Christ Church Cathedral
OXFORD

Creative Arts
Changing Lives
The St Frideswide Civic Service
Tuesday 22 October 2019
6pm Oxford Time
Welcome to this Civic Service, celebrating the work of a large number of charities and organisations around Oxfordshire who make a real difference to our communities through offering opportunities in art, dance, music and so much more. You can learn more about some of those represented here today in the short film clip played as we gather and in the back pages of this service booklet.

*Illustrations in this booklet were made by pupils of East Oxford Primary School.*

*Music was sung under the Wolsey Tower before the service by the Buddy Choir.*

*Music before and after the service is played by the Gosford Hill School Band.*

*Poems for the service were specially composed by pupils of the Oxford Academy.*

*Music during the service is led by the Buddy Trombone Ensemble, Frideswide Voices of Christ Church and the Café Inspire Bellringers.*

*The dance for the service was specially choreographed for today by Suzette Watson and is performed by the Anjali Dance Group.*

*A retiring collection will be taken on behalf of Music for Autism and AT The Bus.*

*Music for Autism’s ethos is a commitment to increasing individual and community wellbeing through arts participation, community projects and music for autism events in special schools. AT The Bus is a school-based programme of art as therapy to support the mental wellbeing of children and young people aged 5–16 in Oxfordshire. Group sessions take place during the school day in a purposely designed therapeutic studio space in a double decker bus located on school grounds. Gift Aid envelopes are provided, and UK taxpayers are invited to make their donations through the Gift Aid scheme.*

*This is a public occasion. Please be aware that photography and filming will take place during the service, and that some parts of the service are being relayed around the building on screens. No other photography or filming is permitted during the service. Still images captured by the photographer today may be used in promotional materials published by Christ Church Cathedral.*

*For any questions or concerns relating to photography taking place today, please email cathedral@chch.ox.ac.uk.*

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*Front cover:*

Tom Gate, Christ Church by pupils of West Oxford Primary School, 2018
Please stand when the Choir enters.

Processional Hymn

Angel-voices ever singing
round thy throne of light,
angel-harps for ever ringing,
rest not day nor night;
thousands only live to bless thee
and confess thee Lord of might.

Thou who art beyond the farthest
mortal eye can scan,
can it be that thou regardest
songs of sinful man?
Can we know that thou art near us,
and wilt hear us? Yea, we can.

Yea, we know that thou rejoicest
o’er each work of thine;
thou didst ears and hands and voices
for thy praise design;
craftsman’s art and music’s measure
for thy pleasure all combine.

In thy house, great God, we offer
of thine own to thee;
and for thine acceptance proffer
all unworthily
hearts and minds and hands and voices
in our choicest psalmody.

Honour, glory, might, and merit
thine shall ever be,
Father, Son, and Holy Spirit,
blessèd Trinity.
Of the best that thou hast given
earth and heaven render thee.

Words: Francis Pott (1832–1909)
Music: Angel Voices, EG Monk (1819–1900)
Common Praise 377
Welcome and Opening Prayers

*Minister*  Blessed be God, source of creativity,  
who made our hearts to seek after him.  
*All*  **Blessed be God for ever.**

*Minister*  Blessed be God, artist and painter,  
who shows us how life may be lived.  
*All*  **Blessed be God for ever.**

*Minister*  Blessed be God, dance of the Universe,  
who changes our lives with a promise of hope.  
*All*  **Blessed be God for ever.**

Please be seated.

**Bright Existence**  
*by Chloe Weller*

Speak loud.  
I'm listening.  
For so long I've wanted to say my own things  
To take a breath at every  
Word  
At everything I've worked at for so long  
I've wanted to keep the praise of song  
To dust off the dirt.....  
To finally belong
Remembered Music
by Mawlānā, Jalāl ad-Dīn Muhammad Rūmī (1207–73)
read by Imam Monawar Hussein
Founder of the Oxford Foundation

‘Tis said, the pipe and lute that charm our ears
Derive their melody from rolling spheres;
But Faith, o’erpassing speculation’s bound,
Can see what sweetens every jangled sound.

