



Holy Trinity  
COOKHAM

# The Cookhams Parish Magazine

Enabling all in our community to encounter God  
through warm hospitality and inspired worship

*incorporating* The Methodist Newsletter



St John the Baptist  
COOKHAM DEAN



## Called to be Christ-like

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The Bishop of Reading  
presides as our new Vicar  
takes up office

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Festival Chair

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group this Lent?

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warm  
hospitality

## February 2024

inspired  
worship

This magazine is published jointly by the Parochial Church Councils  
of Holy Trinity, Cookham and St John the Baptist, Cookham Dean. See page 1

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## Our new Vicar, Fr Stephen Mills, writes:

### A Sacred Journey of Faith: Embracing the Role of Vicar of The Cookhams

On January 11th, a spiritually significant event occurred in the Church's life in Cookham, also marking an important chapter in my life journey. The Right Reverend Olivia Graham, Bishop of Reading, invited me to embrace the role of Vicar of The Cookhams, which I accepted with deep gratitude and conviction.

I was Instituted and Inducted as the next Vicar of the Benefice of the Cookhams at a sacred ceremony where, as a priest within the Church of England, I was entrusted with the cure of souls for the people of Cookham. The "cure of souls" is a historical concept rooted in Christianity, originating in the early Church. It signifies the pastoral responsibility of clergy to guide and nurture the spiritual well-being of their congregations. The concept evolved through history, adapting to changing religious landscapes, and remains a core aspect of pastoral ministry today. This responsibility is like that of a shepherd, guiding and nurturing their flock through their spiritual journeys. As I stood before the congregation, I felt the resonance of ancient words, recognising a sense of calling to be one of those shepherds, all by the grace and love of God.

This event was not only the beginning of a new job but also an opportunity to become a part of something ancient and special. I will serve Holy Trinity and St. John the Baptist, two venerable churches with centuries of history. These churches have witnessed countless moments of joy, love, and kindness over the years. Imagine these churches as living history books, their hallowed halls adorned with the stories of those who sought solace and solitude within their sacred walls. They are not just architectural wonders but also sanctuaries where weary souls have found respite amidst the trials and tribulations of life. These churches bear witness to the human journey, etching stories of hope, faith, and perseverance onto the very fabric of their existence.

As I begin my role, I understand that I am becoming one of many threads in a tapestry of history that has been intricately woven over countless centuries. This vast tapestry mirrors the essence of life itself, the enduring power of love, the profound beauty of charity, and the resilience of faith. Being entrusted with this sacred responsibility fills me with a deep sense of honour. I serve as a representative of the Almighty and a custodian of this remarkable heritage.

Like skilled weavers, our community continues to contribute to the ever-expanding tapestry of history that envelops these cherished churches. Just as the famous Bayeux Tapestry tells the story of a pivotal moment in history, we, too, inscribe our stories of hope, compassion, and faith upon the fabric of time. Together, our collective efforts embroider a legacy that future generations will look upon with reverence and gratitude. This magnificent tapestry we are weaving is a testament to our commitment to nurturing our faith and the bonds of fellowship that unite us in this sacred journey called life.

Holy Trinity and St. John the Baptist offer a haven of tranquillity amidst the hustle and bustle of daily life. They are refuges for our community, where individuals can find solace and connection with the divine. I hope our community will continue to visit these extraordinary spaces as architectural marvels and locations where they can forge a profound connection with God.

In my prayers I humbly ask God for a simple request: that our community not only visits our churches but also wholeheartedly embraces the beautiful worship that unfolds within these sacred walls. It is a precious opportunity for each of us to explore the profound joy that faith can bring and to discover solace and a deep sense of connection in the simplicity of our gatherings. If you have never had the opportunity to visit Holy Trinity or St. John the Baptist, I invite you to walk with us on this spiritual journey. Let us prepare ourselves during Lent for Easter's imminent and joyous season, a time of renewal, new beginnings, and boundless hope.

In conclusion, let us reflect upon the words of Jesus, who said, "I am with you always, even to the end of the age" (Matthew 28:20). As I embark on this sacred journey of service, I extend my warm welcome to each member of our community. I look forward to meeting and getting to know each of my new neighbours. Together, let us continue to strengthen and fortify the foundation of our already thriving faith community, weaving the bonds of lasting friendships that deeply enrich our lives. May the warm embrace of God's love and the enduring spirit of these cherished churches continue to offer a place of unwavering warmth, belonging, and enduring fellowship. As we gather here, we do so not as isolated individuals but as a community building upon the legacy of those who came before us, united in purpose and faith and steadfast in our commitment to one another.

Fr Stephen

## THE COOKHAMS PARISH MAGAZINE



HOLY  
TRINITY  
CHURCH

This magazine is published jointly by the Parochial Church Councils of Holy Trinity, Cookham and St John the Baptist, Cookham Dean

Items for consideration of inclusion should be sent to the Editor by 15th of the previous month. The inclusion of an article does not necessarily indicate the churches' support for any particular point of view expressed.

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We welcome donations towards the cost of producing the Parish Magazine.



St John the Baptist  
COOKHAM DEAN

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Email: [office@cofe-thecookhams.org.uk](mailto:office@cofe-thecookhams.org.uk)

Please contact the Parish Office to arrange Baptisms, Weddings, Funerals, or if you have an enquiry of any kind.



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**PLEASE DIRECT ALL ENQUIRIES TO THE PARISH OFFICE - 01628 529661**

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**Associate Priest:** Vacant

**Licensed Lay Minister:** Richard Simmonds, 01628 483269; [rsim483269@aol.com](mailto:rsim483269@aol.com)

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**Parish Magazine, Pew News and Worship Channel are on line!**

[holyltrinitycookham.org.uk](http://holyltrinitycookham.org.uk)

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# Children, Young People and Church

Everyone, regardless of age, is welcome at all our services.

Here are the special facilities for younger people.



## Holy Trinity, Cookham

**HTC Sunday Club** takes place in the Parish Centre at 11am on Sundays during term time (with the exception of All Age Family Services and other Special Services).

Sunday Club is suitable for children aged 3-10. We follow the course books entitled 'Bubbles'. The children learn about bible stories through fun activities such as art and craft, drama, singing, reading and prayer. Children are welcome to attend on their own or accompanied by a parent if they prefer.

All Sunday Club leaders have been cleared by the Disclosure and Barring Service and have completed Child Protection Training. For further details please contact:

Catrin Sewell 07786 830610

Email: [htcsundayclub@gmail.com](mailto:htcsundayclub@gmail.com)

[catrin.sewell@icloud.com](mailto:catrin.sewell@icloud.com)

## Boys' Choir and Girls' Choir

The Girls' Choir and Boys' Choir currently sing each for one or two services a month. Their practices are:

Girls' Choir = Tuesday, 6.30 - 7.05pm

Boys' Choir = Tuesday, 7.15 - 7.50pm

Director of Music - Sara Wood: 01628 522593

## Trinity Nippers

We meet during term-time on **Tuesdays at 10.15am in Holy Trinity**. New members most welcome.

Babies and pre-school children meet with parents and carers on Tuesdays in term time at 10.15am in Holy Trinity church. This is followed by tea, coffee, healthy snacks or biscuits and free play in the Parish Centre.

For more details contact the Parish Office 01628 529661.

The Benefice of The Cookhams

**Parent and Toddler Group**

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Tuesdays in term time 10.15am Holy Trinity Church

For details contact the Parish Office 01628 529661

Suggested Donation towards costs £10 per term

## St John the Baptist, Cookham Dean

### Choir

Due to retirements, moving away and other activities on Sunday the choir needs more adult singers in all voice parts. The Junior Choir also is short of voices.

Choir practices are on Fridays: Juniors 5.30 - 6.30, (safe guarding rules are followed) Adults 6.30 - 7.15.

The principal service on Sundays is the 9.15 family communion which lasts for about an hour. Afterwards there is coffee and biscuits in the vestry.

Please contact David Colthup on email: [choirmaster@cookhamdeanchurch.org.uk](mailto:choirmaster@cookhamdeanchurch.org.uk) or speak to him after the service on Sundays.

## Families@4

formerly 4th@4 / All-Age Services

Thank you to all who have supported our All-Age Services especially our Benefice services where our young people have

taken a lead at St John the Baptist. It's been a joy to see so many young families in church, doing Bible readings, leading traditional prayers and interacting with reflective prayer activities.

Thank you to our faithful group of regular helpers. Many hands make light work. In terms of All-Age Services, there's a happy team who coordinate sandwich making, baking, providing drinks, washing up, cleaning tables, hoovering up after the service. But this happy band of willing volunteers is not a "closed shop." If you'd like to get involved as and when you're available please do chat to us and come and be a part of your church team. We're a close, friendly bunch, but very much open, welcoming, inclusive and outward looking, keen to serve everyone in our community.

We have found that when the 4th Sunday clashes with a school holiday, we only have a small congregation rather than the 60 to 100+ at other times. With this in mind we're staying with the 4pm time but it won't always be on the 4th Sunday of the month.

**The next Families@4 service will be on Sunday 10th March 2024 at 4pm which will be :**



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## Church News

### Fr Stephen Mills is our new Vicar



Thank you to everyone who came to support Fr Stephen at his Institution and Induction on January 11th by the Bishop of Reading, Olivia Graham, and the Archdeacon of Berkshire, Stephen Pullin.

