

JUNE 2024 VICAR IN TRAINING

SPIRE



HAMPTON HILL'S PARISH MAGAZINE

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Holy Orders

A day in the life of a trainee

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 THE CHURCH
OF ENGLAND

Meet the clergy



VICAR Rev Derek Winterburn
Derek was born in Orpington, Kent, and ordained in 1986. He served in several diverse London parishes before becoming vicar here in 2016. He is married to Sandra, a teacher, and has two children. A keen photographer, he posts a picture online every day, combining it with a daily walk or cycle ride. He can be contacted at any time other than on Mondays (his day off).

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ASSOCIATE PRIEST Rev Jacky Cammidge

Jacky was born in Abertillery, South Wales, and ordained in 2015. She is a self-supporting minister, married to Alan, and has three children. During term-time she runs Hampton Hill Nursery School, based in the church hall, with her family.

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Supported by

ASSISTANT PRIEST Rev Canon Tim Marwood

Tim taught in London primary schools for 36 years. He was ordained priest in 1996 and was parish priest at Petersham for 13 years, retiring in 2021. He is now a part-time Chaplain at Kingston Hospital. Tim is married to Jane, a former headteacher. He supports Harlequins RFC, England cricket and walks his brown labrador, Ruby.

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ASSISTANT PRIEST Rev Canon Julian Reindorp

Julian was born in Durban, South Africa, and ordained in 1969. He has worked in parishes in East London, Chatham and Milton Keynes, and was Team Rector in Richmond until retirement in 2009. He continues to lead a busy life, is married to Louise and has four children, three stepchildren, and nine grandchildren.

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FROM THE EDITOR

It is so nice to have the long evenings again to enjoy our gardens and outside events. Let's hope for warm, sunny weather without the extremes of heat and rain!

We have two special events coming up. The first is the 150th anniversary of our organ. Many modern churches don't have pipe organs or don't use them at every service, so we are very lucky to still have ours — and on Saturday 1 June we shall be celebrating a gala concert (there's more on page 5).

Thom, our organist, has put together a concert and invited some guests. I am sure it will be an excellent evening.

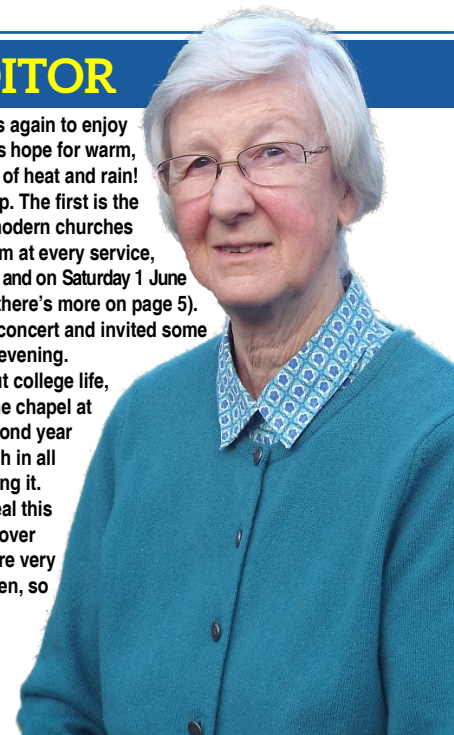
Joy, our priest in training, writes about college life, and there are some lovely pictures of the chapel at Ripon College, Oxford. Joy is in her second year there and her personality shines through in all she does. I am sure you will enjoy reading it.

We also launch our annual *Spire* appeal this month (see insert). Last year we raised over £1,000 towards the printing costs. We are very grateful for your support. Costs have risen, so we are hoping to beat last year's total.

Best Wishes

Janet

Editor



Cover photos: Edward King Chapel at Ripon College, Cuddesdon, Oxford (see pages 4 & 5).

SPIRE The Spire is published nine times a year for the Parochial Church Council of St James. We don't charge for this magazine but, if you enjoy regularly reading it, we hope that you will contribute towards printing costs. Bank transfers to: 40-52-40, 00032595, Use Ref *SPIRE*. Cheques payable to the PCC of St James's Church, Hampton Hill, and sent to the Spire Appeal c/o the Church Office (see below).

I cost **£11.25** A YEAR*

Yes, I'm free, but donations help me to go on being printed. Use the QR code (or see above) to 'buy' a subscription. *£1.25 a copy

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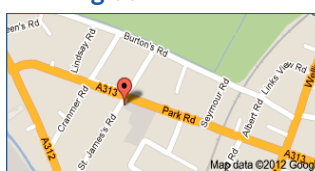
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Finding us



The church is on the corner of St James's Road and Park Road. The hall is between the church and vicarage. There is ample unrestricted parking. Buses stopping nearby include the R68, R70 and 285.

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Clerical Capers



'Well, you can't fault the success of the new round of Planned Giving!'



'Thin places' for the celebrity pilgrims (BBC)

THE THICK AND THIN



Can God be found more easily in what are known as 'thin' places? Perhaps, but as **Derek Winterburn** reminds us, he is everywhere!

