

THE CHURCH OF ST URSULA BERNE



February - March 2020

St Ursula's Church Jubiläumsplatz 2, 3005 Berne, Switzerland

Chaplain: Revd Helen Marshall

chaplain@stursula.ch

031 351 03 43

Day off: Friday

Lay Reader

Archana Jacob

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Church Office: 031 352 85 67

Marriages, Baptisms and Funerals by arrangement with the Chaplain

Normal pattern of Sunday services:

8.30 Said Eucharist (2nd and 4th Sundays)

10.00 Sung Eucharist with Junior Church and Crèche

Our services follow the Church of England's Common Worship Order One (2000)

On the 2nd Sunday of the month, the 10.00 service is more informal.

See Calendar of Services inside for details of the next few weeks.

Services in Thun: 18.30 on the first and third Thursdays of the month at Chapelle

Romande, Frutigenstrasse 22: Eucharist and Bible study.

Contact: Church Office 031 352 85 67

ST URSULA'S BERNE

The church is one of the nine Swiss chaplaincies that have a resident chaplain (minister) and together form the Archdeaconry of Switzerland. This is part of the Anglican Diocese of Europe which stretches from the Canary Islands to Ankara, from Moscow to Morocco.

The church was built in 1906 on a site that had been given to the community by the British-Berne Land Co. An American lady, Mrs Castleman from St Louis, provided the bulk of the money for the building as a thank offering for the near miraculous recovery of her adopted daughter, who was treated at the clinic of the famous Professor Kocher.

The hall and the house were added in 1959. An English Missionary Society, the USPG, helped to support the church from its earliest days. Since 1977, however, the chaplaincy has been fully self-supporting, relying solely on its members and well-wishers for its financial support.

St Ursula's has a long tradition of ministry to all English-speaking people in the Canton of Berne and beyond. It also provides a home for Christians from many different denominations and cultural backgrounds. Regular worshippers are encouraged to add their names to the Electoral Roll and so play a full part in the life of the church. Details from the Churchwardens or any member of the Church Council.

See Calendar inside for details of this month's services

St Ursula's Church website: www.stursula.ch

E-mail: berne@anglican.ch



St Ursula's Church Magazine

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Table of Contents

From the Chaplain	2	Invitation to AGM	19
Hallowed be your name	4	For Your Diary	20
Electoral Roll Revision	5	For Prayer and Reflection	22
A Word for the Month - Glory	6	Junior Church News	24
Pastoral Care Ministry at St Ursula's	8	Happy Birthday	25
Fundraising events: part of our mission?	10	The British Food Stall	26
Treasurer's Report	12	Christmas Bazaar 2019	28
Mission Sunday	13	Events News	30
How about taking care of our altar linens?	14	Thun Church dates	30
Attention all readers!	14	Kirchliche Passantenhilfe Bern	31
Eco-Notes	15	Charity of the Month	32
British food stall- we need your help	16	Berne Cricket Club Curry Evening	35
Where else you can help	17	Synod - what's that?	36
Archdeaconry Choir Festival	17	Beneath the tulip trees	38
Services and Readings	18	Here to Help You	44

COPY DATE

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15 March 2020

Please send copy to magazine@stursula.ch

COLLATING DATE: Thursday 26 March 2020

From the Chaplain

Dear Friends,

As I write this, we are still early in the new year; a time when many people think about their priorities and new resolutions for the coming year. We may be feeling hopeful, or we may be feeling anxious about how this year may unfold. Life is full of uncertainty and none of us can know beforehand what joys and struggles may come our way in these coming months. We can however bring our present joys and challenges before God and pray that we may discern his presence and learn to trust him more, whatever situations we face. I have been struck by some words I read recently: ‘unwelcome circumstances are not gifts. But they may contain a gift.’

A good practice to help us to discern God’s presence, the *gifts* of grace, strength, hope and peace in the midst of ordinary life, even in the midst of challenging times, is the *Prayer of Examen*. This prayer goes back to St Ignatius, the founder of the Jesuit community, the Society of Jesus. But it is a very down to earth exercise used by many Christians of different traditions round the world today and I commend it to you. It is a prayer to be said at the end of each day and it takes around ten to fifteen minutes.

In a modern writer’s summary of the prayer, we ‘Replay; Rejoice; Repent; and Reboot.’ First we look back over the day, and *replay* it; we remember even the



little details, the good, the difficult and the ordinary. Then we *rejoice* over the good things. It may be simply seeing the frost on the grass in the sunlight, the luxury of a good cup of coffee with a friend, a piece of work done well, the hug of our children or grandchildren. We say thank you to God for these good gifts. Then we *repent* of the angry word, the mean spirited thoughts, the selfish actions and the missed opportunities to show love and kindness to those around us. Finally we *reboot* and ask God for renewed strength and grace for tomorrow.

This prayerful exercise at the end of the day is a good way of disciplining ourselves to see God's grace in the midst of ordinary life; to receive and be thankful for his good gifts even in challenging times, and to let go daily of negative and damaging attitudes, receive forgiveness and hope, and move on. The prayer helps us regularly to give thanks and say sorry, and can help keep us spiritually healthy. We may find ourselves becoming more aware of God's Spirit at work in our daily lives. This is how we are changed, through opening ourselves to God's transforming love one choice, one prayer, one day, at a time.

I commend this as a good and healthy discipline to take up for this new year; and if your new year resolution fails, you can always take it up for Lent!

- Helen

A Prayer for the End of the Day

Loving Father,

open my eyes to your presence throughout this past day.

Help me to rejoice in all your good gifts;

give me courage and humility to acknowledge my failures and sins;

renew my faith and trust and

fill me with your Spirit as I look to a new day.

In Jesus' name,

Amen

Hallowed be your name



It's a phrase we often hurry over before we get to the other bits of the Lord's Prayer. Perhaps we don't fully understand it – 'hallowed' is rather an old-fashioned word, we only use the verb 'be' in this form in a few set phrases ("On your head be it"), the word order is unusual (no translator has ever suggested using "done be your will" two phrases later!). Many of us also remember being taught to say 'thy', which is even more old-fashioned than 'hallowed'. And what does it mean anyway? Is it something like "Blessings be upon Your Serene Highness" – a way of addressing someone powerful before getting

down to business – a sort of holy "Good morning."?

Of course not. Like much of Jesus' teaching in the Sermon on the Mount, it comes straight to the point. In him, God's reign has begun, the Kingdom is among us. Now the most urgent task is to make it a reality – to 'actualize' it, as one would say in German. The whole prayer has an insistent urgency to it – some commentators suggest that each of its seven petitions is a prayer that God will take over the whole earth here and now – even the "daily bread" is not our morning shopping from Migros, but the heavenly banquet on the Day of Judgement.

The Lord's Prayer certainly does not waste words. Indeed Matthew places it immediately after a criticism of 'the Gentiles' who use repetitive phrases and hollow requests to make their prayers sound impressive, and of 'the hypocrites' who stand and show off their piety on street corners. The Lord's Prayer is primarily between each individual Christian and God – God's kingdom must come in our own hearts first, so that it can come "on earth as in heaven."

