



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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*warm  
hospitality*

**May 2024**

*inspired  
worship*

This magazine is published jointly by the Parochial Church Councils  
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## Lay Minister Richard writes : What! no more mince pies and Easter eggs?

In just over three months we have celebrated the two great Christian Festivals – Christmas and Easter. I suggest that not just Christians, not just the manufacturers of mince pies and chocolate would lament the cancelling of both festivals – just think, no more stockings, Christmas Sales, hot cross buns or Easter egg hunts. Imagine a year without children singing “Silent Night” and “Away in a Manger”, or Easter morning’s joyful “Jesus Christ Is Risen Today.” Can you imagine going an entire year without hearing about there being no room in the inn when Jesus was born, or not hearing, “He is risen, indeed!” as the pronouncement of His resurrection? Imagine a year with no poinsettias and no Easter lilies. And it’s absolutely impossible to understand the meaning of the Christian faith without observing and understanding Christmas and Easter.

However, there is a third holiday, a third observance, a third sacred event that is just as central to our understanding of what it means to be a Christian and what it means to belong to the church; sadly a lot of Christians do not celebrate this event, and many have never heard of it or know little or nothing about it.

This third event is called Pentecost Sunday, which this year is on May 19th. This third great day in the Christian calendar has its roots in the story in the second chapter of Acts and celebrates the Holy Spirit descending on the apostles who were gathered in a room in Jerusalem. Before Pentecost, those men were hiding from the public for fear that what had happened to Jesus might also happen to them. After Pentecost, suddenly and miraculously, those frightened men become equipped and empowered to carry on the ministry Jesus had begun—in the very city of Jerusalem where Jesus recently had been put to death.

Pentecost began as and remains one of the major holidays in the Jewish calendar which occurs 50 days after Passover. The word Pentecost literally means “50th or 50th day.” For Jews, Pentecost was the time when they celebrated the first harvest of the agricultural year. It was a time when they gave thanks to God for what the land had produced and for what their labour had yielded.

For Christians, Pentecost marks the birthday of the Christian church, the day when St. Peter preached and thereafter there was also a harvest - of 3,000 people who asked to be baptized as new Christians.

So, try considering these three events this way: Christmas marks the birth of Jesus, Pentecost marks the birth of the church; Easter marks the day when Jesus was raised from the dead, Pentecost marks the day when that message about Jesus began to be made known to people all over the world. Of course, the church and the world do not treat Pentecost quite as they do Christmas and Easter. Contrast that with my childhood when Pentecost was referred to as Whitsun, from the Anglo-Saxon word ‘wit’ meaning ‘understanding,’ which represents the disciples being overcome by the wisdom of the Holy Spirit; and there was Bank holiday to celebrate it.

But while today there are no Pentecost mince pies, no Pentecost tree, no Pentecost school play, and I have never heard of a Pentecost Bunny, without understanding that day and the gift of the Holy Spirit we can never fully understand our faith.

Richard Simmonds



### 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**



**HOLY  
TRINITY  
CHURCH**

## THE COOKHAMS PARISH MAGAZINE

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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Cookham Dean - Stella Fairlie 532926



**St John the Baptist  
COOKHAM DEAN**





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Please contact the Parish Office to arrange Baptisms, Weddings,  
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# Children, Young People and Church

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

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## 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](mailto:choirmaster@cookhamdeanchurch.org.uk) or speak to him after the service on Sundays.

## Families@4

formerly 4th@4 / All-Age Services

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

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## Celebrating Easter 2024 in The Cookhams

### Palm Sunday

Holy Week started with the blessing of palm crosses at the lych gate outside St John the Baptist before the morning service. The blessing and procession was repeated at Holy Trinity later in the morning.

### Holy Week

On Monday, Tuesday and Wednesday evenings the Anglican and Methodist churches took it in turn to hold a quiet devotional service.



### Maundy Thursday

Fr Stephen and John Sykes attended the annual Chrism Mass service at Christ Church Cathedral in Oxford at which all churches in the diocese are represented.

In the evening the annual service to commemorate the Last Supper was held at St John the Baptist, including a re-enactment of feet washing performed by Christ with his disciples. The service was followed by a Watch of Prayer to 10pm.