The Archdeacon said, 'What is your theology of the built environment?' That is how the conference began, and it didn't get much better! However, he was trying something similar to the curate at a youth group I once visited, who asked the young people to design their own church building. It wasn't long before the choir stalls were in place, just as in the parish church.

Perhaps the design of a church speaks more clearly about the Christian family's self-understanding than almost anything else. A church building may have a very large central pulpit or an oversized (altar) table. Everything may be oriented around a projector screen — or the 'action' happens behind a screen or iconostasis. Does the church-building 'do' something, or is it simply a roof over the people's head?

Welsh pilgrimage

The BBC TV programme *Pilgrimage* is a fascinating programme in many ways. The producers manage to coax celebrities, largely untutored in religious matters, to talk openly about ideas that they had barely given a second thought to before.

This year the group were walking through the Welsh countryside, which is replete with extraordinary saints and humble chapels. Early in the series a priest introduced the idea of 'thin places'. It is said that the Celtic Christians spoke about places where the boundary between heaven and earth is thinner. The phrase became common currency amongst the pilgrims as they tried to find words to interpret the different experiences they had. In particular, the great vistas they saw before them in the countryside seemed especially 'thin'.

Encountering God

Now I entirely understand where this idea comes from. I have known the grandeur of God in the Scottish highlands, heard the 'still silent voice' on Mount

Sinai, been uplifted by the sunlight through the windows at La Sagrada Familia in Barcelona, and felt my heart warmed in a tent at the Greenbelt festival!

But creating a list of 'Thin Places in the UK' (try Googling tours of thin places!), is to miss the point. This is about encountering God, not simply arriving at a postcode. There is more than divine 'omnipresence' (i.e. there is no place to which God's knowledge and power do not extend);

I have known the grandeur of God in the Scottish highlands, heard the 'still silent voice' on Mount Sinai, been uplifted by the sunlight at La Sagrada Familia, Barcelona, and felt my heart warmed in a tent at the Greenbelt festival!

talk of Thin Places is about places where God and people meet.

And people are always people; there are familiar cues that help us to connect with God. Sometimes it is the immensity of the natural world; sometimes it is the knowledge that other people have been before us with their prayer and worship. Sometimes it's simple familiarity, other times it's the people we are with. There are moments when we are stirred by natural beauty, other times when it is the artistry of musicians or architects that take us to God.

Outdoors and in...

It might well be true that most of the great encounters with God in the Old Testament and the New are in the open air. But there is a Biblical theme of people wanting permanent places and buildings. And by the third century AD that seems to have won out!

There are definite pluses about a congregation having a fixed place of meeting: a constant address, a place to beautify, and the opportunity to have large musical instruments like an organ!

That archdeacon went on to talk about buildings that give a sense of place, and 'heritage buildings' like so many churches do that for more than churchgoers.

But still... a building is still only the stage for a meeting. The Prophet Jeremiah complained that the people were content to rest in the knowledge that they had their own temple and had stopped listening to him. Isaiah gives a very clear direction: 'Seek the Lord'. We spend time and money on our church building, but we need to keep on remembering that at the heart of our church's life and its reason for its existence is to celebrate the love of God for us that we know in Christ. Christ who said, 'I am with you always'.



Sundays

Holy Communion (said) 8am
Parish Communion 9:30am
Livestreamed on Facebook

Together 3:30pm

Our shorter, all-age service, making way for Messy Church once a month

Messy Church 3:30pm **9 Jun**

Mon-Fri (not Wed)

Morning Prayer 9am

Wednesday

Midweek Communion 9:30am

Mondays

Ark Playgroup 10am-12pm
£3 for the first child, £1 for any others.
(Not 27 May)

NHS Hearing Aid Clinic 1-3pm

Free service **3, 17 Jun**

Tuesdays

Connections Café 10:30am-12:30pm

Join us for coffee, cake and conversation.

Wednesdays

Hard Questions 2pm

29 May Israel, Palestine, Hamas

12 Jun Our country's future

26 Jun Assisted dying

The Romans Course 8pm

5, 19 June; 3 July

Paul's letter addresses big themes, including sin, grace, salvation and mission.

150th Birthday Gala

Saturday 1 June 7:30pm

Celebrating the 150th birthday of the organ. Thom Stanbury (organ), Katie Milton (soprano), Dave Price (trumpet).

Tickets £15 and £25: <https://bit.ly/StJGala>

Parish Quiet Day

Saturday 15 June 9:30am

St Mary's Hampton

Join us for part of the *Way of Life* course.