So what is all this about hallowing God's name? In the first place, God's name is not an ordinary name like Frederick or Münsingen. When Moses asked God's name, the reply was "I am who I am" (Exodus 3:14) – and whatever that meant, God did not have the sort of name foreign deities used to have. God's

name was part of God's very self, and to this day, pious Jews will write G-d or replace יהוה in scripture readings with אֲדֹנָי, "the Lord".

And then, being hallowed, being kept holy, recalls the prophecy in Ezekiel 36:23: "I will sanctify my great name, which has been profaned among the nations, and which you have profaned among them; and the nations shall know that I am the Lord, says the Lord God, when through you I display my holiness before their eyes." Everyone must know that God is God.

So far from being a polite introduction to the Lord's Prayer, "hallowed be your name" is a vital and urgent request. "Heavenly Father, display your holiness". Come and purge away all the silliness of us poor human beings. Let your Spirit whistle through this mundane world, blow away our petty concerns, our transient objects of delight, our smartphones, our selfish politics, and put God first. Only then will God's name be truly hallowed.

- *Hector Davie*

Electoral Roll Revision

Each year our Electoral Roll is revised just before the Annual General Meeting (AGM) – you will find more information about the AGM elsewhere in this magazine.

At the AGM we elect representatives to the church council and also the churchwardens. And this year we will also be electing representatives to the Archdeaconry Synod.

In order to vote at these elections, you must be on the Electoral Roll. You must also be on the Electoral Roll if you would like to stand for election yourself or nominate someone else. You can see the current list of members of the Electoral Roll in the church hall.

If you are not already on the Electoral Roll, may I encourage you to consider joining. You can find an application form in the church hall and on our website, or you can contact the church office to get one sent to you. Please fill in this form and return it to me. The closing date for the receipt of applications is Sunday 1 March.

If you have questions about the Electoral Roll or are unsure whether to join please speak to me or to a member of council.

- *Electoral Roll Officer (Tricia Carrick)*

A Word for the Month – Glory



Triumphs of Caesar by Andrea Mantegna (1482-94)

When a Roman general had won a great victory, he would set off for Rome and organize a triumphal procession, to make himself known and perhaps get support to take over as the next emperor. This form of self-advertisement was known as *gloria*. The word originally meant little more than ‘fame’, but it carried the idea of boastful pride, and soon took on a sense of magnificence, majesty and splendour.

Another word that took on new meanings was the Greek word *doxa*. In Homer’s time it meant something you expected – a hope. Then it came to mean an opinion or a belief – as in the word ‘orthodoxy’ (‘correct opinion’). And then the opinion people have about you – your reputation, your value, particularly a good reputation, a great worth. So *doxa* too took on a sense of magnificence and splendour – one of the qualities we ascribe to God. God is already glorious, and we recognize this in “giving glory” - and another word for this is worship. This is what the angels do all the time. “Glory to God in the highest” is not just a Christmas song!

Some three centuries before Jesus was born, Alexander the Great invaded the Persian empire, of which Judea was part, and Greek became the common language of the people under his rule. Many Jews had gone to live in other parts of this empire, and there was a demand from them for a translation of the Jewish scriptures into Greek. They needed to translate a Hebrew word meaning beauty, decoration, ornament – or splendour, and chose *doxa* as a Greek equivalent. Aaron's robes were for his 'splendid adornment' (Exodus 28:2), God's promise to Israel in Isaiah 4:2 was that the crops that grew would be its 'beautiful decoration.' When the Bible came to be translated into Latin, the word used was *gloria*.

The same happened with another word meaning importance, wealth, riches or honour. In future times, says Isaiah, "the glory of the Lord shall be revealed" (40:5). Glory was one of God's attributes, like majesty, power, dominion or might. This was taken up by the New Testament writers, and especially in the Book of Revelation. So too was our response – worship, thanksgiving, obedience, honour.

We usually think of Jesus as compassionate, meek and loving. Yet at the start of John's Gospel, we are reminded that "the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth." Glory and love go hand in hand.

It is easy to be blinded by God's glory and neglect the love. The third chapter of the Letter to the Ephesians ends: "I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God." We need to accept the glory to see the love.

And we need to feel the love to see the glory. "Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, forever and ever." Yes, indeed!

- *Hector Davie*

Pastoral Care Ministry at St Ursula's



You might have noticed (e.g. in the magazine, notice sheets etc.) that St Ursula's is offering Pastoral Care and might be wondering what this particular area of ministry is all about. You will find some answers below.

Why Pastoral Care at St. Ursula's?

Our Lord Jesus has commanded us: "Love God with all your heart, with all your soul and with all your mind." and "Love your neighbour as yourself". Every believer is called to be a good neighbour - not just to the people next door but to everyone they come across during the course of their life.

The Pastoral Care Ministry takes that principle to heart and applies it within the context of a Church. The goal of Pastoral Care Ministry at St Ursula's is to strengthen the body of Christ, by being a good neighbour. Naturally (but not exclusively) this often boils down to offering support to the immediate members of our own church congregation. The Pastoral Care Team ministers to people in the name of Christ and represents St Ursula's to those receiving the ministry.

How is the team organized?

The Pastoral Care Team meets periodically with our chaplain Helen, who oversees this area of ministry.

Meetings are organized by the Pastoral Care coordinator (Archana Jacob).

The team is also in close contact with our Safeguarding Officer Cecily Klinger who works with the team to ensure good safeguarding practices are being put in place.

What does the Pastoral Care team do?

In general, members of the Pastoral Care team have an open ear for anyone needing Christian love - often skills like listening, comforting, encouraging or where applicable (and possible) offering practical assistance in finding help are a vital part of this ministry. Visiting people in different (either happy, difficult or sad) circumstances is another way the team expresses God's love and care.

Council has approved that members may take communion to people in hospital or at home. (The bread and wine will have been already consecrated during a church service). This means though, that interested members will receive further training as well as a formal authorization by the Bishop. Council was also in favour of the team offering prayer after the service for those who wanted specific prayer for strength, healing, discernment or encouragement. This would be primarily for listening and prayer, however, and not for intensive counselling or pastoral advice. We hope that these prayers will be offered every other month, on the first Sunday; the first occasion being Sunday 1 March.

How is confidentiality ensured?

Confidentiality is a very vital part of this ministry. The issues a person shares with a member of the pastoral care team will never find their way into the prayer book unless this is specifically requested. They will also never be discussed at council or with any other congregation members.

Nevertheless, it is important to mention that safeguarding requires members of the pastoral care team to let each other know when a visit is planned and to report back after the visit has taken place. The purpose of this is primarily to make sure that team members are safe all the time. Moreover, during the pastoral care team meeting members share minimal information with each other, mostly with regard to further visits or the general wellbeing of a person.

Where can I get more information?

I am happy to answer any further questions regarding the Pastoral Care Ministry.

How can I support the Pastoral Care Ministry at St Ursula's?

