

ALL SAINTS NEWS

28th July 2024
Trinity 9 Pr 12

International Tree Day – Sunday 28th July

What's great about trees?

This last week the Met Office presented a disturbing analysis of data extending back to the Nineteenth Century. It clearly demonstrated what we all observe. Climate change is causing a dramatic increase in the frequency of temperature extremes and number of temperature records the UK experiences.

This analysis of observations shows that extremes of temperature in the UK are most affected by human induced climate change. This means the UK is seeing, on average, more frequent periods of hot weather, bringing challenges for infrastructure, health and wellbeing. The observations also suggest an increase in rainfall extremes.

This draws our attention, on International Tree Day, to the critical role trees play in maintaining environmental balance and mitigating climate change.

Environmental Benefits



Air Quality Improvement:

- o Oxygen Production: Through photosynthesis, trees produce oxygen, which is essential for most living organisms.
- o Pollutant Removal: Trees absorb pollutants like carbon monoxide, sulphur dioxide, and nitrogen dioxide, improving air quality.

Climate Regulation:

- o Carbon Sequestration: Trees absorb carbon dioxide (CO₂) from the atmosphere and store it as biomass, helping to mitigate climate change.
- o Temperature Moderation: By providing shade and releasing water vapor through transpiration, trees help cool the environment and reduce the urban heat island effect.

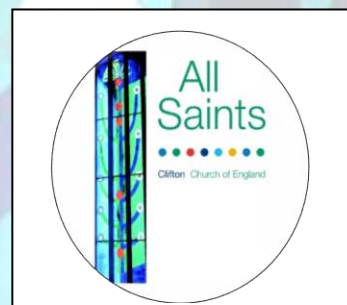
Contact us

Office 01179741355
Web www.allsaintsclifton.org
Email office@allsaintsclifton.org
Address 68 Pembroke Road, Clifton, Bristol, BS8 3ED

Vicar Fr. Charles Sutton
Mobile 07785912663
Associate Priest Fr Paul Hawkins



Home 0117 9078088
Email charleses@me.com



Water Cycle Management:

- **Water Filtration:** Trees help filter and purify water by trapping pollutants and sediments.
- **Soil Moisture Retention:** The roots of trees help retain soil moisture and reduce the risk of drought.
- **Flood Prevention:** Trees slow down water runoff and increase soil absorption, reducing the likelihood of floods.

Soil Conservation:

- **Erosion Control:** The roots of trees bind soil, preventing erosion caused by wind and water.
- **Soil Fertility:** Trees contribute to soil fertility through the decomposition of leaves and organic matter.

Biodiversity and Ecosystem Services

- **Habitat Provision:** Trees provide habitat and food for a wide range of wildlife, supporting biodiversity.
- **Ecosystem Balance:** They play a crucial role in maintaining ecological balance by supporting various trophic levels in the food web.

Human and Social Benefits

- **Health Benefits:** Trees contribute to mental and physical well-being by providing green spaces for recreation and relaxation.
- **Economic Benefits:** Trees can increase property values, reduce energy costs by providing shade, and support industries like timber and tourism.
- **Aesthetic and Cultural Value:** Trees enhance the beauty of landscapes and have cultural and spiritual significance in many societies.

Climate Change Mitigation

- **Carbon Storage:** Trees act as carbon sinks, absorbing CO₂ and storing it as biomass, which helps offset greenhouse gas emissions.
- **Renewable Resource:** Sustainably managed forests provide renewable resources that can replace fossil fuels and other non-renewable materials, further reducing carbon emissions.

Urban Benefits

1. **Urban Heat Island Mitigation:** Trees cool urban areas, reducing the heat island effect and lowering energy demand for air conditioning.
2. **Noise Reduction:** Trees act as sound barriers, reducing noise pollution in urban environments.



