

OCTOBER 2024 BUSHY PARK

# SPIRE



HAMPTON HILL'S PARISH MAGAZINE

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## Powerhouse

Wildlife on our doorstep

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**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**

**F**irstly, thank you for your generous donations towards the cost of printing the *Spire*. The appeal total, so far, is £1950. It would be great if we could top £2000 – there is still time to make a donation! This is very encouraging for the *Spire* team, who work hard to produce nine magazines a year.

One of our faithful parishioners – Rita Malyon – passed away recently and you can read about her on page 5. Sadly, a past parishioner – Alan Taylor – has also died. Alan and Helen and their four children lived in Park Road and were active church members before moving to Suffolk in 1996. We shall include a tribute to him in the November *Spire*.

Our centrespread is from Graham McHutchon, who is a volunteer ranger in Bushy Park. We are lucky to have such a lovely park on our doorstep and Graham gives us an insight into the wildlife we can see there, particularly coming into its own in autumn and the deer-rutting season.

Best Wishes

*Janet*

Editor



Cover photo: A stag stands ready for the deer-rutting, one of the sights in Bushy Park

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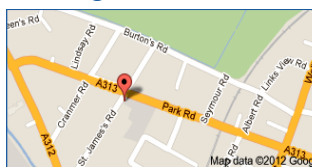
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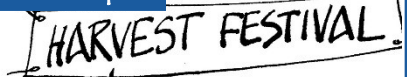
The church is on the corner of St James's Road and Park Road. The hall is between the church and vicarage. There is ample unrestricted parking. Buses stopping nearby include the R68, R70 and 285.

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**Clerical Capers**



'I'm guessing Sainsbury's has a rather good offer on tinned peas at the moment!'





Nathan Anderson Unsplash



**B**irthdays come annually! When we are small, being a year older seems a worthy thing to celebrate. Children often count down the days before they move on in years. When we are older the numbers seem less important (until the really big ones, of course!)

Rather, we take the opportunity to be celebrated or celebrate others in their turn. But while it is nice to prize people on their birthday, we should of course show our appreciation through the year.

### The food trail

'Harvest Thanksgiving' is the moment in the year when as a church we take stock of the food that we have enjoyed, and reflect on how it has come to us. There is no universal date for 'Harvest Service' because there are different harvests for different crops in different places.

Rev Robert Hawker has the credit of bringing 'harvesters' into church for a specific thanksgiving service in 1843. Hawker opted for 1 October, and the first Sunday in October is usually the date we pick at St James's.

Just as we keep one day a year to celebrate a person, but should show our appreciation through the year, we would do well to be thankful for what we have received for all 52 weeks.

One title for our Holy Communion service is 'Eucharist' - the Greek word for Thanksgiving. At the core of the worship is the 'Eucharistic Prayer' which is a thank you prayer: 'Father we give you thanks and praise...' We say a similar prayer each day at Morning Prayer 'Blessed be the Lord God of Israel...'

### Thanksgiving prayers

This form of words has its roots in a Jewish form of prayer: Berakhot or blessings. The fundamental Berakha prayer is a thanksgiving for a meal; to say the blessing is to express appreciation that the food is a good gift, and God is its ultimate source. The Rabbis taught that there are many occasions in the day to pause and say similar thanksgiving prayers. An Orthodox Jew might pray such prayers 100 times each day; for learning Torah, for

## COUNT OUR BLESSINGS

eating different foods, for going to the toilet, for washing one's hands, for hearing news, for seeing remarkable weather...

The Judaism of Jesus's day was probably simpler than the religious

mealtime, and build out from there. Perhaps another aim would be to spot good things in the day as they occur, and quietly say 'Thank you, Father'. Or we might take stock at the end of the day and

## There is good scientific evidence that being grateful is of benefit to our mental wellbeing, but we give thanks because God's in charge, God is good, and we trust him

practices crafted in later times. But we see evidence that he prayed in these ways at least sometimes: for example, he often blesses bread, and the Last Supper contains a series of blessings.