Romeo and Juliet

Friday 21 June 7:30pm

The Globe Players perform in the church Love and death for the star-crossed lovers performed in the round in church in aid of Breast Cancer charity. Tickets from £15 From <https://bit.ly/Romeo2024>

St James's Festival

Saturday 6 July 2-4pm

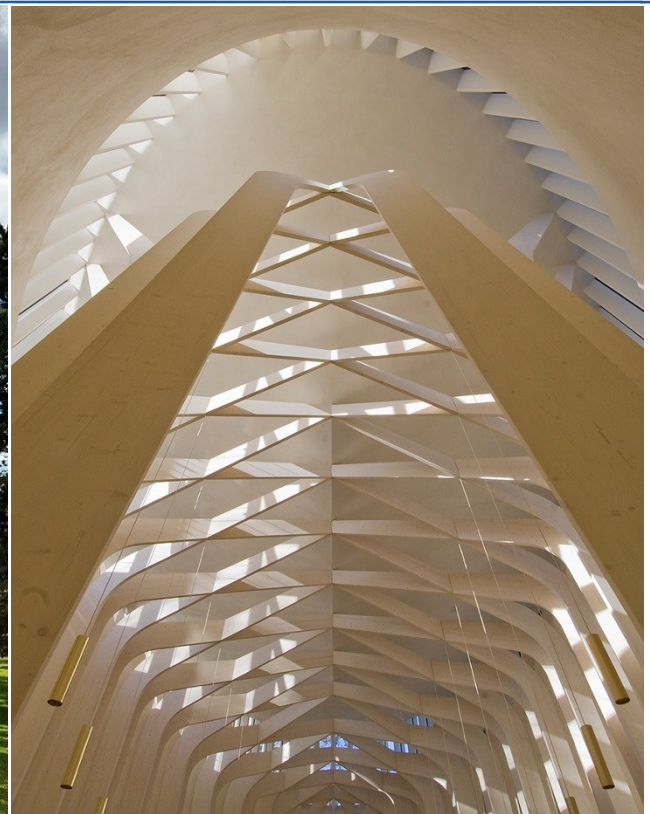
We open our doors to the community, with the chance to climb the spire, ring the bells, go on a church tour, stalls and refreshments.

Sunday 7 July 11am

Celebration service with Bishop Emma, followed by a barbecue lunch in the vicarage garden.



Old and new: Ripon College in Cuddesdon, watched over by a red kite, and (right) the Edward King Chapel



MY DAY AT HOGWARTS



A day in the life of an ordinand, a priest in training, is a bit like a mini retreat every week. And as Joy Beauchamp found, it is a test academically, spiritually and emotionally, but there's nowhere she'd rather be.

The older I get, the more I have realised that ministry is the task of the whole people of God, of which ordained ministry is just one part (albeit a very active, visible part). St James's is a place that reflects this truth so well, with strong, loving, wise leadership, complemented by the gifts and skills of so many others. There are the welcomers who exude warmth for the stranger who arrives at the church doors; the kind, proficient team who provide hospitality after the services; the creative team who put together Messy Church; those who keep the church looking so clean and inviting; the impressive team of techies managing lighting, sound and vision; the rota organisers for the many others involved, not to mention the churchwardens, the organist, and church council. St James's is a glorious reflection of the full Body of Christ, and it is wonderful to be there on placement.

Hogwarts in training

I am an *ordinand*, a student training for ordination on the part-time pathway (PTP) at Ripon College in Cuddesdon; a little village set in the rolling Oxfordshire countryside, just outside the city of Oxford. My boys aptly describe it as being a bit like 'Hogwarts for those training for ordination,' an analogy that feels particularly apposite as you walk through the grounds, overshadowed by the magnificent red kites circling above (17 on one occasion!) It is one of the most beautiful, peaceful, spirit-filled places in which I have ever been blessed to spend time.

Breathtakingly beautiful

Built in 1854 by Samuel Wilberforce in the grounds of his palace when Bishop of Oxford, the college is steeped in history, and yet also home to a breathtakingly beautiful modern addition, the Edward King Chapel. From the exterior, this chapel looks relatively plain, and not hugely inviting, but as I step inside my heart starts to sing with delight. It is a glorious space, full of light and resonant with birdsong which echoes in from the surrounding trees. It is a place where the presence

of God feels tantalisingly tangible. And when the community gathers for sung worship, the incredible acoustic is such that our singing could lift the roof. Discernment for ordained ministry is a lengthy, fascinating (and deeply rewarding) process which I would be very happy to chat about with anyone who is curious to know more. For me it is a process that took about six years in total. Now embarking on the path of ordination training, it has been such a joy to see the incredible diversity of people who are called; some so quiet and gentle and

introverted, others who are exuberant extroverts, and everything in between. Student ages range from early-20s to mid-60s. Often it is the youngest students who are most relaxed and confident, with those of us who are older feeling our way more cautiously. Yet all are welcomed and valued, and all part of a vibrant mix that enables the sharing and exploring of faith in a supportive, safe, loving environment. Having never formally studied theology before, the learning curve is very steep!

A mix of ordinands

I deliberately chose a college with a reputation for being broad, liberal, and inclusive. So, we have a real mix of ordinands, from across the entire breadth of the Church of England; some identifying as relatively high Anglo-Catholic, others from much more Evangelical backgrounds. Although most of our worship is reasonably traditional (based on Common Worship), there is scope for creativity too, with input from the Church Mission Society, who support and train people in pioneer ministry. Among our intake, there are a mix of the rural and the urbanite; those who have devoted themselves to the communities in which they grew up and others who have travelled widely. For some of us, English is our mother



Mists of time: On my way to Silent Contemplation at 7:30am



tongue, whereas others speak many languages, and have learned English later in life. All this means there are varied ideas and perspectives when discussing theology and belief. Discussions are never boring!

