

JUST THIS DAY



www.justthisday.org

ST. MARTIN IN THE FIELDS PROVIDES VENUE FOR STILLNESS ON 28 NOVEMBER

JUST THIS DAY

Our world is busy and in the turmoil we forget we all share the same space. Families, communities and countries live with conflict, poverty and disease. How can we make a difference?

Stop

JUST THIS DAY

Go beyond nationality, religion, belief and remember the still, silent presence where everything is united. That space is the same, up mountains, through the wind and the weather. In fact, wherever YOU are. It belongs to us all.

On **Wednesday 28 November 2007** take the time to join the rest of the world. Every effort makes a difference.



Inside this issue:

St. Martin-in-The Fields : The Church of the Ever Open Door	2
The Gift of Time - Do nothing for 3 minutes : Interview with the Bishop of Reading	3
The Obscurities : Stillness and Art	4
Stillness and Architecture : A Perspective	4

Despite the summer (*"what summer? - Ed.*), JUST THIS DAY's team has been very busy and this, our third newsletter, brings readers up to date on the latest JUST THIS DAY news.

The month started with a visit to meet Revd. Nicholas Holtam, Vicar of St. Martin-in-the-Fields, the landmark church occupying one of London's most prominent positions - Trafalgar Square. As the "Church of the Ever Open Door," St. Martin-in-the-Fields was an obvious choice to provide a focal point to JUST THIS DAY's UK events and we are delighted to report that Revd. Holton has agreed to continue the tradition of the Ever Open Door.

July had an artistic theme with a visit to an exhibition of work by some young artists who have just completed their degrees and later

in the month it was off to Art in Action in Oxfordshire which brings together a community of around 22,000 visitors and 250 artists/crafts people each year.

JUST THIS DAY had a stand in the middle of the annual four day event of demonstrations, classes, performances and dialogues. Despite torrential rain, visitors and exhibitors alike had a splendid time.

In August we visited the famous Egg-Timer Bishop - the Rt. Revd. Stephen Cottrell, Bishop of Reading, who has recently published a book entitled "Do nothing and change your life!"

More on all these stories inside.....



© Photo : St. Martin-in-the-Fields

Imagine.

For JUST ONE DAY, people everywhere would join together in stillness.

Take the time to join the rest of the world.

Every effort makes a difference.



"Sorry I'm late — got stuck behind the Bishop of Reading again..."

Meet The Just This Day Community

JUST THIS DAY has relaunched its website

<http://www.justthisday.org/>

Join JUST THIS DAY Forum

<http://www.justthisday.org/forum/index.php>

Visit JUST THIS DAY at Facebook

<http://www.facebook.com/login.php>

Wear a JUST THIS DAY t-shirt or badge - leave a message on the forum and JUST THIS DAY will contact you.

St. Martin-in-the-Fields



As the Church of the Ever Open Door, you can imagine our delight when the Revd. Nicholas Holtam, Vicar of St. Martin-in-the-Fields, agreed to open its doors to Just THIS Day on November 28th.

The Church, a place where prayer and conversation between people of different faiths is welcomed and encouraged, will hold three-minute silences on the hour throughout November 28th, with a half an hour meditation starting at noon. The church's normal 8.00 a.m. and 5.30 p.m. services will also include a three-minute silence.

The patron saint of St. Martin-in-the-Fields is St. Martin who, after a career in the Roman army, entered the Christian Church and became Bishop of Tours. He is remembered for an instinctive act of generosity, sharing his cloak with a beggar.

The example of St Martin was followed by Dick Sheppard, Vicar during World War I, who gave refuge to soldiers on their way to France. He saw St Martin-in-the-Fields as 'the church of the ever open door'. The doors have remained open ever since.

St Martin-in-the-Fields' fight against homelessness was formalised with the foundation of the Social Service Unit in 1948. The work continues today through The Connection which cares for around 7,500 individuals each year.

