



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**



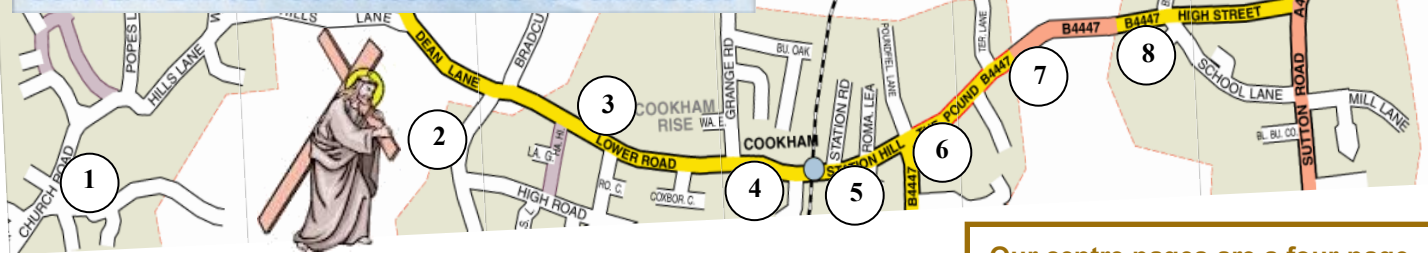
St John the Baptist
COOKHAM DEAN



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Stations of the Cross
Page 12



Our centre pages are a four-page
pull-out at-a-glance guide to the
programme of events

EASTER 2024

March 28th - MAUNDY THURSDAY

SJB 20.00 Benefice Eucharist
21.00 Watch of Prayer

March 29th - GOOD FRIDAY

SJB 10.00 All Age Service
SJB 11.30 Stations of the Cross
*Walk of Witness from St
John's to Holy Trinity
via Catholic and
Methodist churches*
HTC 14.00 Good Friday Liturgy

March 31st - EASTER DAY

HTC 06.00 Dawn Communion
SJB 09.15 Parish Eucharist
HTC 11.00 Parish Eucharist
HTC 18.30 Easter Carol Service
HTC Holy Trinity, Cookham
SJB St John's, Cookham Dean



Transforming
Holy Trinity
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YOUR COOKHAM, YOUR PLAN

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YouTube

[Our Worship and Prayer Channel](#)



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www.cookhamdeanchurch.org.uk

warm
hospitality

March 2024

inspired
worship

This magazine is published jointly by the Parochial Church Councils
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Fr Stephen Mills, writes:

Journey of Faith: From Lent to Easter in Our Parish Community

Greetings from the vicarage,

As we journey through the reflective season of Lent, our hearts and minds are drawn towards the forthcoming celebration of Easter, falling this year on the 31st of March. This time of year, steeped in deep spiritual significance, invites us to pause, reflect, and prepare ourselves for the resurrection of Christ, a cornerstone of our faith that fills us with an indomitable hope.

In the spirit of communal reflection and fellowship, our parish will proudly continue its cherished tradition of the Walk of Witness on Good Friday. This poignant event sees members of our church and the wider community come together, embodying the journey Jesus made towards the cross. As we walk, carrying a cross through our streets and pausing at stations to contemplate the profound sacrifice of Jesus, we are reminded of the weight of this act and the profound love it represents. This shared experience not only deepens our connection to our faith but also to each other, as we walk in solidarity and reflection.

Following the walk, we shall gather to share hot cross buns, a practice rich in Christian symbolism. The cross on top of each bun serves as a poignant reminder of the crucifixion, while the spices within are reminiscent of those used to embalm Christ at His burial. This simple, yet deeply symbolic act of breaking bread together serves as a moment of communal reflection of the sacrifice made by Jesus, and the hope and salvation it brings. It's also a tasty treat to be enjoyed by all.

As Lent draws to a close, we also celebrate the return of what we have willingly set aside during this holy season. This act of sacrifice, mirroring Jesus' 40 days in the wilderness, is a testament to our faith and resilience, bringing us closer to understanding the depth of His trials and His ultimate victory over death. It's a journey that not only prepares us for the joy of Easter but also deepens our appreciation for the abundance and grace that flows into our lives.

Easter Sunday, the day we celebrate the Resurrection of Christ, is the high point of the church's year and a profound expression of the hope we carry within us. The empty tomb on that first Easter morning reveals the victory

of life over death, love over hatred, and light over darkness. It is this hope that sustains us, that brings light into our darkest moments, and reaffirms the promise of new life.

John Donne, a revered poet and cleric in the Church of England, encapsulates this triumphant sentiment in his sonnet "Death Be Not Proud." Penned in the early 17th century, around 1610-1617, Donne's words resonate with the profound victory of faith over mortality.

*"Death, be not proud, though some have called thee
Mighty and dreadful, for thou art not so;
For those whom thou think'st thou dost overthrow,
Die not, poor Death, nor yet canst thou kill me."*

Donne's defiance of death and his celebration of eternal life through Christ's resurrection resonate with the very essence of Easter. It reminds us that in Christ, death is not an end but a doorway to a new beginning, a new life in the presence of God.

As we approach Holy Week, I extend a warm invitation to each of you to join us in the array of services we have planned. From the solemnity of Maundy Thursday, as we remember the Last Supper, to the reflective sorrow of Good Friday, and culminating in the jubilant celebration of Resurrection Sunday, each service is an opportunity to walk closer with Christ through the events that define our faith.

Let us embrace this Lenten season and the coming of Easter as a time for renewal, reflection, and rejoicing. In our walks, in our sacrifices, and in our gatherings, we are reminded of the profound love that Christ has for each of us, a love that overcame even death itself. This Easter, let us hold fast to the hope of the Resurrection, letting it fill our hearts with joy and our lives with the light of Christ.

I look forward to walking with you, breaking bread with you, and celebrating with you as we journey through this most holy season together. May this time of Lent and the celebration of Easter bring you closer to the heart of God, filled with the peace and hope that comes from knowing Christ is risen, indeed.

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.

Adverts are published in good faith and we are unable to warrant or endorse any of the products or services offered.

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



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COOKHAM DEAN**

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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

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

Sunday Club and Trinity Nippers

Some of you will have noticed that our children's activities at Holy Trinity have fallen away and this will be disheartening for many people. Such activities have served as a vital communal space within our parish life, especially for our young families.

As we proceed with the essential renovations to our church, I want to reaffirm that the well-being of our children is a primary focus in our planning and spiritual growth.

So, whilst disappointing, this is but a temporary pause which presents us with a chance to reassess and expand our services for young families and children. With a sense of anticipation and hope, I urge you all to see this time as an opportunity for new beginnings within our church and broader community.

Our Choirs, and our Sunday afternoon benefice initiative, Families@4, held at St John the Baptist, continue in the meantime. Your patience, support, and prayers during this transitional phase are crucial, and of course, I value any thoughts or suggestions you might have concerning the future of our children's ministry.

Fr Stephen

St John the Baptist, Cookham Dean Choir

Our numbers may be small but we still make a good sound to support our congregational singing and worship. We do need more singers of all ages, including Juniors, so if you'd like to join us, we'd love to have you!

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 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 the lead. It's been a joy to see so many young families from across the Benefice in church, doing Bible readings, leading traditional prayers and interacting with reflective prayer activities.



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.

Thank you to our faithful group of regular helpers, who coordinate sandwich making, baking, providing drinks, washing up, cleaning tables, hoovering up after the service. 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.

The next Families@4 service will be at St John the Baptist Cookham Dean on Sunday 10th March at 4pm which will be

Mothering Sunday

We're here for You!

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

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 for exactly when.

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



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Wedding at SJB Charlotte Hamilton and Gareth Daniels

Funerals at HTC Sarah Spencer (Cruse) RIP

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Looking forward to a warm and welcoming church

Holy Trinity Church is an important part of Cookham's history and potentially of its future. It is a beautiful mediaeval building recognised nationally as a Grade 2* Listed Building. It has been standing at the heart of Cookham Village for some 1,000 years and, as evidenced by the recent archaeological digs on the church paddock, it has been a site of Christian worship since Anglo-Saxon times.

But just as the Anglo-Saxon Cookham Abbey was more than just a monastery but a centre of community activity, so today's church does not just bring together the Christian community for worship and prayer and to celebrate the great Christian holidays, but, much more than that, it provides a venue for music and drama and for community celebration and remembrance.

In this context the church's role has remained unchanged over all the centuries since Queen Cynethryth and her Cookham Abbey. It is vital that the church is continually adapted to keep the fabric sound and of practical value for today's parishioners.

The building has to be able to meet the needs of the 21st century, just as it has had to do during every century since the existing building was first built in the 12th century. Although major improvements were made in 2009, followed by emergency repairs to the tower a few years later, the last major reordering of the church was in 1861. The needs of the Victorian community were very different from those of today.