We, who are parts of Adam, heard with him
The song of angels and of seraphim.
Our memory, though dull and sad, retains
Some echo still of those unearthly strains.

Oh, music is the meat of all who love,
Music uplifts the soul to realms above.
The ashes glow, the latent fires increase:
We listen and are fed with joy and peace.

translated by EA Nicholson

Equale No 1
by Ludwig van Beethoven (1770–1824)
performed by the Buddy Trombone Ensemble
David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the Lord of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the Lord with all their might, with songs and lyres and harps and tambourines and castanets and cymbals.

David danced before the Lord with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the Lord with shouting, and with the sound of the trumpet.

Thanks be to God.
Telling the Stories: Creative Arts Changing Lives

The Dean in conversation with
Juli Beattie and John Lubbock

Anthem
sung by Frideswide Voices

I came forth from the mouth of the Most High,
and covered the earth like a mist.
I dwelt in high places,
and my throne is in a pillar of cloud.
Alone I compassed the circuit of heaven
and walked the depths of the abyss.
In the waves of the sea and in all the earth,
and over every people and nation I got a possession.
With all these I sought rest.
And I took root in a people that was glorified,
in the portion of the Lord’s own inheritance.
I was exalted like a cedar in Libanus,
and as a cypress on the mountains of Hermon.
I was exalted like a palm tree on the sea shore,
and as a fair olive tree in the plain.
And my branches are branches of glory and grace,
and my flowers are the fruit of glory and riches.
Come unto me, ye that are desirous of me,
and ye be filled with my fruits.
For my thoughts are filled from the sea,
and my counsels from the great deep.
And I came out as a stream from a river
said, I will water my garden
and will water abundantly my garden-beds.
And lo, my stream became a river;
and my river became a sea.

WORDS: Ecclesiasticus 24
MUSIC: CV Stanford (1852–1924)
Blind Art
by Charlie Strahan

Colour at my finger tips,
Ambition in my toes,
My hands don’t work as others do
I listen with my feet
To the drums of teamwork
I can’t see 3D
Other dimensions work for me
Imagination,
Discovery.
I’ve reached a lot of people.
I may not be able to see them,
But I know that they are happy.

A Poem
by Bhumisa Sapkota

Turn sadness into strength
And madness into Art…. 

Creative Arts Changes Lives
by Sophie Grant

Music changes people’s lives
It makes them happy again.
It can inspire lots of people to
Open up and be who they are.
It shows emotion
It expresses feelings
Pilgrimage to the Shrine of St Frideswide

Our story at Christ Church goes back to the seventh century, to the story of Frideswide, a Saxon princess, whose courage and faith inspired a city and a people. At the end of every Civic Service we process to her shrine, where she has been commemorated since the Middle Ages, carrying sprigs of rosemary (a medieval symbol of remembrance and pilgrimage) as a sign of our prayers.

As we place those sprigs upon the shrine we are invited to hold before God the people on our hearts and give thanks not just for the charities and organisations we have celebrated today but for all who use the creative arts to change lives.

The minister introduces the pilgrimage informally and invites the Congregation to join the pilgrimage procession in the following words:

Minister Let us go forth in peace, bearing our pilgrim’s rosemary, sign of all we wish to entrust to God, and singing the praises of Frideswide, patron of our city.
Processional Hymn

During the hymn, the clergy, dignitaries, and school guests lead a procession towards the shrine of St Frideswide. Please join the procession after the final school, following the instructions of the sidesmen and taking with you the sprig of rosemary from your seat.

Lord of beauty, thine the splendour shown in earth and sky and sea,
burning sun and moonlight tender,
hill and river, flower and tree:
lest we fail our praise to render
touch our eyes that they may see.

Lord of wisdom, whom obeying mighty waters ebb and flow,
while unhasting, undelaying,
planets on their courses go:
in thy laws thyself displaying,
teach our minds thyself to know.

Lord of light and inspiration, breathe in every mind and heart!
Call us out from every nation for thy service set apart that we may, with thy creation, sing thy praise with all our art.

