the Solomon Islands (the benefits of having an 80-strong international community on your doorstep). Activities included painting, pottery, guided walks and late night films – including my favourite, Amazing Grace.

Oh, and err....the serious stuff? Well, for those who were brave, there were sermons on answering God’s call; beautiful Taize singing in the chapel; a very interesting “praying with clay” session, where artistic talent would have been a hindrance. In this session, to start us off, we were led by one of the chaplains to make something in response to a bible story

(Genesis Chapter 1). We then made a second piece and worked in silence for 15 minutes. Three members of the group had to comment (just one word based on their initial reaction) on what we had made. The results were shocking, moving and profound. Whilst we were working with the clay, we had become open to the Holy Spirit, who was using other members of the group to speak to us through our work. It was powerful. The lady next to me made a dolphin that was beautifully decorated with sequins, representing the gifts of the Holy Spirit. The word she received (twice) was "free". Yes – we are free in Jesus, with His gifts and His grace. The last member of the group was a child who had made a beautifully decorated structure, which was unveiled to me when someone described it as the Well of Life.

During the session, I had started making a giraffe; it became a camel. I then made a flower, which became a mushroom. It appears that we start out to make what we want and God, in His infinite and mighty wisdom, creates what is required for the journey. May we be humble enough to respond to the Divine Father's Hand, so that we may be created to fulfil the purpose that we are called to.

Lee Abbey: a place to be refreshed, recreated, refocused and even remodelled.

### **Senior Citizens' Teas**

A big "thank you" to Sheila, hosts and drivers.

We have all enjoyed our Sunday teas and chats.

Thanks again,

*The "Oldies"*

*Dear Parish Family,*

Thank you all so very much for making my 70th Birthday so fantastic. I had been contemplating it with some trepidation but in fact it was one of the best Birthdays that I have ever had and a lot of it was down to the kindness and love that you all showered on me: it was quite overwhelming.

Thank you, too, for the presents that you gave me, as individuals and for the very generous gift you gave me as a Parish. I intend to buy myself a tuner, the radio part of a hi-fi system. I already have the record deck and a c.d. player and I have, for some time, wanted a tuner to complete the system.

You will notice (and I suspect it will be mostly the men among you) that I used the word "wanted". Christine has on occasions pointed out to me that "want" and "need" are two entirely separate things and that I already own several radios. However as you have been kind enough to give me a present to buy what I would like, I am going to buy a tuner! (Christine is happy really but doesn't like to give in to my whims all the time!)

I mentioned that I had not been looking forward to my birthday and the reason for my concern was that, to function as a Priest, I need a licence, and on reaching 70, that licence is no longer renewable. The only way that a Priest can continue after 70 is if they are given "Permission to Officiate". That permission is given by the Bishop and by the Vicar of the Parish in which we would like to work.

I am very lucky that both the Bishop and Father Nigel have said that they are happy for me to continue at St Luke and St Bartholomew, for which I am really grateful. God willing I shall be around for few more years.

Thank you for all the love and care and prayers that you have shown me over the years. And especially thank you for enabling me to buy a Tuner!

*With love and thanks,  
Father Brian*

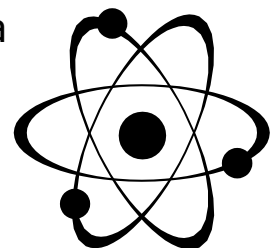
# God Particles? Hadrons? What does it all mean? *And keep it simple Vicar!*

 Nigel Hardcastle

When we use the kitchen scales to weight ingredients, or bathroom scales to weigh ourselves, 99.9% of the weight comes from the mass of two sorts of particles, protons and neutrons. Both these particles belong to a group scientists call "Hadrons" (as in "Large Hadron Collider" or LHC). The strange thing is that scientists still don't know for sure why some particles like these have mass, while other particles like a photon of light have no "rest mass" at all. The Large Hadron Collider is investigating this question among many others.

As scientists discovered more and more about sub-atomic particles they found that a lot of their theories worked in some ways but did not predict that anything would have any mass! This was clearly not true. In about 1964 a new theory emerged that is now called "The Standard Model". This theory had the advantage of not only agreeing with the other things they had found but also predicting that some particles would have mass.

It suggested that mass was caused by a "field" (a bit like a magnetic field) and a special particle. These are usually called the "Higgs Field" and the "Higgs Particle" (or "Higgs Boson") after the British scientist Peter Higgs who was one of the three people who came up with the idea. (The other two were the Belgian scientists, Englert and Brout, who ought to be famous Belgians.) Since this particle is involved in the process that causes or "creates" mass it is sometimes jokingly called "The God Particle". Naturally, if it exists, God made this particle and used it to create mass.



The Higgs Particle is not the only thing people will be looking out for. Some people suggest extensions of the standard model. Some predict other new particles and new dimensions.

We wait and see.

The Standard Model made lots of other predictions about particles that would exist. Scientists used earlier smaller versions of the collider to test this. As time went by every particle predicted by the Standard Model was found, except for the Higgs Particle. This surprised no one because calculations suggested that Higgs Particles required far more energy to produce than any collider could reach until now. Indeed, the energy of particles inside the sun is not nearly enough. Only in the first trillionth of a second after the big bang when space and time started were energy levels of particles naturally big enough to make these Higgs Particles.

