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COOKHAM

The Cookhams Parish Magazine

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through warm hospitality and inspired worship

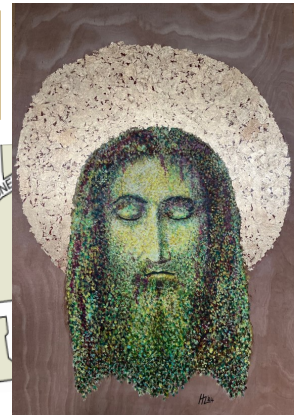
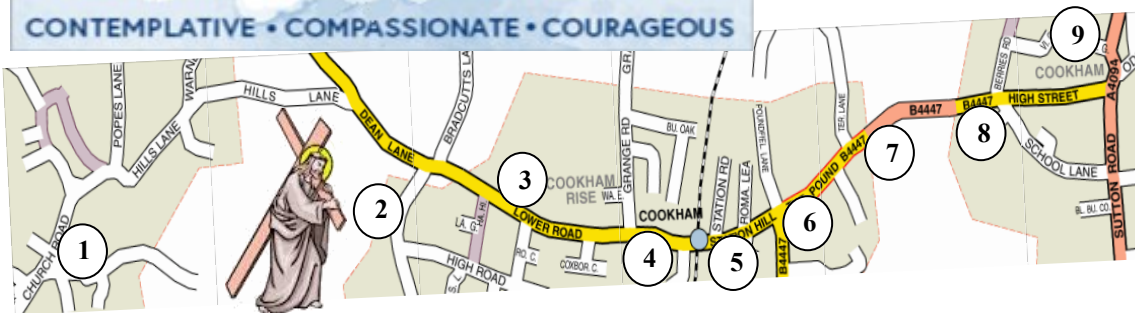
incorporating **The Methodist Newsletter**



St John the Baptist
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hospitality

April 2024

inspired
worship

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Father Stephen reflects : The Surprises of Spring

Greeting from The Vicarage,

As I stand amidst the blossoming beauty of the vicarage garden, I find myself reflecting on the remarkable transformation that has taken place since my arrival in January. The barrenness that once characterised this space has given way to a riot of colour and life, a testament to the surprises that spring has in store for us all. Each petal unfurling, each bud blossoming, speaks of the hope and renewal that permeates the air, reminding me of the eternal cycle of life and the promise of brighter days ahead.

With Easter Sunday behind us, we're now in the Easter season—a time of renewal in the Christian calendar. It lasts fifty days, from Easter Sunday to Pentecost Sunday. During this period, we celebrate Jesus Christ's resurrection and the new life it promises. This special time encourages us to think about what Christ's triumph over death means for us, filling us with hope and a fresh start. Let's embrace this idea of renewal and let it bring purpose and meaning to our lives. As we reflect on the significance of Easter, let's allow its message of hope to permeate every aspect of our lives, inspiring us to live with greater joy, compassion, and gratitude. Let's seize this opportunity to start afresh, embracing the blessings and possibilities that come with the Easter season.

The journey from the starkness of winter to the vibrancy of spring is not unlike the journey of life itself. At times, the path ahead may seem uncertain, shrouded in darkness and doubt. Yet, just as the garden bursts forth with new life each spring, so too can our lives be filled with unexpected blessings and joys. In the midst of life's challenges, we often find moments of unexpected beauty and growth, reminding us that even in the darkest of times, there is always hope for renewal and transformation.

The Bible speaks often of the surprises that God has in store for us. In the book of Isaiah, we read, "Behold, I am doing a new thing; now it springs forth, do you not perceive it?" (Isaiah 43:19). This verse reminds us that God's plans for us are always filled with hope and promise. As we journey through life, we can trust that God is constantly at work, bringing forth new opportunities for growth and transformation. Just as spring brings forth new life in nature, so

too does God bring forth new beginnings in our lives, filling us with renewed purpose and direction.

As we marvel at the beauty of our gardens around us, we are reminded of the goodness of God's creation and the abundance of goodness that surrounds us each day. From the delicate petals of a flower to the majestic beauty of a tree in full bloom, every aspect of creation bears witness to the wonder of God's handiwork. Each flower, each leaf, each blade of grass speaks of God's intricate design and boundless creativity, filling our hearts with gratitude and awe. Amid life's busyness, let us take a moment to pause and appreciate the beauty that surrounds us, knowing that it is a reflection of God's love and care for us.

This Easter season, I extend a warm invitation to join us in celebrating the surprises of spring and the promise of new beginnings in Christ. Whether you've been a lifelong believer or are just starting to explore the Christian faith, there's a place for you in our community. Come and witness the beauty of God's creation and experience the joy of fresh starts. Our doors are open to everyone, offering a supportive and welcoming community where you can grow spiritually and connect with others. It's not just about attending a service; it's about finding a sense of belonging and embarking on a journey of discovery together. So, come as you are, and let's embrace this journey of faith, filled with hope and renewal this Easter.

In closing, let's remember the wise words of the psalmist:

"Taste and see that the Lord is good; blessed is the one who takes refuge in him" (Psalm 34:8).

As we journey through this Easter time, let's make it a time of real joy and renewal for us all. Let's open our hearts to welcome the unexpected blessings that God has in store, letting His love and grace change our lives for the better. Let's wake up each day excited, ready to uncover the surprises waiting for us. May this season of fresh starts fill us with hope, make our faith stronger, and inspire us to spread love and kindness wherever we go. And as we think about Jesus rising from the dead, let's remember how powerful redemption is and the lasting promise of salvation. Amen.

Father 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.



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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' & Boys' Choir sings for one or two services a month. This is a lively and committed group of young people and we are always pleased to hear from potential new choristers.

Practice: Tuesdays, 6.30-7.05pm

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 23rd June at 4pm which will be

St John the Baptist Day



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 a **recorded reading, reflection and 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.



[Our Worship and Prayer Channel](#)