A typical day at college

Let me try and describe a typical college day. Because I am part-time, my classes are on Tuesday evenings term time, along with some residential weekends and a five-day Easter School. However, there are a number of different part-time options for students, with a full-time residential option too, so my pattern is just one among many.

I love college! It is like having a mini retreat each week — albeit quite an intensive time both academically, spiritually, and sometimes emotionally. I aim to arrive at college by 3pm. This is when we tend to hold college meetings or have the chance to attend lectures by external speakers, since it is the point in the week when a majority of the college community are onsite. Recently, we have heard about the situation in the Holy Land from Canon Richard Sewell, Dean of St George's College, Jerusalem, and Rabbi Dr Raphael Zaram, Dean of the London School of Jewish Studies and the Rabbi Sacks Chair of Modern Jewish Thought.

Another guest has been Yasaman Ziyarati, an Iranian woman (now based in Dunstable) who attended a secret home church in Iran. Like so many other Iranian Christians, she was found by the authorities and forced to flee the country.

At 4pm a small group of students meet for the rosary. This is not something I had done before, but it is a calming, soothing way of engaging in prayer, and a good way of settling into the college environment. Then comes a communion service.

In my first year, I took an optional class in Greek, and I now join the Greek Bible Study Group. We are working our way through Mark's Gospel. Fortunately some have been studying Greek for longer and are more proficient than me.

Jokes for sermons!

The dining hall is open for dinner from 5:30pm, though those of us doing Greek usually rush in a little late. The important thing is to be seated and

eating before grace and notices at 6pm. We have also persuaded the Director of Formation that this is a good slot in which to regale us with appropriate 'jokes for use in sermons'. We are currently working our way through the *twelve constipated men in the Bible*. Do feel free to get the rundown over coffee after church. I will leave it to you to decide whether you think it meets the criterion of being 'appropriate' for sermon use!

Evening Prayer is mandatory for all students, and begins at 6:10pm promptly. We take turns in leading it. Classes then start at 6:40pm and run for three hours with a short break for tea and biscuits somewhere around 8pm.

For those of us so inclined, the day ends with either Compline or the bar, or both. Some of my younger peers will be setting the world to rights until the early hours of the morning, but I rarely turn in later than about 10pm, especially since I like to be up and in the chapel again for Silent Contemplation at 7:30am on Wednesday!

For me, Wednesday morning is free for private study before communion and lunch. Unless I have a meeting with my personal tutor, it's then time to pack up for another week and dash home in time to welcome the boys in from school.

All in all, by the time I arrive home I feel I have literally feasted spiritually and am ready to tackle another week of home study and trying to complete the various assessments and other tasks.

Nowhere I'd rather be

Having said all that, it has not been all plain-sailing! It has been hugely demanding returning to study after more than 20 years away. My brain certainly doesn't feel like it works as well as it once did, and I don't have the same academic or physical confidence as I did when I was younger. Most weeks I still have a number of wobbles as I juggle family responsibilities, work commitments, church and study. I still find it hard to imagine I will ever have the knowledge, energy and skills I need to be the priest I would like to be!

However, despite all this, little by little each week I am aware of learning new things and gaining new confidence. And, regardless of all the challenges, there is no place in the world I would rather be.



Around the Spire

YOUR INVITATION TO A 150th Birthday Gala Concert

To mark the anniversary of our organ,
Musical Director Thom Stanbury and friends
are performing a memorable evening

Saturday 1 June 7:30pm
Music for organ, soprano and trumpet

Including music by
Handel, Bach, Mozart
and Vierne.

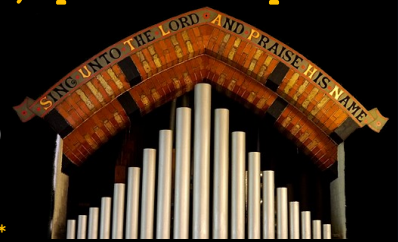
Thom Stanbury (Organ)
Katie Milton (Soprano)
Dave Price (Trumpet)

TICKETS £15 & VIP £25*

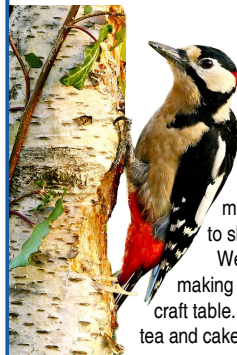
*Includes seating closest to stage, plus a glass of
prosecco and a slice of cake (limited number)

Tickets: <https://bit.ly/StJGala>

Money raised will go to church funds



Shared care for our planet



WOULD you like to know more about the flora and fauna in the churchyard? Or do you want to find out more about climate change?