However Jesus spoke against longer and longer prayers — 'heaping up empty phrases'. His teaching about prayer is more about explaining that God is our Father, than providing 'prayers for every occasion'.

Nevertheless the Jewish emphasis on thanksgiving continued into Christianity 'Give thanks in all circumstances' wrote Paul (1 Thess 5:18) - and as I have said the central act of Christian worship is a 'Thanksgiving'.

### Thank you, thank you...

So there is absolutely a place for an annual 'Thanksgiving' - when we in particular remember to acknowledge that the Harvest is a blessing from God (the year's food). But I think there is also a case for saying that we should be thankful people throughout the year, even throughout the day.

We might start with a thank you at

look for three reasons to be thankful.

There is good scientific evidence that being grateful is of benefit to our mental and physical wellbeing. But that would be a by-product. We give thanks because we are simply admitting that God is in charge, that God is good, and that we trust him.

*All good gifts around us are sent from heaven above, then thank the Lord, O thank the Lord, for all his love.*



### Sundays

Holy Communion (said) 8am

Parish Communion 9:30am **not 6 Oct**

Livestreamed on Facebook

Together 3:30pm **not 13 Oct**

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

Messy Church 3:30pm **13 Oct**

### Tue-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.

NHS Hearing Aid Clinic 1-3pm

Free servicing for NHS aids while you wait at drop-in service on **7, 21 Oct**

### Tuesdays

Connections Café 10:30am-12:30pm

Join us for coffee, cake and conversation.

### Harvest Festival

Sunday 6 October All-age Service 11am

In support of homeless and hungry people.

Community Lunch 12:15pm



Stay or join us after the service for a two-course lunch by donation (suggested price £10). Profits to The Upper Room. Book at: <https://bit.ly/StJHarvestMeal24>

### Pop-up Cinema presents

Inside Out 2 (2023) (U)

Saturday 26 October 3:30pm

The UK's biggest Box Office hit of 2023 — and you can watch the Disney Pixar film for free! No need to book. Doors open at 3pm. Refreshments on sale.

### Charity Quiz Night

Saturday 2 November 7pm



A fun evening in aid of the London Churches Refugee Fund and our link parish in Mercuburi. Tickets £15 include a two-course meal. Book at: <https://bit.ly/StJQuiz24>

### In Loving Memory

Sunday 3 November 3:30pm

An All Souls' Day service to remember loved ones.

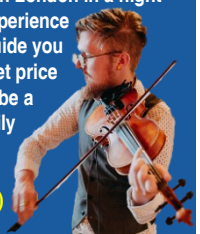
### Ceilidh Dance

Saturday 30 November 7:30pm

Three hours of the best fun in London in a night like no other! No dancing experience required. Ceilidh Tree will guide you through the steps. Your ticket price includes food and there will be a well-stocked bar. Bring family and friends.



Tickets £35 (£20 u16s) Book at: <https://bit.ly/StJCeilidh24> (see p7)



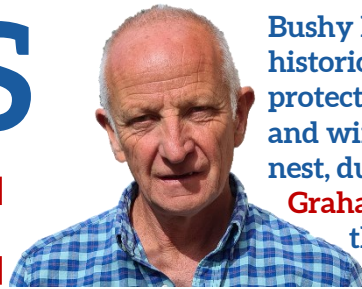




**Power** a browsing stag, and, right, a heron with its catch



# WITNESS NATURE



**Bushy Park is a haven for wildlife – from historic herds of resident deer and scores of protected anthills to ancient woodlands and winding waterways where skylarks nest, ducks dive and beetles scurry.**

**Graham McHutchon** spends many hours there as a ranger, and shares his love of precious nature on our doorstep.

**W**ho would have thought that, had Richmond Palace not burned down over 500 years ago, or if Oliver Cromwell hadn't developed a love of deer hunting as befitted his title *Protector of the Commonwealth*, then Bushy might not be a park at all?

This area of west London had become overgrown with bracken because of a fall in the price of wool back in the middle ages. Since then it has been shaped by monarchs, great architects, writers and painters into the 1100 acres that is now the second largest of the Royal Parks, and my favourite: Bushy Park.