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

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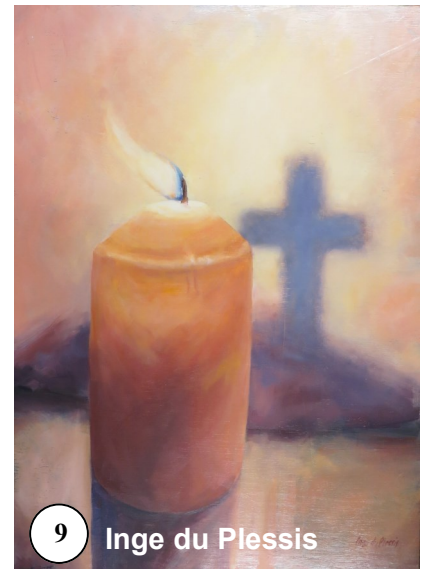
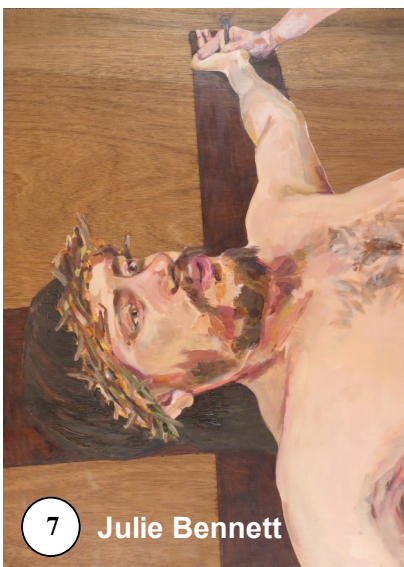
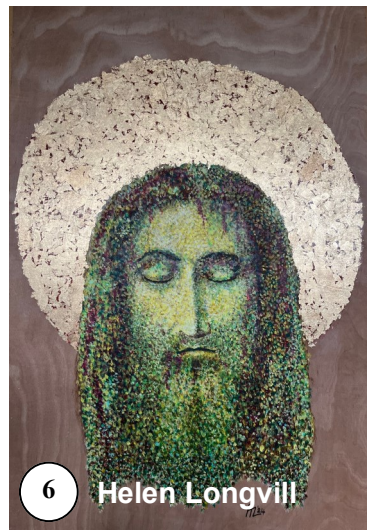
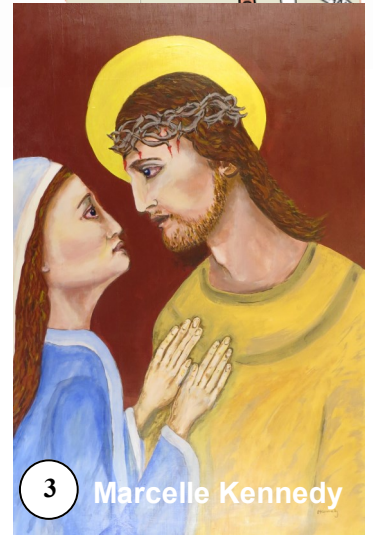
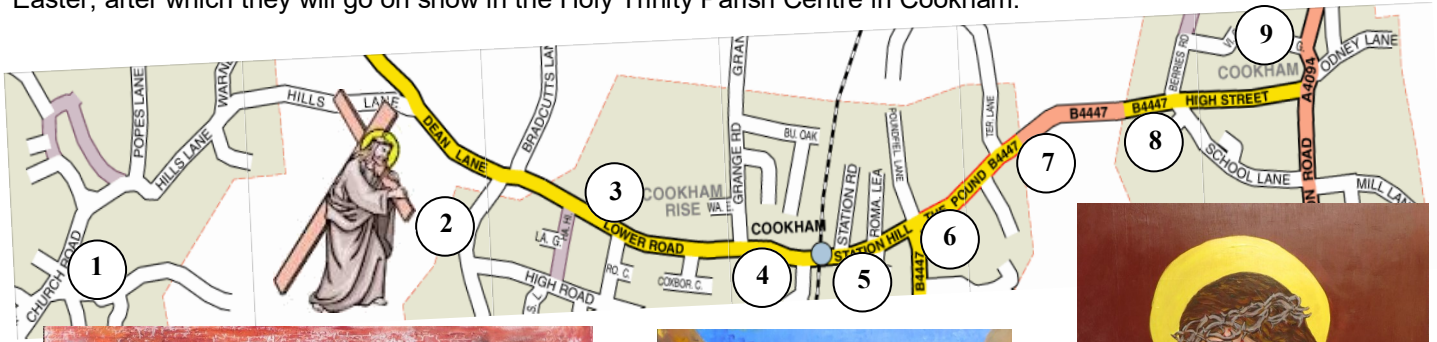
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Stations of the Cross 2024

Our traditional Stations of the Cross Walk of Witness through The Cookhams on Good Friday stopped at each of the Stations shown on the map. The walk started at Cookham Dean church at 11.30, reaching Holy Trinity church about 1.00pm, where refreshments were available in the Parish Centre. The paintings will be in place for about 10 days after Easter, after which they will go on show in the Holy Trinity Parish Centre in Cookham.



Church News and Events

Music at Holy Trinity

The choirs are on holiday at the beginning of April (after Easter).

Sunday 21st April

11am: Parish Eucharist (Men's Choir)

Sunday 28th April

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

6.30pm: Choral Evensong (Men's Choir)

Sunday 5th May

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

ONLINE (YouTube 'Cookham Churches')

Available from 31st March

EASTER IN COOKHAM

Music and words in celebration of Easter.

Featuring Wendy Craig & The Rt Hon Theresa May MP

And look out for 'Both Sides Now' coming online in April.

MUSIC SUCCESSES

Congratulations to Jennie, a member of the Girls' & Boys' Choir, for her success as a flautist at Woodley Festival - winning two trophies for outstanding woodwind playing.

And well done to Claudia, also a member of the Girls' & Boys' Choir, who has passed ABRSM Grade 4 Singing with Merit - a splendid achievement at ten years old.

Annual Parochial Church Meetings

The Annual Parochial Church Meetings will take place as follows:

**St John the Baptist, Cookham Dean
Sunday 21st April at 10.30am
in the church**

and

**Holy Trinity Cookham
Sunday 28th April at 12.30pm
in the Parish Centre**

Both meetings will elect the respective Churchwardens and the Parochial Church Councils (PCCs) for the next twelve months, receive the accounts for 2023 and a report on the life of the church and plans for the future.

If you are interested in joining either of the PCCs or want to find out more about how our churches are managed, please contact: -

John Sykes, PCC Secretary, St John the Baptist
- secretary@cookhamdeanchurch.org.uk

or Anne McNeill, PCC Secretary, Holy Trinity
- PCCSecretary@cofe-thecookhams.org.uk

or any of the Ministry Team, or churchwardens
- see Page 2



Trinity Talk - 15 April

At the next Trinity Talk on Monday 15 April, Michael Johnson will give his personal view of the Cold War, saying, "To step behind the Iron Curtain in the 1970's was to experience history in the making: full of nuclear threats and four-minute warnings". Michael visited Berlin and Prague on several occasions during the cold war. He spent 30 years with the BBC, and latterly worked closely with the European Broadcasting Union.



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.



Parish Registers

Interment of Ashes at HTC	Ivor Sayer
Funerals at HTC	Pamela Mary Drayton
Memorial Service at SJB	Angela Palmer-Moore

Cookham Dean Churchyard Mornings

Our Saturday morning churchyard sessions have started off again and the next dates are the **6th and 20th April**.

Please come along and help us keep "God's Acre" in a condition that respects those buried there and the wildlife that lives there. No special skills are required.

For more information, contact

Lorna Sykes 486874
or David Hazeldine 476963



The new Vicar meets Holy Trinity parishioners over a curry

The Revd. Stephen Mills seized the opportunity of a Community Curry Evening at Holy Trinity's Parish Centre to meet over 70 of his new parishioners.

Cookham villagers have had a tough winter with the bridge closure and floods making life difficult for businesses and residents alike. So, when local High Street restaurant The Spice Merchant generously decided to do something to raise community spirits, Holy Trinity Church were quick to accept the offer.

Restaurant manager Hasan Chowdhury and Mike Clark from the church PCC got together and organised a Community Curry Evening in the Parish Centre on Thursday 22 February. The capacity number of guests were treated to a range of delicious dishes, provided free of charge by the Spice Merchant. The PCC ran a cash bar and an Indian themed raffle to raise £850 for the Holy Trinity redevelopment fund. To maintain the village theme, the wine and beer served at the bar were supplied by the Old Butchers Wine Merchants in the High Street

The evening proved to be an outstanding success, evidenced by the number of guests who quickly found take away containers to carry home any food remaining at the end of the night! Revd. Stephen Mills was able to use the occasion to make a host of new friends with his new parishioners.

The event was clearly deemed a great success by all who attended and proved the strength and resilience of the local community in Cookham, and of the High Street in particular. Very special thanks are due to Bashir Islam and Hasan Chowdhury of the Spice Merchant for their kindness, generosity and community spirit in supplying the meal. Thanks are also due to Adam and Jayne from Devine Flowers of Cookham High Street, who provided a beautiful bouquet of flowers for the raffle, as well as to community volunteers who managed the bar and raffle and helped with the washing up afterwards.