Lord of dance and Lord of singing, Lord of music and delight, flute and voice and church bells ringing joining with the angel-flights.
Praise in sound and movement bringing that we may rejoice thy sight.

Lord of all that gives us pleasure art and craft and sport and skill in our work and in our leisure may we know we do thy will.
Serving thee our greatest treasure that thy call we may fulfil.
Lord of paint and stone and story,
skills of needle, brush and pen,
all our talents show thy glory,
tell thy goodness once again.
Till we join the endless story
and with angels cry, Amen.

Lord of life, alone sustaining
all below and all above,
Lord of love, by whose ordaining
sun and stars sublimely move:
in our earthly spirits reigning,
    lift our hearts that we may love.

Lord of beauty, bid us own thee,
    Lord of truth, our footsteps guide,
till as Love our hearts enthrone thee,
    and, with vision purified,
Lord of all, when all have known thee,
    thou in all art glorified.

Words: Cyril Argentine Alington (1872–1955)
and Philippa White (b. 1986)

Music: Regent Square
Henry Thomas Smart (1813–79)
Common Praise 258 (t. 502)

When the hymn ends, please remain standing still wherever you have reached in the building, as we are led in prayers of thanksgiving and intercession by the Bishop of Dorchester on our way to the Shrine.

The prayers are based around lines from a poem ‘Symphony of Senses’ by Anna Viehhauser, a pupil from Europa School UK.
**Bishop**
In this place, where for so many centuries God’s praise has resounded in the skill of craftspeople and the sound of singing, let us bring our prayers and praises.

*We live in a world of labels, of prejudice and doubt. We hardly ever take a moment to think: is this what it’s all about?*

**Intercessor**
Creator God, you set your purpose in creation and have blessed us with creativity to explore the world around us and within us. As we stand before the shrine of St Frideswide, open our eyes to look more deeply, open our hearts to love more fully and open our lives to share more courageously, this day and always.

Lord, in your mercy,

**All**
*hear our prayer.*

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You’ve heard I have a condition, a disability, a fault. But what if I told you this condition was not a fault at all?

**Intercessor**
Creator God, you cherish our differences and see the beauty of each one of us, made gloriously in your image. As we follow St Frideswide in the footsteps of Christ, help us to recognise the gifts you have given us and to celebrate one another’s unique skills and talents. Give us the grace to use our gifts to your glory and for the welfare of all people, building up community across our city and county and bringing hope to all.

Lord, in your mercy,

**All**
*hear our prayer.*
I touch, I hear, I sense, I smell.
The scent of flowers, a melody of humming bees.
The rolling sound of waves against the cliffs, salt in the air and earth on my knees.
An early morning crunch of pebbles on a footpath, cool dewdrops on my feet.
The world is full of beauty if you’re just open to it.

**Intercessor**  
Creator God, you sent your Son that we might have life and have it in all its fullness. As we remember the compassion of St Frideswide, we give you thanks for the work of all the charities and organisations we celebrate tonight. We ask that you will support and uphold them in all they do. We pray that the creative arts really will change lives, turning despair to hope, sorrow to joy and darkness to light.

Lord, in your mercy,

All hear our prayer.
The Lord’s Prayer

**Bishop** We gather together these and all our prayers, in the words that Jesus taught us.

**All**

**Our Father, who art in heaven,**
hallowed be thy name;
thy kingdom come;
thy will be done,
on earth as it is in heaven.
**Give us this day our daily bread.**
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory;
for ever and ever.
**Amen.**

Blessing

The Bishop of Oxford pronounces the Blessing:

**Bishop** The Creator God whose joy in creation overflows to all that he is made, inspire you, transform you and uplift you; and the blessing of God Almighty, Father, Son and Holy Spirit, be upon you and remain with you, this day and always

**All** **Amen.**
During the following hymn (or after the service) you are invited to take your sprig of rosemary to the shrine as a symbol of remembrance and thanksgiving for Frideswide and for all who have lived in Oxfordshire through the centuries.

The Civic, Ecclesiastical and University parties return to their seats as soon as they have placed their rosemary sprigs on the shrine. The children are also led back to their places.