Due to the flooded roads we had to make a last minute change of venue to the higher ground at St

John the Baptist, Cookham Dean and the church was full.

The Rt Hon Theresa May, The Mayor, Methodist minister Vicci Davidson, two of our primary school headteachers, clergy from adjoining parishes and many others came along to welcome Fr Stephen to our Benefice and wish him well.

Thank you to everyone who helped with the last minute changes. It was a memorable evening and the food and wine were definitely plentiful!

If you were unable to make it, you can watch it on our YouTube Chanel [Cookham Churches under 'Livestreams'](#)

### Lent is fast approaching. . .

#### Ash Wednesday is on 14th February



We are planning to join up once again with other local churches for a Group or Groups to meet.

YOU would be very welcome to join us. No specialist knowledge is required and there will be a booklet available. The subject of our discussion is now being prepared,

and it's proposed to hold meetings for about an hour and a half on Tuesday afternoon and Wednesday evening if there is enough support for both. Please let us know if you would like to join us, your preference for time or whether you could do either. Please either speak to a Church Warden or email [office@cofe-thecookhams.org.uk](mailto:office@cofe-thecookhams.org.uk)

We look forward to welcoming you - and a friend!

Richard Simmonds  
Licensed Lay Minister

### Worship, Prayer and Study Online

Our **Cookham Worship and Prayer Channel** is easily accessible via links on the church websites and our Facebook pages.

On Monday and Friday **recorded prayers** are available from first thing in the morning through the link on our websites and Facebook page.

We continue to livestream/record **the main Sunday Service** from **St John the Baptist** once a month - see our Diary of Services on page 10 for exactly when.

In addition, occasional services are recorded at Holy Trinity Church and the choir record special musical offerings, roughly once a month.



### Come and See

This is a program for Lent run each year by Oxford Diocese. It's our big, warm open invitation to an adventure in faith and trust. It's for everyone in the local church and the whole community... including children and young people, families and schools. It's free of charge and all are welcome.

For further information visit [www.oxford.anglican.org](http://www.oxford.anglican.org)

#### What is the theme for 2024?

In three of the four gospels, Jesus is asked which commandment is the most important. He answers not with one commandment but with two: you shall love the Lord your God with all your heart and soul and mind and strength, and you shall love your neighbour as yourself. Come and See shows how these two commandments can give a rhythm and a shape to our lives.

#### What does it involve?

Everyone who registers will receive a daily short email to reflect on, and a weekly short video from Bishop Steven exploring the themes in a bit more detail. The materials are suitable both for those who are exploring faith for the first time and those with an established faith. There are also special materials for family groups and schools. They receive a weekly email with a video message on the same theme, which is filmed by one of our school chaplains.

#### Daily emails for individuals

You can register to receive the daily Come and See emails during Lent 2024.

#### Come and See for families

Families receive weekly Sunday content to try through the week. We'll send you everything you need

#### Register

This course is run by Oxford Diocese, and you can register through the Diocesan website [www.oxford.anglican.org](http://www.oxford.anglican.org) or if you are reading this online you can click this link- [Register here](#)

## RISE

Read Imagine Seek Encourage each other

Jan – March 2024

Every second Tuesday 7 – 8.30pm

The Crown, Cookham Moor

Everyone is welcome to this ecumenical reading group in Cookham. Bring a Bible if you have one and be ready to buy something to eat or drink. This term we will be reading the Gospel of John.

**For more information contact  
Barnabas Palfrey 07963 755998**

# Church News and Events

## Music at Holy Trinity

### Sunday 4th February

11am - Parish Eucharist (Choristers' Mums' Choir)

6.30pm - Rejoice in the Lord (Girls' & Boys' Choir)

### Sunday 11th February

11am - Parish Eucharist (Men's Choir & Assistant Director)

### Sunday 18th February

Choir Half Term

### Sunday 25th February

11am - Parish Eucharist (Girls' & Boys' Choir)

6.30pm - Choral Evensong (Men's Choir & Assistant Director)

## CAROL SERVICE COLLECTION

Thank you to a very full congregation who gave so generously after our Christmas Day 'Carols by Candlelight'. The collection for Thames Hospice amounted to £680.40.

Available now on YouTube 'Cookham Churches':

**Epiphany Carol Service 2024** (recorded live on 14th January).

Thank you to the many who attended on a cold night after a week of flood disruption. It was a great success.

And watch out for **BRIDGE OVER TROUBLED WATER** - coming onto YouTube 'Cookham Churches' in February

## Men's Breakfast



I am sorry we were unable to hold our Men's Breakfast in January but I decided that with the floods, cancelling was the right thing to do. I am delighted that the floods have receded and we are now back to normal.

Our next breakfast will be on Saturday 10th February.

As of yet I have no speaker but if anyone has an interesting subject they would like to talk about please let me know. As usual we meet at the Holy Trinity church Parish Centre and we serve breakfast at 8:30am followed by a talk at 9am (if we have a speaker). If you wish to attend please email me at [revdavidjoynes@gmail.com](mailto:revdavidjoynes@gmail.com)

We look forward to seeing you in February.

Fr David



## Parish Registers

Confirmations at Reading Minster

Hope Anna Sinclair Briggs  
Jack Louis Mustard

Funerals at HTC

Guy Moreland Green  
Jane Willsmore

## Cookham Churches Together Fellowship Lunch

**Our next lunch will be on 11th February at Cookham Methodist Church**

Please ring Kathy Rickman - 522797 to reserve your place by Wednesday 7th February.



### Future dates are as follows:-

3rd March	St John the Baptist Vestry
7th April	Holy Trinity Parish Centre
12th May	St John the Baptist Vestry
9th June	Cookham Methodist Church

Our monthly Sunday lunch is run jointly by Holy Trinity, St John the Baptist and Cookham Rise Methodist Church.

**Please reserve your place by the Wednesday before:-**

Holy Trinity - Bernadette Clark - 530047

Cookham Methodist Church - Kathy Rickman - 522797

St John the Baptist - Marion Elly - 482637



## Trinity Talks - 19 February

### Making the Money Go Around, a history of the payment system

Local resident David Gaselee explains why the Bank of England is at the heart of the payments system and aims to show you how to pay in cheques using only your smart phone.

David works for one of the major clearing banks and provides an insight about how he and his colleagues move billions of pounds a day, whilst ensuring that you can still write cheques and make card purchases smoothly.



The Talks are held at Bel and The Dragon in Cookham High Street on the third Monday of the month and celebrate the talents of people living in Cookham and its environs. These are fund-raising events for Holy Trinity Church.

Everyone is welcome, but capacity is limited, so it is advisable to check in advance. Places at £20 each can be reserved by

phone on 01628 527465 or by email ([stephaniediggon@hotmail.com](mailto:stephaniediggon@hotmail.com)). Pay cash on arrival from 6.30pm at Bel and The Dragon for Prosecco and canapés, the talk starts at 7pm and finishes around 8pm.

Stephanie Diggon





**Bangers & Mash**

**Saturday 17th Feb 2023 6.30pm**

in the WI Hall, Cookham Dean

Tickets £15  
(£10 under 12s, Family 2+2 £45)

Available from Barbara Dent 476512

available NOW!!



Are you ready for the biggest and most exciting event in Cookham? **The Cookham Festival is back from 3rd to 19th May 2024**, and we have an incredible line-up of events that you won't want to miss! From informative talks with renowned personalities like Will Gompertz, Ross Kemp and Terry Waite, to fun and interactive workshops on art and writing, there's something for everyone.

Don't miss the chance to see the Wind in the Willows cantata performed by local schools, or Concertini where the whole family can get involved with professional musicians. And for all those who love art in nature - and back by popular demand - is the famous Cookham Festival Sculpture Garden, featuring stunning works by artists from all over the UK.

There's even a workshop where you have the opportunity to learn more about garden design. Other favourites including the Comedy Night, Night with Stars of the West End, the Gala Concert and new for this year – Formosa Fest a mini music festival down by the river, and Bollywood Dancing, are sure to be a sell out.

You can start the Festival now! Just pick up a copy of the "Discover Cookham" book at various locations in the village. It is filled with beautiful photographs to test your knowledge of the Cookhams and a chance to win £150. Trust us, you won't want to miss this unforgettable festival!

Stay tuned for the full programme, available in the March edition of the Parish magazine or just check out the website <https://www.cookhamfestival.co.uk> Where you can sign up for updates and make sure you are the first to bag tickets for your favourite events.

See you there!

Derek



Chair, Cookham Festival

**Cookham Festival 2024  
runs from 3rd to 19th May**

## Thames hospice

The Maidenhead Support Group for Thames Hospice would like to thank all those who donated wrapping paper for the Christmas wrapping, which took place in Nicholson's Walk before Christmas.

The amount raised was £2,270.00, which will fund a nurse for 13 days. This figure could not be achieved without the support and generosity of our local community.

Genevieve Usher

## OXFAM FAST 2023



I am thrilled to tell you that the final total for the fast will be in excess of £15,700 which is just over £2,000 more than last year. At this time when everyone is having to cut back it is very surprising that the Sainsbury's collection was over £1,129 and the coffee morning raised over £1,600. A heartfelt thank you to everyone who helped me to collect such a good amount.

