

APRIL / MAY 2025 EASTER

SPIRE



HAMPTON HILL'S PARISH MAGAZINE

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Meet the clergy



VICAR Rev Prebendary 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

After a very wet and grey winter we had a week of glorious sunshine which cheered everyone up and the spring flowers came into their own. Our churchyard looks particularly good at this time of the year and it won't be long before all the blossom is out and the bluebells.

In this issue we focus on initiatives overseas and have two stories to illustrate this. Nicky Hetling talks very movingly in the centre pages about her career change to work at Tear Fund in Teddington.

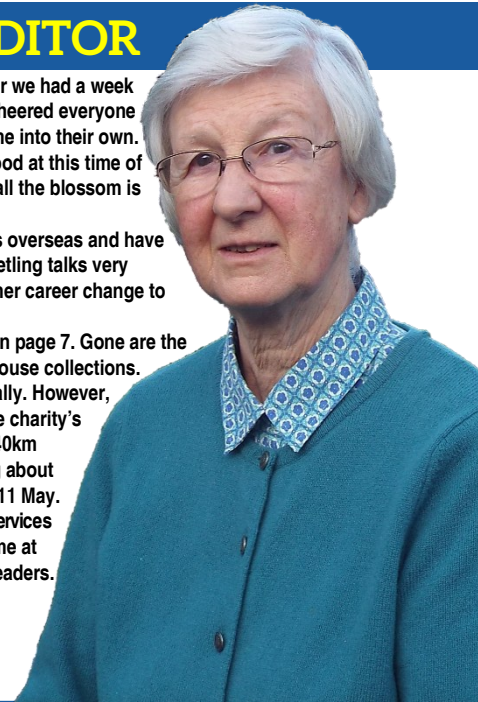
We also mark Christian Aid Week on page 7. Gone are the days when churches had house-to-house collections. Money is now collected mostly digitally. However, our two coordinators are marking the charity's 80th birthday by each completing a 40km sponsored walk. We shall be hearing about Christian Aid at our 0930 service on 11 May.

Details of all our Lent and Easter services are on page 3 and you will be welcome at any of these. Happy Easter to all our readers.

Best Wishes

Janet

Editor



Cover photo: Hot Cross Buns put the crucifixion at the centre of the Easter Story

SPIRE

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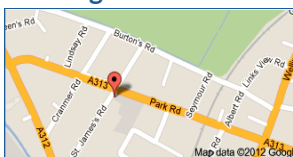
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Finding us



We are on the corner of St James's Road and Park Road. The hall is next to the church. There is unrestricted parking. Buses stopping nearby include the R70, R68, 111 and 285.

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For the latest news go to our website, or follow us on social media:

stjames-hamptonhill.org.uk

@stjames-hamptonhill

@stjameshamptonhill

Clerical Capers

'I'm really not sure about this trend for clergy dressing down, dear.'

DEREK WINTERBURN



Bruno van der Kraan / unsplash



We were talking with the grandchildren about when spring began. The grown-ups knew that there were two ways of calculating the seasons.

There was something called meteorological spring and then astronomical spring, but we were hazy about the details. Google told us more: meteorological spring begins on 1 March, but astronomical spring begins at the vernal equinox which changes from year to year (and this year was on 20 March). But we all agreed the spring must really begin when the snowdrops and crocus appear. That was the reality that we all could see in the garden.

New beginning

Easter Sunday is the most important day in the Christian year. It marks a new beginning. This was the day on which Jesus Christ rose from the dead. But to put it like that sounds as if we are only remembering a past event that happened to one man. And it's not the same as keeping Martin Luther King Day to commemorate the civil rights leader, for example.

We can see this new beginning in how Sunday became the first day of the week. It might seem extraordinary to us, but the Romans didn't keep a seven-day week. They marked time in eight-day periods.

Christians kept seven days because they followed the Jewish pattern, but they moved their holy day from the seventh day to the first day (or from Saturday to Sunday as we would name the days). Jewish people keep the seventh day because on that day God rested after the creation, Christian people keep the first day because Easter Sunday is marked as the first day of the new creation.

He rose again...