Mike Clark noted that if Father Stephen needed evidence of the amazing community spirit that exists in Cookham and at its two churches, it was more than demonstrated at the Curry Evening.

Both parish churches will feature as venues in May's fortnight long Cookham Festival, which opens on Friday 3rd May and which was widely advertised in last month's edition of The Cookhams Parish Magazine.

Our picture shows happy parishioners raising a toast to Hasan Chowdhury from the Spice Merchant, right foreground.



The Cookhams Parish Magazine - April 2024

Fellowship Lunch

Cookham Churches Together

Our next lunch will be on 14th April in Holy Trinity Parish Centre

Please ring Bernadette Clark on 530047 to reserve your place by Wednesday 10th April.

Future dates are as follows:-

12th May

9th June

St John the Baptist Vestry

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 13th April. This month our speaker will be Ian Davis who will be talking to us about the activities the Cookham Cricket Club are involved with.

As usual we meet at the Holy Trinity church Parish Centre and we serve breakfast at 8:30am followed by a talk at 9am. I will be restricting the numbers to 40 due to catering constraints in the kitchen, so places will be allocated on a first come first allocated basis. Please, if you say you are attending and then for whatever reason you can no longer join us, please let me know otherwise I will have turned someone away unnecessarily. If you wish to attend please email me at revdavidjoynes@gmail.com

We look forward to seeing you in April.

Fr David

The Cookham
Cream Tea

ALL WELCOME

SAT 6TH APRIL 2-4PM

THE PARISH CENTRE, CHURCHGATE SL6 9SP

Come and enjoy a traditional cream tea for just £7.00 and help to raise money for a new heating system in Holy Trinity Church. You can meet our new vicar too!

CHILDREN FREE!

A black and white promotional poster for a cream tea event. The background shows a teacup and a teapot. The text is centered and uses various fonts and sizes to highlight the event details.

St George of the Golden Legend 23rd April

The Saint of an English Army before he was Patron Saint of England, St George may have been a soldier, but he was no Englishman. Some stories say that he was an officer in the Roman army under Diocletian, who refused to abandon his faith during the Terror, and was martyred at Lydda in Palestine about the year 300 AD - supposedly 23rd April. Over the years St George became the example of a Christian fighting-man, a powerful helper against evil powers affecting individual lives. He was the soldier-hero of the Middle Ages, of whom remarkable deeds were reported.

In the Golden Legend of the 13th century, Jacobus de Voragine gave St George a handsome write-up. The story runs thus:

One day, St George rode up to the heathen city of Sylene in Lybya where he found the citizens in great distress. A neighbouring dragon had forced them to surrender two sheep each day for its dinner, and when the sheep gave out, two of their children; and now they were about to sacrifice the King's daughter, dressed as if for her wedding. St George encountered the little party by a stagnant lake, where the dragon lived, and persuaded the sobbing Princess to tell him why she was so miserable. At that moment the dragon appeared, looking inexpressibly revolting. St George charged forwards and drove his spear into the dragon's gaping mouth. To everyone's amazement, he tumbled the monster over and over.

Then St George borrowed the Princess's girdle, tied it round the dragon's neck, and persuaded her to lead it back to Sylene herself. The sight of her approaching with the befuddled dragon on its makeshift lead emptied the town. When the inhabitants timidly crept back, St George promised to behead the dragon if they would all believe in Jesus Christ and be baptised.

It was a most effective form of evangelism, for everybody said 'yes' at once. So, 15,000 people were baptised, and four carts were commissioned to remove the dragon's body.

St George thus became a symbol of the war against evil, and he is usually portrayed trampling the dragon of sin under his horse's hoofs. The Crusaders had a vision of him helping them against the Saracens at Antioch, during the first Crusade, and so brought the story of St George back with them from Palestine. Presently England put herself under the protection of the Saint. His day was declared a holiday in 1222. A red cross on a white field is the flag of St George.



St Anselm, who proved there is a God 21st April

Anselm is a good saint to remember next time someone asks you to prove that there is a God. His brilliant and original Prosligion, written 1077-8, sets out the 'ontological' proof for God's existence. Nearly ten centuries later, it is still studied by theological students as one of the great philosophical 'proofs' of God's existence.

Anselm was born at Aosta in 1033, the son of a spendthrift Lombard nobleman, whom Anselm detested. In time he decided to become a Benedictine monk, and so joined Lanfranc's famous monastery at Bec (c. 1060). He became prior, then abbot. He was loved by his monks, appreciated for his sensitivity and intuitiveness. He remained friends also with Lanfranc, who had gone on to be Archbishop of Canterbury. After Lanfranc's death, Anselm reluctantly agreed to accept the job.

Archbishops did not have press offices in those days, but Anselm made his views on Church-versus-King known all the same, and they did not please the king. William Rufus exiled him in 1097 and King Henry I exiled him in 1103.

Anselm was utterly committed to what he saw as the cause of God and the Church, and therefore had no time for temporal politics. Peace between archbishop and monarch was not achieved until 1106.

Anselm spent the rest of his life in England. His theological stance of 'Faith seeking understanding' and 'the mind at faith's service' were the keys to his life and teaching.



Zeno of Verona, who embraced change 12th April

Zeno of Verona (d. 371) should be the patron saint of all ministers who suspect that the more things change, the more they remain the same.

For instance: ethnic diversity...church-planting... teaching.... concern for the poor... women's ministry in the church... sound like modern-day Christian concerns? Not a bit of it – this was the life work of Zeno, bishop of Verona in the fourth century.

Ethnic diversity? Zeno was an African who had been consecrated a bishop in Italian Verona. Church-planting and teaching? Zeno had a reputation as a hard-working pastor and dedicated preacher who founded churches throughout his domain. Some of his sermons still survive.

Concern for the poor? Zeno was zealous in alms-giving, and encouraged others to do the same. Women's ministry? He founded nunneries and encouraged virgins living at home to be consecrated long before ever Ambrose did the same in Milan.

As for down-time? Zeno may well have been addicted to fishing in his spare time – he is, after all, usually represented with a fish. Nothing wrong with that: the links between fishermen and Christian leaders go back a long way!





THE COOKHAM SOCIETY

The Society has a very strong track record over 60 years looking after the interests of Cookham and its residents. This includes planning, traffic, parking, footpaths, flooding, and waterways. It is neither political nor sectarian and welcomes all who love this beautiful place.



If you care about Cookham as much as we do, please join us as a full member to make us stronger and more effective. Membership costs from just £5.00 a year by standing order and it's easy to join online at www.cookhamsociety.org.uk or call our secretary Lysette Penston Tel: 01628 308906

COOKHAM PHILOSOPHY CLUB



If you'd like to meet like-minded friends to discuss issues ranging from free will to AI, or the nature of reality to climate change, email to find out more: cookhamphilosophy@gmail.com
All ages and experience welcome!