I am now working on this year's event. Watch this space!

Barbara Walmsley

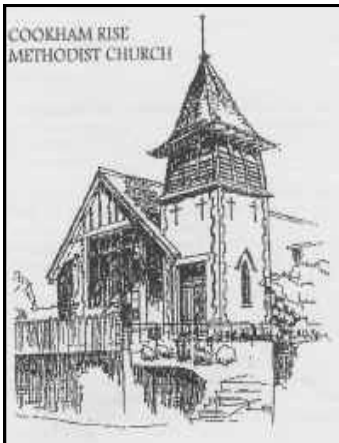
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# Cookham Rise Methodist Church Newsletter

**E-mail**  
 crmethodist@gmail.com

**Tel: 07583 550821**

**Minister**  
**Rev Vicci Davidson**  
 07535 511421  
 rev.vicci@mail.com

**For hall/church bookings**  
 contact Kathy Rickman on  
 01628 522797

## Regular activities on church premises

**Please contact the hall user for further information**

Seated Exercises (07900 204001)	Mon 1.30- 2.15pm
Rainbow Guides (01628 532279)	Mon after school
Cantorum Choir Rehearsals	Mon 7.45 - 9.45pm
Big Band practice (07809 594105)	Tues evenings
Diddydisco (07836 640430)	Wed 9.30 -10.30am
Tai Chi (debbie@taichi44.co.uk)	Wed 8 - 9pm
Baby and Me Sensory Class	Thurs 10.30 -11.15am
Balletbums (adults) (07841 610251)	Thurs 12.15 -1.00pm

## Sunday Worship for February

For further information about these services please contact our Senior Steward, Kathy Rickman, on 522797.

Feb 4th 10.30 a.m.	Rev Vicci Davidson (HC)
Feb 11th 10.30 a.m.	Local Arrangement
5.00 p.m.	Just a Song at Twilight on Zoom
Feb 18th 10.30 a.m.	Circuit Service at St Andrew's, Slough *
3 - 5p.m.	Teatime for the Soul (see below)
Feb 25th 10.30 a.m.	Rev Margaret Dudley
Mar 4th 10.30 a.m.	Rev Vicci Davidson - Parade Service

\* Circuit Service will be led by the worship band "Testify" for the third year running.

## Teatime for the Soul

Teatime for the Soul is a monthly service for people who would appreciate a short, traditional service of well-known hymns and familiar readings followed by an afternoon tea.

## Lent Courses

Stanley Spencer, well-loved Cookham painter, produced a series of works entitled "Christ in the Wilderness" during the period encompassing the second world war and through to the end of rationing (1939 - 1954). They show Jesus' understanding of his ministry and vocation as well as a love for Creation in a new and vivid way.

This Lent, we will be using Stephen Cottrell's reflections on five of these paintings as we explore what it was like for Christ in the wilderness, and what it means to us to be his disciples today.

The study will be at the Spencer Gallery on Tuesdays at 2:30 for an hour and a half running on the following dates; 27th February; 5th March; 12th March; 19th March

On 26th March - this final study in the series will take place at Cookham Rise Methodist Church, Lower Road, SL6 9HJ as the gallery will be closed for the hanging of a new exhibition.

In addition, there will be ecumenical Lent Groups - 'The Joy of the Gospel' based on the recent Mission statement by Pope Francis and written by Paula Gooder, a highly regarded contemporary Biblical commentator. Please register your interest with Kathy (522797) or the Parish Administrator, Andra (see page 5 for further details).

## Ecochurch thoughts and Biblical Commentary

Each week Keith Le Page contributes a quote and Bible verse for our church newsletter. These are very thought-provoking and are part of our endeavours to secure a silver Ecochurch award.

*'One touch of nature makes the whole world kin.'* - William Shakespeare

*Psalm 145:5 They speak of the glorious splendour of your majesty – and I will meditate on your wonderful works.*

During Lent, as part of the award, we will be filling jars with coins for the Toilet Twinning Project. We hope to buy at least one toilet. Please consider helping us achieve this ..... and maybe more.

## Church Activities and events at the church

**Thursday February 1<sup>st</sup> 2.30 – 4 p.m.** Thursday Circle

**R.I.S.E. at The Crown 6.45 for 7 p.m.** Tuesdays 30<sup>th</sup> January, 13<sup>th</sup> and 27<sup>th</sup> February. Barney Palfrey is leading us through John's Gospel. All welcome. Bring a Bible, buy refreshments from the bar.

**Sunday February 11<sup>th</sup> 1 p.m. Churches' Fellowship Lunch** at the Methodist Church this month. Please book by Wednesday February 7<sup>th</sup>. Contact Kathy Rickman (01628 522797)

**Come and Play for families of children under 5** Tuesdays 9.15 – 11.15, Fridays 10 – 12. Please see cookhamrise.comeandplay on Facebook for more details.

## The Wesley Hall is now available for regular use

On Monday mornings, Wednesday afternoons, Thursday and Friday evenings, and Saturdays daytime.

A warm, friendly and suitable venue for small exercise groups and meetings.

Also available for one-off events including children's parties.

Please contact Kathy on 01628 522797 for further details

## Methodist Minister Vicci Davidson writes:

Happy New Year to you all! I hope that it has been a good Christmas period for you and I expect that you and I both are settling down to that period of time in the New Year where the holidays have passed, but we are still occasionally caught out and end up writing 2023 when we meant 2024.

Over the Christmas holiday, I have been reading a book called "Thinking, Fast and Slow" by Daniel Kahneman and I have been particularly interested in what he calls "brain priming". This works on the idea that our brains work differently depending on what we set them off thinking of. So for example, if I talk to you about the importance of washing and ask you whether you prefer a bath or a shower and then show you the letters "S O - P" you are more likely to think that the missing letter is "A", whereas if I talk to you about lunch preferences, you are more likely to think that it is "U". It's the same phenomenon that means if you ask someone to spell "toast" three times and then ask them what you put in the toaster, they will usually say "toast" whereas the answer is "bread" or if you ask them to spell "milk" three times and then ask them what cows drink, they will answer "milk" whereas the answer is "water". Brain priming has been understood as mediated through jokes/brain teasers like these for years, but perhaps only now has it been scientifically observed and analysed.

What it means for us as Christians is, I think, quite significant. If we start the day with prayer and Bible reading, and the week with worship and listening to a thought-provoking sermon, we prime our brain to be open to the activity of God. If spelling "milk" three times makes us more likely to assert that "milk" is what cows drink, think how more keyed in to the presence of God we are likely to be if we have started our day and week with thinking about him. The more we pray, the more we are opening our minds to both ask and answer the question: "Where was God in that?"

I don't think that it is helpful for us to suddenly embark on a two hours a day prayer and Bible Study habit if we are used to the occasional prayer time and some quick arrow prayers in times of need, but I do think that the concept of "brain priming" does help us understand one of the reasons why it is good to try to pray more, to read our Bibles more, to go to church as regularly as possible.

God bless, Vicci

### St Elizabeth's Catholic Church Lower Road, Cookham



would like to welcome everyone especially those whose worship was disrupted by the pandemic.

**Sunday Mass  
9.15 am**



## Cookham Saint-Benoit Twinning

Having had a great visit to Saint-Benoit last October, we have started planning for the visit of Saint-Benoit to Cookham on 26th-29th October

this year. As usual, our visitors will be accommodated with local families, and there will be a mixture of cultural and social events, open to all.

Meanwhile France and Saint-Benoit are gearing up for the 2024 Olympics. The Olympic flame will be passing through Saint-Benoit on 25th May, on its way to a location in Poitiers to light a cauldron.

In the latest Saint-Benoit magazine, the Mayor encourages the people of Saint-Benoit to vote in the June European elections, and to increase the previous voter turn-out. The main article in the magazine is about the work in Saint-Benoit to restore the 'Arches of Parigny', the only remaining part of a Roman aqueduct dating from the first century which supplied Poitiers with drinking water.

We are grateful to our Cookham naturalist, Brian Clews, for writing a summary of the work done by WildCookham this year. We translated this into French, taking particular care with the names of the fauna covered, and have sent this over to Saint-Benoit, who we know are also keenly interested in their local environment. We look forward to receiving a similar response.

Our local activities continue, including French films and lunches. Anyone wanting to know more about Cookham's Twinning activities can contact [keith\\_le\\_page@hotmail.com](mailto:keith_le_page@hotmail.com).

Saint-Benoit : Une ville-jardin extraordinaire !

Keith Le Page



### Don't forget Foodshare!



The need hasn't gone away and the stores in Maidenhead need constant replenishment.

Please leave your donations in the collection boxes:-

- In the main porch of Cookham Church
- In the main porch of Cookham Dean Church
- Outside Cookham Rise Post Office
- Outside 78 Westwood Green
- Outside 56 Broomhill



## Celebrating the now and future Creation

*Dr Ruth M Bancewicz is Church Engagement Director at The Faraday Institute for Science and Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.*

*Religion in Cambridge. Ruth writes on the positive relationship between Science and Christian faith.*

I find that watching buds swelling on trees and plants during the winter months gives me a tremendous sense of hope. After creation's winter shutdown, the sight of tiny flowers poking out of brown earth may be more important than ever.