Changing needs in society were again evident in the 1960s. St Martin-in-the-Fields was concerned for the welfare of new arrivals in the emerging Chinatown and welcomed a Chinese congregation. Today, the Ho Ming Wah Chinese People's Day Centre provides vital services for the Chinese community in London.

Throughout the 20th century, St. Martin-in-the-Fields has also looked beyond its own doors and played an active role in wider social, humanitarian and international issues. Architecturally, spiritually, culturally and socially, the church has helped to form the world around it.

St. Martin-in-the-Fields is a place where prayer and conversation between people of different faiths is welcomed and encouraged.

James Gibbs' design has been imitated across North America and throughout the world.

St Martin-in-the-Fields was involved in the Anti-Apartheid Movement and the founding of many charitable organisations, including Amnesty International, Shelter and The Big Issue.

The Vicar's Christmas Appeal on BBC Radio 4 has been broadcast annually since 1924, now raising over £500,000 a year for disadvantaged people across the country.

The Academy of St Martin-in-the-Fields has become one of the world's foremost chamber ensembles.

St. Martin-in-the-Fields is currently undergoing a major Renewal Project aimed at improving its ability to care for those in need and providing inspiration for those who visit.



© Photographer: Tim Hiller

The Renewal of St Martin-in-the-Fields will create modern facilities to replace what was once a series of Victorian burial vaults, which have inadequately housed many of its services for decades.

The aim of the Renewal Project is to enable St. Martin-in-the-Fields better to serve those in greatest need and to enrich people's lives through worship, social care and internationally renowned musical performances in spaces fit for the purpose.

For more information about the work of the Connection, including how to donate, please visit

<http://www.connection-at-stmartins.org>

For more information about St. Martin-in-the-Fields please visit

<http://www2.stmartin-in-the-fields.org/page/home/home.html>

For more information about the Renewal Project, please visit

<http://www.stmartin-in-the-fields.org/page/campaign/campaign.html>



The Gift of Time : Do nothing for three minutes

All the religious traditions of the world recognise the value of stillness and silence, why not take three minutes out and see if it makes a difference?

At the beginning of June, busy commuters at Reading Station, one of the busiest train stations in the UK, were treated to the delight of the Rt. Revd. Stephen Cottrell, Bishop of Reading handing out egg-timers to commuters in an attempt to help them to slow down.

When interviewed by **BBC South Today's Ben Moore**, the Bishop explained.

"Just turn the egg-timer over for a few minutes," he urged one passenger. "The only condition is you have to do nothing for three minutes."

The reaction is maybe not quite what he was looking for. "*Can I do it later?*"

And the BBC was not the only news media organisation to pick up on the Bishop's early morning activities. TV stations around the world and newspapers broadcasted and published the Bishop's message.

"*I asked them if they would be happy to receive a gift, a gift of time,*" he said on Tuesday. "*I said it takes three minutes to boil an egg. You could spend those three minutes in silence.*"

The Bishop said he had been in Reading station partly as publicity for his book **Do Nothing to Change Your Life**, published last month. In it, he describes how he rediscovered his ability to compose poetry — an ability that

had been "crowded out with all the activity of work and business" — in Dublin airport.

He had been meeting clerics from Dublin & Glendalough, and had misread his departure time, arriving five hours too soon. "Imperceptibly, a calm came over me. The next four hours did not have to be a problem. They did not have to be a waste. Rather, they could be a gift."

Seeing life as a gift to be enjoyed and not a problem to be solved, was a revelation, he said. "I am troubled for myself and for our world when every waking hour is filled with activity that sweeps dreams away, and has no room for rest and play."

"It is the beginning of revolution, a counter cultural statement in a world of frantic business, a first step backwards into a realm of peace."

Just This Day visited the Bishop to talk about Just This Day and ask him to offer his support. As well as agreeing to participate at the St. Martin-in-the-Fields event, the Bishop gave us the following message.

"It has been said that most of the world's problems are caused by the human inability to sit still. I am therefore delighted to support an initiative which simply invites the whole world to sit still for a few minutes."