On Saturday 8 June from 2-4pm the Eco Church team will be running guided tours of the churchyard, and have an advice shop* for those needing more information about how best to slow down global warming.

We will also have a bird-box making workshop and a children's craft table. And, of course, there will be tea and cake! Admission is free.



Star-crossed lovers help marathon fundraiser

ACTORS performing a Shakespeare play often liken it to taking part in a marathon, but the Butterfield family have taken it literally as they plan to walk four marathons in four days and put on a performance of *Romeo and Juliet* to raise money for new breast cancer research.

Chris, Sara and Ambrose will be completing a challenging walk of 100 miles in the Netherlands with a team from the UK in July. First, the Globe Players, a children's theatre company, have lent their support with a special performance of Shakespeare's tragedy in church on Friday 21 June at 7pm.

Sara said they made a New Year's resolution to raise money for breast cancer research after members on both sides of the family were affected.

What began as a walk grew to include a theatre night in the round. There will also be live music and a Q&A with the cast.

Book now to secure your seats

Adult £12.50; Child (under 16) £10
Family (2 adult + 2 child) £30

Book at: <https://bit.ly/Romeo2024>





IN TIMES OF NEED



Tim Marwood explores the origins of a hymn once sung at a royal wedding, but now associated more with funerals

The hymn, *The Lord's my Shepherd*, is based on Psalm 23, from the book of Psalms in the Bible.

The 150 Psalms are Hebrew religious songs, the earliest of which are attributed to King David, with themes, among others, of praise, thanksgiving and lament.

The words of the hymn are often attributed to the *Scottish Psalter 1650* in hymn books. In fact, they are a compendium of quotations from earlier, mainly Scots, versions of Psalm 23.

For three centuries the hymn was well known in the Church of Scotland, but not widely used in Church of England services until it was heard sung to the tune *Crimond* at the wedding of Princess Elizabeth and Prince Phillip in 1947. It is now one of the most popular hymns throughout the UK.

Royal Family's influence

The choice of music selected for Royal weddings is as influential now as it was in those post World War Two years and *The Lord's my Shepherd* together with the hymn *Praise my soul, the King of heaven* (chosen for the same Royal wedding) enjoyed great popularity at weddings throughout the 1950s and 60s. Indeed, I cannot sing either hymn without being reminded of the old half crown coin (12½p in today's money) that was the fee for choristers at weddings in those days — it was a heavy coin and it felt like you had a fortune in your hand!

Nowadays, *The Lord's my Shepherd* is more associated with funerals and services needing reminders of comfort and reassurance.

TV programmes

We are used to seeing shepherds herding sheep from behind the flock with the aid of dogs in TV programmes such as *Countryfile* or *One Man and his Dog*, but in Biblical times shepherds led their flock hence the phrase



Influence played at Royal wedding

in pastures green; he leadeth me.

The idea of being both led and restored by God is a comfort in the face of trouble. In ancient times shepherds were expected to protect their sheep from all manner of perils and this is reflected in the third and fourth verses of the hymn. In the final verse is the promise of the compassion of God that will guide us to a place of eternal rest at the end of our days.



The Lord's my Shepherd

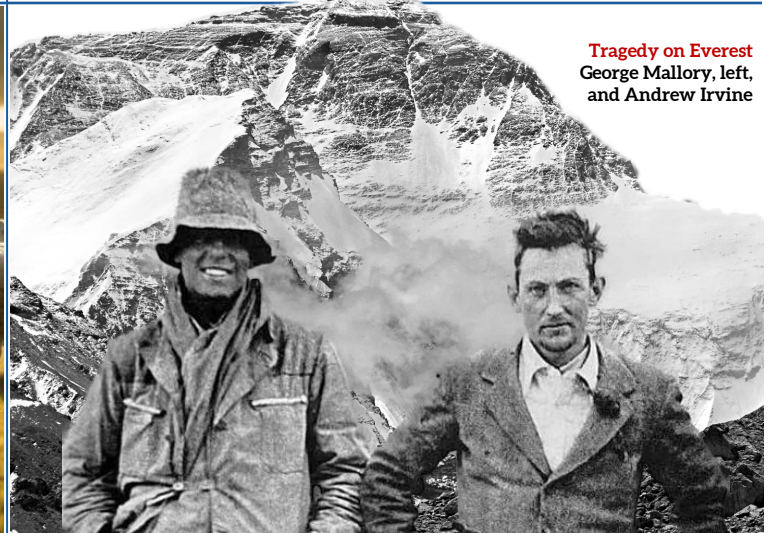
*The Lord's my Shepherd, I'll not want.
he makes me down to lie
in pastures green; he leadeth me
the quiet waters by.*

*My soul he doth restore again;
and me to walk doth make
within the paths of righteousness,
even for his own Name's sake.*

*Yea, though I walk in death's dark vale,
yet will I fear no ill;
for thou art with me; and thy rod
and staff me comfort still.*

*My table thou hast furnished
in presence of my foes;
my head thou dost with oil anoint,
and my cup overflows.*

*Goodness and mercy all my life
shall surely follow me;
and in God's house forevermore
my dwelling place shall be.*



Tragedy on Everest
George Mallory, left,
and Andrew Irvine

REACH FOR THE SKY



Richard Melville recalls the ill-fated ascent of Everest and the more mundane church life

Even today it takes huge courage to climb Mount Everest, but imagine doing it a hundred years ago with what now would be considered very basic equipment.