Getting outdoors during daylight hours, enjoying green spaces and getting some fresh air and exercise are great ways to keep ourselves healthy at any time of year. A psychologist colleague wrote, "Attending to the details of nature can also inspire awe, which has been linked to positive mood and increased life satisfaction." I expect it is this sense of awe that makes it easier for many of us to connect with God outdoors.

Helping ourselves and others to thrive is a good start to 2024, but it is also vital to have hope for the future. In the face of climate change, we urgently need to care for all of Creation, both human and everything else, with God's help.

Our ultimate hope is in God's promise that He will bring about a new heaven and a new earth. We can look forward to the day when Creation will be fully redeemed and liberated from evil. The Greek word used to describe the new creation is the same as that used to describe someone who becomes a Christian, whose humanity is restored and renewed. There will be continuity between the old and new earth as it is cleansed and purified, surpassing and perfecting what has gone before. There will also be some discontinuity, as there will be no more suffering or death.

So, one source of hope for 2024 is that we can enjoy both caring for and meeting God in Creation. But the parts of Creation that we find most beautiful, giving us a sense of awe and helping us to worship, are also a reminder that there is something much better to come.

Ruth Bancewicz,  
Church Engagement Director,  
The Faraday Institute for Science and Religion,  
Cambridge

## All in the month of February

100 years ago, on 5th Feb 1924, BBC Radio broadcast the 'six-pips' Greenwich Time Signal for the first time.

90 years ago, on 23rd Feb 1934, Edward Elgar, the British composer, died.

70 years ago, on 23rd Feb 1954, the first field test of the polio vaccine began in Pittsburgh. It grew into a year-long national trial involving 1.8 million children.

50 years ago, on 7th Feb 1974, Conservative Prime Minister Edward Heath called a snap general election following the miners' strike and three-day week. It resulted in a hung parliament, and the Labour leader, Harold Wilson, became Prime Minister.



## Oswald of Worcester - the saint for Leap Year

There is a saint for Leap Year: He is St Oswald of Worcester, who died on 29th February 992. His family story was extraordinary, and full of some surprising 'leaps', all by itself. It

provides a tantalising glimpse of what happened to at least one of those pagan Viking warriors who settled in Anglo-Saxon Britain.

For Oswald's great-uncle had come to England c 865, as part of the 'Great Heathen Army' of Viking invaders. But his son, Oswald's uncle, Oda, forsook paganism, and not only converted to Christianity, but actually ended up as Archbishop of Canterbury. From there, Oda was in a position to help his nephew, Oswald, which he did.

Oda sent young Oswald to be educated at the abbey of Fleury, then a great centre of learning. There Oswald absorbed the Benedictine ideals which would guide his later life and work. Back in England, he became bishop of Worcester in 961, and with the support of King Edgar, eagerly joined in major reforms of the Anglo-Saxon church. In 972 Oswald was made Archbishop of York, and seems to have taken a great interest in renewing the church in the Danelaw. He founded Ramsey Abbey, which became one of the great Fenland monasteries.

Oswald was popular as an archbishop, and always washed the feet of the poor every Lent. On 29th February 992 he had just completed this service at Worcester when he collapsed and died. In later years, Worcester adopted both him and Wulfstan to be its two chief saints: they flank the tomb of King John, which is before the high altar in the cathedral.

## 14th February - Valentine's Day

There are two confusing things about this day of romance and anonymous love-cards strewn with lace, cupids and ribbon: firstly, there seems to have been two different Valentines in the 4th century - one a priest martyred on the Flaminian Way, under the emperor Claudius, the other a bishop of Terni martyred at Rome. And neither seems to have had any clear connection with lovers or courting couples.

So why has Valentine become the patron saint of romantic love? By Chaucer's time the link was assumed to be because on these saints' day -14th February - the birds are supposed to pair. Or perhaps the custom of seeking a partner on St Valentine's Day is a surviving scrap of the old Roman Lupercalia festival, which took place in the middle of February. One of the Roman gods honoured during this Festival was Pan, the god of nature. Another was Juno, the goddess of women and marriage. During the Lupercalia it was a popular custom for young men to draw the name of a young unmarried woman from a name-box. The two would then be partners or 'sweethearts' during the time of the celebrations. Even modern Valentine decorations bear an ancient symbol of love - Roman cupids with their bows and love-arrows.

There are no churches in England dedicated to Valentine, but since 1835 his relics have been claimed by the Carmelite church in Dublin.



## George Herbert, priest and poet

If we were to name someone prominent from the 17th century, we might mention Rembrandt or Shakespeare. It is unlikely we would remember George Herbert. However, he was a prolific writer, a gifted speaker and musician. His hymns are still sung today.



Herbert was born into a wealthy family in Mid-Wales on 3rd April 1593. His father was a Member of Parliament who died when Herbert was three years old. His mother moved her large family to London where, aged 12, Herbert entered Westminster School. In 1609, his mother remarried, and Herbert left home to be a student at Trinity College, Cambridge.

By the age of 23, Herbert had graduated with two degrees. He was fluent in Latin and Greek and in 1620 was elected as the University's Public Orator. He held this position for seven years, and for a short time was MP in his hometown in Wales.

Although Herbert was securing an illustrious future and his speeches had gained the attention of King James 1, he was restless. He felt God was calling him to the priesthood and much of Herbert's poetry expressed his inner spiritual conflicts.

When the King died in 1625, and two influential patrons also died at about the same time, Herbert responded to God's call on his life and gave up his secular ambitions. He married in 1629 and became a priest in a small Anglican church in Bemerton in Wiltshire.

Here he found inner peace at last, serving God in the local community. His poetic talent continued to flourish along with his musicianship as a skilled lutenist. After only three years as a priest, he died of tuberculosis on 1st March 1633. He was 39.

Some ninety of Herbert's poems have been set to music by such composers as Ralph Vaughan Williams and Benjamin Britten. His most well-known hymns are Teach me my God and King, Let all the world in every corner sing and King of glory, king of peace.

A number of artistic commemorations of Herbert exists in several churches and cathedrals including a stained-glass window in Westminster Abbey and a statue at the front of Salisbury Cathedral.

George Herbert is remembered on the 27th February.

## Candlemas, The Presentation of Christ in the Temple - 2nd February

In bygone centuries, Christians said their last farewells to the Christmas season on Candlemas, 2nd February. This is exactly 40 days after Christmas Day itself.

In New Testament times 40 days old was an important age for a baby boy: it was when they made their first 'public appearance'. Mary, like all good Jewish mothers, went to the Temple with Jesus, her first male child - to 'present Him to the Lord'. At the same time, she, as a new mother, was 'purified'. Thus, we have the Festival of the Presentation of Christ in the Temple.

So, where does the Candlemas bit come in? Jesus is described in the New Testament as the Light of the World, and early Christians developed the tradition of lighting many candles in celebration of this day. The Church also fell into the custom of blessing the year's supply of candles for the church on this day - hence the name, Candlemas.

The story of how Candlemas began can be found in Luke 2:22-40. Simeon's great declaration of faith and recognition of who Jesus was is of course found in the Nunc Dimittis, which is embedded in the Office of Evening Prayer in the West. But in medieval times, the Nunc Dimittis was mostly used just on this day, during the distribution of candles before the Eucharist. Only gradually did it win a place in the daily prayer life of the Church.

## A Prayer for February 2024

In this coldest and shortest of months, this month when traditionally thoughts turn to love and the promise of Spring, help us to be thankful and steadfast and to see Your bigger picture in what is sometimes a frightening world, a world where love between nations seems to be in short supply and the future uncertain.

We pray for all those whose lives are in turmoil through a lack of love and justice. Help us to remember the great love You have for Your world and Your people, so great that You sent Jesus to show us how to live, how to love and how to overcome the troubles of the world.

Thank you that Your love is stronger than the forces of evil, stronger than death. Help us to put our trust in Jesus, to keep our focus on Him, knowing He will never leave us or forsake us. Thank you that His love is stronger than the forces of evil, stronger than death.

In his name,

Amen

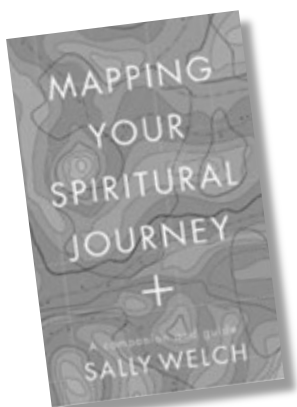
## Mapping Your Spiritual Journey - a companion and guide

by Sally Welch, Canterbury Press, £12.99

Mapping your spiritual journey is a technique used in spiritual direction, as a way of recognising and interpreting God's presence in the highs and lows of your life experiences.

This book offers creative ways to explore your own spiritual journey, helping you to trace your relationship with God from the beginning, whether looking at your entire life or exploring significant moments. It can be done in multiple creative ways - drawing, collages, timelines, maps, collections of objects or photographs, modelling, journaling, making a garden and more.

It offers suggestions for ways to reflect on your journey and to deepen your understanding of God's presence in your life. This equips you to look forward and plan your future journey with God with confidence.