When the already very inefficient heating system finally breathed its last in 2019, the church was left without any heating. A temporary fix using a diesel fired marquee heater has been inefficient and totally inadequate and cannot survive much longer. Meanwhile the church can be freezing cold and very inhospitable.

Those who have attended an event in the church will know that the nearest toilets are 50 yards away in the Holy Trinity Parish Centre. The Victorian pews are uncomfortable and constrain the use of the church for not just music and drama, but also for more flexible forms of worship. The Parochial Church Council (PCC) committed to carry out a major re-ordering of the church, to make it fit for purpose for both 2024 and to future-proof it for a century or more ahead.

The project started in 2017. Working with experienced architects and consultants, the PCC created a plan for the church which delivered the PCC's Vision for Holy Trinity over the next many generations. For a building of this national importance and significance it is vital that everything is done properly and that both internal and external stakeholders are given the chance to comment on the development of an important religious, cultural and archaeological asset. This has not proved an easy task and has involved a great deal of negotiation and compromise, on all sides, but we are now delighted to report that the Diocesan Chancellor has finally agreed our

plans. This is good news for not just the church, but for the entire community for whom Holy Trinity is a valuable asset.

We plan to install underfloor heating in the nave and south aisle, and supplementary radiators there and in the east end which has not been heated in living memory. The underfloor heating will provide background heat and the radiators will be used to raise the temperature when the church is going to be in use.

We will have to remove the pews and the wooden platforms that support them and lay a new level cream coloured stone floor, using material similar to that used in the east end. We will replace the pews with moveable, stacking seating, to the same design as those in use in the



Parish Centre, but with wood style seats and backs. This will give us more flexibility for worship and for social and cultural events and expose the rather fine medieval pillars, which are currently boxed in. We know that some people will miss the pews, but they were poorly constructed, some are loose, and could not easily be made self-standing. However, if anyone is interested in buying some, please let us know.

We are now moving urgently with our consultants to get the plans up to the stage where they can be put out to tender and for us to get a final cost. We have already been able to raise some £500,000 but know that we will need a lot more. We have a team working on how to raise the remaining funds and are obviously anxious to carry out the work as soon as possible. We will keep the community of Cookham updated on a regular basis with the progress we make.

Very importantly, now that we are at the practical stage of delivering the plan the more help we can get the better. If you feel that this is a worthwhile cause and would like to volunteer your time to help with the massive planning and communication issues we face, do not hesitate to get in touch with one of the Churchwardens.

Bernadette Clark
Mark Stockdale
Churchwardens

Church News and Events

Music at Holy Trinity

Sunday 3rd March

11am: Parish Eucharist (Choristers' Mums' Choir)
6.30pm: Compline (Men's Choir & Assistant Director)

Sunday 10th March

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

Sunday 17th March

11am: Parish Eucharist (Music for Clarinet & Piano)
6.30pm: Choral Evensong (Girls', Boys' & Men's Choir)

Sunday 24th March

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

Friday 29th March

2pm: Good Friday Liturgy (Men's Choir & Assistant Director)

Sunday 31st March

11am: Parish Eucharist (Girls' & Boys' Choir and Choristers' Mums' Choir)
6.30pm: EASTER CAROL SERVICE (Men's Choir & Assistant Director)

All welcome for celebration on a Spring evening

COMING ONLINE DURING MARCH

on YouTube 'Cookham Churches'

- Lord, I give my heart to you (Joseph Martin) - sung by the Girls' & Boys' Choir
- Both sides now (Joni Mitchell) - sung by the Trinity Trio
- Offerings for Palm Sunday, Maundy Thursday, Good Friday & Easter Day from all of our choirs

Cookham Churches Together Fellowship Lunch

Our next lunch will be on 3rd March in the Jubilee Vestry, Cookham Dean

Please ring Marion Elly on 482637 to reserve your place by Wednesday 28th February.

Future dates are as follows:-

14th 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.

Men's Breakfast

Our next breakfast will be on Saturday 9th March at the Holy Trinity Parish Centre. This month I am planning to give a brief introduction to the subject of Artificial Intelligence (no wise cracks please!).

As you know I am always on the lookout for interesting speakers so if anyone has an interesting subject they would like to talk about please let me know.

We serve breakfast at 8:30am followed by a talk at 9am. Numbers are limited to 40 due to catering constraints, so places will be allocated on a first come first allocated basis. If you wish to attend please email me at revdavidjoynes@gmail.com We look forward to seeing you in March.

Fr David



Trinity Talks - 18 March

Sailing from Cookham Reach to the Caribbean

At the next Trinity Talk on Monday 18 March, Patrick Blake will share how his love of sailing, using just the wind and the tides to transport him through the ocean, still brings pleasure, excitement and challenges.



As a youngster Patrick started sailing at Cookham Reach Sailing Club, going on to win various sailing titles, including the British Olympic Selection Trials – and losing some along the way, too.

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). 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

Cookham Dean Churchyard Mornings

Our churchyard morning season starts off again this month with sessions on Saturdays **2 March** and **6 April**.

Contact Lorna Sykes 486874
or David Hazeldine 476963



St John the Baptist, Cookham Dean *"What my father did in the war"* by John Timewell

Cookham Dean WI Hall

Weds 13th March 2024 2.30pm

Talk followed by tea and cake
Tickets £8 from Barbara Dent 01628 476512
or Ros Hazeldine 01628 476963

Pilgrimage to Greece - June 4th - 14th

This is a last call if you want to join our pilgrimage in the Footsteps of St Paul in June.

Full details are on our website or from Lorna Sykes on 01628 486874.



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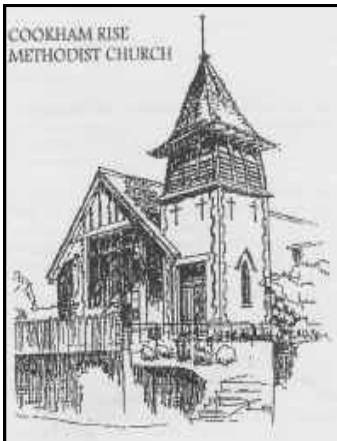


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Regular activities on church premises
Please contact the hall user for further information
Seated Exercises (07900 204001) Mon 1.30- 2.15pm
Rainbow Guides (01628 532279) Mon after school
Cantorum Choir Rehearsals Mon 7.45 - 9.45pm
Big Band practice (07809 594105) Tues evenings
Diddydisco (07836 640430) Wed 9.30 -10.30am
Tai Chi (debbie@taichi44.co.uk) Wed 8 - 9pm
Balletbums (adults) (07841 610251) Thurs 12.15 -1.00pm

Sunday Worship for March

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

- Mar 3rd 10.30 a.m. Rev Vicci Davidson (Scout Church Parade)
- Mar 10th 10.30 a.m. Local Arrangement
5.00 p.m. Just a Song at Twilight on Zoom
- Mar 17th 10.30 a.m. Richard Rooley
3 - 5p.m. Teatime for the Soul (see below)
- Mar 24th 10.30 a.m. Palm Sunday - Neville Walton
- Mar 31st 10.30 a.m. Easter Sunday - Kathy Rickman

Ecochurch thoughts and Biblical Commentary

Water and air, the two essential fluids on which all life depends, have become global garbage cans.

Jacques Yves Cousteau

Ezekiel 34:18 *Is it not enough for you to feed on the good pasture, that you must tread down with your feet the rest of your pasture; and to drink of clear water, that you must muddy the rest of the water with your feet?*

During Lent, as part of the Ecochurch Silver 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.

Details from Kathy Rickman (522797)

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.

Church Activities and events at the church

Thursday March 7th 2.30 – 4 p.m. Thursday Circle - a Welsh afternoon.

Saturday March 9th 10 – 11.30 a.m.

Church Coffee Morning – cakes and savouries, books, jigsaws, bric-a-brac, toys and raffle.

Holy Week Services

Please see the Holy Trinity and St John the Baptist pages for details of these.

Lent Course

Vicci will be leading us in Stephen Cottrell's Lent series on the 'Christ in the Wilderness' paintings of Stanley Spencer. The Gallery has kindly given permission for these to be held on the premises on Tuesdays 27th February, 5th, 12th and 19th March and the final session on March 26th will be at the church, all 2.30 – 4 p.m.

Stephen Cottrell's book is available from Keith Le Page (07715161069) at the special price of £7.

R.I.S.E. at The Crown 6.45 for 7 p.m. Tuesdays 12th and 16th March. Barney Palfrey is leading us through John's Gospel. All welcome. Bring a Bible, buy refreshments from the bar.

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.

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

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:

Friends,

I write this just before going on leave for a week, and by the time you read it, I will have returned. I am not convinced by the latest research that says that after you have had a week's leave from work, there is no more benefit to be had by further time off. I feel as if I need to spend a week sleeping before I can even start on leave, but I am sure that by the time I return, I shall be raring to go again!