George Mallory, one of the era's leading climbers, and his young companion Andrew Irvine, were spotted as tiny black specks clinging to Everest's towering Northeast Ridge, just a few hundred metres from the summit on 7 June 1924. And then the clouds closed in...

Irvine was never seen again, while Mallory's frozen corpse was finally found in 1999. They may have got there first, some 29 years before Sir Edmund Hillary and Tenzing Norgay achieved it in 1953.

Earnest preparation

My Dear People,

Two great festivals this month are Whit Sunday and Trinity Sunday. I hope you are all earnestly preparing for your Whitsun Communion, and that none will neglect to make their Communion except they are hindered by sickness.

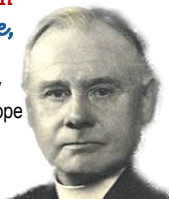
The church's birthday is a very important festival, and I think this year it should be a great day of thanksgiving when we call to mind how that the church has at last seized her opportunity and is taking a very active part in the British Empire Exhibition at Wembley.

The concert given by the Band of Hope children was well patronised, and we have received many requests to repeat the programme. This is impossible at present, but we hope next year to wind up our season with another entertainment.

I am most grateful to all who assisted to bring about such a great success.

We are all looking forward to our annual fete, which, this year, we will hold on 23 July. An added attraction will be one or two stalls and a few more sideshows. Keep your eyes and ears open for further announcements.

Frederick Harvey



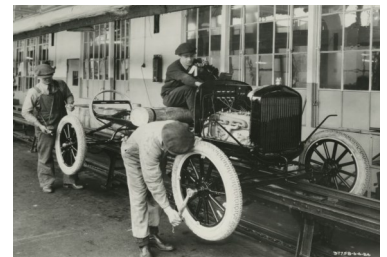
Vicar Rev Harvey

Empire Day

The three departments of the Day Schools combined to celebrate Empire Day. A very interesting programme of patriotic songs and recitations were delivered by the children.

The vicar said the Girls' Department had subscribed the sum of £3 6s 0d, and had sent it as their Empire Day offering to the St Mary's Cottage Hospital, Hampton (now Hampton Care Home). The company then saluted the flag and sang the National Anthem. The proceedings closed with three rousing cheers for the King and Empire.

In the news 100 years ago...



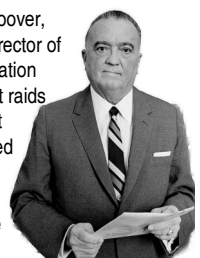
■ **15 June** The 10-millionth Ford automobile rolls off the assembly line. The Model T was one of the most popular cars of its time and the first vehicle to be mass-produced on an assembly line, reducing its cost and making it more affordable for everyday people to buy.

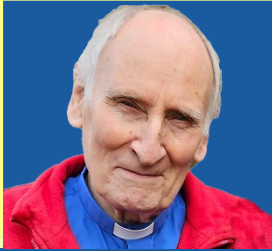
Ford sends the car on a cross-country tour across the US. Crowds greet it as it makes its way from New York to California along the Lincoln Highway.

■ **19 June** The Finnish athlete Paavo Nurmi, whom we mentioned last month, runs a world record 1500m in 3:52.6; and 50 minutes later sets a 5,000m world record in Helsinki.

In the 1500m final later at the Paris Olympics, he runs the first 800m almost three seconds faster.

■ **29 June** J Edgar Hoover, right, takes over as Director of the Bureau of Investigation (later FBI), carrying out raids across the US to arrest thousands of suspected Communists. Despite an outcry he kept his job, and expanded the FBI's role in society.





OPINION
Rev Canon Julian Reindorp

OUR WATER

The statistics are grim: in 2022 untreated sewage was discharged into the sea roughly 1,091 times per day. Only 14% of English rivers are in a good enough ecological condition, and this may well be an overestimate. Since water and sewage were privatised in 1989 the water companies have invested £130bn in repairs and improvements. This is more than the Government was putting in, but far less than was needed. One official estimate suggests it will take 25 years to radically improve the situation. The water companies, often foreign-owned, have clearly paid out too much in dividends and put too little into investment in the industry. Regulation has clearly been ineffective.

THE FUTURE

If the water industry was nationalised would any Government, with all its other responsibilities, not least the rail industry, ever provide the investment needed? Interestingly, Welsh Water is run by a not-for-profit company. Giles Bristow, CEO of the marine conservation charity Surfers Against Sewage (SAS) comments, 'It's a complex, systemic issue... the Government needs to enforce stronger regulations. Water companies have had massive profits.' In 2022 they paid £1.4 bn in dividends. 'As consumers, it may be that we need to pay more. Some 17m people in the UK 'use our waters for wild swimming, paddleboarding, surfing... Rivers, lakes, seas can regenerate themselves, as long as we act fairly soon.'