Kindly continue to pray for wisdom and compassion as we develop this area of ministry further.

- Archana Jacob, Lay Reader & Pastoral Care Coordinator

Fundraising events: part of our mission or a necessary evil?

I have been hearing rumours that some people think we are holding too many events at present. Some of our congregation do not support any of our fundraising events, and are conspicuous by their absence. Are those who think we hold too many events right? Should our energies be expended on propagating the gospel in more traditional ways? These are questions that perhaps we should be asking and debating in our church.

As treasurer I like events because they bring in much needed funds, in fact over Fr30,000 per year comes from events. This is over 10% of our income. Ministry takes money. So, there is no shame in encouraging others to give to support vital Christian works through fundraising. Our fundraising events widen the circle of people who support us, and give them also an opportunity to contribute to our ministry.

As a Christian I like events because they act as outreach to the wider community, they show them we are not a holy huddle, but we are normal people just like them who have fun together while seeking Christ. This has to be part of our mission.

Thirdly I enjoy our events as a member of the church family. They might be hard work at times, especially at 2am washing up after an Indian night, but they are also uplifting and energising. Those of us who volunteer again and again do it because we enjoy it and we get out of the events more than we put in.

So above are the positives of fundraising events from my point of view, but I know we still need to be careful. Helen is very clear that we are not to be a social club. Our mission is greater than that.

How can we run events and raise money whilst maintaining spiritual integrity and avoiding becoming a social club? Let us consider the following:

Henri Nouwen writes in *A Spirituality of Fundraising* that “fundraising is, first and foremost, a form of ministry.”

- Are our Christian commitments and beliefs fully integrated into every aspect of our fundraising endeavours? (Probably not, there is room to improve.)
- In our work of raising funds, do we see people as being of much more value than the money they provide? (We certainly try to.)

- Do we position our fundraising work in the bigger story of God's work in the world? (We do it to further our ministry in all ways.)
- Is the financial outcome the only measure of success and failure? (No.)
- If we emphasize the needs we are seeking to meet, do we risk negating God's call and priorities for both asker and giver?
- We all have spiritual and material gifts to give toward God's mission. Often in ministry, God gives individuals or teams a distinct vision, calling, and purpose for his kingdom—yet they cannot carry it out alone. That's why in his book Henri Nouwen shares that fundraising is a way of announcing a vision and inviting other people into the mission. Fundraising is an opportunity for people to put their God-given resources at his disposal.

Our events this year will include our traditional sales of books and UK food etc. including our bazaar and summer fête. The wider community supports these events every year and they are as important to them as our carol services. They are also highly accessible. We will also be holding two afternoon tea quizzes where the focus is not on the money, but on the fellowship together. The Irish night in March will involve outreach in a fun way, with members of our young church dancing as part of the entertainment. It will bring new people to our church.

In conclusion I hope you agree that fundraising, if done right, is a part of our mission and worth supporting. Fundraising needs to be grounded in prayer and gratitude. I believe we do that, but we can do it better. In 2020 the fundraising team will be more focused on seeking God's will in order to raise the funds to carry out our ministry in a way pleasing to Him and with spiritual integrity at its core. If you feel called to help us, or wish to give any feedback to this article or any of our events, please contact me.

- *Sue Higson*

there is also the collection, which is anonymous, but it helps to be in the Church on a Sunday when the bag goes round. The Church even has a PayPal account, which can be accessed via our website, and we take TWINT if you carry no cash.

Pledge leaflets are available in our church hall, or can be downloaded from our website, and explain the whole process and why as a self-financing Church we rely on the generosity of our supporters and community.

If you feel led to make a donation now, or to make a pledge, then remember that those to the Association are for our charitable and building works, and are tax deductible, whereas money to the Church is used for our ministry work and administration.

Postfinance accounts: Church: 30-4416-8
Association: 60-666488-7



[PayPal.Me/stursula](https://www.paypal.com/merchot/?x=1&from=stursula)

-Sue Higson



Mission Sunday 16 February



Mission Sunday this year is on 16 February. The worship service will focus on Mission. Our focus this year will be on Zentrum 5, a local mission which we have supported at St Ursula's for some years now. Mr Jürg Trefzer from the Zentrum 5 staff will be our speaker. You will find more information on Zentrum 5 in the charity article in this magazine

After the service there will be a Bring and Share meal and Jürg Trefzer will be giving us a talk on the work of Zentrum 5. All are most welcome to join us for the meal. If you are able, please bring a dish of food to share, e.g. a salad, a cold main dish or a dessert. (We are asking people not to bring food that needs heating because of the time factor). Please label your food with ingredients and make sure it is ready to be served. We would also be happy for some extra hands to help us with setting and clearing up.

- Cecily Klingler

How about taking care of our altar linens?

A new volunteer is needed for washing and ironing our altar linens. Kathy Hoag has been in charge of this task for several years and is looking for a replacement. Several small items of linen are used in every Eucharist; they need to be picked up for washing about every two weeks. From time to time altar covers have to be washed and ironed as well.

If you are willing to help with this unspectacular but very necessary task, please call or write to Kathy Hoag: phone 032 377 32 02 or 079 279 72 10, k.hoag@bluewin.ch

- Ruth Freiburghaus

Attention all readers!

There are hundreds of Christian books in the church lending library! Have you already looked through them? Or possibly borrowed one or many?

The library is open most Sundays during coffee hour. It is housed in the three metal cupboards next to the piano in the upper hall. Additionally, all the book titles are listed on the church website.



However, sadly, the library is not being used. Therefore, the Church Council has decided to sell the books or donate them where appropriate.

On 1 March there will be a preliminary sale during coffee hour. Then later, in conjunction with the regular church book sales in the lower hall, lending library books will also be on sale.

If you check the book titles on the church website you can already think which books you might like to buy on 1 March for your personal library, or possibly give to others.

Come one, come all!

-Donna Goepfert

Eco-Notes



We have qualified for our Eco-Church Bronze Award from the environmental charity A Rocha, and the plaque should be arriving shortly – after a few administrative formalities. We can pat ourselves on the back, but this is no reason to relax our efforts. We are well on the way to a Silver Award in most of the categories – our worship, our buildings, our land, our engagement with the community around us are all silver (our commitment to God’s creation in our worship qualifies as gold, indeed), only our individual lifestyles lag behind.

So this article needs to encourage you all to consider living your life as much in tune with the world around you as possible. If you can, come to church on foot, or cycling, or at least on public transport. Think about what you eat at home – the keyword is LOAF (Locally grown, Organic, Animal-friendly, Fairtrade)! Think about how you invest your savings – some of our larger banks are less ethical about how they use the cash entrusted to them. What about your personal energy consumption? Do you turn off lights, save water, use low-energy devices in your homes? The eco pages on our website have a link to a site where you can measure your own carbon footprint. Give it a try and see how green YOU are!

Winter is the time for putting in the plants that will thicken our hedges and improve our grounds for all – both humans and wildlife. And the time when we hope our new heating system brings us real savings – slowing global warming and benefiting our finances. You can help in this too, not leaving doors open, and wearing sensible clothing. This way, we can find a lifestyle which we can all sustain – and sustain life on God’s earth too!