A St Luke's Church Concert in aid of Thames Hospice

Schubert and all that Jazz



Saturday 27th April at 7.30pm
St Luke's Church

Norfolk Road, Maidenhead SL6 7AX

This will be a wonderful concert to delight all musical tastes and is guaranteed to put a smile on your face

Featuring

Peter De Souza Piano Geneviève Usher Soprano
Chris Crocker Piano Andrew Smith Clarinet

Tickets £10 with all proceeds to be given to



For more information or to purchase tickets please call Nicholas Usher on 01628 482015



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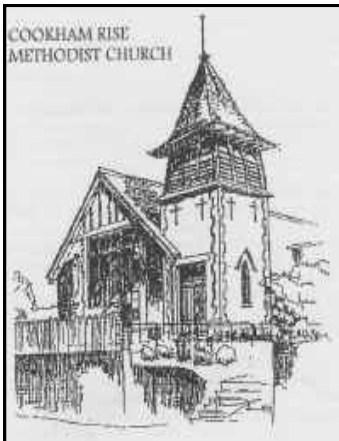
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crmethodist@gmail.com
Tel: 07583 550821
Minister
Rev Vicci Davidson
07535 511421
rev.vicci@mail.com
For hall/church bookings
contact Kathy Rickman on
01628 522797

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
Balletbums (adults) (07841 610251) Thurs 12.15 -1.00pm

Sunday Worship for April

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

- Apr 7th 10.30 a.m. Alan Crowle
- Apr 14th 10.30 a.m. Kathy Rickman
5.00 p.m. Just a Song at Twilight on Zoom
- Apr 21st 10.30 a.m. Local Arrangement
3 - 5p.m. Teatime for the Soul (see below)
- Apr 28th 10.30 a.m. Sue Clifford

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.

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, for further details.

Ecochurch thoughts and Biblical Commentary

'The planet does not need more successful people. The planet desperately needs more peacemakers, healers, restorers, storytellers and lovers of all kinds.'
Dalai Lama

Psalm 51:12 Restore to me the joy of your salvation; and uphold me with a willing spirit.

*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*

Church Activities and events at the church

Echoes of Swing Big Band Concert at The Methodist Church
Tuesday April 23rd 7.30 – 9.30 p.m.
£10 including refreshments Tickets at the door.
A fundraising event for Medicin Sans Frontières

R.I.S.E. at The Crown 6.45 for 7 p.m. Tuesdays 16th and 30th April. 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](https://www.facebook.com/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:

Friends,

By the time you read this, Easter itself will have been and gone. For some, it may have passed by almost un-noticed and for others, it will have been an opportunity to celebrate with family and friends, perhaps to have an Easter egg hunt with children or just a welcome extra couple of days off. But for Christians, this is the culmination of 46 days of preparation since we used up our eggs and flour on Shrove Tuesday, reminded ourselves that we are but dust and to dust we shall return on Ash Wednesday and passed through 40 days of fasting and 6 days of Sunday; for Sunday, the day of resurrection, can never be a day of fasting.

On Palm Sunday we passed into Jerusalem behind the Jesus who for one moment, riding on that donkey to the adulation of the crowds, looked as if he might after all be a warrior king. We followed him to the temple where he overturned the tables of the money lenders and ultimately to the upper room, where he washed his disciples' feet and sent Judas on his way, telling him to go and do what he had to do. After we had sung a song, we passed out with him to the Mount of Olives, into the Garden of Gethsemane and wondered at the sleeping disciples who could not keep watch even for one brief hour, hoping we ourselves would or could have done better if it had been our calling. The following morning we followed him through sham trials and interviews, torture and degradation, beatings, and a sham coronation with a crown of thorns, the ruby red of his blood more precious than any stone. We walked with him along the Via Dolorosa as Simon was told to carry the cross for him – a carpenter so broken he couldn't carry a piece of wood; a man who had walked the Holy Land for three years, so exhausted he could scarcely walk the half-mile from the city to Golgotha. We stood with his friends at the foot of the cross and we heard him cry "It is finished". And from Friday until Sunday in different moods and levels of reflection according to our nature and the world around us, we tried to imagine what it was like that first Good Friday when the Son of God died.

But then came the morning. Death has lost, life has won. Morning, Easter morning, has come forever.

God bless, Vicci

St Elizabeth's Catholic Church Lower Road, Cookham



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

**Sunday Mass
9.15 am**

Local Personal Trainer, Ben Broadhead writes: Exercising in front of the TV

Those of you who know me will have heard me say, "Try exercising in front of the TV."

It's something I push because it offers a realistic and actionable step that most people can immediately implement. Entering the fitness industry, my role, as I understood it, was to educate people on which exercises to do, how to execute them, etc. Increasingly, however, I'm observing that the primary issue isn't our lack of fitness knowledge but our inability to apply it.

For some, a pre-planned structured workout is overwhelming, which means that we procrastinate or allow other commitments to take priority. The alternative is to incorporate shorter bouts of exercise into our existing routine. The example given in the title is a good one because it combines a more challenging habit with an enjoyable one. This can help us feel more positive about doing the things we know we ought to do.

Particularly if you exercise during the TV ads, you are utilising an otherwise empty period of the day to do something productive. This can be applied elsewhere, whether you're in a waiting room, at the bus stop, or letting the kettle boil. Marching on the spot, pushing your arms above your head, or doing balance exercises are all examples of what you could do during these "empty moments."

Other specific examples of how my clients incorporate exercise into their routines include doing straight leg raises in bed before they get up, keeping cereal boxes on high shelves to encourage them to stretch up high, walking along the grout lines on the kitchen tiles to challenge balance, and doing step-ups on the bottom step before they go upstairs.

Little habits like these will compound, potentially yielding similar benefits to those of a longer workout.

Good luck! Ben

www.benbroadheadpt.co.uk



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

Services Calendar for April 2024

Please note that our Holy Trinity mid-week service on Thursdays will now start at 8.00am.
The St John the Baptist mid-week service on Wednesdays remains at 10:00am

HTC - Holy Trinity, Cookham

SJB - St John Baptist, Cookham Dean

April 3rd - Wednesday

SJB 10.00 Holy Communion

April 4th - Thursday

HTC 08.00 Holy Communion

April 7th - 2nd Sunday of Easter

HTC 11.00 Parish Eucharist
Acts 4:32-35; John 20:19-end

SJB 09.15 Parish Eucharist
Acts 4:32-35; John 20:19-end

April 10th - Wednesday

SJB 10.00 Holy Communion

April 11th - Thursday

HTC 08.00 Holy Communion

April 14th - 3rd Sunday of Easter

HTC 11.00 Parish Eucharist with Baptism
Luke 24:36b-48

SJB 09.15 Parish Eucharist
Acts 3:-12-19; Luke 24:36b-48

April 17th - Wednesday

SJB 10.00 Holy Communion

April 18th - Thursday

HTC 08.00 Holy Communion

April 21st - 4th Sunday of Easter

HTC 11.00 Parish Eucharist
Acts 4:5-12; John 10:11-18

SJB 09.00 Parish Eucharist
Acts 4:5-12; John 10:11-18

April 24th - Wednesday

SJB 10.00 Holy Communion

April 25th - Thursday

HTC 08.00 Holy Communion

April 28th - 5th Sunday of Easter

HTC	11.00 Parish Eucharist <i>Acts 8:26-end; John 15:1-8</i>	SJB	09.15 Parish Eucharist <i>Acts 8:26-end; John 15:1-8</i> <i>(this service will be livestreamed/recorded)</i>
	18.30 Choral Evensong <i>Deuteronomy 4:25-40; Luke 7:1-35</i>		

May 1st - Wednesday

SJB 10.00 Holy Communion

May 2nd - Thursday

HTC 08.00 Holy Communion

May 5th - 6th Sunday of Easter

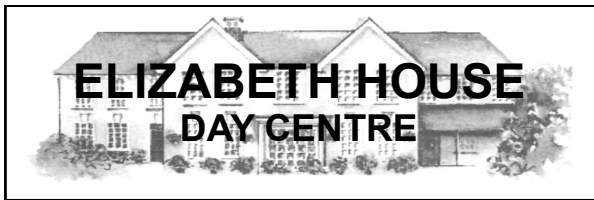
HTC	11.00 Parish Eucharist <i>Acts 10:44-end; John 15:9-17</i>	SJB	09.15 Parish Eucharist <i>Acts 10:44-end; John 15:9-17</i>
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Prayer Diary