The ancient Nicene Creed (celebrating its 1700th birthday this year) proclaims: 'On the third day he (Jesus Christ) rose again in accordance with the scriptures'.

This closely follows some of the earliest words in the New Testament: 'he was buried, and he was raised on the third day in accordance with the scriptures'. (1 Corinthians 15: 4).

Paul goes on from that passage to explain that because the belief that Christ was raised is based on sound evidence, we can have

LIGHT IN THE DARKNESS

confidence that those who belong to Christ will be made alive in Christ. He is writing about what the Nicene Creed declares: 'We look for the resurrection of the dead, and the life of the world to come.'

But woven through the New Testament

hopeful at all, except for two quotations, both from notable Christians: Archbishop Desmond Tutu: 'Hope is being able to see that there is light despite all of the darkness.' Rev Martin Luther King: 'We must accept finite disappointment but never lose infinite hope.' What should one make

Easter Day is the most important day in the Christian year when Jesus Christ rose from the dead. We are not just celebrating an event in history, but the coming of the future world into this one – and an invitation to step into it..

is a conviction that 'the life of the world to come' can be tasted in this world. So Jesus, in John's Gospel, speaks about being born again and experiencing 'life in all its fullness'.

Paul puts it this way: 'So if anyone is in Christ, there is a new creation; everything old has passed away; see, everything has become new!' (2 Corinthians 5: 17).

Again, Peter writes: 'By God's great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead. (1 Peter 1: 3).

Peter focusses on hope being one of the outstanding consequences of a faith in the resurrection of Jesus and the dawning of a new world – and he is writing to impoverished and persecuted believers.

Hold on to hope

There is an article on the BBC website, *Why we should all hold on to hope*, which lists five reasons why hope is a good thing. But it fails to suggest why we should be

of this secular writing grounding its argument almost solely in the words of Christians who themselves faced opposition and suffering?

Back to the future

There are dates that mark the change of seasons, but the truth is that we are able to tell 'Spring is in the air' by what we experience around us. (Easter Sunday this year is dated 20 April.) But we are not just celebrating an earlier event in history (Jesus's resurrection), but the coming of the future world into this world. We hear again his invitation to us to step into it.

Easter Day 20 April
Dawn Service 6am
Parish Communion 9:30am



St James Services

Sundays

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

Together 3:30pm 27 Apr, 4, 18 May
Our shorter, all-age service, making way for Messy Church once a month

Messy Church 3:30pm 11 May

Compline (night prayer) 8pm 6, 13 Apr

Tue-Fri (not Wed)

Morning Prayer 9am

Wednesday

Midweek Communion 9:30am

Mondays

Ark Playgroup 10am-12pm 28 Apr; 12, 19 May

Our popular playgroup for under 5s and carers includes crafts, music and play.

NHS Hearing Aid Clinic 1-3pm

Free servicing of NHS aids only, while you wait, at our walk-in clinic on **7 Apr; 19 May**

Tuesdays

Connections Café 10:30am-12:30pm

Join us for coffee, cake and conversation.

Wednesdays

Turning Points in Scripture

with Julian and Tim 2-3:20pm.

9 Apr Paul: church planter and letter writer

Climate Justice

with Derek and Jacky 7:30-9pm.

Lent course with videos from London's bishops.

2 April Accountability: hosted by Bishop Joanne

9 April Hope: hosted by Bishop Lusa

Wine Tasting 12 Apr

Get Summer Sorted 8pm

Join us for a fun evening wine expert Christopher Carson. You will taste six wines with a selection of fine meats, cheese and bread.

Tickets £35. <https://bit.ly/StJWineApr>



Compline in Holy Week

Sung Night Prayer 8pm 14, 15, 16 Apr

Maundy Thursday 17 Apr

Holy Communion 9:30am & 8pm

Eve: including Washing of Feet and The Watch

Good Friday 18 April

Messy Church 10am

An Hour at the Cross 2pm

Easter Day 20 April

Dawn Service 6am

Parish Communion 9:30am

An Evening with Gus 9 May

Angus Fraser MBE 7:30pm

One of England's most consistent seam bowlers

will entertain you with stories and inside knowledge. Tickets £30 (£25 by 25 Apr)

<https://bit.ly/StJGus>





LIVING OUT MY FAITH!