OUR OIL INDUSTRY

The oil industry has fought against government support for clean technologies for more than 50 years, even as vast subsidies have propped up its polluting business model, recent research from Sussex University has revealed. In 2022, total subsidies for fossil fuels, including costs to society, came to £592bn in the US and £246bn in the EU. Oil companies have lobbied lawmakers to block support for low-carbon technologies such as solar panels, electric cars and heat pumps as far back as the 1960s. One campaign group, Beyond Fossil Fuels, claims, 'It has been proven that the fossil fuel industry caused the climate crisis, and deliberately lied about it as they had the science.'

Some of the world's biggest oil companies have now invested in clean energy projects, but a report from the International Energy Agency in November 2023 found that oil and gas companies account for just 1% of clean energy investments.

TAX MILLIONAIRES

Millionaire Phil White, writing a *Guardian* article in April, says 75% of millionaires want higher taxes on wealth. The heading is *Cut inflation by making us millionaires pay more tax...* Let's start with our broken tax system. We hear how high our taxes are, but in reality while our system disproportionately taxes the majority who get their income from work, those already wealthy from investments, rent and inheritances are taxed relatively lightly. The Prime Minister, who earned more than £2m last year and is married to a billionaire, effectively pays the same tax rate as a teacher.

GENDER DEBATE

I often want to wince when people make categorical statements about people whose situations they do not fully understand. I was helped by *The Tablet* which, quoting from *New Scientist*, said: 'Brain science has made a lot of progress in recent years, and has discovered significant differences between the brains of people with XX and XY chromosomes. In neuroscience there is "a nuanced debate that encompasses gender as well as sex, and is in no way settled". As I listen to a mother whose son has transgendered to a daughter I so respect how she has supported her now daughter through the process.' I/we and our society have surely much more to learn.



DESTITUTE & HOMELESS



Stories about asylum seekers often dominate the news. **Rev Chris Brice**, Chair of the London Churches Refugee Fund, explains how our annual donation is spent

St James's has generously supported the London Churches Refugee Fund for a number of years. Since it was established in 2006 the charity has awarded 570 grants totaling £470,000 to 96 different 'front line' refugee projects across London. The maximum grant we currently award is £1000, and many refugee projects apply to LCRF regularly year after year. The need never goes away.

Those projects use their grants to purchase basic 'life-saving' essentials to give to the tens of thousands of destitute refugees in London who come to them for help. Items include: food vouchers, nappies, underwear, Oyster cards, phone credits, hygiene packs, sanitary products, and emergency payments.

Will you give a regular donation?

To support refugees we rely on people making monthly standing orders, along with generous one-off donations from individuals, businesses and other organisations. We also raise funds from collections and sponsored events organised by individuals, churches, and schools, and from the sale of LCRF Christmas Cards, and an annual five-hour carol singing marathon at a major London rail station.

We are currently looking for volunteers willing to help with fundraising, website design, and communications, and to design and launch a legacy pack encouraging supporters to leave a bequest to LCRF. We are also looking to strengthen our board of trustees. For more information please contact us at: info@lcrf.org.uk.

Our next event

To hear more about our work come along to our Annual Speaker Meeting on Tuesday 4 June at 6:30pm where Rev Dr Inderjit Boghal, president of City of Sanctuary, will be talking about churches engaging with refugees. The event is at Bloomsbury Central Baptist Church, Shaftesbury Avenue, London, WC2H 8EP.

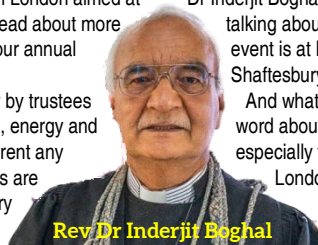
And what ever you do, please support, spread the word about, and pray for, the work of LCRF, most especially for our refugee neighbours in need across London, whom we seek with your help to assist.

■ Our website has much more about our work. Visit: lcrf.org.uk

We are their only help

Surprisingly there are few, if any, similar sources of funding available to refugee projects in London aimed at meeting these basic needs. You can read about more examples of life-changing projects in our annual report now on our website.

All our work is carried out voluntarily by trustees using their own resources, experience, energy and time. We do not employ any staff, nor rent any office space! As a result our overheads are minimal, which means that nearly every penny donated goes to the refugees.



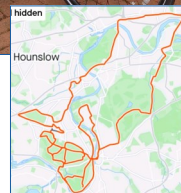
Rev Dr Inderjit Boghal

In the saddle... twice!

CONGRATULATIONS to Liz Wilmot for completing a 70k sponsored cycle ride as part of our church's Christian Aid Week fundraising.

Liz said, 'I hadn't planned to do the ride that day, but when I finished a ride with a friend I thought I might as well carry on - hence the rather squiggly route, but it's done!'

Just three days later she cycled 100k in the *Ride the Night London* event, in which a thousand women completed 50k or 100k for cancer charities, starting and finishing at Kempton Park racecourse. A double achievement, Liz!