Essentially, trees are vital for sustaining life on Earth by improving air and water quality, regulating the climate, supporting biodiversity, conserving soil, and providing numerous social and economic benefits. Protecting and expanding forested areas is essential for environmental health and resilience against climate change.

Mental Health and Wellbeing

If environment and climate is not enough, what about people's mental health and wellbeing?

Research in environmental psychology and public health has consistently found several positive effects:

1. **Stress Reduction:** Being around trees and nature can lower levels of cortisol, the stress hormone, and reduce overall stress.
2. **Improved Mood:** Natural environments, including those with trees, are associated with enhanced mood and emotional well-being.

3. **Cognitive Benefits:** Exposure to nature can improve attention, memory, and cognitive flexibility. Green spaces provide restorative environments that help mental fatigue recovery.
4. **Reduced Anxiety and Depression:** Regular interaction with green spaces can decrease symptoms of anxiety and depression.
5. **Social Interaction:** Green areas, especially in urban settings, can facilitate social interactions and community bonding, which are crucial for mental health.
6. **Physical Activity:** Trees and parks encourage physical activities like walking, jogging, and playing, which are beneficial for mental health.
7. **Connection to Nature:** A sense of connection to nature, often referred to as "biophilia," is linked to better mental health and well-being.

Studies have found that even short periods spent in green spaces can have significant mental health benefits, and incorporating green spaces in urban planning is increasingly recognized as important for public health.



The All Saints Garden

The All Saints Garden has a role to play in terms of both our response to climate change and care of the environment, and also wellbeing and mental health. The Endowment Trustees have handed the management of the use of the garden to the PCC. Along with the focus on achieving Net Zero and our environmental and social responsibilities with the Atrium Development it's important that our use of the garden reflects these values and actions.

The garden is designed in three completely different styles, the main garden is a dedicated space close to the church with a sense of (very small) parkland, with wild spaces and insect friendly locations. Further along there is the East facing Vicarage Topiary Garden which is planted mainly with Box and Yew – though 'box blight' is a real problem and the attempts to control this in a natural manner are challenging.

And then there's the sunnier Herbaceous Garden is planted in a wild random manner to provide the ambiance of a country garden!

Trees, of course feature, both in the Garden and along the side of Alma Vale Road. Look out for the stunningly beautiful *Catalpa bignonioides*!

The next Friends Together meeting will be on Thursday 1st of August at 10.00 am



Friends Together

@ All Saints, Clifton

A Dementia accessible café – for all.
Support, guidance, information and friendship.
Tea, coffee and home-made cake included.

When? 1st Thursday of every month
Time? 10.00am-12.00pm
Where? The Randall Room, All Saints Church

Join us for...

- Reminiscence activities
- Support, guidance, and information
- Tea, coffee, cake
- Fun, laughter – and friendship!

Café Dates 2024 ALWAYS THE 1st THURSDAY OF THE MONTH

• THURSDAY 1 st January	• THURSDAY 4 th July
• THURSDAY 1 st February	• THURSDAY 1 st August
• THURSDAY 7 th March	• THURSDAY 5 th September
• THURSDAY 4 th April	• THURSDAY 3 rd October
• THURSDAY 3 rd May	• THURSDAY 7 th November
• THURSDAY 6 th June	• THURSDAY 5 th December

A PROUD DEMENTIA AWARE ORGANISATION

For further information, please call All Saints Parish Office on 0117 974 1305 or see the website for latest updates.

All Saints
Clifton Church of England

www.allsaintsclifton.org



"we always leave the Friends Together Café feeling better!"