# Services Calendar for February 2024

**Please note that from 21st February we will re-establishing both our midweek services on a weekly basis at the usual times of 10.00am on Wednesdays at St John the Baptist, and 7.30am on Thursdays at Holy Trinity.**

**On Ash Wednesday there will a service at both churches:-  
10.00am at St John the Baptist and 19.30pm at Holy Trinity**

HTC - Holy Trinity, Cookham

SJB - St John Baptist, Cookham Dean

## February 1<sup>st</sup> - Thursday

HTC 07.30 Holy Communion

## February 4<sup>th</sup> - 2nd Sunday before Lent

HTC 11.00 Parish Eucharist  
*Colossians 1:15-20; John 1:1-14*

18.30 Rejoice in the Lord

SJB 09.15 Parish Eucharist  
*Colossians 1:15-20; John 1:1-14*

## February 7<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## February 11<sup>th</sup> - Sunday next before Lent

HTC 11.00 Parish Eucharist with Baptism  
*Mark 9:2-9*

SJB 09.15 Parish Eucharist  
*2 Kings 2:1-12; Mark 9:2-9*

## February 14<sup>th</sup> - Ash Wednesday

HTC 19.30 Holy Communion with Ashing

SJB 10.00 Holy Communion with Ashing

## February 18<sup>th</sup> - First Sunday of Lent

HTC 11.00 Parish Eucharist  
*Genesis 9:8-17; Mark 1:9-15*

SJB 09.15 Parish Eucharist  
*Genesis 9:8-17; Mark 1:9-15*

## February 21<sup>st</sup> - Wednesday

SJB 10.00 Holy Communion

## February 22<sup>nd</sup> - Thursday

HTC 07.30 Holy Communion

## February 25<sup>th</sup> - Second Sunday of Lent

HTC	11.00 Parish Eucharist <i>Romans 4:13-end; Mark 8:31-end</i>	SJB	09.15 Parish Eucharist <i>Romans 4:13-end; Mark 8:31-end</i> <i>(this service will be livestreamed/recorded)</i>
	18.30 Choral Evensong for Candlemas <i>Genesis 12:1-9; Hebrews 11:1-3, 8-16</i>		

## February 28<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## February 29<sup>th</sup> - Thursday

HTC 07.30 Holy Communion

## March 3<sup>rd</sup> - Third Sunday of Lent

HTC	11.00 Parish Eucharist <i>Exodus 20:1-17; John 2:13-22</i>	SJB	09.15 Parish Eucharist <i>Exodus 20:1-17; John 2:13-22</i>
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### Prayer Diary

February  
2024



1	Brigid; abbess	The sisters at Burnham Abbey
2	Presentation of Christ in the Temple	Our baptism ministry
3	Anskar; bishop, missionary	Our wedding ministry
4	SECOND SUNDAY BEFORE LENT	Our Churches
5	Agatha; virgin, martyr	local businesses
6	The Martyrs of Japan	Trinity Nippers
7	Wednesday	Our Deanery Synod
8	Thursday	Elizabeth House
9	Friday	Cookham Medical Centre
10	Scholastica; abbess	Our Choirs
11	SUNDAY NEXT BEFORE LENT	Our Fellowship Lunch
12	Monday	Our Ministry Team
13	Tuesday	Harwood House Nursing Home
14	ASH WEDNESDAY	For a good and holy Lent
15	Sigfrid; bishop	Maidenhead Foodshare
16	Friday	Cookham Voluntary Services
17	Janani Luwum; bishop, martyr	Our organists
18	FIRST SUNDAY OF LENT	Our Churches
19	Monday	Our ministry to young people
20	Tuesday	Our bellringers
21	Wednesday	Our Lent course
22	Thursday	Our Mums and Toddlers group
23	Polycarp; bishop, martyr	Bishop Olivia and her family
24	Matthias; apostle, martyr	Local scouts and guides
25	SECOND SUNDAY OF LENT	Our Churches
26	Monday	Headteachers, teachers and assistants
27	George Herbert; priest	the clergy of our deanery
28	Wednesday	Our Lent course
29	Thursday	Those with a leap-year birthday

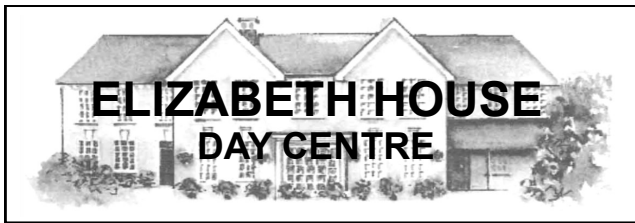
### Closure of Cookham Bridge

Essential maintenance work to Cookham Bridge is now underway with a road closure due to be in place until **March 2024**. Although the bridge will be closed to motor vehicles during the work, pedestrian access will remain.

Our Services and Parish Centre activities are not affected in themselves by the closure and will take place as advertised. Vehicular access to the Church and Parish Centre is unaffected.

If you normally cross Cookham Bridge to get to our services or other activities in the church or Parish Centre, then please allow extra time for the detour you will need to take.





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- Get away from it all in 2024!

Elizabeth House Cookham

WINDSOR & MAIDENHEAD COMMUNITY LOTTERY

**PLAY NOW:**  
 Go to  
[www.windsorandmaidenheadcommunitylottery.co.uk](http://www.windsorandmaidenheadcommunitylottery.co.uk)  
 Search for: Elizabeth House

18+ Gamble

See website for Terms & conditions. Enter by 27/01/24

We have registered Elizabeth house as a good cause for the new RBWM lottery, if you, friends or family would like to buy a ticket we would really appreciate it, there are some great prizes to be won!

Dawn Seeney, Manager Monday to Friday 9 - 4.30pm  
 01628 527621 / 0745 8095009 [www.elizabethhousecookham.org](http://www.elizabethhousecookham.org)  
 Registered Charity No 1188342

Thank you so much for your very kind generous donations for our Christmas Tombola we raised over £500.00, this is a great reward for Elizabeth house, we could do not do this without the support of you all.

Elizabeth House is looking for some lovely new volunteers to entertain our members. It could be anything from singing/playing music, a craft of any type, a quiz, or just a fun hour of chatting and laughter. If you would like to know any more details please call me on this number, thank you! Dawn 01628 527621

## Cookham and Cookham Dean Horticultural Society Programme 2024

### Wednesday 28th February

Cliveden Gardens: Extravagance and Expense - Jacqui Edwards, Cliveden Talks Service

### Wednesday 27th March

Spring Show - Classes for your Society daffodils, bulbs, spring flowers, floral displays and baking.

### Wednesday 24th April

How to Plant, Grow and Propagate Peonies - Alec White, Primrose Hall Peonies

### Wednesday 29th May

The Year-Round Container Gardener - Chris Day, Buckingham Nursery

### Wednesday 25th September

The Art of the Autumn Border - Petra Hoyer Millar, The Oxonian Garden

### Wednesday 30th October

The Development of an Arts and Craft Country House and Garden - Katharine Woods, The Tea-Break Gardener

### Wednesday 27th November

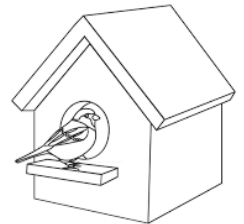
What Not To Do at a Flower-show and Other Stories - Graham Talbot, BCA

**Cookham Dean Village Hall at 7.30pm**  
**ALL WELCOME**

## Don't forget those nestboxes!

On 14th February the annual National Nestbox Week begins.

Now an established part of the ornithological calendar, it aims to encourage people to help out the birds in their gardens each Spring. Everyone is invited to put up more nestboxes in their local area, and a very helpful website gives full instructions on how to do this.



More details at: <https://www.nestboxweek.com>

## Abandoned and helpless

The RSPCA reports that animal abandonment incidents have reached a three-year high.

Latest figures for 2023 reveal more than 20,000 reports of animals being simply dumped by their owners.

Dermot Murphy, RSPCA inspectorate commissioner, says: "Behind these shocking statistics are thousands of vulnerable animals. Each one is a valuable life in urgent need of our help."

He goes on: "The combined effects of the pandemic and the ongoing cost-of-living crisis has created a perfect storm, and means we expect more animals than ever will need our help this year."

Yet many rescue centres are already full to bursting, "so we are facing an unprecedented winter crisis. Our rescue teams are busier than ever. We need animal lovers to donate to help us be there for animals in desperate need."







## How are your waterworks?

The recent flooding was perhaps an over-reaction to our call for more people to create water features in their gardens! But our public event late last year is, we hope, encouraging us all to get out there before Spring to create one of the essential wildlife habitats. As the UK's wildlife trusts point out "water is essential for wildlife to thrive, but it isn't just for drinking. Amphibians like newts, frogs and toads use water as shelter and breeding grounds. Butterflies get valuable minerals and salts from slightly muddy water, and birds use water to bathe and remove parasites". It does not have to be a large area: just an old sink or bucket can really help. And there's plenty of advice around with ideas on how to create a really valuable water habitat (here's the wildlife trust advice - [www.wildlifetrusts.org/actions/how-provide-water-wildlife](http://www.wildlifetrusts.org/actions/how-provide-water-wildlife)).