### Good Friday

Our Stations of the Cross Walk of Witness through The Cookhams 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 (one of which is shown below) are now on display in the Holy Trinity Parish Centre in Cookham.

You can see photos of the paintings and download the brochure by following the link on our websites.



### Easter Sunday

Our Dawn Eucharist service was held at Holy Trinity starting with the lighting of the fire and the Easter candle outside the west door of the tower (below).

Both churches held a traditional Easter morning service with a total attendance of over 250.

The service at Cookham Dean was livestreamed with over 100 registered views over the following week.

Holy Trinity held their Easter Carol Service in the evening with over 60 people attending.



## Church News and Events

### Music at Holy Trinity

#### Sunday 5th May 11am Parish Eucharist

Anthems: Ubi Caritas – Gjeillo; And Christ Be All in All – Smith; Rejoice in the Lord – Tambling

Organ Voluntary: March – Mendelssohn

#### Sunday 12th May 11am Parish Eucharist

Anthems: Ascension Carol – Traditional arr. Wood; Ave Verum – Mozart; Laudamus Te – Vivaldi

Organ Voluntary: Hornpipe – Handel

#### 6.30pm Compline

Anthems: Cantate Domino – Pitoni; Ascendens Christus – Handl

#### Sunday 19th May 11am Parish Eucharist

Anthems: Ave Verum – Elgar; Holy spirit, gift bestower – Warren; Come Holy Ghost – Attwood

Organ Voluntary: Mvt I from Concerto in G major – Vivaldi

#### Sunday 26th May 11am Parish Eucharist

Anthems: The Call – Vaughan-Williams; Lead us heavenly Father – Quilter; Christ be with me – Pachelbel arr. Rawsthorne

Organ Voluntary: Prelude in C – Schroeder

### HEAD CHORISTER

We are delighted to have awarded Jennie, a member of the Girls' & Boys' Choir, a Head Chorister medal. She is a committed and valuable chorister, already of many years' membership, and she thoroughly deserves this award.

### ALTER CHORUM – new choir

Sara & Vicky are starting a new choir for Holy Trinity Church, independent of our other choirs, for ladies aged 60+. Initially this new choir will meet for a 40 minute rehearsal every other week, with the intention of singing at a Sunday service before too long. Members need have no sight-reading ability or great singing experience, and they do not have to be existing members of the congregation. We seek only enthusiasm and a willingness to commit to working together. In return, we hope members will reap the physical and mental health benefits of singing. Rehearsals will take place in church (so, regardless of the outside temperature, always wrap up warm!).

If you would like to be a part of this new choir, please email or call Sara (sarawood44@hotmail.com; 01628 522593) or you can see her in church on a Sunday. Once we have an idea of numbers we will organise a regular rehearsal time, beginning later in May. Thank you.



### Parish Registers

Baptism at HTC

Frederick Royston Edward Inker

Interment of Ashes at HTC

Marguerite Allen

### Christian Aid Week – 12th to 18th May

Christian Aid is urging its supporters to 'push back against poverty this Christian Aid Week' by bearing in mind the coming General Election.

The charity says that people hoping to represent us in the next UK Parliament will soon be on our doorsteps, vying for our vote.

Christian Aid says that these would-be MPs will: "be in listening mode, keen to hear what makes the voters in their community tick." And so, urges the charity, Christians can use this opportunity to "show them that your church cares about poverty, and tell them that you expect them to act on poverty too, if they are elected."

This year the charity has launched the '70K Challenge for May', encouraging its supporters to do a sponsored "Move 70km during May. Walk, run, cycle, however you move is up to you." Details at: <https://fundraise.christianaid.org.uk>

**There is description of how Christian Aid helps real people fight poverty on page 16.**



### Annual Parochial Church Meetings

The Annual Parochial Church Meetings took 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 were held after this edition went to print, and details of any changes to the PCCs will be included in next month's edition.

The annual report and accounts for both churches are available at the back of the churches and are downloadable via the websites.