"my husband always receives a supportive and sympathetic welcome"

"a welcoming and relaxed atmosphere and a delightful group of volunteers"

"a great way to meet other carers and share thoughts and experiences"

A PROUD DEMENTIA AWARE ORGANISATION

All Saints, Clifton has achieved Bristol Dementia Action Alliance Gold Award status in 2023

900k | there are over 900,000 people living with dementia in the UK

5000 | an estimated 5,000 of which are living in Bristol

5% | of people under 65 years old have young-onset dementia

Friends Together Café
First Thursday of every month: 10am-12pm

All Saints Church Pembroke Road, Clifton, Bristol BS2 8ED
ADMISSION FREE | allsaintsclifton.org

All Saints
Clifton Church of England

A representative from the carers support Centre will talk about the support they can offer carers
 For more information contact www.carerssupportcentre.org.uk

allsaintsarts All Saints Church Pembroke Rd Clifton Bristol

organ recitals

Wednesdays

in July

at 1.10pm

31st Hayden Payne (Bath)

Early Worship Sunday 28th July 2024



Our service on Sunday will be a little different, using elements of a Taizé style service.

Taizé prayer is the same in purpose and spirit as other forms of Christian worship but contains elements which make it distinctive and accessible to all.

Chanting: *repetitive, to simple tunes. It continues afterwards in the silence of our hearts, reminding us that the worship of heaven has no beginning or end, and it is with which we join.*

Languages: *Taizé is a truly international community, reminding us we belong to a worldwide family. So we sing in Latin or English or other languages.*

Silence: The simplicity of the worship is intended to lead us to a place of stillness in the presence of God. Periods of silence are at the heart of Taizé prayer.



JULY 2023 : A lay Anglican from West Yorkshire has been appointed Prior of the Taizé Community in France, becoming only the third person to head the ecumenical movement since its foundation in 1940.

Andrew Thorpe, known as Brother Matthew, who was born in Pudsey, had been chosen after a community consultation "to ensure continuity". Brother Matthew joined the Taizé Community at the age of 21 in 1986. Brother Alois had "complete confidence" that the new Prior would ensure Taizé remained "a little parable of communion" according to "the intuition of its founder", He took up his office on Advent Sunday, 3 December 2023.

Set up under wartime German occupation by the Swiss Protestant Roger Schutz, Taizé hosts around 100 full-time Brothers from various denominations and countries, all linked by monastic vows of poverty, chastity, and obedience.



All Saints Church Pembroke Rd Clifton Bristol

allsaintsarts

concert matinée

**Saturday
August 3rd
4pm**

Eve Doyle

mezzo-soprano

John Davenport

piano

summer song recital
including

Elgar - Sea Pictures

retiring collection

tea & cake



The Transfiguration

Tuesday 6th Of August

Mass 7.30 pm

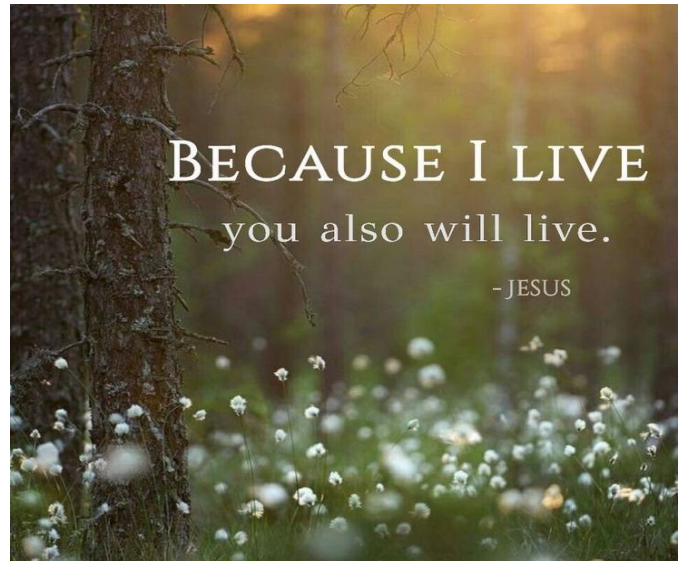
The Transfiguration is a pivotal moment, and the setting on the mountain is presented as the point where human nature meets God: the meeting place for the temporal and the eternal, with Jesus himself as the connecting point, acting as the bridge between heaven and earth. Please take time to reflect on the meaning of this in the way we live our Christian lives.