That's all part of the call to all of us with gardens, window boxes, indeed any space for wildlife to join the many Cookhamites who have already been making a difference in this way. There'll be more about this when we launch the 2024 Wildlife Gardens Awards in March.

There's plenty for us to celebrate this year, the tenth since

Cookham Wildlife Supporters launched back in 2014. Look out for events to mark this during the year, starting with our first 2024 volunteer evening on 16th February (7pm at the parish centre, Holy Trinity Church in Cookham village). We have around 100 people now who have offered to do something for nature and we would love to see more, with help needed in many ways - 'hands on' roles with practical outdoor help, supporting us in areas such as technology, planning and administrative roles, contributing photos and ideas on our Facebook page. Contact us at [wildcookham@gmail.com](mailto:wildcookham@gmail.com) to discuss how you can help.

One of the hands on jobs comes up on 25th February when you can give an hour or two to help prepare our Harris Woodbridge Reserve for the coming Spring. Sign up via [www.meetup.com/WildCookham](http://www.meetup.com/WildCookham).

You can keep in touch with WildCookham via Facebook, Meetup ([www.meetup.com/WildCookham](http://www.meetup.com/WildCookham)), our website ([www.wildcookham.org.uk](http://www.wildcookham.org.uk)) or at [wildcookham@gmail.com](mailto:wildcookham@gmail.com). Some last thoughts: contact us quickly if you are interested in putting nest boxes for House Martins, Swifts and other birds ahead of the breeding season. And remember that the late Spring is the most challenging time for wildlife as last year's food runs out and before new growth. Keep feeding the birds!

Mike Copland

---

## Big Cookham Wildlife Weekend

I wonder if we could ask for your help with our next big project?

WildCookham celebrates its tenth anniversary in 2024 and we are launching a village-wide initiative aimed at helping all our local residents become familiar with the wildlife in their gardens and to thereby become aware of how important our garden habitats are to the many insects and creatures that are struggling to survive in our general countryside.

We would like to get a message to each home suggesting some preparation for the Big Cookham Wildlife Weekend which will fall on June 22nd/23rd this year. This will include suggestions for creating new ponds, (in February/March) and also small patches of wildflowers (in April), for which we are making seeds available.

We would be so grateful if your group would be willing to circulate our 'challenge' and subsequent updates and information, to your own members in your newsletters or general circulations.

There would be the initial invitation to participate (January), and how to do that, then two or three updates in the next 3 months or so to help everybody taking part to get the most enjoyment out of the event.

The longer-term gains of this initiative will be for more folk to be aware of the needs of pollinating insects and other 'minibeasts', and far more gardens having the features that support the widest range of wildlife possible.

If you feel you can help us with this endeavour, please let us know as soon as possible and to whom we should send our information for onwards passing to your supporters.

Thanking you in advance

John Harris, Thomas Lee and Brian Clews  
Big Cookham Wildlife Weekend Project Team  
For WildCookham

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## Early Spring Bee News

Sadly, hibernating bumblebee queens won't have fared well with the recent flooding we have had as they often overwinter underground. But the bumblebees that have chosen to hibernate in higher ground, away from the floodplain, will hopefully have survived. They will slowly start to emerge as the weather warms up and are really quite big. The cold weather isn't too much of an obstacle though - bumblebees are well designed for cooler temperatures - they have insulated furry bodies and are able to dislocate their wings from their flight muscles and vibrate themselves to warm up. Although you're more likely to see them on milder, sunny days, they can be found foraging at temperatures as low as 0degC. Brrr.

Buff-tailed bumblebees and honeybees are really the only bees you'll see in the winter months, but as temperatures start to creep up, one of the first garden visitors will be the hairy footed flower bee (*Anthophora plumipes*).

This is one of my favourite bees, the male is aptly named as his middle legs have a very hairy foot at the end. These bees are often mistaken for bumblebees as they are quite stout and furry, but they are a type of solitary bee and don't have queens and workers in a nest. Males are a mostly ginger colour, with the females being all black (apart from orange hairs on their back legs) and they both have a very 'zippy' type of flight.

Great plants to have in your outdoor space for these bees are lungworts (*Pulmonaria* sp), deadnettles and comfrey.

RHS Wisley has a cob wall that is a popular spot for nesting hairy footed flower bees, where you can watch them coming and going - males looking for mates and females making individual nest cells. You might also spot one of their cleptoparasites - the common mourning bee (*Melecta albifrons*). I spotted my first of these bees in one of the Maidenhead parks last year. They are quite a distinctive black bee with pale markings and generally point out a local population of hairy footed flower bees. Get out spring bee spotting!

Michelle Hunt

## “Discover Cookham: A challenge to identify 100 locations in Cookham”



The Cookham Festival is proud and very excited to announce the launch of “Discover Cookham”. The book, containing 100 photographs of the village, serves not only as a delightful coffee table book but also a fun treasure hunt challenge to find out how well you know Cookham by identifying the locations of the

photos with the chance to win cold hard cash with £300 in total prizes, top prize £150.

Launching at the Cookham Christmas Street Fayre on December 3rd, the book costs just £10 with all proceeds raising funds for local arts-based projects. It will make a fantastic stocking filler as well as being something for all villagers to treasure for years to come. Each book comes with an entry form for people to submit with locations so it's a great excuse to get everyone out and about discovering the village.

The book will also be available to purchase from: -

The Little Bookshop (Cookham High Street)  
Hillcrest Stores (Hillcrest Avenue)  
Metre Market (Cookham Dean Village Hall)  
Copas Turkeys Farm Shop (Grubwood Lane)



Treat yourselves to a copy and get out into the village looking up and down at things you might not normally notice!

## URGENT HELP NEEDED AT COOKHAM VOUNTARY SERVICES



A chance to take part in a key local community service!

CVS is a local self-funding community organisation, which provides an essential role taking people who need help with transport to get to medical appointments. We depend entirely on volunteers to

meet the needs of members of the community.

Due to retirements and movements out of the area, we are desperately short of volunteers. If you live locally and have some spare time available, can you help?

We need volunteers in two areas: -

1. Office volunteers to give 2-3 hours, one morning a week, in our office at Elizabeth House. The role involves receiving requests from patients needing transport and matching them with an available volunteer driver.
2. Drivers. There are no set times for drivers. If you are offered a run, it is entirely up to you whether you take it. We cover a wide range of destinations from the Cookham Surgery and St Mark's Hospital to occasional journeys to a London Teaching Hospital. We do not pay drivers a fee, but we do pay mileage rate and cover parking and other charges.

If you think you might be able to help, please contact the CVS office on 01628 523839 (10-12.00 Monday-Friday), or at [pefc@tapestryoflife.co.uk](mailto:pefc@tapestryoflife.co.uk), for further details.

## Remembering those who live in Care Homes

In 2022, there were 408,371 people living in care homes across the United Kingdom according to the census.

Some residents enjoy regular visits from family or friends, while others lead a very lonely life. Some will 'pass on' relatively quickly, while others may live in the same room for several years.

Some residents are collected for church, and some join church services in their Home, while others resort to radio or television for spiritual encouragement. Only a relative few have the technical competence and equipment to live-stream.

What does this mean for church leaders? It is likely they will have some church members or ex-members living in Care Homes. While for some, live-streaming of services will be a huge blessing, they do not replace regular visiting, if possible.

Giving elderly people the opportunity to go outside (in their wheelchair) will normally be enthusiastically welcomed, and, for some, especially the opportunity to attend Sunday service in their wheelchair.

A visiting team from the Church to take a regular service is not only an encouragement to believers, but can also be a gentle encouragement to those without faith, particularly if accompanied by a regular opportunity for Communion (for believers) and hymn singing (favourites) for those with Sunday School and Church memories.

Here in The Cookhams, we regularly visit Harwood House in our benefice.

### Cookham Arts Club

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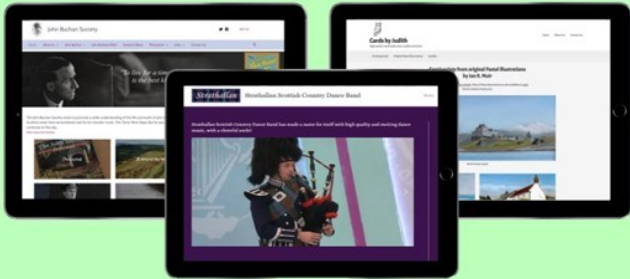
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## Cookham Community Allotment

Wishing everyone a fruitful and vegetableful 2024!

We ended 2023 by collecting and spreading fallen leaves on our beds, giving protection to any crops and to feed the worms and improve our soil. During most of December and January we have left the ground and plants to the elements. They have been battered by the winds (which blew our large storage shed right over!) drenched by the rain, frozen to the core...what next we wonder? We will soon be back on the plots to prepare for the sowing and planting to follow once the soil warms up. In the meantime there will be repairs to make, wood chip to spread and fruit bushes to prune.

During January we met up in the Wesley Hall to clean and sharpen our own and the Allotment's cutting tools. We also sowed sweet peas for the plots and propagated house plants for ourselves and for the plant sale to be held at the beginning of March. We had a good turnout for this morning's activities and we ended by sharing a bowl of homemade vegetable soup together (beans and squash came from our Allotment). As always it was good to get together again after a month's absence.