If you have any query about how our churches are managed, please contact: -

John Sykes, PCC Secretary, St John the Baptist  
- [secretary@cookhamdeanchurch.org.uk](mailto:secretary@cookhamdeanchurch.org.uk)

or Anne McNeill, PCC Secretary, Holy Trinity  
- [PCCSecretary@cofe-thecookhams.org.uk](mailto:PCCSecretary@cofe-thecookhams.org.uk)

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





## Trinity Talks - 17th June

### Great Marlow, 1831-1891 - the River and the Railways

**No talk in May due Cookham Festival.** So the next Trinity Talk takes place on Monday 17 June when Adam Baxter gives a talk on Great Marlow, 1831-1891, the River and the Railways.

On 1st June, 1838 the Great Western Railway reached Maidenhead, permanently changing the role of the river and quickly transforming the town of Marlow for ever. Through his research of archive and census information, newspapers of the time and Parliamentary enquiries he discovered how both Marlow and the River Thames responded through to 1891.

Adam Baxter studied for a Master's degree in history and for his dissertation examined the effect of the arrival of the Great Western Railway to Maidenhead on Marlow and the river.

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

Everyone is welcome, but capacity is limited, so it is advisable to check in advance. Places at £20 each can be reserved by phone on 01628 527465 or by email ([stephaniediggon@hotmail.com](mailto:stephaniediggon@hotmail.com)). Pay cash on arrival from 6.30pm at Bel and The Dragon for Prosecco and canapés, the talk starts at 7pm and finishes around 8pm.



### Cookham Dean Churchyard Mornings

Our Saturday morning churchyard sessions continue and the next dates are the **4th and 18th May, and 1st June**.

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



## Fellowship Lunch

### Cookham Churches Together

**Our next lunch will be on 12th May in the Jubilee Vestry, Cookham Dean Church**

Please ring Marion on 482637 to reserve your place by Wednesday 8th May.

**Just one more date arranged after this month:-**

**9th June** Cookham Methodist Church

**We'll be starting up again in September**

**Dates will be posted here when available.**

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 18th May**

**(Note: this is the third Saturday in the month this month because of Cookham Festival)**

We do not yet have a speaker organised. 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](mailto:revdavidjoynes@gmail.com)

We look forward to seeing you.

Fr David

## A poetic prayer for Pentecost

Happy Birthday to all Christians,  
This is where it all began;  
Out from here went the apostles,  
Taking Christ to everyone.

Able now to speak to nations,  
With the good news to proclaim;  
Crucified for our salvation,  
Hear His message, learn His name.

Out they went to every corner,  
Fearless as they spread the word;  
Bringing light to those in darkness,  
Giving hope to all that heard.

So must we with every blessing,  
Follow in the steps they trod;  
Showing love and help and kindness,  
All come from the breath of God.

by Alan Millichip

### Ascension Day - 9th May

#### The Truth of the Ascension

*'While He was blessing them, Jesus left them and was taken up into heaven.'* (Luke 24:51).

The Ascension is a hugely neglected festival, which deserves to have a bigger place in our church life. How do we understand it?

The Ascension tells us that Jesus is in control: 'Jesus has gone into heaven and is at God's right hand' (1 Peter 3:22). Jesus occupies the top spot in the universe; the control of our world is in the safe, scarred hands of Jesus. We can offer Him our worship and allegiance, knowing that His plans are better than those of any Prime Minister or President.



The Ascension tells us that God is committed to His world: 'And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus' (Ephesians 2:6). Jesus did not leave His humanity

behind when He ascended, for we are raised with Christ to heaven. Therefore, God is bound to His world and we can trust Him to fulfil His purposes for our lives and world.

The Ascension gives us a job to do: 'All authority in heaven and on earth has been given to Me. Therefore, go and make disciples of all nations' (Matthew 28:18,19). God's way of working in the world is through us. He commissions us for this task at the Ascension and equips us at Pentecost. We are called to make disciples, starting in our workplace, family and community.

'Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which He looks compassion on this world. Yours are the feet with which He walks to do good. Yours are the hands through which He blesses all the world.' (Teresa of Avila).

### Pentecost or Whit Sunday - 19th May

Pentecost marks a vital event in Christian history. It is celebrated 50 days after Easter. The year Jesus was crucified (which took place at the Passover), the remnant of His followers, just 120 of them, were together in an upper room in Jerusalem. They were afraid to show their faces in case the authorities arrested them. But on the day of Passover, they had an amazing collective experience.