April
2024



1	Bishop Gilbert of Caithness (1245)	The people of God, that they proclaim the risen Lord
2	Tuesday	The Fire Service
3	Wednesday	Care workers
4	Thursday	Maidenhead Foodshare
5	Friday	Our churches
6	Saturday	For all involved with the Cookham Cream Tea
7	Abbot Brynach	Residents and workers at Harewood House
8	The Annunciation of our Lord to the Blessed Virgin Mary	All mothers
9	Dietrich Bonhoeffer – Martyr (1945)	For all who stand up for justice
10	William Law – Priest and Spiritual writer (1761)	The Ambulance Service
11	George Augustus Selwyn – First Bp of New Zealand (1878)	Those in Fear of death, that they may find peace through the resurrection
12	Bishop William Forbes (1634)	Our Choirs
13	Saturday	For all involved at the Men's Breakfast
14	Sunday	Those who attend our Fellowship Lunch
15	Monday	Our Methodist Brothers and Sisters
16	Bishop Padarn (6th Century)	Medicines Sans Frontières
17	Donnan and his companion – Martyrs (617)	Those preparing for Pilgrimages
18	Laserian – Abbot of Leighlin (639)	All Children throughout the world
19	Alphege – Archbishop of Canterbury, Martyr (1012)	Prisoners and captives
20	Abbot Beuno (640)	Those who work for the Environment Agency
21	Anselm Archbishop of Canterbury (1109)	World Peace
22	Monday	A day of calm
23	St George – Martyr: Patron of England (304)	The NHS
24	Seven Martyrs of the Melanesian Brotherhood – Solomon Islands (2003)	God's Creation
25	Mark the Evangelist	Charity workers
26	Albert Ernest Laurie – Priest (1937)	Church readers
27	Christina Rossetti – Poet (1894)	Those in despair – that they may find the light of Christ
28	Peter Chanel – Missionary, martyr (1841)	Bell ringers
29	Apostles Philip and James	Compassion in the world
30	Pandita Mary Ramabai – Translator of scripture (1922)	The beauty of God's creation



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Dawn

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 - Thank you all so much for your very generous donations for our Easter Tombola, we made a fantastic sum of £615.00 We really do appreciate your support.

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!

Compassion Café

The Compassion Café is 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.



1st Wednesday of the month.
Venue: Elizabeth House
Time: 9.30-11.00 am

World Autism Acceptance Week 2nd – 8th April 2024

Autism is on the rise. Or at least, the recognition of it is. According to the website psychcentral.com, there was a 787% exponential increase in the number of people who were diagnosed with autism between 1998 and 2018 in the UK.

The National Autistic Society says that in the UK, more than one in every 100 people are now on the autism spectrum. It reckons that around 700,000 adults and children in the UK suffer with the condition to some degree.

All of which means that you probably know of someone who has autism, to some degree. And you may know that, as it says on the NHS website:

Autistic people may act in a different way to other people, ... and find it hard to understand how other people think or feel. They may find things like bright lights or loud noises overwhelming, stressful, or uncomfortable. They may get anxious or upset about unfamiliar situations and social events and take longer to understand information.

To help people with autism, you may wish to support this 'acceptance week', by going to the National Autistic Society's website, <https://www.autism.org.uk> and taking part in some way in their fundraising campaign.

Cookham and Cookham Dean Horticultural Society Programme 2024

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



Go Wild: It's Spring!

Spring is a time for looking forward, to experience the hope that comes with the revival of life across our world. But, as each Spring arrives, we know that the world it warms is not the healthy, balanced place it once was. Our natural world needs help. So the hope we feel needs to be matched by our determination to leave our world in a better place than we find it today.

WildCookham is providing some great opportunities this year to bring back and sustain much of the wildlife we are losing. Our annual Wild Gardens Awards are up and running. Top of our list this year is to create a water feature, however big or small. Contact us to obtain a leaflet on how to set about this or get advice online.

There's a wild gardens focus in June when The Big Cookham Wildlife Weekend is held for the first time. Every Cookham primary schoolchild is getting a pack of wildflower seeds from us to create a small area of wilderness in their garden or even in a window box. And we're encouraging everyone to take time out that weekend to explore the wild things in their garden and report back to us. The more we understand how nature works the more likely we are to want to take personal action to save it.

Understanding and enjoyment are behind our upcoming walks. We'll see the woodland flowers and hear about creating wildflower meadows at Little Harwood on 16th April and 8th May. We're joining in the Cookham Festival with a Dawn Chorus Day walk on 4th May to marvel at Springtime birdsong, and a series of walks in the Odney Club grounds. Look out for other Festival events, including Brian Clews on the great Victorian naturalist W H Hudson whose 'Birds in a Village' describes his time in Cookham in the 1890s and a talk about the history and challenges of our local waterways by historian and ecologist Dr Jack Hogan.

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

Spring Bee News from Michelle Hunt

Bee watching season has definitely begun!

One of the more well known solitary bees is the Red Mason bee (*Osmia bicornis* - the scientific name comes from the female having 'two horns' on her face). The females are larger than the males and both have a black face and gingery hair on their thorax and abdomen, although this colour can fade as the bees age. The males also have a little blonde 'moustache' on their faces (Bee fact - male bees don't sting!).

A few years ago we became aware of Red Mason bees after finding them nesting around one of our windows. We decided to start using a bee 'hotel' which we read they often use. These are becoming quite popular and consist of tubes, or tunnels that mimic the nesting behaviour of the bees. I would really encourage anyone who wants to keep a bee hotel to have a read up about them - there are lots of discussions online and different opinions on hotels. A popular consensus is that it's best to use set ups where you can replace, or at least clean the tubes out (being mindful of timings). Creating an environment that lots of bees use close together can lead to problems for the bees with large numbers of parasites (although parasitoids are an equal part of an ecosystem), predators, mites, disease or mould, if not managed. Some types of tubes are just unsuitable for bees to nest in. Do a little bit of research before you buy one.

Red Mason bees start to emerge and are on the wing from around March to July. There's a flurry of activity outside the bee hotel (or nesting area) as mating occurs and then females set about building their nest cells. They collect mud in their mandibles which they use to line their nesting space. They then collect pollen on bristles on the underside of their abdomen, called a scopa. The pollen is deposited in the nest cell, an egg is laid and the cell is sealed off with more mud.

Inside the cells the eggs hatch and the larvae use the pollen as a food source. During the pupal stage the bees form a cocoon and then overwinter as fully formed bees. Female eggs are laid at the back of the tubes and male eggs are laid at the front, so male bees are the first to emerge. The bees chew their way out of their cocoons in early spring and watching their little faces appear from inside their cocoons is a delight! And so the cycle begins again.

Big Cookham Wildlife Weekend

Wildlife Weekend approaches !

Where is time disappearing to! We are suddenly in spring so a good opportunity to prepare for this big wildlife village event. What needs to be done? We have urged us all to create a water feature in our gardens in good time for the June 22nd/23rd, and are now distributing the packets of wildflower seeds via our schools. If your family receives one, please encourage the creation of a 1m sq patch at least. More seeds can be purchased from Daisy Love café in the Parade.

So let's now prepare for what we might find in our gardens in June. Of course, birds are always in evidence, though identification is not always guaranteed. But up to 20 species might visit us over the period of a year. Of Britain's 50 species of butterflies, 9 or 10 might be regular attendees. However, the creation is full of other amazing insects and mini-beasts. But in UK, most are incredibly

tiny and take some looking for. This month we are urging everyone to take a look at a specific website which shows in excellent detail the many families of bugs we can hope to stumble across as we slowly look under leaves, lift up bricks and stones, and follow those tiny winged creatures to wherever they land to take a closer look at them. Children love to find such minuscule creatures, many of which are exquisitely patterned.