On Sunday March 3rd we will be holding our usual; -

SEED SWAP and PLANT SALE in the Cookham Wesley Hall from 3.00-5.00. Refreshments available. This is a good opportunity to find new seeds to try, buy garden and indoor plants to grow, have tools sharpened and meet like minded people who want to REUSE, REDUCE AND RECYCLE!

We hope to get back on the Allotment on Saturday February 3rd. We meet on Tuesdays and Saturdays from 10.00-11.30 at the Alfred Major Allotment site. Anyone is welcome to join us.

For more information contact Becky Pinniger on 07821 710204



## Gardening Tips February

A belated Happy New Year everyone. This year we're going to go back to our first gardening love – growing edibles. We're planning to cover all sorts of growing from windowsills, through pots and containers to larger gardens and allotments, so hopefully there'll be something for everyone.

With the new year having been both wet and cold so far, there has not been much venturing outside. However, there are things that can be done indoors at this time of year to get ready for the growing season ahead. We start sowing some seeds in the winter. These are the plants that will need a long growing season such as chilli and sweet peppers, aubergines, leeks and onions and it is not too late to get these underway in early February. It is also not too late to get seed orders in with the mail order companies, or to head to a garden centre to see what takes your fancy.

You can also sow now for a quick indoor crop by growing either sprouts or microgreens. Beansprouts (usually mung beans) are well known from oriental cooking. They can be bought from seed suppliers and sown on a tray where the bottom is covered with a layer of well-dampened material (e.g. a tea towel) or cotton wool. Wash the beans and soak them overnight in cold water. Wash again in cold water before spreading evenly on the damp substrate. Cover with polythene or clingfilm to keep humidity high and then with brown paper or newspaper to eliminate light. The sprouts should be ready to eat after about a week when just over 2cm tall. Remove the sprouts from the beans, rinse thoroughly and cook for a couple of minutes.

Longer illustrated versions of these articles are available at <http://www.redkiteadvice.co.uk/category/hints-tips/>

### Cookham Community Allotment

## SEED SWAP

&

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Alternatively, visit [www.cookhamsociety.org.uk](http://www.cookhamsociety.org.uk)



air in. High humidity can cause mould and has been linked to the development of asthma.

COOKHAMS FOOTPRINT have been having pub talks recently about Heat Pumps with our surveyor Toby Knight, separating the Fact from the Fiction. With the government grant of £7,500 it's really worth looking into. If you're interested come and join us. The next date is Tuesday 12th March at the Jolly Farmer Cookham Dean – just get yourself a drink and find a seat.

To book a free thermal survey or for any other energy issues contact us on [cookhamsfootprint@gmail.com](mailto:cookhamsfootprint@gmail.com) and follow us on Facebook for updates and interesting articles.

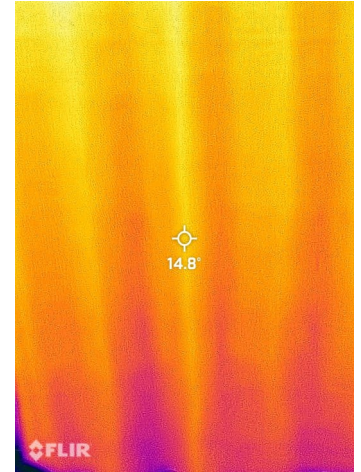
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### CLOSING CURTAINS AT NIGHT COULD REDUCE DRAUGHTS AND ENERGY BY UP TO 20%

That's an incredible figure and obviously depends on the glazing in your windows and whether the curtains or blinds have thermal linings. But it really can make an enormous difference. Once the sun has dropped there's a noticeable arctic chill in the air at the moment, and that's when everyone should dash around closing blinds and curtains. Keep in the heat £££.

If you're having issues with condensation on the inside of windows there are several ways to manage it:

- Clear up any condensation each morning to prevent mould occurring.
- Avoid drying clothes on radiators and in the house as much as possible. If you have no choice, do it in one room like the bathroom, keeping the door shut and either open a window, or use a low energy dehumidifier.
- Always use an extract fan or open a window when cooking or showering.
- Monitor humidity levels with a humidistat. (currently about £8 on Amazon). If the level exceeds 60%, then open the window and let some cooler and dryer



Thermal imaging of a curtain with and without a thermal lining - a difference of 9 degC



## YOUR COOKHAM, YOUR PLAN

#ourcookham

***We are pleased to report that RBWM has confirmed that the Neighbourhood Plan does not need to be subject to Strategic Environmental Assessment nor Habitats Regulation Assessment.***

The Neighbourhood Plan can now proceed to formal consultation. Preparations for that are now underway. Further updates and information on the consultation will be posted on the Parish website once available:

[www.cookhamparishcouncil.org.uk/crbst\\_18.html](http://www.cookhamparishcouncil.org.uk/crbst_18.html)



## Future Cookham



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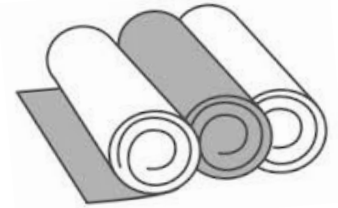
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## Cookham Dean Primary School

Happy New Year to everyone! We hope that 2024 brings you peace and happiness.

The children have returned to Cookham Dean Primary School with the joy of Spring ; full of stories about Christmas and the wonderful time they spent with their families and friends. I know for some children it is hard to get back into the swing of things, particularly on the cold mornings – made even more difficult by the flooding in our area. I hope that if you have been affected, you return to normal life as soon as you can.

Our big project for this term is the introduction of OPAL (outdoor play and learning). I remember my own childhood full of fun climbing trees, building dens, roller skating in my street. Why has this all stopped for our children today? Not at Cookham Dean Primary School! We have introduced a range of activities for the children to enjoy at lunchtime – we haven't quite got to the point where we are happy with children climbing trees but it is definitely on the agenda. The children now have opportunities to build dens, dig in the mud, create obstacle courses with tyres, dress up and generally have more fun at playtime. It has been amazing watching the children negotiate with each other as to who is going to be wearing the unicorn outfit or watch them be more creative with the resources or play with friends they don't usually play with. We have noticed a reduction in accidents because the children are involved in purposeful play and we have noticed a reduction in friends falling out. It's a win-win for us!



If anyone has any spare wellington boots or outdoor clothing that they no longer need, please do drop it in to us at school so that we can continue to play outdoors in all weathers!

Fenella Reekie  
Head Teacher



## Holy Trinity Primary School

The start of a new year is an obvious time to reflect on the year that has been and look ahead at the year to come. In looking back, as a school we've celebrated the things we'd achieved and rejoiced in all we have felt proud of.

No year is ever the same and as 2023 came to a close, we considered the journey we'd been on and the changes we'd seen over the last twelve months. One of those changes was no longer having Reverend Nick or Reverend Helen to guide us. Their absence was keenly felt so when we were approached by Bernadette and Mark in the Summer Term to be involved in the process of appointing a new vicar, we were delighted.

Initially we were asked to share our thoughts on what qualities we would like to see in someone taking up the post. The children had a very clear set of criteria and a long list of requirements! Would the team ever find anyone suitable? To help in selecting the right person, we were next asked to be involved in recruiting the new incumbent.

On Friday 20th October a panel of ten Year 6 children were ready with their interview questions to grill each of the candidates; no one was getting away lightly! They explored and probed keen to find the answers they were hoping for before feeding their opinions back to the team on who might best fit the bill. When a decision was reached and we learnt that Reverend Stephen had been chosen, everyone was thrilled.

I felt privileged to be invited to the Institution and Induction Service, led by Bishop Olivia and the Archdeacon of Berkshire, on Thursday 11th January. It was a magnificent event full of warmth and welcome. Just as special was the first service Reverend Stephen led at Holy Trinity Church the Sunday after. It was wonderful to hear Stephen preach for the first time and see the church so full. In assembly, after contemplating how Stephen might be feeling as he embarks on this new journey, we have prayer for him and David and we are all so excited to welcome him to school.

He takes up post just as we've received feedback in the form of a report following our Statutory Inspection of Anglican and Methodist Schools carried out just before the Christmas holiday. We are incredibly proud of all the lovely things the inspector had to say about our school and are excited to work with Stephen to build on what has already been achieved, together. If you are interested in reading our SIAMS report it can be found on the Church of

England website: <https://www.churchofengland.org/about/education-and-schools/church-schools-and-academies/siams-inspections/siams-inspection-reports>



Anna Smith  
Head Teacher



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If you are old or young, new to the village or lived here for some time, and have a question about our activities, or if you need help or comfort, please contact one of us:

**For Cookham Dean:** Stella Fairlie 532926

**For Cookham and Cookham Rise:** Val Eckett 524561

**or any of the Ministry Team - see page 2**



## Herries Preparatory School

Last term we had Nativities, Christmas Carousel Activities, Carol Singing at Harwood House, Christmas Jumper day and the all school Christmas lunch with Nursery up to Year 6, which all contributed to the happy atmosphere at the end of a very busy term; capped off by a wonderful church service for our Key Stage 2 pupils and parents at St John the Baptist, Cookham Dean.