The Jewish people were unique among the tribes of the Ancient Near East in insisting that there should be one day off in seven, and they believed that God himself had only rested on that very first Sabbath Day. God's work is constant in holding the universe, but on that seventh day of creation, God created rest.

We are so very good at using the other things that God created, sometimes in ways that can be seen as reckless, abusive or damaging. For example, our need for fast cars and instant gratification has driven much of the climate change we see today. Yet we don't over-use the idea of Sabbath – indeed often we don't use it enough.

In his book "Sabbath as Resistance" the theologian Walter Brueggemann suggests that in a world where we are constantly enjoined to study, work and get on in life, insisting on times of rest is an act of resistance in and of itself. It demands that people take time to reflect and to relax, and in slowing us down, it allows time for us to hear God speak – to say nothing of reducing stress levels and high blood pressure!

Keeping Sabbath, Brueggemann argues, is not about keeping rules, but about becoming a healthy person and restoring a healthy society. In a 24/7 culture of consumption where living seems to be something we do in order to achieve, accomplish, perform and possess, keeping the Sabbath allows us to break the cycle of wanting more of everything, and instead encourages us to focus on what is truly important: God, other people, all of life. The simple act of keeping the Sabbath can move us to a simpler but also more complete life.

Perhaps, as I take my Sabbath through leave, I will find this to be true, although there always seems to be something to do. However, my hope is that in this time of Lent, reflection and fasting, we may all find something of the wholeness that God wills for us.

God bless, Vicci

Jesus' appearances after His Resurrection

The following list of witnesses may help you put all those references in order....

Mary Magdalene	Mark 16:9-11; John 20:10-18
Other women at the tomb	Matthew 28:8-10
Peter in Jerusalem	Luke 24:34; 1 Corinthians 15:5
The two travellers on the road	Mark 16:12,13
10 disciples behind closed doors	Mark 16:14; Luke 24:36-43; John 20:19-25
11 disciples WITH Thomas	John 20:26-31; 1 Corinthians 15:5
7 disciples while fishing	John 21:1-14
11 disciples on the mountain	Matthew 28:16-20
A crowd of 500	1 Corinthians 15:6
Jesus' brother – James	1 Corinthians 15:7
Those who saw the Ascension	Luke 24:44-49; Acts 1:3-8





FOODSHARE

MAIDENHEAD

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

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**

Services Calendar for March 2024

Please note that we have re-established 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.

HTC - Holy Trinity, Cookham

SJB - St John Baptist, Cookham Dean

March 3rd - 3rd Sunday of Lent

HTC 11.00 Parish Eucharist
Exodus 20:1-17; John 2:13-22

18.30 Compline

SJB 09.15 Parish Eucharist
Exodus 20:1-17; John 2:13-22

March 6th - Wednesday

SJB 10.00 Holy Communion

March 7th - Thursday

HTC 07.30 Holy Communion

March 10th - Mothering Sunday

HTC 11.00 Parish Eucharist
Exodus 2:1-10; Luke 2:33-35

SJB 09.15 Parish Eucharist
Exodus 2:1-10; Luke 2:33-35

16.00 Families@4 for Mothering Sunday

March 13th - Wednesday

SJB 10.00 Holy Communion

March 14th - Thursday

HTC 07.30 Holy Communion

March 17th - 5th Sunday of Lent

HTC 11.00 Parish Eucharist
Hebrews 5:5-10; John 12:20-33

18.30 Choral Evensong
Exodus 7:8-24; Romans 5:12-end

SJB 09.15 Parish Eucharist
Hebrews 5:5-10; John 12:20-33

March 20th - Wednesday

SJB 10.00 Holy Communion

March 21st - Thursday

HTC 07.30 Holy Communion

March 24th - Palm Sunday

HTC 11.00 Parish Eucharist
Liturgy of the Palms: Mark 11:1-11
Philippians 2:5-11
Liturgy of the Passion: Mark 15:1-47

SJB 09.00 Parish Eucharist
Liturgy of the Palms: Mark 11:1-11
Philippians 2:5-11
Liturgy of the Passion: Mark 15:1-47

March 25th - Monday of Holy Week

SJB 19.30 Holy Communion

March 26th - Tuesday of Holy Week

19.30 - Reflective Service at Cookham Rise Methodist Church

March 27th - Wednesday of Holy Week

HTC 19.30 Holy Communion

March 28th - Maundy Thursday

SJB 20.00 Eucharist with Feet Washing
1 Corinthians 11:23-26; John 13:1-17,31b-35
21.00 Watch of Prayer

March 29th - Good Friday

SJB 10.00 All-Age Family Service
11.30 Stations of the Cross - Walk of Witness to Holy Trinity church via St Elizabeth's and Methodist churches.

HTC 14.00 Good Friday Liturgy
Isaiah 52:13-end 53; Hebrews 10:16-25; John 18 &19

March 31st - Easter Sunday

HTC 06.00 Dawn Eucharist
OT Readings; Romans 6:3-11; Mark 16:1-8

11.00 Parish Eucharist
Acts 10:34-43; John 20:1-18

SJB 09.15 Parish Eucharist
Acts 10:34-43; John 20:1-18
(this service will be livestreamed/recorded)

18.30 Easter Carol Service

Prayer Diary

March
2024



1	St David's Day	The people of Wales
2	St Chad, Bishop	Our baptism ministry
3	THIRD SUNDAY OF LENT	Our Fellowship Lunch
4	Monday	Darby Pensioners
5	Tuesday	Our Lent Course
6	Wednesday	Local businesses
7	Perpetua and Felicity, martyrs	Bishop Olivia and her family
8	Edward King, bishop	Elizabeth House
9	Saturday	Diocesan Synod
10	MOTHERING SUNDAY	Those who will become new mothers today
11	Monday	Our Ministry Team
12	Gregory, bishop of Rome	Our Catholic brothers and sisters
13	Wednesday	Our local Medical Centre
14	Thursday	Maidenhead Foodshare
15	Friday	Cookham Voluntary Services
16	Saturday	Our Choirs and Bellringers
17	FIFTH SUNDAY OF LENT	Our ministry to young people
18	Cyril, bishop of Jerusalem	Bishop Steven and Oxford Diocese
19	Joseph of Nazareth	Carpenters and craftsmen
20	Cuthbert, bishop of Lindisfarne	Harwood House Nursing Home
21	Thomas Cranmer, archbishop of Canterbury	Our Archbishops, Justin and Stephen
22	Friday	Headteachers, teachers and assistants
23	Saturday	Our organists
24	PALM SUNDAY	For all observing Holy Week
25	Monday of Holy Week	Our Churchwardens
26	Tuesday of Holy Week	The Clergy of our Deanery
27	Wednesday of Holy Week	Our Treasurers
28	MAUNDY THURSDAY	All who feel betrayed
29	GOOD FRIDAY	All who suffer pain and rejection
30	Easter Eve	Those in the emptiness of grief
31	EASTER SUNDAY	For new hope for peace across the world

Stations of the Cross 2024

Our traditional Stations of the Cross returns this Easter with new works depicting Christ's journey to the cross by nine local artists.

The Good Friday Walk of Witness through The Cookhams will be on Friday 29th March, stopping at each of the Stations shown on the map on our front cover.

The walk will start at Cookham Dean church at 11.30, reaching Holy Trinity church about 1.00pm, where refreshments will be available in the Parish Centre. Why not stay on for the traditional Good Friday Service at 2pm in Holy Trinity church?



Artist: Inge Du Plessis

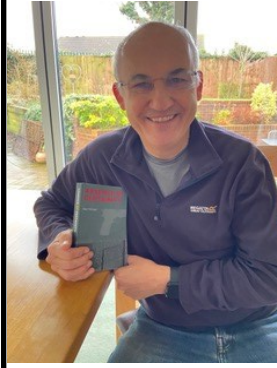
As Easter is early this year, we don't yet have a preview of the works in time for this edition to go to print. But here's a reminder of one of last year's stunning paintings.

We'll be including all the new pictures in the next edition, and after Easter the paintings will go on show at the Parish Centre in Cookham.

But there's nothing like the real thing, and they should be in position from 24th March.

A Cookham Writer's Tale

ADVERTISEMENT



Turning 60 was a significant time for me. I was shortly to become a grandfather for the first time and had decided to scale back my business to make more time for family and my own interests. Like a lot of people, I'd thought about writing a book for many years. In my case an action story inspired by my experiences as a young English man visiting family and friends in Northern Ireland during The Troubles. I'd often wondered if I would ever get around to writing the book and this seemed the perfect time to confront my procrastination.

I found myself doing research about the various organisations that existed at the time, the politics of the situation and the many sad and shocking events that rocked the province during those years.

I wanted to share some of those feelings and events, using a real timeline of events while weaving in a range of characters, and a pacey plot to hopefully include the sense of danger that I had felt at times whilst there. Definitely fiction, but believable fiction based on some of my own experiences in those years.