The site is full of amazing photographs and run by experts Tristan Bantock & Joseph Botting and accessed at <https://www.britishbugs.org.uk/gallery.html> I have found many of these species on walks around Cookham over the years and there will be examples in our gardens waiting to be discovered. I'll mention some further useful sites next time. Meanwhile, if you would like the 30-page Garden Pond booklet, email me at brian.clews@btconnect.com.

Brian Clews
Wildlife Weekend Team

Summerleaze Park Lawn Tennis



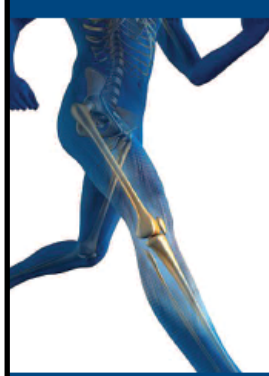
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Cookham Community Allotment

Spring! What does spring mean on the Allotment? Primroses we planted emerging on the nearby banks, daffodils around the hedges, buds bursting on the fruit bushes, birdsong surrounding us as we prepare our raised beds for seeds. The flowers we have planted in and around the allotment are not just to give us pleasure but are providing a valuable source of nectar for pollinating insects which we hope will later be pollinating our crops. The piles of dead twigs we encourage in the hedgerows provide cover for small mammals and birds which will hopefully eat some of the pests which would otherwise infest our crops. We are always trying to maintain the balance between our needs and that of wildlife which occurs naturally if we let it. To this end we do not use any chemicals or synthetic fertilisers on our plots. As the soil warms up all the seeds already present in our home-made compost emerge, including lots of tomato seedlings and marigolds. We must weed some of these out to give our crop seedlings a chance to grow! Other flowers on the allotment are used by our gardeners to create welcome bunches for family at home, or friends who are unwell. The daffodils this year have been magnificent despite many of them being used as caviar by slugs!

At the beginning of March we held our now annual event, of a seed and plant swap. The idea is not to make money but to encourage like minded locals to come together and share their passion for all things green and growing. We started with a good selection of seed packets, some house plants and garden favourites and another attraction-sharpening of secateurs and cutting tools. This proved a great hit. The inevitable tea and cake were available for a small charge and were as popular as ever, and we had plenty of visitors. It was a good turnout, lots of interest, chatting, comparing notes and swapping of seeds! We all met up with old friends and made new contacts. The occasion was a great success, and we were very surprised to find it also raised some funds for the Allotment which we will put towards the cost of ...fresh seeds! As always with the event however, it seemed that however many people we attracted who came and swapped seeds...we always end up with more than we started! Some of these have been sent to Maidenhead Library who intend to start a small Community Garden. If anyone has need of seeds, or indeed some short lengths of guttering to sow rows of vegetables in, please get in touch, free to a good home.

As spring progresses, we get very busy on the allotment. If you are interested in coming to join in or just look at what goes on you are very welcome. Tuesdays and Saturdays 10.00-11.30., on the Alfred Major allotment site. Bring a drink and join in with refreshments, there's usually tasty cake provided. Children are very welcome in the school holidays too, under eights with an accompanying adult.

Contact Becky Pinniger on 07821710204 for more information.



Gardening Tips April

April is the month when we're really looking to get outside on a regular basis, taking advantage of the preparatory work we've been doing indoors. Hardy young plants such as peas, beetroots and brassicas will be planted out this month. Amongst the more tender plants, young tomatoes, peppers and aubergines will probably be planted in the greenhouses (unless the weather is particularly cold). The most tender plants (like pumpkins, squashes and cucumbers) will be sown in propagators, so that they'll be ready to go out next month.

We'll be keeping a careful eye on our young plants, keeping potato shoots protected from frost and everything else protected from the critters that want our lunch before we get to eat it. Our strategy for crop protection is based mostly around stopping pests reaching the plants, so our plots tend to be identifiable by the range of nets, cages and other barriers. We also try to adapt growing times, for example we get our peas going early so that they'll be harvested before maggots become a problem. We once tried carrots that were supposed to be less palatable to carrot root fly and on tasting them, understood why the pests weren't so bothered. So, we carry on with tasty varieties, a netting barrier and an acceptance that by the end of the season the critters will be starting to win.

On the harvesting front we'll be hoping to start cutting asparagus this month, which is a real treat. Later in the year we'll write about establishing an asparagus bed.

For windowsill gardeners, this is a great time of year to start leafy summer herbs like basil and coriander. Simply sow the seeds in a sieved compost, with a bit of grit added for drainage and put them on sunny windowsill and in only a few weeks you'll be cutting fresh herbs.

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

Cat's Eyes

When you drive on a road late at night
And the dark is affecting your sight;
At that time of day
It's easy to stray
Too far with your car to the right!

But we've been protected from tears
For most of the past ninety years,
Since a man who was wise
Invented cat's eyes
So the edge of your lane now appears!

Now drivers, protected from frights
By mirrors reflecting our lights,
May shout 'hip-hooray!'
At all times of day,
And drive with no fear of the nights!

by Nigel Beeton

All in the month of April

300 years ago, on 7th April 1724, the German composer Johann Sebastian Bach's St John Passion was performed for the first time, at a church in Leipzig.

100 years ago, on 23rd April 1924, the British Empire Exhibition opened in Wembley, London.

75 years ago, on 4th April 1949, the North Atlantic Treaty Organisation (NATO) was founded.

Also 70 years ago, on 26th April 1954, the Soviet Union transferred Crimea from Russia to Ukraine. In 2014 Russia annexed Crimea, but it is not recognised internationally, and a number of sanctions were imposed on Russia as a result.

60 years ago, on 15th April 1964, twelve men convicted of carrying out the Great Train Robbery in England in August of 1963 were jailed for a total of 307 years. They were given some of the longest sentences in British criminal history.

30 years ago, on 6th April 1994, the Rwandan genocide began, when a plane carrying Rwandan president Juvenal Habyarimana and Burundian president Cyprien Ntaryamira was shot down by extremists. Civil war broke out the following day, and between 500,000 and one million people were massacred during the next 100 days.

10 years ago, on 14th April 2014, the Boko Haram Islamic terrorist group kidnapped 276 female students from the Government Girls Secondary School in Chibok, Nigeria. Some of the girls escaped, some were rescued, or have been reported dead. But over 100 are still missing. The girls, who lived in surrounding areas, were seized at gunpoint at night from the boarding school, where they had gone to take important final exams. It was believed to be safe because Chibok had never been attacked before. Many of the girls were Christian.

Boko Haram is opposed to western-style education, because they say it corrupts the values of Muslims. The name Boko Haram in the local Hausa dialect means "Western education is forbidden".

Some of the girls escaped within hours – many of them by jumping off lorries – but a total of 219 girls were taken away. About 100 have been exchanged for Boko Haram militants, following negotiations arranged by the Red Cross. Two others escaped in 2016 and 2017, and one was found hiding in the forest with a child.

Meanwhile the Nigerian army launched a major offensive against Boko Haram, with help from the US, UK and France, and were said to have regained nearly all the occupied territory in north-east Nigeria. But no more of the Chibok girls were found, and in the years since then, many more reports of atrocities have continued to come in.

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Well Being

Don't hesitate to use hearing aids

If you are only a bit deaf, here is something you might not expect: using hearing aids can be of great benefit to your overall health.