### A fragile environment

The park is an SSSI (Site of Special Scientific Interest) because of the acid grasslands which are increasingly rare in England. Characterised by poor quality soil, acid grasslands are a fragile environment that teem with grasshoppers, butterflies, spiders and hedgehogs.

Also evident are the distinctive grassy tussocks that are actually anthills. They have been constructed over hundreds of years by yellow meadow ants. The ants are a favourite food of the green woodpecker, whose distinctive undulating flight and 'yaffle' (or

laughing song) can frequently be enjoyed.

I still find it odd that in a few steps from the shops of Hampton Hill you can be close, sometimes too close, to a group of magnificent stags, a sight people roam the highlands of Scotland to enjoy.

### The park's two species of deer

There are two species of deer within the park. The larger red deer, the males being stags and the females hinds, and the more dainty fallow deer, the males are bucks and the females does. They are the real architects of the park, their fussy diet, grazing some grasses and plants and browsing the low hanging branches of trees for fresh shoots, gives

the park its neat trimmed look. The annual behaviour of the deer defines the four seasons more than anything else.

Summertime and the living is easy — at least for the males! The grass is lush and they spend their time eating and resting. Putting on weight and growing new antlers is the priority. Last year's antlers were cast in late February and new ones grow immediately. Covered, initially, in a velvet membrane, this is the fastest growing tissue in the animal kingdom. By late August when the velvet dries out and falls away, these impressive appendages will be ready for action.

Meanwhile on the other side of the park amidst the tall stands of bracken the females are tending their newborn offspring.

The mothers and aunts are the animals I most fear. They will protect the young at all costs, often chasing and kicking dogs that come too close to the nursery area.

High in the sky is the extraordinary sight and sound of male skylarks as they ascend, continuously singing, then fall silent and plummet back to earth before disappearing into a well concealed nest. Skylarks are rapidly declining. We must do all we can to protect their fragile habitat.

### Rutting is a big draw

As the days shorten and the grassland turns a golden autumnal colour the male deer change behaviour almost overnight. The stags begin to bellow, a deep resonating sound that can be heard throughout the park. They urinate in puddles, roll in the mud and festoon their antlers with foliage, all to impress the females!

The rut is underway and hundreds of visitors from around the country come to witness the spectacle that will play out over the coming weeks.

The stags and bucks are vying for the right to control a group of females and mate with them. All that extra bulk and strength acquired over the summer will be needed as there is no time to sleep or eat. Young pretenders are always a threat, awaiting a chance to pass on



**Glorious** the colour of the waterhouse plantation





Wildlife (from top clockwise) Fox cub, kestrel, and little owl



their genes. Fighting is a last resort for the males, serious injuries can result and, whilst distracted, rivals will seize the opportunity. The depth and volume of the bellow indicates the size and strength of a male and, if the challenger still fancies his chances, parallel walking will ensue.

The two stags walk side by side, assessing their relative strengths. If neither backs down, then they will lock antlers in a battle for supremacy. Meanwhile the females are trying to regain weight after their maternal duties and sidestep the males until they are briefly in season.

### Trees that span centuries

Winter brings its own magic, the frost defines the outlines of the medieval furrows south of the Pheasantry, and the skeletal shapes of ancient oak trees, some well over 500 years old, are silhouetted against forbidding skies.

Kestrels maintain a perfect hover, despite gusting winds, to hunt, using their unique ability to see the ultra violet light reflected from the urine trails of their favourite prey, the vole!

Tranquility has returned to the deer herds, a few males remain with their harems, the rest have reformed into bachelor packs and appear to be the best of friends again.

Winter avian visitors arrive from northern Europe in large flocks to feast on the mistletoe and hawthorn berries. This year we were treated to waxwings and redwings who compete with the

native mistle thrushes for food.

### Spring's encounters

Springtime is heralded by swathes of daffodils and crocuses in the Woodland gardens. The sound of great spotted woodpeckers, drumming as they mark out territory and seek a mate, is constant. Now is a good time to see owls, before the trees are in leaf again.