They described it in terms of wind and fire, a great surge of spiritual energy and confidence. Afraid no longer, they burst out on to the streets where crowds were gathering for the festival, led by Peter they began to tell them about Jesus and His resurrection. As they did so, although many of the people in the crowd were foreigners who spoke other languages, everyone heard them in their own tongue. Peter told them that what they were seeing was the fulfilment of an old prophecy when God would pour out His Spirit on the human race, men and women, young and old.

### Trinity Sunday - 26th May

#### Why your television is like the Trinity

Question: How many colours does your television set use?

Answer: Just three: red, green and blue. And in that order, just like a rainbow (where reds are at one side, blues at the opposite side, green in the middle). This is known as "RGB".

These are TV's three primary colours which, when their luminescence is fired at your eyes, give all the colours of the visible spectrum. These are all 'additive' colours. In fact, mix these three together in different proportions, and your screen can offer you 16 million colours.



You thought the sequence was red/yellow/blue? No, that's for painted or printed colours. A TV set positively gives out light in three different colours, whereas

paint daubed on paper absorbs and removes some colours, to reflect back merely a small part of the light falling on it the colour that you see.

You'll soon call out the repair man if your television loses one of its three colours and all the presenters look as though they came from Mars. But change the intensity of any one colour (red, green or blue) even slightly and you change the overall colour.

Switch them all off, and you are left with black. Let all three of them shine at full brightness, at the same point – and then as if by magic you have a totally different colour: WHITE!

It's a parable which illustrates the Holy Trinity. Three completely distinct persons (Father, Son and Holy Spirit), just as your TV set has three quite separate colours: red, green, blue.

Take away any One member of the Trinity, and you slip into theological error; take away any one of the three colours, and you call out the TV repair engineer!

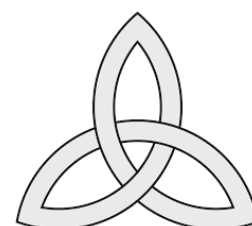
So -

It DOES matter that God is our Creator and Father - otherwise our whole life is merely a meaningless illusion.

It DOES matter that Jesus is God the Son, for otherwise His death is simply a human tragedy, with no promise of salvation or eternal life.

It DOES matter that the Holy Spirit is with us here and now, otherwise we are disconnected from God.

Yes it really does matter! Just as it is essential that a TV set can produce white by the equal intensity of all of its three colours. In fact, the more you think about it, the more it seems that the doctrine of the Trinity is far from being a complicated bit of theological nonsense, but is a sort of theological test-card, to make sure that we've got the right picture of God, without distortion.





## 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](http://www.cookhamsociety.org.uk) or call our secretary Lysette Penston Tel: 01628 308906

## COOKHAM PHILOSOPHY CLUB

New



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](mailto:cookhamphilosophy@gmail.com)

All ages and experience welcome!



## 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



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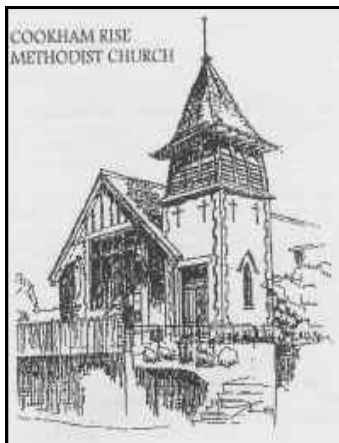
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## Cookham Rise Methodist Church Newsletter

### E-mail

crmethodist@gmail.com

**Tel: 07583 550821**

### Minister

**Rev Vicci Davidson**

07535 511421

rev.vicci@mail.com

### For hall/church bookings

contact Kathy Rickman on  
01628 522797

### Regular activities on church premises

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

Seated Exercises (07900 204001)	Mon 1.30- 2.15pm
Rainbow Guides (01628 532279)	Mon after school
Cantorum Choir Rehearsals	Mon 7.45 - 9.45pm
Big Band practice (07809 594105)	Tues evenings
Yoga for busy Mums (07393 590495)	Wed 9.30 -10.45am
Tai Chi (debbie@taichi44.co.uk)	Wed 8 - 9pm
Balletbums (adults) (07841 610251)	Thurs 12.15 -1.00pm