Some jobs are more than a means to earn a wage. When **Nicky Hetling** took a leap of faith and joined the charity Tearfund three years ago she had no idea of the impact it would make on her life. Inspired by what their work can achieve, and how much more can still be achieved, she counts her blessings...

A change of career presented itself after 31 years of working for an IT company — with management changes, it seemed like a good time for a move. One of our daughters came up with an idea. 'Mum, you should go and work for Tearfund - it looks like the perfect place for you!'

I already knew of Tearfund from previously supporting them through their Toilet Twinning programme, just one of many initiatives that demonstrate its vision that poverty is not part of God's plan. With the support of family and friends, I made the leap of faith that this might be God's plan for me!

Three years on

It's now been over three years and I've loved the challenge of being able to learn so much in that time, blessed by inspiring colleagues and wonderful loyal supporters. I genuinely give thanks for this amazing opportunity. My eyes have been opened by the difference Tearfund's work really makes; how the gift of empowering people and using their God-given gifts to encourage others genuinely does make a difference to so many lives.

On a personal level too, to be able to work with my faith and to use the gifts God has given me is an unforgettable opportunity. As both an employee and a supporter, I wholeheartedly believe in Tearfund's vision, mission and values; every day I am blessed by the contact I have with faithful supporters, and the feeling that we are on this journey together to make a difference.



Some background

For those of you that may not know, Tearfund has been around since 1968 - exactly as long as I have!

It is a Christian charity with decades of experience in international development. We believe that poverty is not God's plan, and that an end to extreme poverty is possible.

We work both directly, and alongside local partners and churches, in underserved communities in more than 50 countries to tackle complex poverty in three main ways:

- Humanitarian response - we respond quickly to disasters and conflicts, supporting those in greatest need throughout the recovery process.
- Community development - we partner with local churches and organisations, mobilising resources and empowering communities to lift themselves out of poverty.
- Advocacy and influencing - we help individuals and churches speak out on issues of poverty and injustice, and we challenge unjust policies and practices at a local, national and global level.

Action not words

Poverty is devastating lives around the world, but we don't wait for change to come. We're acting now, training local churches and partners worldwide to lead their communities out of extreme poverty and into a sustainable future.

Our vision is to see people freed from poverty, living transformed lives, and fulfilling their God-given potential. As more churches get involved and more

place close to our heart. We spent our honeymoon travelling around Northern Tanzania, both a life-changing and life-affirming experience.

Toilet Twinning is one of Tearfund's focus initiatives with ambitious plans to grow its impact.

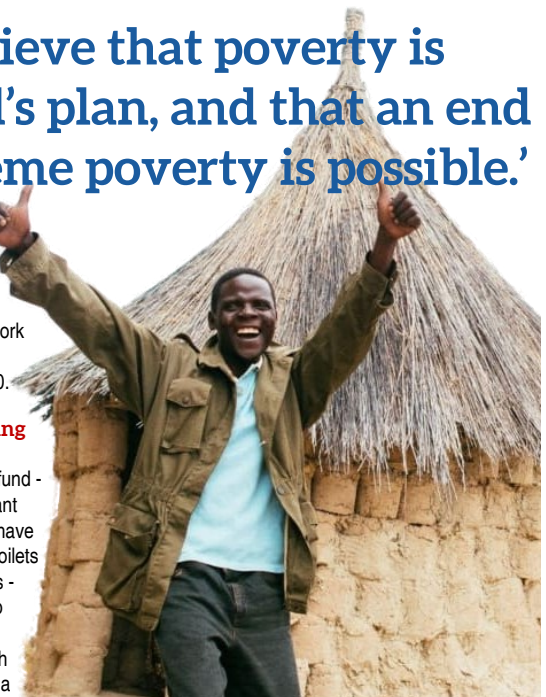
Tearfund works with global communities, empowering them to own and manage sustainable and safe water and sanitation services.

'We believe that poverty is not God's plan, and that an end to extreme poverty is possible.'

lives are impacted, we know we need to dream bigger. Our vision is to work with 250,000 churches by 2030.