- *Hector Davie*

British Food Stall — we need your help



As we move into a new decade the much-loved British food sales at St Ursula's Church are also starting afresh.

After many years of dedicated service from Jana, she has decided to reduce her involvement in our fundraising. She will still be providing yummy preserves and homemade produce for sale, but she will no longer be involved with stocking or running the food stall.

So now is the time that we need to reassess how we stock the stall. We are currently exploring options of importing from the UK or sourcing from UK food shops in Switzerland, however we would also be grateful for your help too.

How you can help

We need a steady supply of provisions to sell on the stall and if we all do a little bit we can go a long way to providing things to sell. We would like to be able to sell freshly baked goods, jams, chutneys etc. at each sale. Maybe you have excess garden produce to spare.

Would you like to sign up to be on our team of bakers, or organize a baking event?

If anyone is planning a trip to the UK or has visitors coming, we would be grateful for any bits that can be brought in a suitcase or boot! We can provide a list of the most desired items in order to help guide your packing choices! Expenses will be reimbursed. Contact the office or one of us for more information.

We look forward to welcoming you at the next sale on 7 March.

- *Caroline Coatalen-Hodgson & Sue Higson*

PS: Future dates include the Summer Fête on 27 June, Book sale on 5 September and our Christmas Bazaar at the end of November.

Where else you can help on 7 March

We also need help to sort books in advance of the sale, or to sell books, or prepare food or serve in the restaurant. If you fancy selling on the food stall, now is also your chance. Help will also be needed to set up the sale and clean up afterwards. Look out for the signup sheet in the main hall or contact Sue under event@stursula.ch.

In addition, perhaps you have a good idea for some extra stalls, like Spring crafts, plants or decorations. If so, please contact me with your idea and we will see if we can set up a stall for that as well.



PS: If donating books, please remember English language paperbacks in good condition only.

Archdeaconry Choir Festival 2020

The Archdeaconry Choir Festival 2020 will be held in Zurich at the Church of St Andrew's over the weekend 15 – 17 May 2020. There will be a choral Evensong on Saturday 16 May, and a sung Communion Service on Sunday 17 May. On Friday evening there will be the first joint choir practice for this event. The conductor for the festival will be Ralph Allwood.

The music sung by the joint choir will include on Saturday the *Magnificat* and *Nunc Dimittis* in A by Stanford; an Anthem by Harris: *Faire is the Heaven*. The Communion Service on Sunday will be sung to the setting by Vierne: *Messe Solennelle*, and a Motet by Howells: *Like as the hart*.

Our Choir will soon start practising for the festival. Any singers interested in joining the choir for this event would be very welcome. Please get in touch with Elisabeth or Hans-Karl Pfyffer.

- Hans-Karl Pfyffer

Services and Readings

February and March 2020

Sunday 2 February Presentation in the Temple (Candlemas)

10:00 Sung Eucharist
Malachi 3:1-5
Hebrews 2:14-18
Luke 2:22-40

Sunday 9 February 3 before Lent (Septuagesima)

8:30 Said Communion
10:00 Sung Eucharist
Isaiah 58:1-9a
1 Corinthians 2:1-12
Matthew 5:13-20

Sunday 16 February 2 before Lent (Sexagesima) (Mission Sunday)

10:00 Informal Eucharist
Isaiah 52:7-10
2 Corinthians 4:1-15
Luke 4:16-21

Sunday 23 February Sunday before Lent (Special focus on citizenship)

8:30 Said Communion
10:00 Sung Eucharist
Jeremiah 29:1-7
Romans 13:1-10
Mark 12:13-17

Wednesday 26 February Ash Wednesday

18:30 Sung Eucharist with Imposition of Ashes
Joel 2:1-2,12-17
2 Corinthians 5:20b – 6:10
John 8:1-11

Sunday 1 March Lent 1

10:00 Sung Eucharist
Genesis 2:15-17; 3:1-7
Romans 5:12-19
Matthew 4:1-11

Sunday 8 March Lent 2

8:30 Said Communion
10:00 Informal Eucharist
Genesis 12:1-4a
Romans 4:1-5,13-17
John 3:1-17

Sunday 15 March Lent 3

10:00 Sung Eucharist
Exodus 17:1-7
Romans 5:1-11
John 4:5-42

Sunday 22 March Mothering Sunday (Lent 4)

8:30 Said Communion
10:00 Sung Eucharist
Isaiah 49:13-18
Colossians 3:12-17
John 19:25-27

Sunday 29 March Lent 5 (Passion Sunday)

10:00 Sung Eucharist
Ezekiel 37:1-14
Romans 8:6-11
John 11:1-45

Sunday 5 April Palm Sunday

10:00 Procession of Palms and Sung Eucharist
Matthew 21:1-11; 27:11-54
Isaiah 50:4-9a
Philippians 2:5-11

To: All Members of St Ursula's, Bern

14 January, 2020

Annual General Meeting

Dear friends,

You are invited to the Annual General Meeting (AGM) of St Ursula's Church, Bern, which will be held at **12.00** on **Sunday 29 March 2020** in the church.

The **Agenda** for the meeting is as follows:

1. Welcome and Apologies for Absence
2. Reception and Approval of the Electoral Roll
3. Approval of the Minutes of the last AGM held on 31 March 2019
4. Approval of the Audited Accounts for the year 2019
 - a. Treasurer's Report
 - b. Auditors' Report
5. Presentation of the Budget for the year 2020
6. Election of
 - a. Two churchwardens
 - b. Two Archdeaconry Synod representatives
 - c. Six council members

If necessary, there may be a short break while the votes are counted.

7. Appointment of Auditors
8. Chaplain's Report
9. Any Other Business

A list for nominations for the elections will be available in the church hall from 1 March. Names should only be entered after obtaining the consent of the candidate. The proposer and seconder should sign their names (and also print their names, just in case the signature is unclear). All those standing for election or proposing or seconding someone for election **must** be members of the electoral roll.

Please make nominations on or before Sunday, 22 March, so that those voting have time for prayerful consideration before the AGM.

Note that to be able to vote at this meeting you must be on the electoral roll.

Annual reports of the various groups and activities in St Ursula's will be available from 15 March and at the AGM and afterwards - in the Upper Hall or from the church office. Please collect your copy.