Crystal Rolfe, director of health at the Royal National Institute for Deaf People (RNID) said: "Hearing aids bring enormous benefits for people with hearing loss. Research shows that wearing hearing aids may reduce the risk of cognitive decline, and it is well known that they have positive effects on physical, social, emotional, and mental wellbeing.

According to hearing loss charity RNID, 12 million adults in the UK are deaf, have hearing loss or tinnitus and an estimated seven million people could benefit from hearing aids, but only about two million use them.

The researchers hope the findings, published in The Lancet Healthy Longevity journal, will encourage more people to wear hearing aids. As one doctor said: "If you have hearing loss, get hearing aids. The benefits could be limitless."

The government wants to improve your teeth

Fluoride is to be added to more of our drinking water, to help improve the nation's teeth. It is part of the new NHS Dental Recovery Plan, the biggest expansion of the health measure since the 1980s.

At present, only five water companies add fluoride to water in the UK. They are mainly in the North-East and West Midlands, and less than 10 per cent of Britons. The initial expansion will provide fluoride to 1.6 million more people, in areas including Northumberland, Teesside, Durham and South Tyneside.

Fluoride is a naturally occurring mineral found in water. It has been proven to make teeth stronger and reduce decay. Sir Chris Whitty, the Chief Medical Officer for England, has claimed that adding fluoride to water supplies could reduce cavities by 17 per cent among the richest and by 28 per cent among the poorest.

Can you remember your PIN number?

Nearly one in five of us can't. We are so used to paying by contactless that when we have to withdraw cash or type our PIN into a card reader, our minds go blank.

'Contactless' payments hit a record high last year. A staggering 93.4 per cent of all in-store card transactions up to £100 was made using contactless, rather than cash or PIN and card reader.

According to Barclays, we now depend on contactless payments and smartphone technology so much that more than a fifth of young people now leave their wallets at home when they go shopping.

Contactless technology was first introduced by Barclaycard 17 years ago. It had a spending limit of £10. The limit was increased during the pandemic, to reduce physical contact in shops, rising to its current £100 limit.



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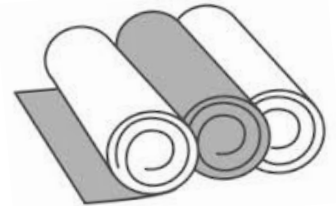
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CLOTHES FREecycle returns!



Thank goodness spring has arrived with the milder weather. Time for a Spring Clear Out! The kids have outgrown their winter gear, and maybe you have a few things that just haven't been worn – you like them, but they're just not you. But maybe someone in the village would really appreciate your preloved.

The last couple of years we've held FREecycle events and absolutely nothing gets wasted, nothing goes to landfill. Anything left at the end of the morning gets passed on to the Windsor Baby Bank (for vulnerable families), Age Concern, Oxfam and Thames Valley Hospice.

Watch out for our banners, and if donating please ensure the items are bagged up, clean (obviously), and labelled with the size. This will really help our volunteers – and if anyone would like to help, please email cookhamsfootprint@gmail.com

Donations can be dropped off at the library from 9am onwards. Come along from 10.30am onwards, have a browse and see what takes your fancy. We'll also have our Energy Advice stall so please stop for a chat. Look out for our banners around the village.

COOKHAM'S FOOTPRINT CLOTHES FREecycle
Community Room, Cookham Library,
Saturday 27th April

cookhamsfootprint@gmail.com
Sue Teasdale 07799 064241

May 6th - 19th

From concerts and art exhibitions to workshops and talks, the Cookham Festival has something for everyone. Tickets are on sale now but they're selling like hot cakes!

That's right, some events have already sold out, so don't miss your chance to be a part of this exciting festival.

You still have time to get tickets for: Art on the Street; Will Gompertz - See what you're missing; Adam Viterre - A beautiful garden by design; The Walnuts; Painting en plain aire; Young Musicians; and Formosa Fest.

But wait, it gets even better! Keep your eyes peeled for our very own Theresa May in conversation with Lord Young with tickets for this unique event going on sale in April. This is an event you won't want to miss, so make sure to secure your tickets early.

All events are listed on our website
www.cookhamfestival.co.uk

So don't miss out and grab your tickets before they're all gone.

See you at the Cookham Festival!



YOUR COOKHAM, YOUR PLAN



Consultation on the Cookham Neighbourhood Plan runs from Monday 18th March to Friday 10th May. Please review and respond to the material online or come along to one of the drop-in events:

Thursday 21st March, 2:30pm - 5:30pm, Pinder Hall, 2 Lower Road
Thursday 18th April, 6:30pm - 8:30pm, Cookham Library Community Room, High Road
Saturday 20th April, 10:30am - 1:30pm, Cookham Library Community Room, High Road

Material can also be viewed at the Parish Council Offices during opening hours:

8:30am - 12:30pm Monday to Friday
5:00pm - 7:00pm on Tuesday evenings

www.cookhamparishcouncil.org.uk/crbst_18.html



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



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Holy Trinity Primary School

Throughout the year the children look forward to a number of themed weeks during which we focus on, and celebrate, specific area of the curriculum. Most recently we have turned our attention to Book Week. Andrew Clover, actor, comic and author, made a huge impression at the start of the week when he came in to school and encouraged the children to create a story from the scaffold he gave them. Other authors followed including Kate Cunningham, author of the Vlad series of books who brought the Great Fire of London to life for Year 1 and 2. Poet and author Simon Mole spent time in every class guiding the children on a range of tasks which all led to every child creating a poem and author Kate Poels shared insight in to her personal connection with the characters in her latest book, 'On Wings to The Stars'. Although Donna David, author of 'Trains, Trains, Trains', couldn't make it to Cookham in person, our youngest children enjoyed meeting her virtually when she read from several of her books and spoke about her love for writing.

During the week we received some wonderful support from parents who were willing to share their skills and interests. Year 5 and 6 had a thought provoking session about plot flaws in literature and film. A passionate debate ensued over specifics in J.K. Rowlings, 'Harry Potter and the Philosopher's Stone'! Another came in to read from 'The Worst Witch' and, as a writer of the TV show, explain to the children the differences in compiling a book and a script. Everyone was keen to take on acting and directing roles during the session. Finally, grandmother of children in Year 2 and Year 4, Aurelia Young, spoke to Year 6 about her father, sculptor Oscar Nemon, who she wrote about in her book, 'Finding Nemon'. The children were fascinated by stories of his encounters with famous politicians and others.

Every class visited Chantal in the Little Bookshop and while they were there some met author Nicki Thornton who has recently published her latest book, 'The Floating Witch Mystery'. As well as talking about her journey to becoming a writer, she was very happy to answer questions and sign books. Many left with a copy under their arm.

Collective Worship took us on a journey finding out about holy books; each day a book special to the main world religions was explored. Alongside this every class focused on a chosen school text, 'Our Tower' by the Children's Laureate, Joseph Coelho, to complete a range of cross-curricular activities. The book contains beautiful illustrations and tells the story of three friends who feel the call of the wild as it whips past the high windows of the tower block where they live. They creep out of the block in search of adventure only to find that the magic of the ancient forest which they find themselves in is not so different from the magic right at home in their Tower. In essence, it shows that nature is everywhere and for everyone if only you look closely enough. Every task completed was interesting and varied and heightened the children's engagement with the message in the book.

Our fabulous PTA organised a pre-loved book sale and the older children enjoyed sharing some of the books they bought with the younger ones when we paired up for buddy reading sessions.

Perhaps the highlight of the week, however, was when we welcomed professional string ensemble, Toscana Strings,

Cont'd right . . .

Cookham Dean Primary School

How lovely to see signs of Spring up at Cookham Dean School! There is a definite spring in our step too.