The little owls often sit in a cleft of a branch, or at dusk by the Round Plantation a pair of barn owls will fly silently low over the grassland. Did you know that owls are the only birds that cannot move their eyes in their sockets? Worth also checking are the piles of deer poo, with fresh earth mounds alongside. This is the work of a dung beetle, the female takes the dung a metre below ground to lay her eggs in this rich food source!



Woodpecker fledgling

### Cherish and protect

The park is a wild space, yet it is carefully managed. It has to be, as the pressure of the increasing number of visitors, dogs and bicycles along with the changing climate means that we must cherish this exceptional opportunity we have to witness and protect nature on our doorstep.



Red deer A hind and a calf



# Around the Spire

## A LONG LIFE WITH ITS UPS AND DOWNS



**MARGUERITA** Beatrice Malyon, known to us as Rita, has died aged 91. She was born on 4 July 1933 at home in Fulwell Road, where she lived with her parents and her aunt.

She started Sunday School at St James's from the age of five. When war broke out in 1939 she was due to be evacuated to the country, but refused to go as she wanted to stay with her parents. During wartime she joined a dance school and enjoyed dancing for many years, particularly ballet. Rita clearly remembered the celebrations at the end of the war, with street parties and dancing and singing through the night.

Rita left school at 15 and started to work for a photographer as a retoucher. For the first time she was among people who didn't believe, which caused her to have doubts about her faith, which remained for some years.

At this time, Rita's love of all the arts was blossoming, including drama, ballet, opera, music, painting and poetry. She became a great fan of the actress Vivien Leigh, and this turned into a friendship. Letters between the two of them are in the archives of the V & A Museum. With others, Rita formed the Vivien Leigh Circle.

After the photographic company closed, Rita worked in a children's home but then gave up work to look after her mother and aunt, both in failing health. After their

deaths, she went back to work, but only part-time so that she could have a dog, something she had always wanted.

She embraced her faith once more and became a firm believer. In the 1970s she helped Vietnamese Boat Children to adjust to life here, and she sponsored underprivileged children in the Philippines, Paraguay, Russia and India. Many stayed in touch for years.

Rita enjoyed holidays and went to the Lake District many times, often with her friend Gill Gostling, and also visited the Italian and Austrian lakes, as well as enjoying days by the sea.

Rita was a committed member of our church. When she became ill, she wanted to remain at home and did so with the help of neighbours, her cousin Mavis and great friend Lynne. She was taken to church when able and later received Holy Communion at home. She died three days after her 91st birthday, in the house where she was born and had lived all her life.

Susan Horner

## 525 years between them!



**NINE** members of our congregation celebrated their 75th birthdays this year, and on 28 July. Pictured, from left, are Jennifer Clay, Lesley Mortimer, Coryn Robinson, Richard Melville, Gill Gostling, Catherine Gash, and Penny Sewell. Ros Daly and Janet Taylor were unable to be there on the day.

## Residents association celebrates turning 60

**THE** Hampton Hill Association, which does so much to help residents and businesses, is celebrating its 60th anniversary this year. Do come and celebrate with fellow members at the Greenwood Centre, School Road, on Saturday 19 October from 2-6pm and have a glass of bubbly and a piece of anniversary cake.







# GROWING IN FAITH



**Tim Marwood** explores how the church has changed its Harvest celebrations to remain relevant in suburbia

**W**hen I was a teacher, I welcomed the approach of Harvest thanksgiving that took place during the first half of the autumn term. The word *harvest* is derived from the old-English word *haerfest*, meaning autumn.

Giving thanks for a harvest is a custom that is as old as the origins of farming, so it might surprise you to know that the tradition of holding Harvest Festival services by the Church of England at the end of the harvest season was started in 1843 by Rev Richard Hawker, Vicar of Morwenstow in Cornwall. Over time these replaced the older celebration of Lammas (or *Loaf Mass*) Day at the start of the wheat harvest on 1 August.