Yours sincerely,
on behalf of the Church Council,
Donna Goepfert
Council Secretary

For Your Diary February & March 2020

Regular Weekly Events

Mondays	08.30 – 09.00	Morning Prayer
	18.00 – 18.30	Evening Prayer
Tuesdays	08.30 – 09.00	Morning Prayer
	18.00 – 18.30	Evening Prayer
Wednesdays	08.30 – 09.00	Morning Prayer
	09.15 – 11.15	Parents and Tots
Thursdays	10.30 – 11.30	Holy Communion & Fellowship
	11.30 – 12.00	Lectio Divina - not on 5, 12, 19 & 26 March
Fridays	09.30	Patchwork
	18.00 – 18.30	Evening Prayer
Saturdays	09.30 – 11.30	Choir Practice



Other Events

Saturday 1 February	17.30	Choral Evensong
Sunday 2 February	08.30	Church Breakfast
Tuesday 4 February	19.00	Church Council
Thursday 6 February	18.30	Thun Service
Friday 14 February	15.00	Afternoon Tea & Quiz
Sunday 16 February		MISSION SUNDAY
	12.00	Bring & Share Lunch
Thursday 20 February	18.30	Thun Service
Tuesday 25 February	18.00	Pancake Evening
Wednesday 26 February		ASH WEDNESDAY
	18.30	Ash Wednesday Service
Saturday 29 February	10.00	Confirmation Course

Sunday 1 March	08.30	Church Breakfast
	11.30	Prayer after the 10.00 service
	11.30	Sale of St Ursula library books
Tuesday 3 March	19.00	Church Council
Wednesday 4 March	19.00	Lent Course
Thursday 5 March	11.30	Lent Course
	18.30	Thun Service
Friday 6 March	09.00	Book Sorting
Saturday 7 March	10.00 – 14.00	Spring Sale
Wednesday 11 March	19.00	Lent Course
Thursday 12 March	11.30	Lent Course
Saturday 14 March	10.00-16.00	Quiet Day
Sunday 15 March		COPY DATE
	10.00	Confirmation Course
Wednesday 18 March	19.00	Lent Course
Thursday 19 March	11.30	Lent Course
	18.30	Thun Service
Saturday 21 March	19.00	Fundraiser – Irish Night
Sunday 22 March		MOTHERING SUNDAY
Wednesday 25 March	19.00	Lent Course
Thursday 26 March	09.00 – 11.00	Collating
	11.30	Lent Course
Sunday 29 March	12.00	St Ursula's AGM

Future Dates

Saturday 16 – Sunday 17 May	Archdeaconry Choir Festival in Zurich
Friday 8 May	Pub Quiz night
Saturday 27 June	Summer Fête

For Prayer and Reflection

One of our friends ended their New Year newsletter with a poem which I commend to you below.

The poem is inspired by Aidan, one of the so called 'Celtic Saints'. Aidan was probably born in Ireland in the late 500s AD, and he later became a monk, joining the religious community on Iona, founded by St Columba. Iona is a little island just off the coast of the island of Mull in Western Scotland. Aidan was subsequently invited by the Christian King Oswald to help to restore Christianity in Northumberland in North East England. As a location for his community, Aidan chose the island of Lindisfarne off the Northumbrian coast.

He modelled his community there on the community of Iona. Hospitality and worship, and a delight in the natural world were all features of both these two religious communities as they still are today. The communities of Iona and Lindisfarne continue to attract many people on pilgrimages, to worship and to pray. Today, there is a renewed interest in what is sometimes called 'Celtic spirituality' in many parts of the UK and further afield.

Aidan was known for his gentleness and generosity and his care for the poor, for his willingness to listen and to show an active interest in the lives and communities of the local people thus winning their trust. He was responsible for the construction of churches, monasteries and schools across Northumberland.

In her poem, my friend Hannah gives thanks for Aidan's witness to 'the Name' of Jesus, praying that the church today, 'your Body', so often 'weary, stunted, proud' may learn something from Aidan's example. As we give thanks for this new year, let us pray for the church across the world, and for the life and witness of our own community here at St Ursula's, that the joy of God's love, 'of beauty, goodness, truth more strong than sin' may be heard and known afresh.

- Helen Marshall

Aidan: A Poem for the New Year

From western isle to eastern isle he came,
The sea and sky familiar, northern, grey
And in his heart he bore a mighty Name
To dignify the child, the poor, the slave.
His faith was fresh and vigorous and kind,
The pagans fierce yet tuned to nature's tongue.
Oh Name, come fresh again in modern time
That's lost the art of listening to your song.
Yet Name, your Body, weary, stunted, proud,
Has often lost the words to your great hymn.
Teach her to warm her voice and sing out loud
Of beauty, goodness, truth more strong than sin.
Raise up for her new Aidans, Holy Ones
To lead her singing out of Babylon.

- *Hannah Roberts*



Lindisfarne Priory ruins and St Aidan statue, Kim Traynor

Junior Church News



Groups and Meeting Times

Junior Church meets on most Sundays during the 10.00 service. The children start the service with the congregation and then leave together after the welcome. We usually split into two classes, Sparklers (ages 3-8) and Pilots (ages 9-14). The second Sunday of the month is a more informal service and the older children (11 years and above) stay for the service and on these Sundays we just have one class.

Junior Church Charity

Tear Fund remains the focus of our charity efforts, with our weekly collection - at the start of each Junior Church - going to the "Uganda Water and Sanitation" project.

Crèche

For children younger than three there is a supervised crèche. The crèche is in the lower hall. Parents can bring their children before the service. Pick up is immediately after the service or alternatively before communion where children are welcome to receive a blessing.

Teaching

We're very happy to announce that Isabelle Wienand has joined our Junior Church teaching team. If any members of the congregation would also like to consider helping with Junior Church please talk to either Helen or one of the teachers: Françoise, John, Ruby, Sharon, Tricia, Isabelle or Jana. We would love to have more teachers joining our team.

Junior Church Events

We are currently planning various events throughout the year including a teaching project during February, a picnic and a sleepover etc.

Nativity Play

Last year's Nativity Service took place on Sunday 8 December. It was a celebration of the birth of Christ focusing on the stories of the shepherds and the angels.

- *Jana Kutesko*



Happy Birthday!

Congratulations to our Junior Church children with birthdays in February and March:

Evan Gantenbein 3 on 1 February

Cara Hofer 14 on 7 February

Akachukwu Jose Oko 3 on 11 February

Lillian Hamming 8 on 12 February

Andrew King 15 on 14 February

Christopher Shergold 12 on 12 March

Lydia Shergold 10 on 12 March

Edem-David Agoba 13 on 28 March



The British Food Stall

My involvement with the British Food Stall began one morning in 2004 with a phone call from the then church administrator Sharon Bachmann asking me if I would do the British Food Stall at the Christmas Bazaar. I glibly said “yes” never imagining how much my and my whole family’s life would be taken over by “shopping for the food stall” for the next 15½ years.



Gaynor & Jackie Christmas Bazaar 2004

British cheeses) as well as the memorable journey when we got stopped by customs/border officials three times in one day.

Over these years I’ve flown and driven to the UK and back around 60 times and during those trips have had numerous adventures including being in a car crash (I used the opportunity of my car being towed home to buy 36 more boxes of mince pies to put on the now unoccupied back seats), breaking down in northern France (my husband drove 13 hours there and back to rescue us and our fridge full of

and back to rescue us and our fridge full of British cheeses) as well as the memorable journey when we got stopped by customs/border officials three times in one day.