It has been a busy term with lots of wonderful learning going on. There has been a wide range of learning opportunities for all the classes from terrific trips to White Waltham Airfield to the Toy Museum, from vibrant visitors like the Maidenhead Astronomical Society to authors galore as part of World Book Week.

This term, we have renovated our garden area which had been left since covid. It is looking wonderful now and every Friday our gardening club are busy sowing seeds, digging for worms and with our eco-warriors making bird feeders. A huge thank you to our fabulous parents who have worked so hard to get it up and running!



At the time of writing, we are looking forward to our Easter Service on the Tuesday of Holy Week at St John the Baptist. It is always special coming into church with the whole school. We hope you all have a very Happy Easter!



Fenella Reekie
Head Teacher

in to school to perform a concert based around Kenneth Grahame's children's classic, 'The Wind in the Willows' with music by Elgar enhanced by movement from ballerina Laura Tye. The children were mesmerized by the piece which captured the story in a way they hadn't experienced before. It was magical.

We ended the week as we always do with a celebratory assembly during which the children looked magnificent dressed in costumes which brought book characters to life. The joy of reading was truly captured.

Anna Smith
Head Teacher



Herries Preparatory School

Herries have had a hugely successful few weeks on a national level in a range of different sports. We qualified for the ISA National Football Competition at St George's Park, the proud home to all 23 of England's national football teams. The Herries football team now being one of the best out of 28 schools across the country. All the children played incredibly well and we competed against much larger schools in all the matches played. Herries won 5 out of 9 games and finished with an overall fantastic record. Well done to the team a huge achievement for a small Cookham school at a national level!

Herries also had 4 runners take part in the ISA national cross country with Albert Korth, Arthur Korth, Dominic De Witt and one of our Year 4 girls doing extremely well. The same group of children also took part in the national primary schools cross country which had over 200 runners per event. One of these children joined Herries in September and had no idea they had a talent for running, lovely to be able to provide these opportunities for the children to shine and develop.

Year 3 and 4 have been working really hard on their school production 'Mystery at Magpie Manor'. They can't wait to perform for the school and their parents next week. There was much excitement trying on costumes and showing each other what they were wearing to bring their characters alive. They have been learning the skills of a performing artist, dancing, singing and acting all at the same time and realising how much effort is needed to sustain a complete performance! The last minute finishing touches are being added to the set and props. Year 4 also learnt what a standing ovation was from one of the reading books and so they are hoping that they might get one when they perform next week!

In Reception this week we have been busy doing a myriad of activities. In art, we have painted African animals against a backdrop of an African sunset, which look so effective and striking! We have enjoyed learning all about the Easter Story through symbolism and 'Godly Play'. The children have thoroughly enjoyed getting messy and getting stuck in and they have asked many thought provoking questions. In Maths, we have focussed on number bonds to 10, sequencing numbers to 20 and dividing sets of objects. We enjoyed the story of 'The Three Trees' and thinking about our own dreams and aspirations in Literacy. This has been a wonderful week for thinking about different cultures and beliefs. We have had discussions about temples, synagogues, churches and mosques! Next term, we are going to be learning about our unique family trees and asking for lots of photographs.



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(Instagram: Herries Wind in the Willows)



The Cookhams Parish Magazine - April 2024

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Spot the Easter bunnies on **Saturday March 30th**

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Cookham Dean WI

There is no report from our March meeting as it was our Annual General Meeting.

Our next meeting is on Thursday 11th April at 2pm

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Medical Centre News:

Practice Manager: Jill Stinchcombe, our Practice Manager since 2015, is retiring at the end of April. She will be missed. The role will be covered internally while the Practice recruits for her replacement.

Vaccination programmes. Prevention is always better than cure and we repeat last month's message that the recent worrying increase in cases of childhood measles highlights the absolute importance to make sure children receive not only the MMR vaccination but all the vaccinations available to infants and children under the NHS. Older patients of over 65 are reminded that they are entitled, and strongly advised, to receive vaccinations for Flu, Pneumococcal and Shingles. Check when you are eligible to receive them. These vaccines, and others including Hepatitis A & B, may also be available to patients under the age of 65 with specific underlying conditions.

You are also reminded that Covid-19 has not gone away and if you are called for a booster vaccination, it is important that you book to have it done. This applies particularly for older patients as well as those with underlying health conditions.

Screenings: Another important way to prevent avoidable health problems is via the programme of screening tests available on the NHS. These include:

Aorta swelling: all men are offered a painless check for a swelling in the aorta, the largest blood vessel, when they reach 65.

Breast Screening: Breast screening is offered to all women in the UK every three years, starting from some in the 3 years after reaching 50 until turning 70. It is estimated that breast screening saves 1,300 lives every year.

Cervical Screening (smear testing): Tests check for a virus called HPV, which causes virtually all cases of cervical cancer. You will be invited for testing every 3 years from the ages of 25-49 and then every 5 years until the age of 65.

Bowel cancer screening: Bowel cancer is the 4th most common cause of cancer in the UK. A simple and easy to take "poo test" (a Faecal Immunochemical Test, or FIT), which can be done in the privacy of your own bathroom, is sent in the post every 2 years from at least the ages of 60-74. You are strongly advised not to be one of the 1 in 3 people who fail to complete their tests when they are sent to them.

Knowing your numbers: Do you know your cholesterol and blood pressure numbers? If not, you should as they are prime indicators for heart disease or diabetes. If you have not already done so, check with your medical practice or pharmacy how to learn your numbers.

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.

April is **UK Stress Awareness Month**. The aim is to increase public awareness about the ever-increasing causes and cures of stress in our modern lives.

1 April – April Fools' Day – perhaps a chance to relieve some of that stress by taking a humorous look at ourselves?

2 April – World autism Awareness Day.

25 April – World Malaria Day. To inform the world about a disease which kills over 600,000 people every year and for which there are available medicines.

26 April – Lesbian Visibility Day, recognising and celebrating the contribution of lesbians in UK society.

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 - The Easter Glow

For three years Jesus had held the tiny band together, through journeyings, storms and opposition. And now – following a public trial and execution – He was gone.

Take away the dominant figure, and an organisation can quickly crumble. Take Theudas, an earlier messianic claimant. Once killed, his 400 devotees melted away. Then there was Judas the Galilean. When he, too, was removed, the movement scattered.

Now, it was Easter Day. Here were two disciples walking to Emmaus. As far as they were concerned, their leader was dead. The 'scattering' process had already begun. It had started on that fateful Thursday evening of Christ's arrest, when Jesus had quoted to His disciples from the prophet Zechariah: "It is written 'I will strike the shepherd and the sheep of the flock will be scattered'" (Matthew 26:31). The dream was over. "Let's go home - back to Emmaus."

Yet Luke 24 is the glowing account of the entire re-building of a worldview. As the apparent Stranger joins the two, it

was like the uncorking of a bottle; the story pours out. Surely crucifixion and the future Redeemer of Israel had nothing to do with each other!

Then began a fascinating Bible study on the road. Evidently in their studies, the two had skipped the passages that spoke of a suffering Messiah. The Stranger says, "Let me fill in those bits for you." Now the figures of a Conquering King and a Suffering Servant begin to coalesce into a single photo fit. Then, at supper with the two, comes the familiar action of the breaking of bread, and – *Why.... it's Jesus.*

The disciples rush the seven miles back to Jerusalem. They can't keep the glowing news of the risen Christ to themselves!

If Jesus had not been bodily raised from the grave, the demoralised movement – like those of Theudas and Judas the Galilean – would have folded within days. And you and I would never have heard of Him!





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