### Quintessential hymn

When selecting hymns for Harvest, *We plough the fields and scatter* is usually the first that comes to mind. It's a quintessentially English part of the celebration... and yet the words were originally written in German! Matthias Claudius (1740-1815), the son of a Lutheran pastor, composed the words in 1782. They were translated into English in 1861 by Jane Montgomery Campbell (1817-1878), the daughter of the vicar of St James's Paddington. The tune *Wir Pflügen* was composed by JAP Schultz (1747-1800), a musician in the court of Prince Henry of Prussia.

Harvest Festival services have remained popular, and this is partly because they have evolved to include specific aspects of the harvest in the local community. In urban churches, allotments often get a mention, in fishing ports the *Harvest of the Sea* is included.

In recent decades, thanksgiving for the whole of God's Creation has found a place,

with the visual reminder of the fruitfulness of autumn in Bushy Park close by.

There is an attraction to the process of growing plants which affects the emotional wellbeing of many people. Since Covid there has been even more interest in the therapeutic link between gardening and mental health. The many positive effects are a bit of a mystery but, like the enduring appeal of the hymn, it is something to be embraced and valued.

*We plough the fields and scatter the good seed on the land, but it is fed and watered by God's almighty hand: He sends the snow in winter, the warmth to swell the grain, the breezes, and the sunshine, and soft, refreshing rain.*

*All good gifts around us Are sent from heav'n above; Then thank the Lord, O, thank the Lord, For all His love.*

*He only is the Maker of all things near and far; He paints the wayside flower, He lights the evening star; The winds and waves obey Him, By Him the birds are fed; Much more to us, His children, He gives our daily bread.*

*We thank Thee then, O Father, For all things bright and good, The seedtime and the harvest, Our life, our health, our food; Accept the gifts we offer For all Thy love imparts, And what Thou most desirest— Our humble, thankful hearts.*

## REGISTERS

### JULY

**WEDDING**  
27 James Alan Dweezil Stephenson and Savannah Carmen Hodson, Hampton

**FUNERAL**  
8 Imani Christina Rigg, 31, Hampton



### AUGUST

**FUNERALS**  
12 Marguerita (Rita) Beatrice Malyon, 91, Teddington  
25 Alan Johnstone Eustace Westmore, 89, Esher  
28 Rita Rand, 98, Feltham



**Bagging in the harvest** A job done well called for a celebration in the 1920s

# FOOD FOR THOUGHT



Food was less plentiful, but **Richard Melville** finds that at Harvest we shared it, as now, with those in greater need

**I**n October, now as then, we celebrate earth's rich bounty with Harvest Festival — and at St James's the date had to be moved in order to secure a visiting preacher!

The vicar, Rev Frederick Pearce Pope Harvey, who served St James's for 27 years, from 1923-1950, writes in the parish magazine:

### Finding a preacher *My Dear People,*

Owing to the difficulty of obtaining preachers I was obliged to fix Sunday, 12 October as our Day of Thanksgiving for Harvest.



**Vicar Rev Harvey**

It is a little late, perhaps, but I hope that an abundance of flowers, fruit, vegetables, eggs and preserves will be forthcoming, as these things are always most acceptable for our hospital at Hampton. The collections will be divided between the local hospitals and the Surgical Aid Society.

Instead of having an anthem during evensong, there will be a short recital of music after the blessing.

During this Week of Prayer, the Bishop of London is visiting the Hampton Rural Deanery on 11 October. He will give an address at St Mary's, Twickenham, and afterwards he would like to meet the rural deanery representatives, churchwardens, councillors and other church workers at a social gathering at York House. Tickets are being issued at a shilling each. At present only 15 have been allotted to our parish, though we can get more on application. I hope a great many of you will go to meet your bishop.

*Frederick Harvey*

### Parish Wants

The list of things the church was in need of included: a parish hall (uncosted); a bier for use in church at funerals (cost about £30); a piano for the Infants' School, and two sets of Communion fair linen.

### Men-only lectures

The church's menfolk were urged to attend the winter programme of St Paul's Lecture Society. The time of these was 6.15pm, arranged so that men might attend them 'on their way from business'.