Lockdown became an unexpected catalyst, turning my research and ideas into action. I finally started writing. During my daily exercise walking around Cookham or cycling its hills my mind raced with ideas and the rest of the day was spent writing them down.

The result? 'Absence of Certainty' a novel that offers insights into a pivotal period in Northern Ireland's history but is also, I am told, a fast paced and enjoyable 'page turner'. It took several years and a sizeable re-write following feedback from a literary agent who recognised the book's potential, but in 2023 I finally got there. A publisher showed interest and now it is available for others to read. I have to say I have enjoyed every minute of the process and the satisfaction of getting my first novel 'over the line' is immense.

Absence of Certainty is available on Amazon as a paperback £8.99 and e-book £4.99 or can be ordered through my website www.absenceofcertainty.co.uk. As I embark on its sequel, your feedback and insights are welcomed.

ABSENCE OF CERTAINTY
Allan McGregor

CANTORUM CHOIR PRESENTS

Durufle Requiem

and French musical gems by Fauré, Boulanger and Vierne

Saturday 23rd March 2024, 7pm
St Michael's Church, Bray SL6 2AB

Tickets: £16 adults, £10 under 18s, Free for under 10s
Online at www.cantorumchoir.org.uk

REGISTERED CHARITY NO. 1136210

Cantorum Choir will be giving the Gala Concert on the closing night of this year's Cookham Festival



The Rotary Club of Cookham
Bridge presents: -

Bridge Supper Friday 15th March

- Pinder Hall, Cookham 6:30pm for 7pm start
- Cost per table of 4: £80 or £20 each
- Hot Supper and Cash Bar
- Prizes
- Raffle

In aid of main charity – Family Hub

For further information or to book a place contact: -
bridgenight@cookhamrotary.co.uk



Cookham FESTIVAL

3 - 19 May 2024

**Are you ready for a fun-filled family adventure?
Look no further than the Cookham Festival.
Coming to a venue near you from 3rd - 19th May!**

Join us for a jam-packed schedule of events, featuring art, music, spoken word, literature, and the always popular **Sculpture Garden** at the Odney Club. With something for everyone, this festival is not to be missed.

Get creative with our **Art Workshops**, featuring renowned local artists and experts. Don't miss out on the chance to hear **Paul Gough's** insightful talk on Banksy. And for all you Shakespeare lovers, **John Timewell** will be exploring the legendary playwright's works.

But that's not all – we have a star-studded lineup of events from a landscape design session with **Adam Vetere**, to a village walk and gallery visit with local Stanley Spencer guide **Keith La Page**. Plus, don't miss the **Cookham Art Club** exhibition at the Ferry, or **Clive Davis** in conversation with **Richard Darbourne** from Ambassador Theatre Group.

Looking for some entertainment? We've got you covered. Get ready for **All Things Indian**, or catch the Stars of the West End concert featuring the talented **Toby Cruse**. And for a thought-provoking event, don't miss **Theresa May** in conversation with **Lord Young of Cookham**, or **Terry Waite's** talk on Survival in Solitude.

But let's not forget the much-loved **Comedy Night**, featuring some of the best acts in the business. Young music lovers can get really involved with **Toscana Strings** and **Concertini** who will be presenting Stories Set to Music and for all other music lovers, **Formosa Fest** will showcase both local and up-and-coming bands, and a musical evening with **Renee Cullen and Rob Castell**. To end this music fest, don't miss the spectacular **Cantorum Choir** Gala Concert on the final evening of the Festival.

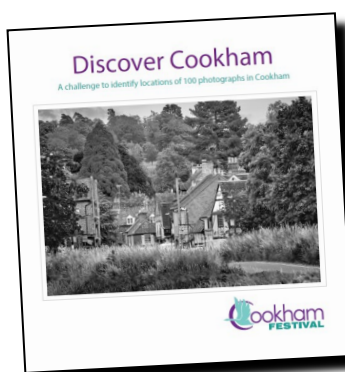
Excited yet? We are! So mark your calendars and head to our website, www.cookhamfestival.co.uk, for more information and to book your tickets. See you at the **Cookham Festival** – where fun, family, and entertainment come together in one unforgettable event.

Sincerely,

Derek
Chair of the Cookham Festival



**Discover Cookham: A challenge to identify
100 locations in Cookham**



This book, containing 100 photographs of the village, serves not only as a delightful coffee table book but also as 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.

Available now, the book costs just £10 with all proceeds raising funds for local arts-based projects. It will make a fantastic gift 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 amazing village we live in.

The book is available to purchase from our website and :-

- The Little Bookshop (Cookham High Street)
- Metre Market (Cookham Dean Village Hall)
- Copas Turkeys Farm Shop (Grubwood Lane)
- The Old Butcher's Wine Cellar (Cookham High Street)



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

**This 4-page pull-out supplement is your at-a-glance
guide to this year's Cookham Festival**

For full details visit our website
www.cookhamfestival.co.uk

Register your email address on our website and we will make sure you are kept up to date with the latest news.

Details correct at time
of going to press.



Fri 3 May	Events throughout the Festival fortnight : - The Sculpture Garden at Odney - open daily 10.00am - 5:00pm Chalk the Walk - Colouring The Causeway		Sun 19 May
	Wed 8 May	Art Exhibition - The Ferry Inn, Cookham - open 10:00am - 5:00pm	Wed 15 May
Sat 4 May	Dawn Chorus Walk 4:30am Venue to be confirmed Birds in a Village with Brian Clews 9:30am Holy Trinity Parish Centre, Cookham Art on the Streets Harriet Atkinson and Jane Dibblin 10:00am Sir Bernard Miller Centre, Odney Fiction Masterclass How to self-edit and prepare your pitch 11:00am Holy Trinity Parish Centre, Cookham Will Gompertz See What You're Missing 12:00noon Sir Bernard Miller Centre, Odney	Professor Paul Gough on Banksy The artist's pranks and practice revealed 2:15pm Sir Bernard Miller Centre, Odney Beyond the Movie The legacy of local hero Sir Nicholas Winton through the eyes of his son, Nick Winton 4:00pm Sir Bernard Miller Centre, Odney Cookham Ceilidh Lively dancing with a Scottish flavour 7:30pm Pinder Hall, Lower Road, Cookham Rise Ross Kemp: Take Nothing for Granted Tales from an Unexpected Life 7:30pm Sir Bernard Miller Centre, Odney	
Sun 5 May	Adam Vetere A Beautiful Garden, by Design 10:00am Sir Bernard Miller Centre, Odney The Big Cookham Wildlife Weekend 12:00noon Sir Bernard Miller Centre, Odney Cookham Dig Showcase Panel discussion lead by Gabor Thomas 2:00pm Sir Bernard Miller Centre, Odney	John Timewell Shakespeare as Shakespeare knew him 4:00pm Sir Bernard Miller Centre, Odney Lea Barn Chamber Music Concert 4:00pm Lea Barn, Winter Hill, Cookham The Waterways of Cookham 6:00pm Sir Bernard Miller Centre, Odney The Walnuts 7:30pm Holy Trinity Church, Cookham	
Tue 7 May	Wildlife Walk 10:00am - 12:00noon Odney Club		
Wed 8 May	Walk and Visit the Stanley Spencer Gallery 10:30am Stanley Spencer Gallery, High Street, Cookham Art Exhibition opens at The Ferry until 15 May	An Evening with Lorraine Kelly 7:30pm Pinder Hall, Lower Road, Cookham Rise	
Thu 9 May	Wildlife Walk 10:00am - 12:00noon Odney Club	Justin Newland: The Limits of the Empire 8:00pm Cookham Library, High Road, Cookham Rise	
Fri 10 May	The Wind in the Willows A Cookham Adventure: Cookham Schools Cantata 1:30pm and 3:00pm Sir Bernard Miller Centre, Odney	Rogue Opera: Love, Fidelity & Temptation 7:30pm Sir Bernard Miller Centre, Odney	
Sat 11 May	Painting "en plein air" with Tushar Sabale 9:30am Registration Holy Trinity Parish Centre, Cookham Unusual Views of The Cookhams with Gary Spencer 10:00am and 2:00pm Holy Trinity Parish Centre, Cookham Toscana Strings and Concertini present Stories set to Music - Monkey Puzzle 11:30am and 2:00pm Sir Bernard Miller Centre, Odney	Cookham Bells: Bell Ringing Extravaganza 2:00pm Holy Trinity Church, Cookham Young Musicians Experience the joy of youngsters performing 3:00pm St John the Baptist Church, Cookham Dean The Cullen Castell Collective Local musicians Renee Cullen and Rob Castell 8:00pm Sir Bernard Miller Centre, Odney	