My many helpers throughout the last 15½ years have been extremely loyal, with Caroline Trippas, Ashley O’Reilly, and Lesley Pasqualotto forming the core helpers throughout, as well as my children, Georgina and Eleanor who started to help on the stall as soon as they were old enough to add up. I would also like to say a big thank you to Gaynor and Toby Broome who didn’t miss a sale for many years until they relocated to the UK as well as Jackie Wilkinson who helped on my first stall and also on my last with, of course, many other sales in between. Sharon Batley, Eva Eigner and Lisa Fehlberg were also invaluable helpers over many years.



Jubilee Fête, 2012

Stocking the food stall over the last few years has been achieved with just 2 main shoppers, and Andrew True has been an amazing help - I wouldn't have been able to have stocked the stall in between my trips anywhere near as well without him. In previous years Jackie Wilkinson and Margaret & Jon Robinson played a tremendous part in stocking the stall too. Thanks must also go to all the people over the years who have either brought shopping over or have asked their visitors to.



Summer Fête, 2013

My family also played a part with both my siblings looking out for bargains and then storing their purchases until they visited me or I next arrived with a car/huge suitcase. They also showed great patience when the majority of my trips to the UK were spent either at a supermarket or in their driveway packing up my car. I would also like to thank my husband for the many hours he's sat in a supermarket car park waiting for me to emerge from "my quick nip in to see if they have ...". Another big thanks to Georgina and Eleanor who spent their school holidays explaining to concerned shoppers that they weren't playing truant to go shopping in Sainsbury's - both of them have been a huge help on my shopping expeditions.

From 2004 – 2019, the food stall has taken over Fr250,000 in sales and we have raised around Fr190,000 for St Ursula's Church. Whilst running the stall I've had the privilege of "playing shop" with my best friends for over 15 years and in addition I've met some wonderful "shoppers" along the way.

I'm extremely pleased that Caroline Coatalen-Hodgson is taking over the organisation of the British Food Stall and, although it will be run differently, there will still be a good choice of your favourite British Foods. I am planning on having a stall at the sales selling home-made marmalades, preserves & chutneys as well as a selection of home-baked goods to take home and I hope to continue to catch up with all the "British Food Shoppers" there.

- Jana Kutesko



My car ready for the journey home!



Christmas Bazaar 2019

Last year's bazaar once again proved to be a very popular event with many visitors on both days.

A HUGE thanks to all the numerous people who dedicated hours of their time and skills both behind the scenes and on stalls - before, during and after the bazaar.

I would particularly like to thank all those who organised and ran a stall.

I'm sure that these photos will bring back happy memories of an excellent and festive start to the Christmas period.





Except for the British Food Stall, all the figures below are after expenses have been deducted.

Second Hand Books	1,832
Bric à Brac	514
Cards & Calendars	265
Christmas Cakes	2,089
Christmas Decorations and Wreaths	1,032
British Food Stall	9,490
Guess the Weight of the Cake	160
Patchwork	2,288
Restaurant	1,255
Raffle	1,016
Tombola	941
Toys	150

The final total after miscellaneous expenses was a very pleasing Fr20,978.

Our Spring Sale will be on **Saturday 7 March from 10.00 – 14.00**, please use the flyer with this magazine to advertise this event.

- Jana Kutesko, Church Office

Events News

In February and March we have the following fundraising and social events planned for you.



14 February Valentine's Day afternoon tea and quiz from 15.00.
Just for fun, but donations welcome. Also if you can bake for that day, or would like to help run the event, check out the signup sheet in the hall.

7 March our Spring food and book sale, from 10.00 until 14.00

21 March: An Irish themed fundraising evening with a band as well as dancers and a three course meal based on original Irish recipes. It should be a fun night, please tell your friends. Tickets can be purchased either by email or via Ticketfrog. See the flyer included with this magazine or downloadable from our website.

More info to any about our events available by email to event@stursula.ch

Thun Church dates 2020

Our group based around Thun will be meeting again this year in the Chapelle Romande, Frutigenstrasse 22 in Thun. The first meeting this year was on 16 January, and then we will meet on the first and third Thursday each month at 18.30 until 2 April, after which we will join in the Easter Services in Bern.

From May the dates will be 7 May, 4 and 18 June, then a break for summer. We will meet again after summer on 6 August.

All are welcome to attend, including those who live in Bern, it really is very easy to find, and we often have a time of fellowship together afterwards. Come and try, we don't bite.



Assistance to the homeless/needy in Bern

The Kirchliche Passantenhilfe is centrally situated in Bern and is a point of contact and assistance for people in difficult life situations or in an emergency. In particular, it is open to those for whom nobody else takes responsibility.

The Kirchliche Passantenhilfe provide the bare essentials, offering food products, various coupons for food, toiletries, clothing, help with overnight shelter and transport and where it makes sense, small amounts of cash.

An Ongoing Local Charity Project for St Ursula's

As an ongoing project, St Ursula's Charity team has set up church collection points at the back of the church and in the hall for food and toiletries for the Passantenhilfe. Anyone can help – just bring along items when you come to church on Sunday – every little bit helps. Maybe there is something on a special offer at your supermarket and you can put aside a packet or tin of something to bring along....

Thanks to the generosity of many of you, we have now been able to bring several boxes of foodstuffs and clothing twice to the Passantenhilfe office in Bern. A big thank you to the Parents and Tots group who also donated a box of items! The Passantenhilfe team is very grateful for all you have offered. Please continue to bring along food or clothing items.

What we are collecting at present (please just keep to these items!):

Non perishable Food (must be within date)

- In general, tinned food
- Pasta
- Rice
- Packets of soup
- Bouillon cubes
- Instant coffee
- Tea
- Biscuits

Toiletries

- Deodorant
- Toothbrushes
- Shampoo

Clothing (can be second hand but must be in good and clean condition)

- Winter hats
- Winter Gloves
- Scarves

Please note that only clothing as listed should be brought along.

Charity of the Month



When you are confronted with a whole new world you don't know, where do you start to make sense of everything?

What is it like for refugees to get to know our country, our cultures and our habits?

Where do you start to deal with the many new things in order to arrive?

For these and many more questions about integration and arriving in a foreign country, Zentrum5 is the right place. There you will find advice and help and a team ready to accompany you in this process.

Zentrum5 runs an open house for migrants and Swiss people. It offers space for personal initiative and encounters. It is committed to integration and promotes networking with other services. With its events, Zentrum5 is part of the cultural life of the city and region of Berne.

Zentrum5 is a project sponsored by AKiB (*Arbeitsgemeinschaft christlicher Kirchen Region Bern*). It was founded in 1985 as "Centre of the 5 continents".

Zentrum5 is actively committed to a joint, respectful and peaceful coexistence of migrants and Swiss people. It is neutral in terms of party politics, is committed to human rights and is open to people of all religions.

Zentrum5 understands integration as a process,

- which involves users, regardless of their origin,
- that makes other ways of thinking and living accessible,
- that promotes openness towards other cultures,
- in which the language and culture of origin can be cultivated.

Zentrum5 is aimed at

- migrants and Swiss people who actively help to shape their coexistence,
- people who need information and advice on everyday life and integration issues,
- individuals, individual language groups and mixed groups who are looking for exchange and contact.

