

Michaelhouse Café & Centre . Trinity Street . CB2 1SU

OCTOBER & NOVEMBER 2018

MIND THE GAP EXHIBITION CONNECTS ARTS AND MENTAL HEALTH (1-13 OCTOBER)

ARTS

Charities CBM and BasicNeeds are holding a free art exhibition to raise awareness and funds to support people living with mental health conditions in the world's poorest communities. Mental health conditions are a leading cause of disability worldwide, severely affecting peoples' quality of life.

The exhibiting artists have an interest in mental health or lived experience, including depression, anxiety, bipolar disorder and psychosis, and use their creativity as a means of therapy. Types of art displayed include acrylic & oil paintings, photographic prints and pastel drawings. Artworks sold will benefit the charities' mental health work.



ARTS

CAMBRIDGE FESTIVAL OF IDEAS: ANIMATING ADDENBROOKE'S (15-27 OCTOBER)

Poetry, storytelling, dance and sculpture: a celebration of creative projects with different communities in Cambridge University Hospitals. See: www.cambridgecandi.org.uk

ATELIER+ CONTEMPORARY ROMANIAN ART (29 OCTOBER-10 NOVEMBER)

ARTS



The artists of Atelier Plus explore, question and seek to shine a light on fundamental values of the human existence. They have been working together since 1991, and have organised collective exhibitions, art camps, and performance events. Their most recent artistic focus has been the theme of archetypes and their moulding through cultural or psychological myths. These "mental patterns," as Plato called them, come to life through artistic expressions that present universal themes such as the hero, epiphany, faith, destiny, sacrifice and the idea of transcendence.

ARTS

WINDOW ON THE WAR (12-24 NOVEMBER)

Great St Mary's Church present this fascinating exhibition of photographs and documents exploring the role of the women of Cambridge during WWI. Exhibition curators are Dr Julie Bounford and Caroline Biggs. More information to follow next month.

VICTORIAN POETS

POETRY READINGS

Four Victorian poets: readings from the work of Alfred Tennyson, Robert Browning, Christina Rossetti and Gerard Manley Hopkins, Fridays 1.15pm, 2nd, 9th, 16th and 23rd November, in the Michaelhouse Chapel. The readers will be Keith Brown, Pauline Davison, Peter and Susan Hilken. Each reading will be preceded by a short introduction, and will last about forty minutes. For more information CB 709769.

CARD AID RETURNS

VOLUNTEER

From 22 October you can buy your charity Christmas cards in our foyer from 11.00am - 3.00pm.

Last year we raised £14000 for charities, thanks to the marvelous volunteers who gave their time for free. We are still looking for friendly volunteers to help customers and take care of the financial transactions for some afternoon slots. Everything is provided - including a chair so you don't have to stand all the time. You can do it on your own or with a friend if you prefer.

The 2 hour shifts are 1 to 3pm and the stall will be open Monday to Saturday. Commencing 22 October. Please contact rosemary@michaelhouse.org.uk to register your interest.

MICHAELHOUSE CAFÉ

DEALS

Looking for a venue for your staff Christmas dinner? You can enjoy exclusive use of the historic setting of Michaelhouse for an unforgettable Christmas celebration. The mouth-watering menu is available every evening from 19 November until 22 December (subject to availability). Sample menus are available from the café tables or log on to www.michaelhousecafe.co.uk and look for the "Festive Group Catering" tab.

Prices are £29.50 per person Monday - Thursday or £34.50 on Friday and Saturday. The price includes venue hire for 30 to 120 people. Gluten-free and vegan options are available.

TRINITY BREAKFAST GUESTS

The Trinity Forum Morning Prayer Breakfasts return on Friday 26 October 26 (7.45-8.45am) with the new Vice Principal of Westcott, Father Earl Collins OSB and on Friday 30 November with Rt Rev'd Rowan Williams. These sessions of prayer, guest speakers and group discussion include a breakfast of bacon butties and coffee from the café so please contact me by email (below) on the Monday before if you can join us.

Helen.orr@michaelhouse.org.uk

Monday 10.30 - 11.30am	PRAYER & PRAISE Prayer and music in the chapel
Tuesday 10.30 - 11.30am	THE ARK A group for pre-schoolers and their parents or carers exploring the Eucharist through play. Refreshments afterwards
Wednesday 10.30 - 11.30am	PRAYER & PRAISE Prayer and music in the chapel
1.00 - 1.30pm	WELL OF STILLNESS Contemplative prayer, silence and reading
Thursday 10.30 - 11.30am	PRAYER & PRAISE Prayer and music in the chapel
1.00 - 2.00pm	HOLY COMMUNION & BIBLE STUDY
6.30 - 10.00pm	HOUSE OF PRAYER Experimental praise and worship
Friday 7.30 - 8.45am	TRINITY FORUM BREAKFAST Coffee followed by a thought for the day. With guest speakers and discussion groups. Feedback and closing prayer. These are on the last Friday of the month, commencing 26 October. RSVP Helen Orr for catering numbers
2.30 - 3.30pm	MICHAELHOUSE CHORALE A choir for people with mental health conditions, their carers, family and friends to meet, sing and have fun. Leaflets in café foyer

CANADIAN HARP VIRTUOSO JOSH LAYNE



Canadian harp virtuoso Josh Layne plays Bach, Debussy, Smetana and more! 1.00pm in the chapel. Monday 8 October. Free entry via the café. www.joshlayne.com

Please contact sarah@michaelhouse.org.uk with any queries, contributions or comments for the newsletter

VIRTUAL CHURCH

Michaelhouse Music



Like us on Facebook

Live music and prayer

Monday, Wednesday & Thursday mornings



Michaelhouse Music has received 15,000 likes so far. This is a Facebook community of prayer and song where listeners tune in to their own virtual church, broadcasting from the Prayer and Praise services in the Michaelhouse Chapel, every Monday, Wednesday and Thursday, 10.30-11.30am. We've had wonderful online comments and posts whilst we play from around the globe as well as Cambridge so it's clearly growing daily.

THE PERSE FOUNDATION CONCERTS



The Michaelhouse Chapel provides an atmospheric setting for our fortnightly series of lunchtime concerts. Students perform music in a wide variety of styles for instruments and voices, ranging from solo items to music for small ensembles, in the historic surroundings of the chapel. Each thirty-minute programme begins at 12:30pm. Admission is free with a retiring collection. All are welcome. Relax with a cup of coffee in the Michaelhouse Café before or after the performance.

Fridays in October: 12
Fridays in November; 2,16.