REGISTERS

APRIL

BAPTISM

7 Nicolas William Theodoloz, Hampton Hill

FUNERAL

24 Patricia Ann Fisk, 81, Hampton Hill





SIMPLE PLEASURES

The things we do when we take time out

FAMILY AND FRIENDS

I have been deeply moved by the love and support of my family and friends, following a recent diagnosis and complex surgery. 'The darkest nights produce the brightest stars', as American author John Green says, and I have never felt alone. I thank God for his comfort, strength and courage during my illness and I have been really touched by the empathy and compassion of my husband Nick and daughter Emma. I never realised I had so many friends. The love everyone has shown makes me feel so glad to be alive!

BEAUTY IN NATURE



The astonishing beauty of pink cherry blossom, that falls like confetti at our feet as we approach summer, is a particular joy of mine. I love to walk through our leafy parks, amongst the verdant trees that dance in the wind, and stop to listen to the hearty, chattering birds. Robins remind me of loved ones who have passed, and I remember they are with me. I am mesmerised by rare sightings of a small, electric-blue kingfisher by our garden pond, and I lose myself in time watching glorious sunsets.

MONET

I love the French Impressionists and for years I have been drawn to the paintings of Claude Monet, imagining that I could walk into these paintings. Hence it was a great birthday treat earlier this year to be taken to the Monet Immersive Experience Exhibition at the Boiler House, Brick Lane, London. Stepping into a 360-degree video, light and music experience of my favourite painter was a sensory delight. Then I opted for the astonishing Virtual Reality headset which walked me through some of Monet's most compelling paintings.

DOGS

Daily walks with our beautiful golden retriever Ellie always bring a surprise. Ellie never goes far without receiving admiring glances and we meet lots of lovely people and their dogs. It's been fun watching Ellie bathe in the bunkers on the golf course after all the rain we have had. She paddles through the water then slowly lowers herself in, looks over at me, smiles, and proceeds to lower herself in deeper! She's quite a character and I'm sure she understands every word I say, even if she ignores 'no'!



WATER

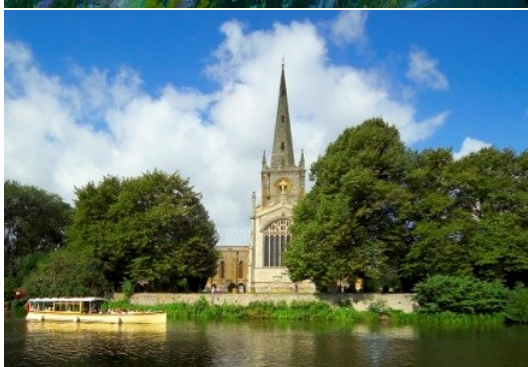
I have a real affinity for water (well, I was born under the star sign Pisces). I love swimming and have great memories of snorkelling in the Barrier Reef. The corals and brightly coloured fish in the crystal blue sea were stunning. I am drawn to rivers and the sea, whenever I can get there, and Nick and I enjoy the simple pleasure of feeding ducks – something we did before his life-saving brain surgery many years ago. We have been lucky enough to have wild ducks in our garden pond.



Once, a pair of mallards settled and raised their eleven ducklings there!



Clockwise from top: Immersive Monet, snorkelling on the Great Barrier Reef, and Holy Trinity Church.



FINDING PEACE



Genevieve Bagge has discovered the calm in a stressful life by finding the still quiet beauty in the world all around us.

POETRY

I studied English Literature at Edinburgh University and specialised in Wordsworth and the romantic poets. I have always been a dreamer and I can lose myself in poems. Like Wordsworth: My heart with pleasure fills, And dances with the daffodils.' T.S. Eliot, pictured, is another favourite and I particularly love the *Four Quartets* – a moving meditation on our relationship with time, the universe and the divine. In *Burnt Norton* he touches on transcendence and timelessness: 'At the still point of the turning world ...there the dance is'.



and buried. One of the greatest days of my life was when Nick and I married at Holy Trinity, receiving the final blessing kneeling by the Bard's grave (there's a curse by Shakespeare himself for anyone who disturbs it!) We then took all our guests down the Avon to the reception!

SHAKESPEARE



We often went to the Royal Shakespeare Theatre in Stratford-upon-Avon when I was growing up as we lived nearby, and my brother and I became early fans of the Bard. I have always loved the Tragedies and the late plays like *The Tempest*. We also attended Holy Trinity Church on the banks of the Avon, where Shakespeare was baptised

MINDFULNESS

I practice and teach Mindfulness as part of my work as a psychotherapist and I find this is one of the most fulfilling of 'simple pleasures', because it brings wellness, balance and time out from our often stressful and frantic world.

At its heart Mindfulness is about being fully present and living every moment with awareness, kindness, and compassion.

Some may argue that Mindfulness is not 'simple', but like most valuable skills, it does take practice and commitment. I have found that it can help our health, wellbeing and happiness and brings profound peace.