Toilet Twinning

St James's is a supporter of Tearfund - the more observant among you may have noticed twinned toilets in the church loos - and we have also twinned our own toilet at home with one in Tanzania, a





'I feel passionate about Tearfund's work and give thanks for God's answer to my prayer.'

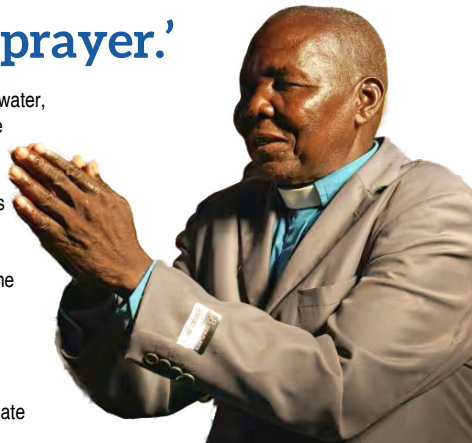
In doing so, we are looking to ensure that water, sanitation and hygiene (WASH) projects are sustained at local level through trained and well-supported management groups; ongoing technical and managerial support is provided by local WASH business and service providers.

It is an inspiring and purposeful programme that is bringing lasting change to lives and communities all over the world.

Giving thanks

We can easily take for granted how fortunate we are in our community, but working at Tearfund demonstrates to me that the work we are doing really is making a difference to so many people in so many countries.

I really do feel passionate about Tearfund's work; I give thanks for this wonderful opportunity the *Spire* has given me to share Tearfund's work and for me to give thanks for God's answer to my prayer.



For more information

tearfund

To find out more about the work of the charity and ways in which you can show your support, go to: tearfund.org



Around the Spire

ON THE MOVE NEW ROLES FOR SOME FAMILIAR FACES



New roles Left to right: Joy Beauchamp, David Bell, and Sylvie Collins-Mayo

ONE of the wonderful things St James's Church has been able to do is offer a training ground for people training for ordained ministry. Coincidentally three 'graduates' have taken on new roles:

- Rev David Bell has been appointed by Bishop Emma as the new Kensington Area Retired Clergy Coordinator (he left us in 2015).

David was ordained in 2012 alongside a career in publishing. He began his curacy at St James's before moving to All Saints Kingston and more recently St Mary with St Alban. He is also Assistant Chaplain at the National Theatre and a pastoral minister at St Paul's Cathedral.

- Rev Sylvie Collins-Mayo has joined

the team at All Saints Kingston after being a curate in East Sheen. She is Head of the Department of Criminology and Sociology at Kingston University, teaching the sociology of religion, and has researched beliefs and values, most recently about the role, impact and experiences of Street Pastors, who work with the police to enhance the safety and wellbeing of the public as they engage with the night-time economy.

- Joy Beauchamp, our current ordinand, who has been training for ordination with us for the past two years while studying at Ripon College in Cuddesdon, will be serving her curacy at St Mary with St Alban, Teddington. She will be ordained in St Paul's Cathedral on Saturday 28 June.

BUILDING WORK FINALLY OVER!

THE final building work in the church has been completed. Following the recent major repairs to the roof in the north aisle, the rotten boards inside the building have been replaced and painted, along with one of the walls in the sanctuary. This completes the refurbishment work that included installing a kitchen and meeting room, and replacing the fixed pews with modern benches.

GARDEN TEAM BEGINS WORK

REPAIRS to the church roof inevitably affected the state of the formal garden by the west porch. The Gardening Team has sprung into action with preparatory work to reseed the lawn. Shrubs will be cut back and the area will have a general makeover.

A second area of the churchyard undergoing development is the Garden of Rest, which is being extended. The

family of Rev Rupert Brunt, our vicar from 1951-1980, are paying for a memorial stone and bench. The area is being reshaped to incorporate an existing rose garden. Some of the families whose loved ones were interred in the garden chose a rose bush for the garden. This area is now almost full and the team is recommending that shrubs may be a better option in the new area.

ROSALIE LEGACY BUYS US A LECTERN

ROSALIE Meyerowitz's legacy to St James's has been used to buy a wooden lectern to replace one that is no longer suitable.