Prayers Requests

'In a little while the world will no longer see me, but you will see me; because I live, you also will live.'

(John 14: 19).

Please let Fr Charles know of anyone who would like to be remembered within the weekly prayer list or anyone who you would like to be remembered in prayer.



Those of the parish and our hearts whom we remember in our prayers:

Sunday

Tabitha Clark, Ruth and Richard Harding, Katie Norman, Neal Gordon, Joyce Shepherd, Cynthia Ashford Elisabeth Morgan Sathia Aruliah Sister Rosina Jean Detheridge Nicholas Parker Jack O'Sullivan and family Susie King Arthur Cleaver

Monday

Sue Hilliar Hugh Farry

Tuesday.

Ryan Lindsey George Lympelopoulos Pam Parker

Wednesday

Katrina and Katherine King, Philip Miles, Diana Verity, Samantha Tucker, Maureen Mumford

Thursday

Steve Cooper Barbera Freeman Remi Clarke

Friday

Charlotte Hopkins, Caroline Semon, Nicole Kaneza Nadine Benn John Badman

Saturday

The Departed

Myra York Raymond Clarke David Reed

Years' Minds - this week we remember:

Patrick Dillon Charles McLean Madge Arnold Elaine Sanders Fr Ken Semon Trevor White (Pr)
Yvonne Paradeau Connie Brooks

ALL SAINTS PRAYERS

Mon 29	Mary, Martha and Lazarus. Mary, Martha and Lazarus are remembered as friends of Jesus. Give thanks for the value of friendships and pray for them: for our own friendships and for friendship groups that gather people together to tackle loneliness, especially amongst the elderly.
Tue 30	William Wilberforce, Social Reformer, Olaudah Equiano and Thomas Clarkson, Anti-Slavery Campaigners, 1833, 1797, 1846. Pray for those engaged in 'Black Lives Matter'. Pray for anti-slavery campaigners and charities working to end modern slavery, human trafficking and organised sexual abuse, especially anti-slavery.org and 'Stop the Traffik' who specifically work to end people trafficking.
Wed 31	Mass 10.00am Ignatius of Loyola, Founder of the Society of Jesus, 1556 Today we remember Ignatius of Loyola, Jesuit founder, gifted spiritual director, and writer of the Spiritual exercises. Pray for all those who accompany others on their spiritual journey offering companionship, prayer and direction.
Thurs August 1	Give thanks for the transformational gift of the World Wide Web. Recognise those whose lives have been transformed by the ability to have access to information, knowledge and learning; those who manage to maintain and grow connections between friends, families, learning networks; those who provide reasoned and real-time insights into world events. Pray for all who work in the digital world. Pray for those who become victims of this gift through its 'wrong use' – abuse, bullying and fraud.
Fri 2	Mass 10.00am Pray for those who suffer from lung cancer (this is world lung cancer day) and for their friends and families. Pray for those who research this disease, for medical practitioners who work with sufferers and their families and for all who suffer from respiratory conditions.
Sat 3	Pray for brewers and all those engaged in the brewing industry. Pray for the publicans and landlords in this parish, for the work of pubs in providing centres for community and meeting. In particular remember the work of and those who will work in the Alma Tavern.
Sunday 4	10th Sunday after Trinity Pr 13 Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you Early Worship 9.00am Mass 10.30am

If you would like to give regularly to the Church, please set up a standing order to the church account, details below

Parochial Church Council of All Saints
Account No. 65256747
sort code 08 92 99

Gift Aid forms are available from the office
office@allsaintsclifton.org

We are committed to safeguarding children, young people, victims of domestic abuse and vulnerable adults.

If you have any Safeguarding concerns please contact :
The Parish Safeguarding Officer - Caroline Davenport
c2davbristol@hotmail.com
Janice Callow – office@allsaintsclifton.org mark for the attention of the Safeguarding Officer.