Sun 12 May	Introduction to Watercolour, Watery Worlds with Catherine Beale 10:00am and 2:00pm Holy Trinity Parish Centre, Cookham Charcoal with Sarah Luton 10:00am Holy Trinity Parish Centre Garden, Cookham Heather Adams: The Shelleys of Marlow 10:30am Sir Bernard Miller Centre, Odney	Clive Davis and Richard Darbourne Behind the Curtain 12:00noon Sir Bernard Miller Centre, Odney All Things Indian 1:00pm Cookham Dean Village Hall Stars of the West End with local impresario Toby Cruse 7:30pm Sir Bernard Miller Centre, Odney
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Tue 14 May	Wildlife Walk 10:00am - 12:00noon Odney Club
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Wed 15 May	Walk and Visit the Stanley Spencer Gallery 10:30am Stanley Spencer Gallery, High Street, Cookham Last day of Art Exhibition at The Ferry	Stanley Spencer: A Beginner's Guide 7:30pm Stanley Spencer Gallery, High Street, Cookham Vasilis Xenopoulos/Paul Edis Quartet Feels Like Home 8:00pm Pinder Hall, Lower Road, Cookham Rise
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Thu 16 May	Wildlife Walk 10:00am - 12:00noon Odney Club	Sir Terry Waite KCMG, CBE Survival in Solitude 2:00pm Pinder Hall, Lower Road, Cookham Rise Peter Wilson's Comedy Club 8:00pm Pinder Hall, Lower Road, Cookham Rise
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Sat 18 May	Formosa Fest Doors Open 1:00pm - Bands start at 2:00pm - Formosa Field, Mill Lane, Cookham - subject to confirmation
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Sun 19 May	Ovey's Farm Family Concert 3:00pm Ovey's Farm, High Street, Cookham	Gala Concert: Cantorum Choir 7:00pm Holy Trinity Church, Cookham
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?	An Evening with The Rt Hon Theresa May MP Date and Venue to be confirmed
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Events ahead of the Festival fortnight : -

Sat 30 Mar	Creating Imaginary Semi-abstract Landscapes with Linda Saul This is a workshop covering traditional watercolour techniques - not for beginners 09:30am Cookham Dean Village Hall
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Fri 13 Apr	Ceramic Creatures with Alison Pink Alison will help you make a stunning ceramic hare 09:30am Cookham Dean Village Hall
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Thu 4 Apr	Thu 11 Apr	Thu 18 Apr	Thu 25 Apr	Strictly Beginners' Dance Course for couples 8:00pm - 9:30pm, Pinder Hall, Cookham Rise Learn from the best! Professional Ballroom and Latin dance teacher Penny Bysse returns with a course of four 90-minute classes for beginner couples.
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How to Book

Tickets on sale from 2nd March at www.cookhamfestival.co.uk

Tickets are sold solely via our website to avoid wasting paper and protect our environment.
 If you know someone with online anxiety please help them, or call our ticket helpline
 Ros Hazeldine on 01628 476963

Information correct as of 18 February. Check our website for more details and the latest updates


SCAN ME

Wonderful sculpture in a beautiful setting

Saturday 4 - Sunday 19 May 2024

Some of the sculptors showing at the Odney Club

The Cookham Festival is delighted to announce the return of the highly anticipated Sculpture Garden; over 30 sculptors who work in a variety of styles, both contemporary and traditional, using a range of materials. All beautifully set out among the herbaceous borders, topiary and arboretum at the Odney Club.

The sculptures will range from the small and portable, suitable for any garden or patio, to larger creations requiring a significant space to call home. All the works on display will be available to purchase.

In addition to the sculptures there will be a wonderful exhibition of paintings and prints by successful professional artists.

Open from 10am till 5pm

Entry fee £4 (free for John Lewis Partners and Odney Club Members)



The works shown are for illustrative purposes only and may not be the actual pieces exhibited at the show.



Sensuous metal shapes by Simon Probyn



Beautiful bird studies by the late Paul Harvey



Natural shapes forged in mild steel by Cutler Aesthetics



Evocative head studies by Fiona Hunter



Stunning Leopard in powder coated steel by Mike Clancy



Beauteous - acrylic on canvas by Sarah Pye



Cookham & Cookham Dean Horticultural Society

FLOWER & PRODUCE SHOW

Saturday 21st September 2024
Cookham Dean Village Hall



Over 60 classes for homegrown fruit and veg, flower arranging, baking, beverages, handicrafts and children's classes too

Just 50p per entry

Childrens' Classes Free

Local Judges, Cup Presentation and Charity Produce Auction

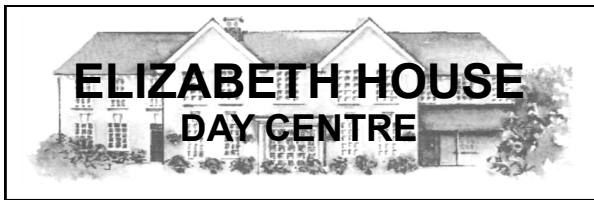
Entry forms and fees to be submitted by 6pm Thursday 19th September 2024

LATEST

For full show details and entry form go to Cookham.com, check out the Cookham Dean Village Fete Facebook page or contact helenphilip@hotmail.co.uk/07549 519246

Sponsored by Equity Networks Ltd, equitynetworks.co.uk

Printing by Immaculate Conception Ltd, immaculate.uk.com



Enter our **Super Draw**
Win a £1,000 Luxury Getaway
OR £1,000 CASH PRIZE

- Tickets cost just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- Get away from it all in 2024!

Elizabeth House Cookham

PLAY NOW:
 Go to
www.windsorandmaidenhead.co.uk
 Search for: Elizabeth House

18+ Gamble

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

Fund Raising - 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
 Registered Charity No 1188342

Easter Tombola - we will be having our Easter tombola again this year outside Elizabeth house on **Saturday the 9th March**, from 10.00AM – 12.00PM If you could kindly donate any Easter eggs, or bottles of wine etc, we would be extremely grateful! Thank you in anticipation, we hope to see you all there.

Volunteers - 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 more details, please call me on 01628 527621, thank you! Dawn.

Compassion Café

The Compassion Café will be open to local people from the Cookhams, who have been affected by bereavement or any kind of loss. It will provide a space to meet others by coming together for a cuppa and a chat.



The café will take place on the **1st Wednesday of the month**, starting on Wednesday 6th March.

Venue: Elizabeth House
Time: 9.30-11.00 am

Gilbert Spencer: a very English artist

A talk by Paul Gough at the Odney Club at 7.30pm on Wednesday 13th March

Gilbert Spencer was a painter, professor and younger brother to Stanley.

It would be tempting to regard him as living in the shadows of his illustrious brother, but that's not how he or Stanley saw it. This illustrated lecture explores their life long bond, their friendship and also their rivalry, but above all it concentrates on Gilbert's extraordinary versatility as a painter of the English pastoral, its agricultural potency, and his brilliance as both portraitist and mural painter.

Paul Gough is a painter, writer and broadcaster, a regular speaker about the Spencer family, and Vice Chancellor of Arts University Bournemouth.

Tickets at £10 (free for Friends of the Stanley Spencer Gallery) on Eventbrite at <https://www.eventbrite.com/e/801736404167?aff=oddtcreator>

Cookham and Cookham Dean Horticultural Society Programme 2024

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

Spring is upon us and with that come plenty of opportunities to get outside with WildCookham. The 2024 Wildlife Gardens Awards get the green light on 29th March with a Borough-wide launch. If you're not already involved go to <https://wildlifegardensawards.org> for loads of ideas for how to make your garden a better home for wildlife. This year we are really keen to increase the number of ponds across Cookham: it doesn't matter what size, we just need more water features because of the dramatic impact they can have for our wildlife. It's not too late to start work on one and there's plenty of advice available.

We have a number of walks planned in April and May. These get booked up quickly so go to our Meetup site now to confirm your place. There are outings with local naturalist Brian Clews on 23rd March in Maidenhead Thicket and he's in Bisham Woods on 22nd April. You can learn about the bluebell woods and linked wildflower meadow at Little Harwood on 16th April and again on the 8th May. We have a walk to coincide with International Dawn Chorus Day on 8th May. And start getting ready for Cookham's Big Wildlife Weekend on 22nd/23rd June: more on this page.

We need you to help with some of our projects as well. The annual work on our local Commons to bring back more wild flowers to encourage our insects and small mammals will be happening through the Spring; there'll be working parties on the Harris Woodbridge Reserve in the Dean and we're looking at a number of projects with local landowners which require support. Do please join our team of volunteers to ensure that we can make the most of these projects.

You can contact us at wildcookham@gmail.com. Or keep in touch with WildCookham via Facebook, Meetup (www.meetup.com/WildCookham), our website (www.wildcookham.org.uk).

Mike Copland



Big Cookham Wildlife Weekend

Our gardens are the nearest bit of the creation to where we live. But what lives alongside us within its trees, plants and soils? It is amazing what variety can indeed be found if we look closely enough.

In celebration of our tenth anniversary WildCookham are inviting all residents to join in on June 22nd/23rd to see how many different types of wildlife you can find in your gardens.