For most churches, regular giving is absorbed in 'keeping the show on the road'. A gift from an estate is different. Rather than use it for



Rosalie

everyday costs, the PCC can spend your gift on a special project that can help keep the church alive and help transform its future.

Rosalie died in 2021 and was a regular worshipper and supporter at St James's for many years.





TRIUMPH & DISASTER!



Tim Marwood recalls mixed reactions to palm processions. Bishops and donkeys often don't mix!

We sing *All glory, laud and honour* at the beginning of our Palm Sunday service on 13 April as worshippers walk in procession.

The hymn was written in 820 in Latin by Theodolph of Orléans (750-821) and is based on Matthew's Gospel 21: 1-17. John Mason Neale (1818-1866), a clergyman, translated it into English in 1851. The tune *St Theodolph* was composed in 1603 by Melchior Teschner and adapted by JS Bach (1685-1750), who included it in his *St John Passion*.

Theodolph was made Bishop of Orleans by Emperor Charlemagne in 785, but was imprisoned in Angers by his successor, Emperor Louis 1, in 818. Legend has it that Theodolph composed the hymn and sang it when Louis walked past his cell. Louis was so moved by it that he freed him.

Jesus on a donkey

Palm Sunday recalls Jesus's triumphant entry into Jerusalem riding on a donkey. The crowd waved palms and strewed them on the ground in the traditional greeting for a ruler. We carry palm crosses in our procession.

Holy Week also includes the Last Supper (Maundy Thursday), the Crucifixion (Good Friday), and the resurrection (Easter Sunday). I always enjoy adding colour and movement to services as it helps us learn. 'Tell the story, tell it well and tell it often' was the maxim of a very wise Sunday School teacher and I have found it good advice.

A rocket from the bishop!

Palm Sunday processions remain outward and visible signs to our communities that churches are still 'telling the story'. Two of mine involved parishes where the congregation began the service in one church and walked to another church for the remainder.

After the first I received a terrific rocket

from the bishop for 'making me walk from church to church behind an incontinent donkey!'

On the other, the congregation, complete with banners, robed servers and choir, was led by a six-year-old 'boat boy' (incense carrier), the youngest altar server, through a housing estate to a church up the hill. We had to walk slowly due to the effort involved, but we sang lustily and what we didn't realise until we arrived was that our procession had doubled in size.

When the service concluded the boat boy asked if we could do it all again, a remark I got him to repeat over the PA and which drew enthusiastic applause. Thirty years on, that erstwhile boat boy is now chair of a deanery synod, which perhaps teaches us something about 'learning by doing' in church.

*All glory, laud, and honour
To Thee, Redeemer, King!
To Whom the lips of children
Made sweet Hosannas ring,*

Thou art the King of Israel
Thou David's Royal Son,
Who in the Lord's name comest,
The King and Blessèd One.

The company of angels
Is praising Thee on high,
And mortal men, and all things
Created make reply.

The people of the Hebrews
With palms before Thee went
Our praise and prayers and anthems
Before Thee we present.

To Thee before Thy Passion
They sang their hymns of praise;
To Thee now high exalted
Our melody we raise.

Thou didst accept their praises;
Accept the praise we bring,
Who in all good delightest,
Thou good and gracious King.



SEEING AND BELIEVING



Richard Melville finds the vicar developing the themes of Easter through art and recognition.

Seeing and believing is a theme that our former vicar develops to talk about faith and the Easter story. The archive is also a goldmine of church life, some familiar, some quite surprising.

30 years. Jean's wisdom, thoughtfulness and quiet efficiency made it a hard act to follow, but Marion Dewey and Liz Butler had agreed to take on the job on two Sundays a month.

Pondering poetry

Pot Luck and Poetry provided a popular evening's entertainment. Organised by Ruth Mills, the event included two mother and daughter contributions, a Robbie Burns reading from memory, Eve's chocolate cake poem, and Brian's impersonation of the Loch Ness Monster!