Perhaps you remember a picture of an atom of the simplest and lightest substance, hydrogen. Its centre or "nucleus" is just a single tiny positively charged particle called a proton. Round this proton whizzes an even tinier negatively charged particle called an electron. When they started firing the beam round the LHC on the 10th September it was a beam of protons they used. In other words it was a beam made of hydrogen with the electrons stripped off so magnets could bend them round the circle. Eventually two beams of protons will be sent round in opposite directions and then made to collide. Scientists have done this sort of thing many times before. The difference is that eventually this new machine will allow them to do this at particle energies not known since the first second after the big bang. Naturally these energies will only be created on a very, very small scale where two protons, each about a millionth of a millimetre across crash into each other. It cannot recreate the whole of the big bang as some journalists say! Only God can do that.

Thousands of scientists from 85 nations work together at CERN. Some are Christian, others are not. Atheist scientists long resisted the idea of the big bang because it looked too much like a "moment of creation". Now all accept the evidence for it. All scientists, Christian and non-Christian, seem awed by what they are working on.

The world is more wonderful, strange and awesomely vast than anyone can take in.



## Clippings from the Vicarage



### Parenting Group

As a result of our Parenting Evening last summer we are going to run an 8 week group on parenting led by a professional, Sharon Smith. It will start on Monday the 13th October, 7-9pm. It will meet in St Bart's vestry room at least to begin with. There will be no crèche so its adults only.

### Holiday Bible Club

As well as the invitation events listed in the last newsletter June has agreed to run a holiday bible club on Wednesday 29th October, 9:30-11:30am for children aged 5-11. Its free but we do need to know children are coming and to have a permission slip from their parents or we cannot take them. Help would be welcome.

### Professor Ian James Speaks on climate Change

We have two events on the environment this autumn. On Sunday 5th October there will be a sermon (by the Vicar) on Care for Creation with some extracts from videos. On Monday the 6th October at 8pm in the hall Professor Ian James of Reading university will explain what Climate Change is and what we can do about it. All welcome. No charge.

### Sammy Gets his MSc.

Sammy Wainaina, who has been doing youth work for us, was as you know, at the University. He has now been awarded his Master of Science degree in Development Studies. **Well done Sammy!** Like most of the overseas students he will not be around for the formal graduation ceremony. There was a special reception for these students and a chance to be photographed with the Vice Chancellor and with the Mayor. Brian and Pat Stevens and I went. We met Jill who has sponsored him.

His thesis is about 90,000 words. It's a bit long to print out if you want to read it, but if you want a copy by email then ask me. If people without email are really interested, I will print out one copy to share.

Sammy will return to Kenya in December. His last Sunday in the UK will be Advent Sunday, 30th November. In the mean time he is working to earn some money and visiting churches in the Chichester Diocese. Beatrice and the children are safe and doing well.

## **Nigel Finishes his Study Leave Paper**

You will remember that I had a study leave in 2005.

The highlight was travels in North America visiting the aboriginal tribal peoples of the land and their churches and American churches and a Mega Church. I also attended a course at Vancouver University and obtained a certificate in Native Ministry and took part in the Willow Creek Leadership summit.

I was investigating how running churches was affected by different cultures. I planned to write a major paper on "Grace as a controlling idea in Pastoral oversight" from the point of view of culture, and another from the point of view of psychology. By the end of the three months the section on culture was in an advanced draft and the research on the psychological side complete. The paper itself was perhaps half written. With pressure of parish life, running Regenerate, which I had not expected, my aunt and father's illness and death, work then stopped.

Finally I completed the 80,000 word paper this summer. I think it is too long and a bit technical for most people to be interested in, but if you do want an email copy, or to borrow a paper one to skim through let me know.

## Inspired by the Olympic Games?

### On exercise:

The only exercise some people get is jumping to conclusions, running down their friends, side-stepping responsibility, and pushing their luck! ~Author Unknown

Fitness - if it came in a bottle, everybody would have a great body. ~Cher

If it weren't for the fact that the TV set and the refrigerator are so far apart, some of us wouldn't get any exercise at all. ~Joey Adams

A bear, however hard he tries, grows tubby without exercise. ~A.A. Milne

I really don't think I need buns of steel. I'd be happy with buns of cinnamon. ~Ellen DeGeneres

I am pushing sixty. That is enough exercise for me. ~Mark Twain

Whenever I feel like exercise, I lie down until the feeling passes. ~Robert M. Hutchins



### Exercises Nobody Needs:

1. Jumping to conclusions
2. Running around in circles
3. Wading through paperwork
4. Passing the buck
5. Pushing your luck
6. Throwing your weight around
7. Jumping on the bandwagon
8. Spinning your wheels
9. Dragging your feet
10. Adding fuel to the fire
11. Climbing the walls
12. Grasping at straws
13. Firing back
14. Sneaking around
15. Stretching the truth

## From the Editor

**D**o you realise that, for a year now, Wendy has been sharing with us some of her favourite recipes? I hope you've enjoyed them. Perhaps you've got a "chez nous" speciality to share with us as well? Who knows, maybe we could end up with enough to compile into a booklet! I know it was never intended that way, but it's funny how sometimes things can just emerge, without being planned.

On that subject, I went out on my bicycle the other day, taking advantage of all-too-rare sunshine to get some exercise. Out on the lanes round the Shiplake/Greys area – they're nice, as I recalled. Of course, I was recalling times out in the car....not quite the same as when propelled by pedal power alone!

Well, of course I got a bit lost. Tired though I certainly was, I just took it one push-down of a leg at a time. I had no deadline to meet, so it didn't matter how long it took. I could just enjoy the glorious countryside, and reminisce on how much easier I used to find this sort of thing.

The whole trip ended up being about 10 miles longer than I'd expected - about a marathon in length, by complete coincidence. There's no way I would have planned to do that! But, by chance rather than intention, I'd rediscovered an old favourite pastime, so I'll be keeping my eye on the weather forecasts for my next opportunity!

*Julian*

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