St Frideswide’s Hymn

A place to cross a river,  
where shade and shallows run,  
where working oxen rested  
from hours of restless sun:  
This strand of light and water,  
where mayfly threads are sewn,  
where trout and elvers needle,  
a house, a hearth, a home.

An abbey in a meadow  
beside an ancient ford,  
where Frideswide’s prayer and fasting  
gave glory to her Lord.  
That simple wooden shelter  
gave way to glass and stone,  
a glimpse of heaven’s mansions,  
a house, a hearth, a home.

A place of light and learning  
where questing minds can grow,  
where world and time are fathomed,  
for nothing but to know.  
In bare-walled rooms great questions  
are sounded out alone  
the fabric of this city,  
a house, a hearth, a home.
A county and a city
both built on work and trade,
where factory and office
turn making into made;
where fields are cut and seeded,
and science tests the known:
this ancient, modern people,
a house, a hearth, a home.

Each city is a foretaste
of cities yet to come,
of God’s expansive kingdom,
where all can find a home.
A stranger walks beside us,
we are not left alone.
In Jesus Christ the traveller,
a house, a hearth, a home.

Words: Michael Symmons Roberts
Music: Thornbury, Basil Harwood (1859–1949)
Tune: Common Praise 606

Music after the service is played
by the Café Inspire Bellringers and
Gosford Hill School Band.
Do please stay and enjoy listening to them—
either where they are playing
or as you move around the Cathedral.
After founding and running The Art Room for 15 years, Juli Beattie, together with a team of professionals, developed the concept of a mobile art as therapy provision. AT The Bus provides a school-based programme of art as therapy to support the mental wellbeing of children and young people aged 5–16 in Oxfordshire. Group sessions take place during the school day in a purposely designed therapeutic studio space in a double decker bus located on school grounds. (www.atthebus.org.uk)

Children Heard and Seen
Children Heard and Seen is a charity which provides support and interventions for children experiencing parental imprisonment. The charity was set up in 2014, with a focus on reducing intergenerational offending and mitigating the impact of parental imprisonment for children in Oxfordshire. In 2019 they won the Queen’s Award for Voluntary Service. This is the highest award given to volunteer groups across the UK to recognise the exceptional service within their communities. (www.childrenheardandseen.co.uk)
Orchestra of St John’s (OSJ)
OSJ’s ethos is a commitment to increasing individual & community wellbeing through arts participation, community projects & music for autism events in special schools. In March 2019 they invited 30 girls from Afghan Women’s Orchestra for a week’s residency in Oxford & London. Rehearsals, masterclasses & side-by-side concerts with musicians from OSJ, Oxfordshire County Music Service, and Harrow Young Musicians. They sold out the Sheldonian Theatre, British Museum theatre & Harrow Arts Centre. The FCO also sponsored a concert at Lancaster House. They continue their support by distance learning via lessons on Skype. (www.osj.org.uk)

Anjali Dance Company
Anjali is a professional-level company of learning-disabled dancers which began in Banbury 25 years ago. Anjali’s dancers create and tour original productions in the UK and abroad. They have represented the UK at major international festivals and are noted as inspirational role models for people with learning disabilities. The company also has a youth group, Young Anjali, and a weekly Open Class, whose members are performing in today’s service. (www.anjali.co.uk)

The Old Fire Station
The Old Fire Station is a public arts centre – presenting new work across art forms, supporting artists and including people facing tough times. They have a Theatre, Gallery, Shop, Studios and Café and share their building with the homelessness charity, Crisis. They try to include people who are homeless in everything we do. This improves the quality of what we do, helps break down barriers, builds resilience and leads to more stable lives. (www.oldfirestation.org.uk)
**Thomley**
Disabled people don’t have the same opportunities as their non-disabled peers to engage in activities that will help them attain the life-skills they need in making the transition into adulthood. This means they miss essential experiences their non-disabled peers take for granted. Thomley delivers activities and opportunities for people of all ages and impairments. By doing this they contribute toward supporting disabled people in building the foundations they need to negotiate their everyday lives. (www.thomley.org.uk)