The children have all impressed us, once again, in their various Christmas productions last term. It is so lovely to see them all with parts to perform, working so successfully and confidently as year groups to delight the audience. The lovely comments we have received really reflect the hard work that the children and staff have put into their performances. As always, my thanks go to everyone who enabled these performances to happen with their dedication, effort and time.

The Herries Parent Association also helped to make the end of term special for the children with their organisation of a wonderful school disco, as well as their help with the Christmas Carousel. I am very grateful for all the work that they do.

Congratulations to Ella in our Year 5 class who won the Theresa May Christmas Card competition. Every year the Maidenhead MP teams up with the Advertiser to invite school children from her constituency to design a card to be sent to VIP's and community figures here and around the World.

This term we look forward to the Year 3 and 4 Music and Drama production, Year 2 are visiting the Natural History Museum, we also have World Book Day to celebrate and a term full of sports fixtures and ISA Tournaments. Year 3 are currently studying the Romans his term and to supplement their knowledge and understanding of this topic they will be visiting Ufton Court.

Our recent parent survey results were overwhelmingly positive and it really underlines the education we are delivering.



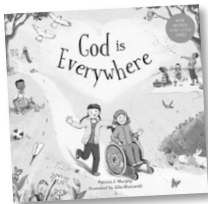
Robert Grosse  
Headteacher

Herries Preparatory School and Nursery  
Excellent in all Areas - ISI Inspection  
(Instagram:Herries Wind in the Willows)

### God is Everywhere

by Patricia J Murphy, Lion Books, £7.99

This heart-warming picture book introduces young children to the reassuring messages found in three Bible verses, and applies them to young children's daily lives.



*You are a Child of God Memory verse:*

*"See how very much our Father loves us, for he calls us his children, and that is what we are!" (1 John 3 verse 1)*

*Never Fear, God is Near! Memory verse: Do not be afraid or discouraged. For the LORD your God is with you wherever you go." (Joshua 1 verse 9)*

*Love God, Love All. Memory verse: Jesus replied, "You must love the LORD your God with all your heart, all your soul, and all your mind... Love your neighbour as yourself." (Matthew 22 verses 37, 39)*

Beautiful story-telling illustrations showing activities of young children's everyday lives at home, at school, and out and about.

## Cookham Dean WI



For our first meeting of the year on January 8th, we invited our old friend Brian Clews to speak about 'Wildlife of the Jubilee River'. When we booked this talk little did we know that our part of the Thames Valley would be experiencing the worst floods since 2014!

Brian showed us interesting pictures of Cookham under water in the last century and of the construction of the Jubilee River which was intended to ameliorate flooding in the Maidenhead/Windsor area (or as several members audibly commented push the problem down river to Staines!). The project began in the 1990s and in 2002 the eleven-mile channel was completed and opened by the Duke of York on July 11th.

Around Dorney the Jubilee River was the opportunity to create new wetland habitats -reed beds, scrapes islands, new plantations, grasslands and scrub - designed as refuges for a variety of species. There are now otters and water voles. Bird life flourishes thanks to the proliferation of other life necessary for an avian diet in the river and the wetland. As well as all year species such as ducks and swans it has become an important 'stop over' for Spring and Summer migrants.

Brian showed us some excellent photographs of rarer birds who have been sighted: the elusive water rail, Cetti's and reed warblers, and lapwings – once a common sight on farmland, plovers, snipe and bearded tits. (Is it bearded or even a tit?) Short eared owls have been sighted and should you have heard booming - a few pairs of bitterns have made Dorney their home.

Brian also gave us details of Wild Cookham's 2024 initiative inviting us to go 'On Safari' in our gardens. He will pass the details to the Secretary. Marion Elly thanked him for a highly entertaining talk which brightened a gloomy January afternoon.

WI business at the meeting included members voting for the Resolution they would like NFWI to put to members at their Annual Meeting in June. Topics this year were: Dental Health Matters, Problems caused by Substandard Housing, Gambling Advertising, and Improving Outcomes for Women in the Criminal Justice System. The Secretary will e-mail members details of the new WI Learning Hub.

Members were reminded of the Bridge Drive on Wednesday March 20th in aid of WI Hall Funds. Details are available from Sue Hardwick. Contact her [sue@shardwick.plus.com](mailto:sue@shardwick.plus.com) heading your e-mail 'Bridge Drive'. Our next meeting is on Thursday February 8th at 2pm. There will be a talk on 'Scam Awareness'.

**The WI hall is available to rent at very reasonable rates, information available at [hirecdwihall@cookhamdeanwi.org.uk](mailto:hirecdwihall@cookhamdeanwi.org.uk).**

***Hatred and bitterness can never cure the disease of fear; only love can do that. Hatred paralyzes life; love releases it. Hatred confuses life; love harmonises it. Hatred darkens life; love illumines it.***

***Martin Luther King***



# Cookham Medical Centre

## Patient Participation Group

To receive regular updates of news from your medical centre sign up as a Friend of Cookham Surgery. You can do this on-line or download an application form via the PPG section of the Cookham Medical Centre Website – [www.cookhammedicalcentre.co.uk](http://www.cookhammedicalcentre.co.uk).

### Medical Centre News.

Dr Azmy Birdi, a Practice Partner, is actively involved in women's health issues. She reports that a national research study has been launched to produce a report as the basis for building an economic case for the continued funding of the Women's Health Strategy for England, while driving the need for intersectional gender equality in healthcare more broadly. The economic modelling will be complimented by the testimonies of "experts of experience" (i.e. those with lived experience of a given condition), to ensure that women's voices remain central throughout this undertaking.

The study group set up a series of roundtables for those with lived experience of various conditions. Regrettably, these roundtables took place in January, before this newsletter went to press. The sessions covered a number of key conditions:

Fibroids, Polycystic ovary syndrome (PCOS), Menopause, Dysmenorrhea (pain during menstruation) and/or heavy menstrual bleeding, Endometriosis/ Adenomyosis, Infertility

For more details of this project, or if you would like to contribute your experiences to the study, please contact the project leader – [bridget.gornham@nhsconfed.org](mailto:bridget.gornham@nhsconfed.org). It is emphasised that "Chatham House Rules" apply to any and all contributions to the study.

**Cold Weather:** By the time you read this newsletter it seems likely that you will have experienced floods and then a freeze. Adverse weather conditions emphasise the need to keep yourself safe and warm and to keep your eyes open for family, friends and neighbours who might be vulnerable in such conditions. For example, practical help for food shopping is something that could be a literal life saver for people with mobility problems. The Patient Access website (<https://www.patientaccess.com>) provides sound advice on how to protect yourself in the winter months, including practical advice on diet and what foods to buy at this time.

### The Cookham Pharmacy:

On Saturday 6 January members of the local community, including representatives from the PPG, crowded into the Old Butchers Wine Cellar to celebrate Neelm Saini's 15<sup>th</sup> anniversary as the manager of the Cookham Pharmacy,

and to thank her and her team for the amazing service they provide to the local community. This community service was emphasised during the Covid pandemic when Neelm, assisted by a band of local community volunteers, went beyond the call of duty to ensure that patients were provided with their medications. For more information about this event find a copy of the Maidenhead Advertiser of Friday 12 January or visit the Advertiser on-line - <https://www.maidenhead-advertiser.co.uk>

### PPG Notes:

Belated but sincere best wishes from the PPG for a very happy and peaceful New Year to the patient community in the Cookhams!

The recent Open Evening at Pinder Hall proves the interest amongst the local patient community in the delivery of local NHS service. To keep abreast of events and to find out how to make your voice heard visit the Cookham Medical Centre website and sign up as a Friend of Cookham Surgery.

Health campaigns help raise attention about health and well being issues and may signpost you to find help or advice for yourself or others close to you.

February brings:

LGBT+ History Month, to promote equality and diversity for the benefit of the public.

1 February- Time to Talk Day. Talking about mental health does change lives

4 February – World Cancer Day. Encouraging individuals to save lives by taking action.

25 February – 2 March Beat Eating Disorders. Help fight a growing health problem.

29 February – Rare Disease Day. A patient led day to work towards equality in healthcare, diagnosis and therapies.

Last, but by no means least: **14 February – St Valentines Day!** Love can only help us all with our health and mental wellbeing.

### **Patient Information:**

To receive regular information and advice about current health issues, and to gain access to other patient services, including re-ordering prescriptions online, register yourself on **Patient Access** – <https://patient.onfo/patient-access>

## Epilogue

### What's so special about Jesus?

The gospels record that people were astounded by many of the things that Jesus said. Even His enemies, intent on trapping Him, admitted: "No one ever spoke the way this man does." (John 7:46) Furthermore, "the crowds were amazed at His teaching, because He taught as one who had authority, and not as their teachers of the law. (Matthew 7:28-29).

C S Lewis comments on the inescapableness of Jesus' uniqueness: "There is no half-way house, and there is no parallel in other religions."

### A Prayer for the Cookham Churches

*God of love, we pray for the Cookham churches  
Where your love has been known for many years.  
We pray that we will welcome everyone in Jesus' name  
And that, as your love pours in,  
It will overflow to our neighbours.  
May each person come to know that they are loved by you  
And to love you in return.  
May all grow in faith as we learn and pray together,  
And may our faith be seen in action.*

*Amen.*

  
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