Dear Friends,

If 'seeing is believing' then *Seeing Salvation* at the National Gallery, is a feast of faith. The exhibition is not the life of Christ



Rev Brian Leathard

in pictures. Rather, it is an attempt to show how artists have understood the significance of Christ through time — from the earliest inscriptions of Jesus in the catacombs of third century Rome to Mark Wallinger's *Behold the Man* on the empty plinth in Trafalgar Square in 1999.

Seeing and believing may not be the same thing, but believing has to do with expecting to see Christ in the world today. Seeing the exhibition costs nothing, but seeing salvation costs everything. It did for Jesus, it does for all who try to follow him.

On the same theme, have you noticed how some people are good at remembering names, while others are best with faces? Recognising people, realising who we are, is crucial to the Easter story. The gospel stories about the risen Christ meeting people have this central theme. More specifically, God recognises us and our needs, yet we, like the disciples, stumble around blindly, failing to recognise Christ in our midst. So as we go about our lives, can we try to recognise Christ in the people we meet at work, on the train or bus, or even as we collect for Christian Aid Week!

Brian Leathard

Cancelling debt at the G8

Ann Peterken urged readers to 'get writing' in preparation for the G8 Summit in Okinawa, Japan. An international coalition movement had called for the cancellation of third world debt, but only 30% of the amount the campaign believed needed to be written off, had been.

Asylum Seekers

Peter Wilson from Richmond council briefed the PCC on the issues surrounding asylum seekers in the borough. Wilson described an inherently inhumane system. Asylum seekers were not allowed to earn money, and until their cases were processed they remained destitute, housed in rented accommodation or B&Bs. With no room left for single males, they had been sent to places like Kettering, Stoke-on-Trent and Coventry, where they remained the responsibility of the borough. Given the huge backlog of cases, our borough would be looking after 1,700 people for some time. The Home Office had still not processed some claims going back to 1995. These included Sikhs who had fled from the Taliban in Afghanistan, and others from Kosovo and Iraq.

In the news 25 years ago...



■ **April** The UK experienced its wettest April on record, with many flood warnings and more rain forecast.

■ **22 April** The *Big Number Change* was a major overhaul of the UK's telephone area codes, to meet demand. London's 0181 and 0171 were replaced with 020.



■ **4 May** Ken Livingstone made constitutional history when elected London mayor — the first time that British voters had directly elected a candidate to an executive office at any level of government. He served as mayor until May 2008.



REGISTERS

FEBRUARY

FUNERALS

6 Wendy June Brown, 88, Hassocks, West Sussex.



17 Rebecca (Becky) Joan Farr Jones, 43, Hampton.

OPINION

Canon Julian Reindorp

Reform and Climate Change



Reform UK, the political party led by Nigel Farage MP, is not just announcing simple solutions to our complex national challenges. Its policies are clearly dishonest. Richard Tice MP, the party's deputy leader, said on Sky News that 'manmade' climate change is 'garbage', that scientists are 'categorically wrong', and 'thousands of scientists' agree with him. The scientific consensus after more than 3000 peer-reviewed studies is that 99% of scientists are agreed climate change is manmade.

Reform and the NHS

Zia Yusuf, the chair of Reform UK, said on *BBC Politics Today* that other countries have more efficient systems than our NHS. Like Farage, he recommended the French system, where people pay if they can, claiming it has better outcomes. The independent expert consulted on the programme said outcomes varied from country to country, and for different illnesses. The NHS was comparable to any, and cost 25% less to run.



Reform and immigration

Reform, like three of the four candidates in the Conservative leadership contest, advocates zero immigration. James Cleverly MP, the 4th candidate, suggested a figure of 300,000 immigrants a year. Why? Because the Office for Budget Responsibility estimates this is the minimum number to sustain the UK economy in its present state. All these less-than-honest, uncostered policies, are in the public domain, echoed millions of times across social media. Who is confronting Reform UK?

Trump's Bible questions



In the Bible there are two key questions asked in this library of 66 books. In the Hebrew Scriptures, our Old Testament, Cain confronts God: 'Am I my brother's keeper?' (Gen 4: 9). In the New Testament, a lawyer asks Jesus, 'Who is my neighbour?' (Jesus responds with the Good Samaritan story (Lk 10: 25). After the Second World War the world attempted to answer these Biblical questions by founding the United Nations. This included the US (who did not join the League of Nations after the First World War). In the past few weeks, at the stroke of a pen, President Trump has answered these two key Biblical questions negatively, and in the process harmed the lives of hundreds of millions of people.