In preparation we are suggesting a pond be created in as many gardens as possible and a free booklet is available to help with suggestions and design from brian.clews@btconnect.com. Even a small one makes all the difference.

In addition, we are asking every garden-owner to create a small wildflower patch, even if just 1 metre square. We are making packets of seeds available with just the amount to achieve that. We will be donating a free packet to each child in the four village primary schools and extra packets will be available from Daisy Love Café (in the Parade) - £1 each.

Our traditional wildlife is struggling in our heavily-worked countryside but our gardens can be veritable nature reserves for birds, insects, mini-beasts and the like. Join us in celebrating what variety we have and be prepared to be amazed how many you will find in your own garden. A village-wide initiative and great fun for the children,

Please go to our web site for further information (<https://www.wildcookham.org.uk>) and do put those June dates in your diary.



Spring Bee News from Michelle Hunt

Spring has certainly arrived especially early this year and I've seen quite a few Buff-tail Bumblebee queens already.

They're pretty hard to miss and I always liken them to chinook helicopters - massive bees with a low drone. They're out and about getting provisions ready for nesting and as mentioned in most of these little bee updates - it's super important to have nectar and pollen available all year round for bees.

We've recently put some mahonia in our garden so we've got winter flowers available and it brings lovely colour to the garden in the colder months.

You will often see these queens flying back and forth over the ground looking for suitable nesting spots. They need somewhere dry and sheltered and old rodent nests are popular. Here the queen will make use of any dry material, create a cosy chamber and start making cups out of wax secreted by her body. She will collect nectar to store in these cups as provisions and lay her first eggs. Almost like a chicken, the queen will sit on these eggs to keep them warm by shivering her flight muscles to make heat. The eggs will develop into larvae and the queen will have to balance keeping these first eggs and larvae attended to, whilst leaving the nest to get provisions for both herself and her young. Many new queens and their nests fail at this stage.

The larvae spin cocoons and inside these the new bumblebees start to develop. Did you know that when the bumblebees eventually work their way out of their pupa, they are actually a silvery white colour? The bee needs to dry, harden and change colour before they are ready to leave the nest. This first batch of new bumblebees will all be female workers off to find provisions for the nest and the next batch of offspring.

Other bees to keep your eyes peeled for in March include Tree Bumblebees (*Bombus hypnorum*), Early Bumblebees (*Bombus pratorum*), Red Mason Bees (*Osmia bicornis*) and some of the early flying mining bees.



PINDER HALL NEWS

Look out for the Cookham Arts Club exhibitions which this year are in March and August, showcasing the wealth of artistic talent from the village. Then in May the Hall will be

used for many of the Cookham Festival events – all detailed online at www.cookhamfestival.co.uk, or in local publications.

One of the longer term users of the Hall, for over thirty years, is the Vernon Brown Plant Sales. Throughout the summer, bank holidays and at Christmas, Vernon has an amazing array of plants - trees, shrubs, bulbs, bedding, whatever you need for your garden for the forthcoming Spring! We are grateful to Vernon for maintaining the floral tubs outside the front of the Hall, which give it a cheerful feel. Thank you Vernon!

The Pinder Hall is Cookham's village hall, and as such has

had many users over the years, both commercial and individual. For parties and shows, exercise classes, badminton and sales, it's a very versatile space. There are also the 'back rooms', which are ideal for smaller meetings, dressing rooms for shows, or maybe a Board Games Club – maybe you would like to start one?

We are developing a new website for the Hall which will include online booking.

If you would like to become more involved in your local community by volunteering to help the Pinder Hall we would welcome you! We always need people with various skills to keep the Hall running to benefit the village. It would be great to find someone who can increase our visibility on social media – maybe that is you?

Please email andrew@pinderhall.org.uk if you'd like to know more, or can offer your help. We look forward to hearing from you!

Ann Greenwood, Minutes Secretary
Pinder Hall Management Committee

Cookham Arts Club Spring Art Exhibition & Sale

at

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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, for further details.

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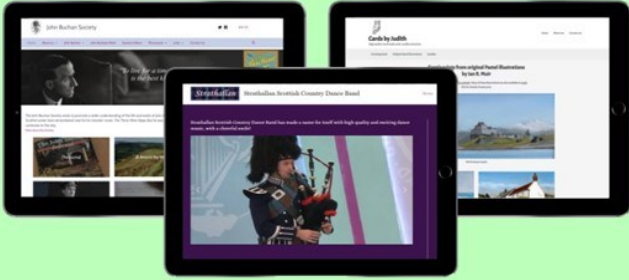
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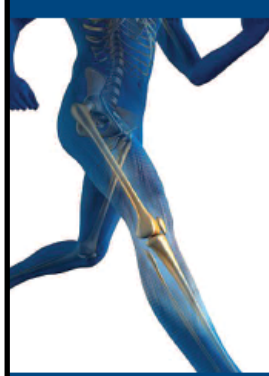
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Cookham Community Allotment

February may seem very early to some people to start back on the allotment, but then that depends on why you have an allotment! The weather is not usually encouraging being either very wet or very cold, or both. The soil does not benefit from being walked on in these conditions and it can be far too sticky to start pulling out unwanted plants. Seeds will not germinate in cold wet soil. We have no sheds in which to shelter and sort out pots or packets of seeds. Yet, there we were at the start of February, a small bunch of enthusiasts ready to return to the plots and get busy, despite the grey damp skies.

The weather has recently been mild enough to allow early daffodils to open and greet us where we planted them, by the entrance gates. Many others are pushing their way through the soil, likely to bloom in time for Mothering Sunday. As we walk along the lumpen grass, past other plots, some huddled in their winter gloom, others already being smartened up with neat rows of burgeoning onions, we come to our plots. Already early rhubarb is pushing its rich red stems through the cold soil, enticing us with visions of rhubarb cake to come. Fallen leaves, spread over the beds in autumn, are providing a protective mulch and feeding the worms. Leeks are valiantly growing, offering ideas for warming soup. The kale has been feeding the pigeons who happily took advantage of the absence of protective net, blown off by recent winds. After re-covering the cage we could start harvesting it again, and anticipate tasty kale crisps. The chard weathered the cold temperatures of winter and will soon be producing more tasty leaves for soup, as does the hardy spinach. Our small harvest of carrots sown late autumn, were dug up by our newest two-year-old gardening recruit. There are plenty of other tidying, trimming and pruning tasks to be undertaken before we will be ready to start growing our new seasons crops.

There is good reason to visit the plots if only for the small but useful harvest. But there is more to it than that.

Despite the damp, we can put up a protective cover at the end of our sessions, warm ourselves with a hot drink and share some seasonal cake. It is good to be back together again, catch up with family news and discuss what we are hoping to grow. On the allotment we find fresh air, food and friendship in abundance. That is worth coming for.

If you would like to join in with sessions on the Community Allotment, do come and give it a go. All age groups welcome. We meet every Tuesday and Saturday 10.00-11.30 on the Alfred Major allotment site. You join in with as little or as much as you want and come as and when you are free. No experience necessary.

Contact Becky Pinniger on 07821710204 for more information

World Water Day - 22nd March

World Water Day became a UN observance day in 1993.

It wants to focus attention on the global water crisis, and raise awareness of the 2.2 billion people still living without access to safe water. It hopes to inspire action to tackle the water and sanitation crisis. This year, World Water Day 2024 will focus on the theme, 'Leveraging Water for Peace'.



For our kitchen garden, March is a key month for sowing seeds. This month we'll be sowing sweet and chilli peppers and tomatoes (at the end of the month) in heated propagators, brassicas, beetroot and peas in an unheated greenhouse and possibly carrots and parsnips in open ground. We sow peas in root trainers and the young plants will be planted out directly from the trainers. For almost everything else we will sow in seed trays and prick out the seedlings and grow them on in cells or small pots before planting out, this is to help make sure that when the plants go into open ground they have really strong root systems and can get going quickly. We use a teaspoon to help with pricking out to avoid root disturbance and damage.

Sowing carrots and parsnips is weather dependant for us. There needs to be some warmth in the soil to get good germination, but there also needs to be moisture, so our sowing tends to be driven by the weather as much as the time of year. A warmish forecast with rain in late March/ Early April means that we'll be sowing these root crops. If you have limited space, carrots will do well in a container. A deep pot (the sort that roses come in is ideal) filled with sieved compost will work perfectly. With no stones the roots should be long and straight all you need to do is keep the compost watered regularly.

We will also be planting our seed potatoes during March. Both the early and main crop tubers are currently chitting and will be planted out in mid-and late-March respectively. We will also have planted some seed potatoes in pots in a greenhouse by the end of February for an early crop.

We'll also be doing a little bit of harvesting this month. Most of the over-wintering crops have finished by now, but purple sprouting broccoli is coming to its best now and the first crop of the new season is likely to be rhubarb (of which more later in the year).