When we are still we discover ourselves as part of a huge, complex and inter-connected universe. When we are still we learn to appreciate people and things around us. When we are still we rediscover a child-like sense of wonder.



When we are still we discover the beauty and the possibility and the eternity of each moment. When we are still we may even find ourselves glimpsing God, the source of time and space the one who is best encountered in silence.

Both the Hebrew and the Christian scriptures tell us: be still and know that I am God. But being still is also a painful challenge, for when we are still thoughts and feelings that have submerged beneath the surface of our minds begin to reappear. But it is worth a try. It is the beginning of revolution, a counter cultural statement in a world of frantic business, a first step backwards into a realm of peace".

Do nothing to change your life: Discovering what happens when you stop, by *Stephen Cottrell* (Church House Publishing, £6.99; 978-071514118-2)

BBC NEWS

The BBC's interview with the Bishop can be seen at

http://news.bbc.co.uk/player/nol/newsid_6710000/newsid_6719400/6719481.stm?bw=bb&mp=rm&news=1&ms3=4&nol_storyid=6719481

Jane Shilling's Article in The Times can be found at http://women.timesonline.co.uk/tol/life_and_style/women/the_way_we_live/article1927162.ece

THE OBSCURITIES : STILLNESS AND ART



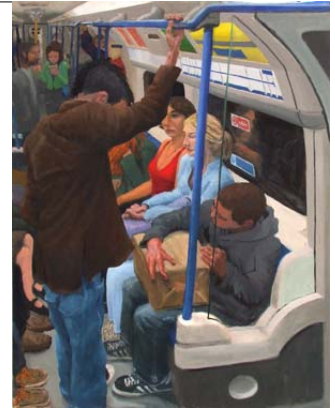
Justin, Miriam, George, Katharine, and Tom attend St Oswalds School of Painting, Fulham. None of the artists is older than 22 yet as this interview shows, they have had to consider at an integral level who they are and how that affects their work. As Justin comments: "You have to be everything you want your art to be".

They all agree that the energy required to create art is fine, but it is also expansive and variable. Indeed, it is the potential within being creative that continually inspires them to be artists; Tom describes this potential as "really waking up and letting go of the mind, letting go of the constant thought".

In discovering themselves and letting go of the mind, the one discipline they have been trained in throughout their degree course, is to work from stillness. Each of them utilised the discipline in a different way, but each found that stillness enhanced creativity.

In their own words: stillness gave **George** the ability to dis-attach from the idea of the artefact and enjoy the process; prevented **Justin** from being carried away with a wilder, destructive energy; gave **Katharine** the enjoyment and satisfaction of real attention, and allowed **Miriam** to find a point of resolution to her pieces. All five found it an indispensable tool allowing their art to be positive and big, because as Katharine points out: "There is no point in being negative or small."

To find out more about these artists and see more examples of their work, visit <http://www.theobscurities.com/index.html>



Stillness and Architecture : a Perspective

Bethany Wells (22) has just completed Stage 1 of a degree in architecture at The Bartlett, London's prestigious school of architecture, for which she achieved 1st class honours. In this interview she tells us how she combines creativity with practical design and also why for her, the conscious mind that sees from a point of stillness is so important.

The procedure from idea through design, to a model and then potentially a building, is highly labour-intensive, a fact Bethany is very aware of and which drives her to start from a completely free concept.

"I think of it like water which you can do what you like with. If the concept is totally fluid, it can be shaped to the restrictions as they emerge. You might as well start by breaking the boundaries and really exploring the possibilities."

The luxury of time as a student has cultivated Bethany's exploration of these initial stages in a way that is not true to the demands of the professional architect, but having practised consciously accessing her creative ideas, Bethany feels that she is better placed for her working career. Working somewhat like a filter, she initially allows everything to inspire her but then, when it

comes to the sketching and technical stages, she finds there is no need to consciously revisit her ideas because they naturally filter into her work.

Being still before being creative allows Bethany to see things freshly so that she can go on to build and create and can be something totally new, an experience she finds completely enriching.

JUST THIS DAY



www.justthisday.org