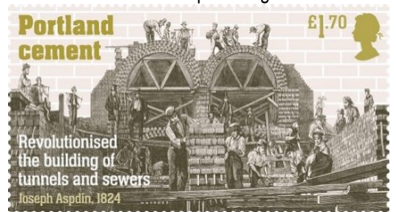
Held in the cathedral's crypt the lectures were given by Rev. W. J. Sparrow Simpson. The cost was 2/6 for the whole winter course, or 1/- for one month. The subject for October was, *Some thoughts on the Roman Church*.

### In the news 100 years ago...



■ **10 October** James Braidwood formed the world's first municipal fire service in Edinburgh. A month later, the Great Fire of Edinburgh raged for five days, destroying a wide area, but as a result he introduced methods of firefighting that are still used today. He later managed the London Fire Brigade.

■ **21 October** Portland cement was patented by Leeds bricklayer Joseph Aspdin. It is so named because of its resemblance to Portland stone. Portland cement is still the most common type of cement in use around the world. Royal Mail marked the importance of it in a series of stamps in August 2021.



### Church history lessons

The Bishop of London's Sunday School Council had arranged a course of 12 lectures, to be given at St Mary's, Hampton.

They were particularly adapted for Sunday School teachers, but anyone interested in the subject of Bede's *Ecclesiastical History of the English People* would be welcomed.



# OPINION

Canon Julian Reindorp

## Does prison work?

The UK imprisons more people than any other European country apart from Turkey. It costs almost £50,000 year per person.

In the early 1980s just over 40,000 people were in prison, it is now 87,500. Reoffending rates in July 2023 were 37.4%.

Even before the riots in early August, the prisons were almost overflowing. Many prisoners were sharing cells meant for one and kept in them for 23 hours a day, making education or work impossible. It's been suggested this was partly why Rishi Sunak called the election early.

People were encouraged when James Timpson, pictured, was appointed prisons minister after the election. He's chief executive of the shoe repair chain, one of the largest employers of ex-offenders, and also a member of the Times Crime and Justice Commission. He argues that ex-offenders are often the hardest working staff.

'Prisons are predominantly full of people who are poor, and in the care system with drug and alcohol problems... They are broken people. A third should be in prison, a third shouldn't be jailed at all for what they have done, and the remainder are very complex cases where other parts of the public sector should care for them'.

'Britain is addicted to punishment. We think the answer to everything is to punish more heavily... No evidence anywhere in the world says that if you have a longer sentence, someone is less likely to commit that crime.'

Timpson suggests we follow the Dutch example, whose motto is 'Do justice, give chances'. Their emphasis is on education and rehabilitation. Over 20 years their prison population has halved; 23 prisons have closed with the buildings sold for housing or hotels.

The US has held 'Dances with daughters' each year since 2012. Of all the fathers who have taken part, 95% have never returned to prison. Timpson says: 'Because a father is locked in, does not mean he should be locked out of his daughter's' life.'

## Olympics gender row

The International Olympics committee came in for heavy criticism for allowing certain women athletes, including Algerian boxer Imane Khelif, pictured, to take part. A number of the defeated female boxers held their hands in the shape of an X, implying they have XX chromosomes, and are therefore female, while the gold medal winners who have XY chromosomes, are not strictly women and have an unfair advantage.

In the 2016 Olympics the first three women in the 800 metres all had XY chromosomes. These athletes seem to have had a difference in sexual development (DSD). It is suggested they are more similar to men. In the boxing ring, men have an average 162% punching advantage over women. There are serious issues at stake, which need to be tackled with honesty and compassion, but women clearly have a right to a level playing field.

## Kamala v Trump

Pronounced 'comma-la', meaning lotus flower, I suspect almost all *Spire* readers would choose Democrat Kamala Harris, right, over Republican Donald Trump, as the next US president.

The speeches at the Democratic Convention, above all by Michele and Barack Obama, were oratory of a rare kind. Once more, as in our own election, immigrants are a key issue together with the cost of living.