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

THE COOKHAM SOCIETY

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The Cookham Society is an active local amenity society with over 1,200 members and a fifty-year track record in protecting the interests of the three Cookhams and their residents.

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The Royal Borough of Windsor and Maidenhead have announced energy efficiency improvement grants for eligible residents.

There are two schemes to help support low income families - homeowners or tenants.

You may be eligible if you are in a home with an Energy Performance (EPC) of D, E, F, or G and have a combined household income of less than £31,000 per annum, or certain income related means tested benefits such as Universal Credit. Applications can be made until 31 March 2026.

The first grant, ECO4, is funded by energy suppliers. Call 0800 1078883

The second, HUG2, is open to off-gas grid, where gas is not used but households rely on oil, LPG, solid fuel or electric heaters for heating, and aims to support those who find it difficult to keep their homes warm. Applications can be made until 31 March 2025.

Eligible households may be able to get insulation upgrades, lower carbon boiler upgrades and smart heating

controls to improve their property's EPC. Call 0800 1070044.

The Greater South East Net Zero Hub and National Energy Foundation will access applications and arrange a survey in the homes of eligible householders to agree what work will be carried out. Installation will be completed by an approved and trusted subcontractor.

The Council's website has useful information, including a flowchart to help residents determine which scheme is best for them. Anyone who is struggling with the cost of living is encouraged to take a look at the Council's Here to Help campaign, where you can find energy saving advice, support from providers and government support.



The Big Plastic Count is back from 11-17 March, and you can take part.

In 2022 over 250,000 households, schools and businesses were involved, making it the biggest ever investigation into UK plastic waste.

The shocking truth is:

- 2 billion pieces of plastic are thrown out each year
- Only 12% of that gets recycled

If you'd like to take part, you can register by visiting <https://www.thebigplasticcount.com>

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YOUR COOKHAM, YOUR PLAN

  #ourcookham

The Cookham Neighbourhood Plan has been drafted and will be available for consultation soon.

This will be the last round of consultation before the Plan is submitted to RBWM to commence the independent examination process. Please do respond to this so we can consider your comments and make any appropriate amendments before the Plan is submitted. Further updates and information on the consultation process will be posted on the Parish website once available:

www.cookhamparishcouncil.org.uk/crbst_18.html



Future Cookham



To find out more, please scan me to visit the Parish Council website



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Cookham Dean Primary School

This week being Children's Mental Health Week, the children at Cookham Dean Primary School have been thinking about the theme 'My voice matters' and what an important message to be giving our children.

Our children have plenty of opportunities to be heard – pupil questionnaire, school council, through their various leadership roles, class assemblies, PSHE lessons (physical, social, health and economic). Last term, we had a visit from the NSPCC who encourage children to 'Speak Out, Stay Safe'. The volunteers talked to our Year 2 and our Year 5 children about bullying and abuse. It is a strong message for the children that their voice matters.

Last week was the NSPCC number day. The whole of Cookham Dean Primary took part – from making hats with tricky number sentences on them for their friends to solve, to a mix up maths lesson where children went into each other's classrooms to solve maths problems. The children love it when things are done a bit differently!

But this week's Children's Mental Health Week has really got the children talking :-

'We have thought about our mental health and all the things that are important to us. We have learnt that it's important to speak up.'

Kitty & Sebastian, Year 1

'This week we have learnt...'

- *To understand that your voice matters*
- *You need to speak up, don't be scared and be polite and patient*
- *We all like different things and that's ok*
- *Talk to an adult if someone is unkind'*

Harriet, Year 3

'Some of the ways we can be kind to ourselves are: a good night's sleep, circle breathing, talking, listening to music, hugs and keep telling yourself "YOU ARE AMAZING!"'

Flo, Year 4

'Year 4 found out about how it is important to be kind to ourselves. We now know that it is just as important to be kind to ourselves as it is to be kind to others.'

Minnie, Year 4



Well done children – your voice matters!

Fenella Reekie
Head Teacher

Holy Trinity Primary School

Important as the curriculum is, there's more to education than that. Our school vision states that:

'Rooted in our Christian ethos, we will provide the finest education, develop enduring values and instil ambitious life aspirations.'

Part of this involves finding spiritual and personal well-being, having respect for others and ourselves and developing an understanding of justice and global citizenship. Inspired by this vision, more and more we are seeing the children at Holy Trinity having greater appreciation of the world around them, noticing what needs attention, taking action and displaying the most incredible initiative by undertaking all sorts of projects.

Since my last entry in the Parish Magazine, two boys in Year 6 have written and published a school newspaper, 'The Trinity Times'. The January edition reported, amongst other things, on the community coming together during the recent floods, the appointment of Revd Stephen and the meaning of Epiphany. There was a puzzle page and, in recognition of the support given to them, our junior journalists included advertisements for the Little Bookshop in the village and Print 'n' Projects on Station Parade.

Aware of how news can often reflect the more depressing side of life, the boys made the conscious decision to focus only on positive stories which they managed with great success. They also chose to donate all proceeds from the sale of the newspaper to the RSPB, a charity they selected after research taught them how much wildlife has suffered during the recent flooding. They were successful in raising almost £50. Following on from the success of the January edition, plans are now in place for February's publication when a different charity, with a link to one of the stories featured, will be chosen. You are very welcome to drop into school to pick up your copy for the small price of 50p!

Another event, led entirely by three girls, two in Year 6 and one in Year 3, brought the whole school together in support of former pupil, Georgia Carmichael. Georgia, 21, a national champion kayaker and young Paralympian hopeful, suffered a brain injury at 16 shortly after returning home to Cookham after winning two golds at the 2018 World Cup in Belgium. Since then she has suffered another brain injury and more recently a spinal stroke. She is paralysed from the waist down and has spent a considerable amount of time in and out of hospital.

The girls spurred the school into action, raising money in a bake sale and by selling wrist bands with the slogan #carmichaelcan. Together we collected £370 which will go towards purchasing a power-assisted custom-made wheel chair which Georgia so desperately needs.

Despite having only come out of hospital three days before, Georgia made a surprise visit to our school on the afternoon of the cake sale to meet the children and pass on her thanks. It was incredibly moving to see so many pupils, who had only heard about Georgia's struggles in assembly, eager to meet her and let her know how inspired they were by her story.



Our work in encouraging the children to take on projects like these continues and we hope to have many more to share with you in the months to come.

Anna Smith
Head Teacher



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Herries Preparatory School

We have been working as hard as ever at school this year to help our children to reach potentials in their academic and personal development. Our pastoral curriculum includes our PSHE scheme 'Jigsaw', playground schemes such as our 'Badger's Buddies', our Herries Values, our positive behavioural ladder, our Golden Assemblies and Form Time, for example. Children are able to talk to their trusted adults in school if they have worries, or to share these by posting a note for Winston', our worry monster to respond to. In addition, we have PSHE interventions operating in the form of our Elsa (Emotional Literacy) and Nurture Groups. To further promote personal development at Herries, we are launching the 'Zones of Regulation'. This is a toolbox that helps children to manage different feelings at different times.

A Parents' Guide to The Zones of Regulation

The 'Zones of Regulation' is an intervention which helps children (and adults!) to manage emotions, known as 'self-regulation'. When we feel regulated, we are in an ideal state of alertness for a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when, for example, they are getting ready for bed, or reading quietly. There are times when it is not easy to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this prevents us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school.

The 'Zones of Regulation' aim to teach children coping strategies to help them to manage their feelings so they can get back to feeling calm and ready to learn. At Herries, we are launching the Zones of Regulation throughout the whole school. We want to teach all of our children good coping and regulation strategies so they can help themselves when they experience anxiety and stress. These strategies are like a toolkit. They will help children



to overcome difficulties, build resilience, persevere and solve problems. Teaching children at a young age about self regulation will support them in later life. This means that they will be less likely to turn to negative coping strategies which affect their mental and physical wellbeing. We are proud of our young children and want them to grow into successful teenagers and adults.

Our children enjoyed House Meetings this week, including an EYFS and a KS1 assembly, focussed on mindfulness, breathing exercises, feelings, reading and ... bubbles! They are embracing the concept of the 'Zones of Regulation' as you can see in our photo gallery! We are looking forward to embedding these strategies further after half term.

Katrina Sands



Reception Teacher, Head EYFS,
Assistant Head & Pastoral Lead
Herries Preparatory School and Nursery
Excellent in all Areas - ISI Inspection
(Instagram: Herries Wind in the Willows)

Cookham Dean WI



Cookham Dean WI meeting 8th February 2024

Our meeting this month commenced with a short business meeting reporting the voting at the last meeting on the 2024 Resolutions.

Details of the ongoing refurbishment of the hall and garden were given and the current finance outlined.