Offers

General services

- Room rental for courses, meetings, events and celebrations
- Support of self-determined activities (e.g. association events, implementation of autonomous offers and projects)
- Courses and individual events to promote linguistic, technical and social skills
- Offers for specific groups (e.g. women, children, senior citizens)

Information and advice

- Information and advice on everyday life, social, health and school issues, referral to specialist agencies
- "*Schreibstube*": Support with the application for funding for education and training

Intercultural library

- The intercultural library serves to maintain the language and culture of the country of origin. The library provides books and media in numerous languages spoken by the migrant population
- It offers space for reading and encounters and is the starting point for cultural activities.

Cultural programme

- readings, exhibitions, theatre and film evenings, professional events, workshops
- platform for meeting and understanding

Zentrum5 is also facing some challenges at present

The financing of the cultural program 2019 was difficult and led to a reduction of cultural evenings. However, the expectation of the sponsors for more focused events with well-known authors/artists and, in particular, more targeted advertising is on the agenda.

The public relations work is being reviewed and after 12 years the redesign of a website suitable for smart phones is needed. Nevertheless, word-of-mouth and printed advertising remain important for Z5.

Z5 is to perceive new needs and include them in its offer. It would like to broaden its range of consulting services - e.g. with selective offers on the topic of social security or, in spring, by providing support in filling out tax returns.

For 17 years Z5 has been co-directed by Bettina Kleiner-Weibel and Jürg Trefzer. Together with their team it is important for them to work together and to put the focus on the users of Z5. Their management style aims to help users become autonomous. Integration is an individual process. Every person needs a different kind of support, has a different pace. But one can trust that individuals will find their way, as the team has experienced many times in the past.

"For each other and with each other", this is the goal of Z5 to work together with the migrants, to get involved and stand up for a respectful and peaceful living together.

- Esther Hutchison Funkhouser for St Ursula's Charity and Missions Team



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Synod – what's that?

(This was written in 2008 and is repeated in adapted form for information!)



At our AGM this year we shall elect lay representatives to the Archdeaconry Synod. We do this every three years. The number of representatives depends on the size of the electoral roll – until now we have sent three, from this year we shall only send two. So what do they do? In the first place, they are *ex officio* members of our own council. This means they can carry questions raised in council to the next level of church government, and share our problems with the other nine full-time chaplaincies in Switzerland. Synod meetings provide a chance for representatives to get together formally and informally, and compare notes about how other chaplaincies organize themselves, what their problems are and how they surmount them. In return, they have the responsibility for bringing ideas and decisions taken at national level back to St Ursula's.

But what kind of decisions are these? The Swiss archdeaconry is responsible for the annual archdeaconry retreat, the annual archdeaconry choir festival, regular seminars, talks and workshops (through SACEP, the Swiss Archdeaconry Christian Education Programme), and for coordinating the work

of the nine chaplaincies, for instance in the field of safeguarding. So, for example, we have national guidelines for the terms of employment for our chaplains, we have a national scheme of lay partners to enable clergy to review their ministry on a regular basis. We work nationally with the Swiss Council of Churches on legal and ecumenical matters, and with the Old Catholic Church on joint projects in such fields as charity support and communication. And we try to arrange more collaboration between chaplaincies, bringing together treasurers, or churchwardens, or youth leaders.

Representatives also elect lay members of the two tiers of government above us. Switzerland sends two lay representatives to the Diocesan Synod, helping guide the church's work in the whole diocese, stretching as it does from Vladivostok to Tenerife, from Ankara to Reykjavik. And every five years, we choose two representatives from the whole diocese to serve on General Synod.

The responsibilities may sound onerous, but they are far outweighed by the chance to meet fellow Christians from the other chaplaincies, and by the afternoon sessions at Synod, which are usually given over to a talk on a topic of importance – recent talks have been on our response to the environment, on how the diocese is organized and paid for, on the diocesan rule of life, on youth mission and on the duties of safeguarding officers. I hope this article will encourage you to offer yourself as one of our representatives – or in any case, to inform your choice when you attend our AGM on 29 March.

- Hector Davie

www.jeanchartonwhite.com

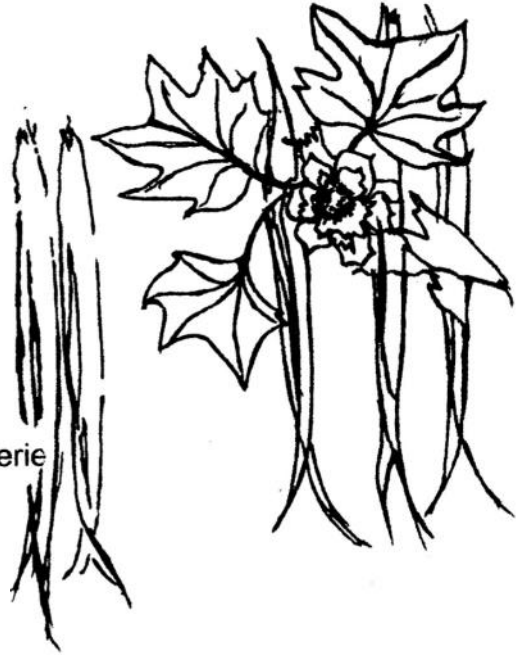
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jean charlton white

beneath the tulip trees

8th april 28th june 2020
vernissage wednesday 8th april 18.30
finissage sunday 28th june

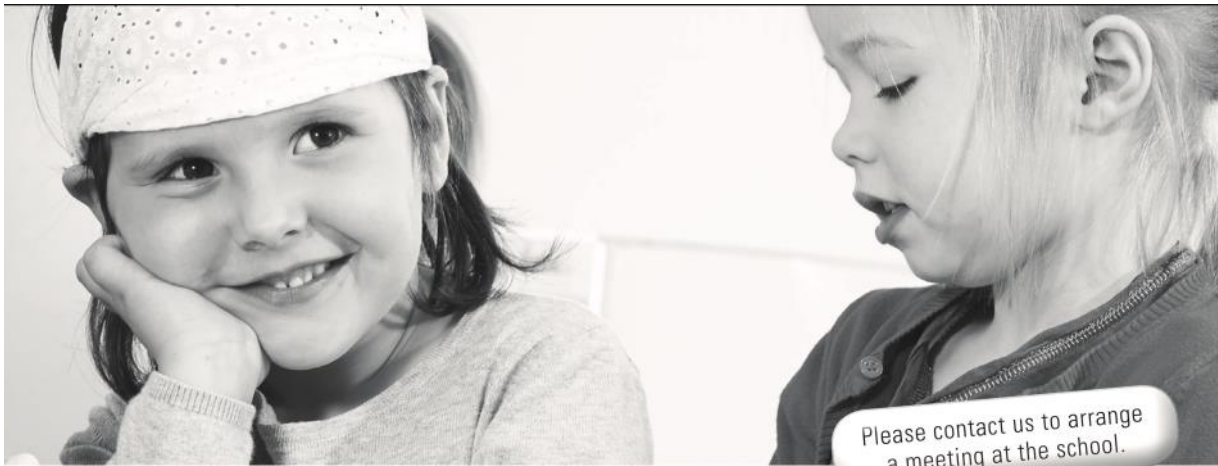
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sonntag 11h-19h