But it is America's foreign policy that affects us all, and the thought of people storming Capitol Hill again if Trump loses and its implications for democracy...



## NO TIME TO SLEEP!



St James's has been supporting St Luke's Hospital, Milo, for many years. As **Lesley Mortimer** reports, our latest fundraising will help establish a full dental service and go towards replacing their ageing beds.

It was a pleasure to welcome Drs Adrian and Hilary Murray at the 9:30am service on 23 June. They described in detail their latest visit to St Luke's Hospital, Milo, Tanzania, in autumn 2023, where they were accompanied for the first week by our own Ann Peterken.

Photos of the hospital and the church community brought us up to date with developments in the village and vividly illustrated the many challenges that face local people and efforts to provide as high a standard of healthcare as circumstances allow.

Not least of their problems has been the alarming reduction in electricity (coupled with a lack of running water) which impacts every aspect of the day-to-day functioning of the hospital from administration to surgery.

The year started well. The Ludewa District Council donated a second-hand ambulance to the hospital in recognition of its valuable work. It is currently being used for the outreach clinics.

Hilary has confirmed that all the money required is now in place and that the equipment will be sourced as soon as the electricity supply improves.

### Bed replacement scheme

At the service, Adrian and Hilary introduced a new initiative – the 'Buy a Bed' scheme. Many of the hospital's beds are in poor condition and need replacing at a cost of £200 per bed and mattress. Two of the congregation felt moved to buy a bed on the day. A third bed will be funded from the proceeds of the second-hand bookstall held on St James's Day weekend.

Adrian and Hilary are planning to return to Milo for three months from November 2024 and will supervise the purchasing and installation of the furniture and equipment.

It is not an easy task as most medical equipment has to be imported and then transported hundreds of miles over hazardous terrain to reach the hospital.

■ If anyone would like to buy a bed for Milo, Hilary is still welcoming donations. Please contact her by phoning 079 7688 3315, or by emailing: [hilarymum3@gmail.com](mailto:hilarymum3@gmail.com).

### Dental equipment

Then, in April, St James's was able to send £2008 to Milo (the proceeds of the Lent bookstall and general Lent Appeal) towards the purchase



Doctors Adrian and Hilary

## FRIENDS OF ST JAMES WITH CHRISTOPHER CARSON

LAST month's Wine Tasting was the first event to be held by the Friends of St James, relaunched in July as a way of reaching out to the good people of Hampton Hill.



It was great to see so many of you attend, and the feedback has been very encouraging. The tasting is part of a programme of public events with broad appeal, and it was pleasing to see how many people invited their friends and neighbours — exactly what we hoped would happen!

The Friends of St James are people who value the historic building's use by the local community. They have helped us to create a programme of events, ranging from music and celebrity talks, to dances and concerts. These are public events, so why not come along — with your friends!

### CEILIDH Saturday 30 November 7:30pm

We're very excited to be holding a ceilidh in the church. If you have never been to a ceilidh you are in for a treat, a night like no other. No prior experience is necessary — in fact, it's the novices who make the dance such a joyous occasion. Ceilidh Tree, a very talented band of musicians who perform across Europe, will make this a wonderful curtain raiser to the Christmas season. Tickets are £35 (£20 for under 16s) and include hot food. There will be a licensed bar.

Grab your tickets: <https://bit.ly/StJCeilidh24>







# SIMPLE PLEASURES

The things we do when we take time out

## FAMILY CHRISTMAS

Top of the list of simple pleasures is sharing a meal with my family. The obvious one is Christmas lunch – but, in fact, it is Boxing Day lunch which is the bigger event in our home. For many years my extended family have come to Hampton to share cold turkey and ham, hot potatoes and a wide selection of salads and desserts. This is followed by presents. Seeing my children and their cousins, and now my grandchildren enjoying the thrill of the day makes me extremely happy. Everyone helps out, tea flows freely all afternoon and there are always board games to win!