Our speaker this month was Paul Johnson talking to us about scam awareness. Paul is Director of the company "Home Instead Senior Care", who provide assistance to enable senior people to remain in their own homes. They are based in Twyford and have over 90 carers. Due to their contact with older people, they see the impact of frauds and scams against the most vulnerable people. Fraud makes up over 40% of all crime today. The UK public is estimated to lose £25-£50 every second – a frightening statistic. Some older people are seen as targets for fraud for several reasons – they are financially stable; they are more trusting; and memory issues can make them vulnerable.

Anyone can be the victim of a scam, as fraudsters find ever more sophisticated ways to target people, by cold call, email, text, or WhatsApp message. Fraudsters play on emotions, often stating that you must "act now" or lose the opportunity; help a loved one in trouble; instill a fear of authority – e.g. the police, HMRC etc. Some fraudsters are doorstep callers, saying they've noticed a problem and can fix it quickly, only to "discover" other problems and demand huge sums of money to put them right.

Other examples of fraud and scams are romance fraud where the scammer asks for money for emergencies or travel; also parcel delivery scam asking for a small amount for underpayment on a parcel; bank scams; impersonating someone by email asking for help; offering you "the best opportunity ever". There are so many ways fraudsters attempt to get you to part with cash.

The best ways to protect yourself are to get good computer anti-virus software (e.g. Norton, McAfee), use strong passwords, and sign up to 2 Factor Authentication (2FA). Also, feel free to "hang up" the phone call or be rude; look carefully at emails to check the sender; pay by credit card which gives added protection; shred or destroy documents with your address on.

A most informative talk, if somewhat worrying!

The meeting concluded with the usual tea and cake.

New members are always assured of a warm and friendly welcome. We meet at 2pm on the second Thursday of every month in the WI hall. Our next meeting will be on Thursday March 14th, 2024, which will be the Annual Meeting followed by a Poppy making session for commemorative Art Installations for the 80th Anniversary of the D Day Landing.

Lorna Sykes

The WI hall is available to rent at very reasonable rates, information available at hirecdwihall@cookhamdeanwi.org.uk.



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.

Medical Centre News:

The eConsult service is a valuable tool for patients wanting to access medical advice. The service which is available at any time on the Surgery website, gives patients the opportunity to seek advice without having to wait to make contact with a member of staff or without having to input any log-in details or passwords. For adult or child health problem, you simply select your condition and work through a series of questions designed to a) divert anyone with symptoms requiring urgent assistance to 999 or 111, or b) for those continuing with eConsult to collect information which forms the document that enters the eConsult Smart Inbox in the Medical Centre Clinical system.

Clinical matters are triaged by a GP who matches the document to the patient, decides what is needed, the time frame and the appropriate clinician, and sends it to the Triaged part of the inbox for the receptionists to make the necessary appointments. These might be “Face to Face”, “Within 5 days”, “GP” or perhaps “Telephone Call”, “within 10 days”, “Clinical Pharmacist” etc. The document with all the questions, answers and GP’s decision is automatically saved into the patient’s notes, together with relevant data such as blood pressure and weight.

Admin enquiries such as test results, fit notes, letters, insurance etc. Once the patient has selected an option there are free-text boxes to complete. The Admin eConsult documents enter a separate section of the Inbox and are handled by the Admin team at the surgery.

Vaccination programmes. The recent worrying increase in cases of childhood measles highlights the absolute importance to make sure your children receive the MMR vaccination. Measles is a most unpleasant illness which can have life changing consequences. The same advice applies to the full range of vaccination programmes available free on the NHS. For eligible older patients this includes covid, flu, shingles and pneumococcal vaccinations.

PPG Notes:

Health awareness campaigns, run by charities or the NHS, serve a useful purpose in alerting patients to key health issues and signposting where help or advice can be accessed. March is a busy campaigning month.

Ovarian Cancer Awareness month. A month-long campaign to highlight the impact of a serious form of cancer.

1 March UN Zero Discrimination Day, to promote equality throughout all UN countries.

8 March International Women’s Day – a global recognition of the cultural, political and socioeconomic achievements of women.

11-17 March Nutrition and Hydration Week, celebrating and promoting improvements in global nutrition and hydration.

13 March No Smoking Day. A sharp reminder not to smoke, or if you do, to give it up!

14 March World Kidney Day, to educate people on how to improve kidney health, a regular glass of water can make a difference.

15 March World Sleep Day. Celebrating the importance of rest and sleep in our lives. Take advice from you cat!

20 March World Oral Health Day. At a time when it may be difficult to get an appointment with a dentist, regular oral hygiene becomes even more important. Brush your teeth at least twice a day. Rinse your mouth several times a day to cut down on bad bacteria. Teach your children the vital importance of regular brushing and help them prevent cavities.

21 March Down Syndrome Day. Advocates for the rights of those with Down Syndrome.

25-31 March. World Autism Acceptance Week. To support those with autism.

31 March. International Transgender Visibility Day. To celebrate transgender and non-binary individuals around the world.

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

Are you a pet-lover? Many people own a dog, a cat or a budgie, but most of us don’t own a donkey! Yet in Bible times, donkeys were essential to daily life. They did everything from helping to grind corn, to ploughing, to carrying people, to transporting their belongings. Despite their small frame, donkeys are surprisingly tough. They can survive on poor fodder, can travel an average of 20 miles a day.

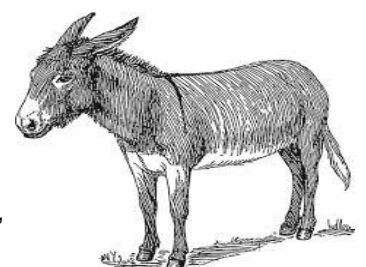
There are two occasions in the Christian calendar where donkeys walk into the picture. At Christmas, Mary travelled the 100 miles from Nazareth to Bethlehem on a donkey. And although a donkey doesn’t get a specific mention in the manger story, that same one that transported her was probably there; where else would it have been?

On Palm Sunday Jesus entered Jerusalem riding on a donkey. Jesus deliberately chose this animal rather than a

horse. Why? In Bible times, the horse was associated with war, conquest and worldly might. But the donkey was a symbol of peace and humility. So, Jesus used this animal to show that He had come with the dignity of the king of peace. His entry into the Holy City also fulfilled Zechariah’s prophecy concerning the Messiah.

Donkeys are hardworking and undemanding. They wait for their master to put them to the work He has chosen for them. And, remarkably, each one bears the mark of the Cross on their backs!

Perhaps that is something we should learn—to wait for Jesus our Master, to be always obedient to Him, to serve Him with all our hearts, and to bear the mark of His grace in our lives.





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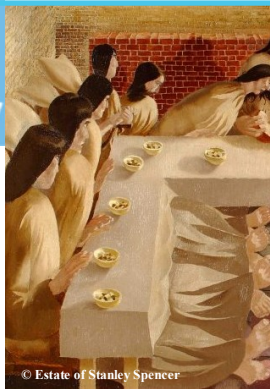
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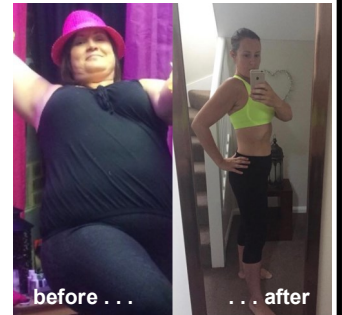
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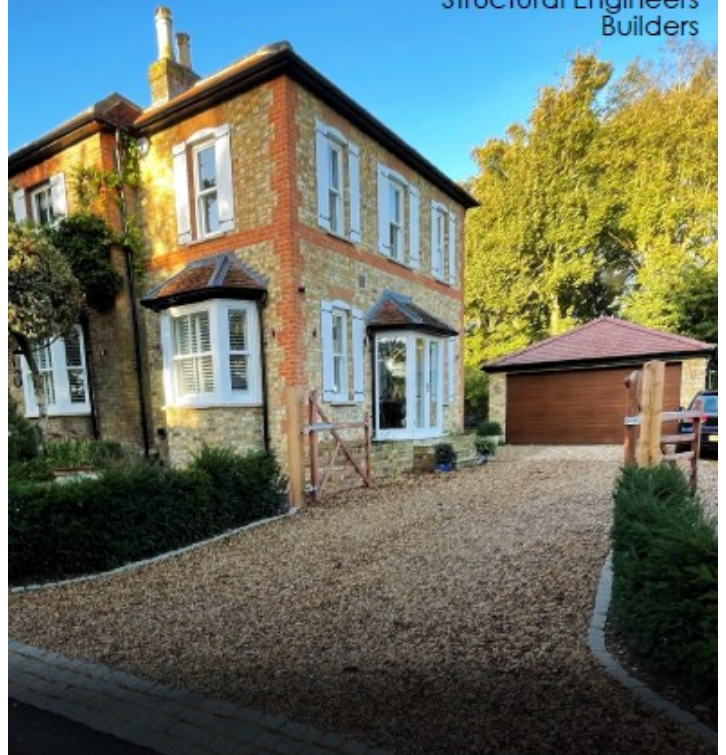
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