Trump halts USAID

Overnight Trump halted USAID. The world's richest nation has provided nearly a quarter of the world's development aid.



In one country, Kenya, this cost 40,000 jobs. St James's has, for many years, supported St Luke's Hospital, in Milo, Tanzania. One of our projects was providing John Mgina, a health worker, with a motorbike (*Spire* February 2024).

He has now lost his government salary. Globally, hundreds of millions have lost their healthcare. Contrast this with Bill and Melinda Gates, who with their Foundation have almost eliminated malaria in the world.

Into Thames station...



I grew up in Westminster and the nearest train station was Victoria. Each week in church we said a prayer, *Lead us not into Thames station...* I was puzzled. I only knew Victoria Station, and it seemed quite safe to me. So I have subsequently taught small children St Richard of Chichester's prayer: 'O Merciful Jesus, friend and brother, may I know you more clearly, love you more dearly, and follow you more nearly, day by day.'



Disaster Amelia and her daughter

SEEDS THAT OFFER HOPE



This year's appeal offers hope from the devastating effects of climate change. **Liz Wilmot and Linda Webb** need your help.

In Guatemala, the climate crisis is killing Amelia's precious crops. She relies on the land to feed her eight-year-old son, Lázaro, and four-year-old daughter, Yakelin. It's a major concern for her family. 'I worry about what my children will eat.' A river passes through Amelia's farm, but intense heatwaves are causing it to run dangerously low. Both communities and crops stand to lose life-giving water.

Agroecology, put simply, is farming in a sustainable way that works with, not against, nature. Amelia hopes that by sharing her knowledge with other households, one day no family will go without food. Despite the challenges, the power of hope drives her on. Will you demonstrate the unstoppable power of hope and help fund vital tools and training, so farmers like Amelia can push back against the climate crisis and beat hunger?

A cruel injustice

The cruel injustice is that indigenous communities like Amelia's have done the least to cause the climate crisis, yet they endure its impact the most. As their farms are devastated, the search for solutions becomes critical. 'With high heat, there is little we can do but adapt.' Despite these challenges, Amelia's faith keeps her strong. And her hope for a better future drives her to keep working to improve life for her family and community. 'For me, faith is very important, and a way for me to reach harmony in my life,' she said.

Walking 80k for CA's 80 years

Christian Aid is now in its 80th year and St James's is again supporting Christian Aid Week (11-17 May). We will be using legwork to deliver on fundraising by each walking 40km along the Thames footpath. Will you sponsor us? You can sign up in church or give using the link or QR code below. Every donation will make a difference. Thank you.

Adapt or die

When Amelia discovered the work of Christian Aid's partner, Congcoop, she quickly put herself forward as a community representative to get the specialist agricultural training on offer. Congcoop helps communities to return to indigenous farming practices and adopt agroecological models that conserve their land, culture and livelihood.



What our money can buy

- £6 pays for the seed trays for a nursery at someone's home.
- £10 pays for pruners to care for cacao trees.
- £20 buys climate-resilient seeds for a family to diversify crops.

Donate online at: <https://bit.ly/CAWeek25>



FRIENDS OF ST JAMES WITH CHRISTOPHER CARSON



Already this year we have held two very successful events. On 23 January Jenny Breeden led a Bridge Drive with 70 players enjoying an afternoon's play; while on 23 February Graham McHutchon provided a visual feast as he took us on a beautiful and emotional journey through 48 of the US states with some stunning photography edited to music.

Those were just two of this year's packed programme of events. Coming up on Saturday 12 April at 6.30pm we will be holding a Summer Wine Tasting, including a selection of new zero or low-alcohol drinks. I will be sharing with you my findings and discoveries from around the world.

On Friday 9 May at 7.30pm we will welcome my dear friend Angus Fraser MBE, pictured, the ex-England cricketer, who will take us behind the scenes of English cricket with anecdotes and more.