**Ark-T**
Ark-T is an arts centre based in Cowley, where People, Art and Powerful Ideas come together. They use the powers of Creativity and Human Connection to change lives. Their projects work to address the inequality around us in some of the most deprived wards in one of the richest cities in the UK. They are keen to work in partnership with others who are also passionate about addressing this inequality. (www.ark-t.org.uk)

**Oxfordshire County Music Service (OCMS)**
OCMS’s work includes instrumental and vocal teaching for over eight thousand children each week. It also provides a full programme of daytime, evening and weekend activities, community projects with partners and high-level ensembles with concerts all around Oxfordshire and in national venues. Last year OCMS developed its Buddy Ensembles which partner mainstream secondary school children with children with special needs and disabilities. You will see examples of this work today. (www.oxfordshire.gov.uk/music and @OxMusicService)
Frideswide Voices of Christ Church
Frideswide Voices was the first Anglican choir created specifically for girls of chorister age in Oxford, and was originally formed in October 2014. While they have always had significant links with Christ Church, they became part of the Foundation in September 2019. The girls are drawn from more than 25 different schools across the city and county. They sing Evensong in the Cathedral on most Wednesdays during term-time, as well as singing other services throughout the year. (www.frideswidevoices.co.uk)

Thank you to all those who have supported this service.
SAINT FRIDESWIDE

Patron Saint of Oxford (c. 680–727)

Oxford owes its existence to an Anglo-Saxon noblewoman who lived 500 years before the first university scholars arrived here, and who established a monastic house on the site of the present Cathedral.

According to legend Frideswide was forced to flee from Oxford to avoid marrying Algar, a prince of Mercia, the great Saxon kingdom of the Midlands. For a time she hid in a local wood with two companions, eventually returning, pursued by the prince.

On entering the city gates Algar was blinded by a bolt of lightning, and Frideswide, taking pity on him, prayed for his sight to be restored. Frideswide was then left in peace and founded a monastery. She died on 19 October 727, and was buried in her monastery church.

When, in the twelfth century, that church was replaced by the present building, her body was translated to a new shrine, which became an important centre of pilgrimage. Her story is vividly portrayed in the nineteenth-century window of the Latin chapel, designed by Edward Burne-Jones.

Until recently, Frideswide’s story was thought to be wholly legendary. However, in 1985 a burial ground, thought to be Saxon, was discovered in the Cathedral cloister, providing very good evidence that an important religious centre had indeed been established at Oxford at the time that Frideswide is said to have lived. As no settlement had previously been established on this stretch of the Thames, it seems fairly certain that Oxford grew up around a church founded by its patron saint.
A Note on the Reconstructed Shrine

The bones of Saint Frideswide did not rest in her original grave. After several re-buildings of the church and movements of her bones, they were enshrined in 1289 in a precious reliquary raised up on a magnificent new shrine-base of limestone and Purbeck marble. The structure was demolished in Henry VIII’s reign, and the major pieces built into the lining of a well. These were recovered in the 1870s and used for a basic reconstruction, which stood in a different part of the Cathedral until the end of the 20th century.

In 1985, excavations in the Cathedral cloister had recovered additional small but crucial pieces, providing evidence for components that had previously been uncertain. At about the same time, further research demonstrated a strong case that the north-east chapel of the Cathedral (the so-called ‘Latin Chapel’) was rebuilt in the early 14th century as a sumptuous setting for the shrine.

The Dean and Chapter, with the generous help of the Friends of the Cathedral and the Oxford Preservation Trust, therefore commissioned a new and much more thorough reconstruction of the 1289 shrine-base, using the surviving fragments interpreted in the light of other contemporary monuments, on a spot close to where it probably stood until the Reformation. The design was developed by a team of experts, and executed by Mr Michael Eastham. It incorporates the original pieces, carefully cleaned and conserved, and replacements for missing pieces executed in a mixture of Purbeck marble and resin.

St Frideswide died on 19 October 727. Oxford and its county grew up around the spot she chose for her little settlement. We come together at this time of year to celebrate her memory and give thanks for her achievements and her example. In today’s service we pray that we may be worthy inheritors of her vision of peace, learning and love that has been passed down through so many years.