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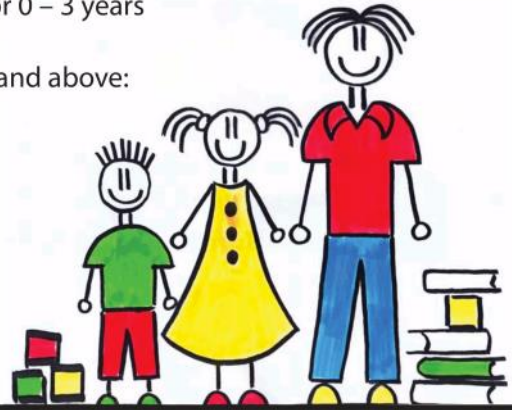


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English Speaking Club of Bern

Official Invitation

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We are looking forward to meeting you

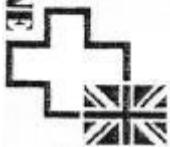
Mittelstrasse 55, 3012 Bern | Open every Thursday & Friday from 8pm | www.englishclub.ch

Why not join the International Club of Berne ?

The club was formed in 1991 as a non-political, non-religious organization open to all men, women and their families, interested in meeting for social and cultural activities. Our aim is to facilitate a better understanding of - and integration into - Switzerland, through a variety of services, programmes and joint explorations of this country and its people. We welcome members from all over the world, and currently count 140 members (including families) from some 30 nations. Our common language is English, but among our members many other languages can be heard. We hold a monthly meeting with guest speakers and presentations on a wide range of topics, and publish a monthly Newsletter. In 2016 the club celebrated its 25th anniversary with several special events. We are waiting to welcome you !

Nazanin Kupferschmid, President
Tel. 078 905 5743, email nkschmid@gmx.net
International Club of Berne, 3000 Berne, [www: icberne.ch](http://www.icberne.ch)
Annual membership: CHF 50 for singles, CHF 60 for families.

SWISS-BRITISH
SOCIETY BERNE



The Swiss British Society, Berne organises a number of cultural events including visits to exhibitions, concerts, a Christmas dinner, Burns supper and musical evenings. We also invite guest speakers to address our members on a range of literary, musical or political topics. Usually our events have a social element - we try to combine dinner or lunch together with our lectures and outings, or at least a chat and a cup of tea! New members are always welcome. Our website (and circular) is hosted by the Federation of Anglo Swiss clubs at www.angloswissclubs.ch

Contact: President: Chris Warren

Email: cuwarren@zapp.ch

Andy Prior

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Church Council

Lay Members:

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Donna Goepfert (*secretary*) 031 931 27 42

Hans Goepfert 031 931 27 42

Sue Higson 076 690 50 88

Archana Jacob 031 914 02 40

Vinitha Jacob 079 547 23 54

Janiffer Kingori 031 534 65 39

Cecily Klingler 031 302 48 59

Ruby Wildhaber 031 301 75 62

Lay Representatives to Archdeaconry Synod:

Hector Davie (*vice chair*) 031 971 27 71

Donna Goepfert 031 931 27 42

Richard King 031 822 09 21

CHURCH OFFICE 031 352 85 67

Administration: Jana Kutesko

Normally open Tuesdays & Thursdays

Church Hall 032 510 22 12

CHURCHWARDENS

Martijn Browne 079 953 96 76

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A good thing about worship is that it allows us to sing, and our music comes in all shapes and sizes. From Col 3:16 and Eph 5:19, we know that “psalms and hymns and spiritual songs” date back to the earliest days of the church – and beyond. Indeed much of the service used to be sung or chanted, something that still happens even today (and happens too in synagogues and even mosques).

This month’s hymn dates back to one of the very earliest orders of service we know. Legend attributes it to St James himself, “the brother of the Lord”, and although this is rather far-fetched, it goes back to a time when all the churches of the East shared a common liturgy. The words at the basis of our hymn exist in Aramaic, the language Jesus himself spoke, and in Greek, and are still an integral part of the liturgy of many of the Syriac churches of the Middle East and of India. They are also used in the Eastern Orthodox church on Holy Saturday.

The words form part of the offertory procession, where the bread and wine are taken into the middle of the congregation and then are brought up to the altar to be used in the Eucharist. This procession marked the end of the introductory worship: the preparation, with its readings, its confession, its prayers for neighbours and for the world. It was the start of the holiest part of the service. Originally, people who had not been baptized left the gathering at this point, and the rest of the congregation prepared to “lift up their hearts” - to turn their minds from earthly things to heaven.

Singing and keeping silence do not go well together, but the hymn was thought of as being sung by the cherubim. It uses an idea from the last verse of Habakkuk 2 to create a sense of awe and wonder, and recalls that in the Eucharist, as in the Incarnation, heaven and earth are united in worship and in praise.

The Liturgy of St James was translated in the 1860s by the scholar John Mason Neale. Although Neale wrote many well-known hymns, it was Gerard Moultrie, who served as chaplain to Shrewsbury School and as vicar of South Leigh in Oxfordshire, who expanded Mason’s prose translation into the metrical hymn we use today (for old hymns in the eastern churches do not use rhyme or rhythm in the way we do in the west).

The tune (Picardy) is from a traditional French carol, known as the Carol of the Bells. Both Ralph Vaughan Williams and Gustav Holst arranged it, and it was also included in the organist Percy Dearmer’s hymnbook *Songs of Praise*. Dearmer changed the words to make the hymn more universal – his second verse reads:

King is he, yet born a servant,
Lord of all in human guise,
Truly man, yet God revealing,
God as love, to mortal eyes;
God with man, he leads and feeds us,
He the power and he the prize.

Yet with its haunting and slightly mysterious melody it fits best in the Eucharist, as an introduction to lifting our hearts to God, where we need “ponder nothing earthly minded”, and feed indeed on the bread of heaven.

- *Hector Davie*

Prayer of the Cherubic Hymn

Let all mortal flesh keep silence,
And with fear and trembling stand;
Ponder nothing earthly-minded,
For with blessing in his hand
Christ our God to earth descendeth
Our full homage to demand.

King of kings, yet born of Mary,
As of old on earth he stood,
Lord of Lords, in human vesture -
In the Body and the Blood -
He will give to all the faithful
His own self for heavenly Food.

Rank on rank the host of heaven
Spreads its vanguard on the way,
As the Light of light descendeth
From the realms of endless day,
That the powers of hell may vanish
As the darkness clears away.

At his feet the six-winged Seraph:
Cherubim with sleepless eye,
Veil their faces to the Presence,
As with ceaseless voice they cry,
'Alleluia! Alleluia!
'Alleluia! Lord most high.'

*Liturgy of St James
translated by Gerard Moultrie (1829-1885)*

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