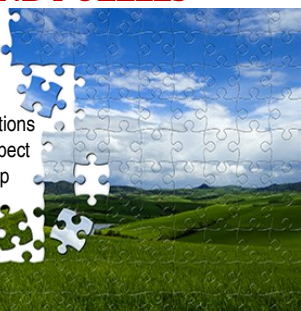
## TEACHING

My grandmother was an assistant teacher working with six-year-olds in the 1920s, but had to give this up when she married. Then my mother was a history teacher, sharing her love of learning with others. I followed in their footsteps, but teaching science and maths. My passion is seeing young

people understand something for the first time, which they have previously struggled with. The joy on a 15-year-old's face when something 'clicks' is worth all the struggles (by teacher and pupil). The most gratifying exam results are of those students who have worked their socks off and gained the grade they need for the next stage in life.

## JIGSAWS AND PUZZLES

As a child I loved numbers and all kinds of maths puzzles. I would spend hours doing extra maths questions of my own volition. I expect that's why I've ended up as a maths teacher!



There is something extremely satisfying about finding the solution to a complex problem. For me that can be a maths exam paper or a tricky Sudoku. More recently I have enjoyed a range of word puzzles such as Wordle, Strands and spelling quizzes. On holiday, it's a pleasure to spend time with my family completing 1,000-piece jigsaws round the kitchen table whilst we chat. On my own I prefer 500 pieces!

## DAYS OUT WITH MEMBERSHIP CARDS!

I feel so blessed to live in this part of London. Having such a wide range of lovely venues to visit easily is a real privilege. Wisley is a definite favourite. I particularly love the vegetable gardens at Hilltop, seen below, and whenever



there are fresh goods for sale at the little hut there, I will buy something for supper. Visiting Kew Gardens, especially when the tulips are out or there is a special art exhibition, is a treat. There are numerous National Trust properties across the



Clockwise from top: Family Christmas, a day out at Kingston Lacey, and singing in church

# CHEAP & CHEERFUL

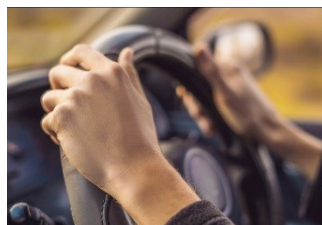


**Sandra Winterburn** shows that you don't need to spend a fortune for special moments. Often, it's simplest actions that bring the greatest pleasure – and many come for free!

UK, each with their own flavour, and which 'call us' for a cup of coffee whenever we are on a motorway.

## DRIVING SEAT

My dad took me out for my first drive on my 17th birthday. He had always started the car in 2nd gear, so this is how I learned. A few weeks later, my shocked driving instructor showed me 1st gear – which made things much easier! I passed my test six months later and have always loved being behind the wheel. We've never had a new or exciting car, and I don't just 'go for a drive' (except when I was trying to get my first son to sleep over 30 years ago!) Maybe one day I'll have my dream car (small and cute) – but I suspect it will be electric and automatic – so I won't need to worry about the gears.



## WORSHIPPING

Growing up in a Christian family meant worship has always been part of my weekly experience. Whether as a child in Sunday School, a student as part of a large young congregation, or as an adult in my local church, I have always loved

singing hymns and worship songs. Sometimes I sing along to a song on the radio or *Songs of Praise* on TV, but this is a poor substitute to singing with other Christians in a church or cathedral. It's as simple as turning up and tuning in!

## GROW MY OWN

I've never been much of a gardener. However, I have a friend who has regularly given me tomato, chilli and pepper plants which she has propagated from seed. So now I have the pleasure of planting these vulnerable plants in grow bags, watering them, nipping out the side shoots (something I did for my dad as a child) and watching the fruit grow. Then, there's the simple pleasure of picking and eating the delicious harvest. What could be better!



## GRANDCHILDREN

I am privileged to have grandchildren. Growing up these days is not straightforward, but the pleasure that I get from spending time with them is simple. The shouts of 'Grandma!' when I pick them up, or 'Grandma, look at me' when they attempt a cartwheel, is a delight. Games allow me to share in their world. Then, 'Is it 3 o'clock yet?' That's when they're allowed an ice lolly – a cheap one is all it needs for smiles all round.