This will be followed on Friday 6 June by another ceilidh, back due to popular demand after the initial dance last November!

Very pleasingly, Friends of St James events are attracting many new people from our community to come



to St James's to be entertained and welcomed in our beautiful church.

Do not miss out, sign up to become a Friend and benefit from a 10% discount, over and above the Early Bird prices.

Go to our website for full details, along with all the events so far on sale.

We would love you to get maximum enjoyment and play a part in the thriving community.

For more information go to: friendsofstjames.org.uk

Christopher
Leader, Friends of St James

GIVING BACK



What it means to be one of the UK's 15m volunteers

SOME of you may remember the ITV soap opera *Crossroads* from the 1960s. It was as a result of this programme that the Crossroads Care organisation became a reality in 1974. In the series Meg (played by Noele Gordon) cared for her disabled son Sandy at home following an accident that left him in a wheelchair. ATV, the programme's makers, donated £10,000 to set up a pilot project in Rugby with the aim of supporting carers in a practical way. This became the charity's first branch.

Who is a carer?

A carer is a person of any age who provides unpaid care and support to a friend or family member. Over 80% of home care in the UK is undertaken by a hidden unpaid workforce of 10.6 million remarkable people, valued at a staggering £132bn per year. Caring can take a huge toll on the mental and physical health and well-being of carers.

In 1987 a branch of Crossroads was started in Richmond, and expanded to Kingston in 2011. It has increased in leaps and bounds, helping people of all ages and backgrounds who are carers. The organisation's staff are highly trained, paid and experienced support workers, who typically go into carers' homes for two hours a week to enable the carer to have a break, but there are also many volunteering opportunities.

I heard about Crossroads in the early 2000s when looking after my husband, David. For several years I had a carer come to our home, enabling me to have a very welcome respite of two hours a week. Believe it or not, the carer I had for David now helps with my stepson, which shows the dedication of their staff and the length of service.

Caring Café

After my husband passed away I wanted to find out how I could volunteer for the organisation and, from 2006 until the outbreak of Covid, I volunteered in the kitchen at the Richmond Caring Café, firstly at Meadows Hall and then Sheen Lane. The café is held on Saturdays, twice a month, for people with dementia and their carers. It is run by a mixture of paid staff with trained volunteers working in the kitchen and helping to make everyone feel welcome. The café is open from 11am-3pm, with a buffet lunch provided.

It offers information and advice, and in the afternoon



On the water Janet, second from right, with other carers on a river trip

WHO CARES FOR THE CARERS?

Crossroads provides respite care for families struggling to cope. Named after a TV soap that highlighted the need for support for carers, it has been a lifeline for people like Janet Nunn, who went on to volunteer at its café.



Carers Café Support and understanding

carers can share their experiences in a specialist group while those in their care enjoy a variety of entertainments. Carers appreciate having lunch made for them, and talking to others.

Carers' Café

More recently a drop-in café has been set up at Hampton Hill Theatre from 12.30-2.30pm every Thursday for all carers

(not just dementia) and those they are caring for.

The café offers a safe, supportive and confidential place to meet other carers and share experiences over a light lunch. It is also an opportunity to receive up-to-date information and advice from Crossroads Care staff. This is proving to be very successful and for a while I helped with the refreshments and chatting to people.

Both cafés give so much, and now I am back partly in a caring situation it is so good to share experiences. Friendships develop and we can support each other beyond our caring role.

Other groups

For the past 20 years Crossroads has run a **Saturday Club** for children aged 8-18 with special educational needs and disabilities.

Men who Care/Dads who Care is a monthly social group for male carers. A **Carers' Book Club** is run by a local author. Many feel that caring for yourself isn't as important as for their loved ones. For this reason, Crossroads has created a **Therapy Room** in Teddington specially for carers, offering stress-release and massage therapies.

Legacy

I have been very lucky to have met and worked with so many people in the caring profession and found it a very humbling experience. It can be a very lonely and challenging time and anything we can do to help is worthwhile. Over the years the cafés have made such a difference to many people's lives. It has been a privilege to be part of that journey.



Home Crossroads provides respite care to give carers time off