### 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*

### Sunday Worship for May

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

May 5th 10.30 a.m.	Evan Richardson
May 12th 10.30 a.m.	Joint service with Maidenhead High Street church
3.00 p.m.	Easter Offering service at Hampshire Avenue
5.00 p.m.	Just a Song at Twilight on Zoom
May 19th 10.30 a.m.	Kathy Rickman
3 - 5p.m.	Teatime for the Soul (see below)
May 26th 10.30 a.m.	Local Arrangement

### 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

**R.I.S.E. at The Crown 6.45 for 7 p.m.** Tuesdays 14<sup>th</sup> and 28<sup>th</sup> May. 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.

### 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

### Lots of seats

Seen in a church magazine:

***The church hall is available for hire for groups and parties. There is a well-equipped kitchen and disabled toilet facilities, with the capacity to seat up to 80 people.***

### COOKHAM VOUNTARY SERVICES

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



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

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

We need volunteers in two areas: -

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

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

## Methodist Minister Vicci Davidson writes:

Friends,

I love the gardener in the story of that first resurrection Sunday. Now, I know what you are thinking: "Vicci, there is no gardener! The gardener was Mary's mistake. She saw Jesus and thought he was the gardener." But let's think about that. Mary had been spending considerable time with Jesus who often stayed with her and her brother and sister in Bethany. She knew what he looked like.

When Jesus came out of the tomb, he cannot have been wearing anything. His clothes had been divided among the soldiers and the cloak his mother had woven him was gambled for in a game of dice. The grave clothes which he had been wrapped in were left behind in the grave. Jesus must have come out of the tomb naked. Who did he meet? Well, we know there would have been a gardener around or Mary wouldn't have assumed the gardener had taken his body. She wouldn't have assumed that Jesus was the gardener. She would have said, "Wow, you're a gardener. That's unexpected!" There was a gardener, it just wasn't the person that Mary met.

My suggestion is however, that he was the person that Jesus met. Arriving naked from the tomb, walking in the garden as the first man and woman walked in the garden of Eden, "a second Adam to the fight and to the rescue came" as the old hymn has it. Jesus met the gardener who must have said to him something like this: "Mate, you can't wander around here like that. What are you thinking? It's not decent!" Whatever Jesus said to him in response I don't know, but it must surely have elicited the offer of the gardener's spare gardening outfit. Mary mistook Jesus for the gardener because that was how he was dressed.

As I said, I love the gardener in the story of that first resurrection Sunday. If I wonder if I too would have fallen asleep on Maundy Thursday while Jesus prayed in the Garden of Gethsemane, I hope that I would have offered him something to wear when he rejoiced before God in his resurrection. We rarely get to be Jesus to the people in our lives. Even when we try to reflect his light, we often get it wrong. Alas, we are all too human! Yet perhaps on the good days, we too can be the gardener, and offer comfort and dignity to those who are coming through difficult times.

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: Improving Balance

### Introduction

Balance is something which tends to decline with age. This can be due to several factors for example, muscles atrophy, postural deviations, poor circulation, high blood pressure, balance disorders like vertigo or even some medications. The good news is that it can be improved with simple methods.

### Maintaining an Active Lifestyle

The simplest and most effective way to maintain the skill of balance, is to have an active lifestyle. Being out and about and walking means that all of the muscles and body systems associated with balance are being continuously challenged. The more time we spend being on our feet, the less our balance will degenerate. This naturally leads me onto my favorite saying/motto, "use it or lose it".

### Maintaining a Healthy Weight

Research has shown that being overweight can negatively affect our center of gravity which impacts our balance making daily tasks more challenging. For weight management, focus on the basic elements such as portion control, balanced diet, keeping active etc. If you need to lose weight, then again, keep it simple, look at reducing your overall calorie intake as appose to restricting or eliminating specific food groups. Eating foods which are high in protein such as meat, fish and dairy will help you to feel fuller for longer, discouraging you from overeating. Another tip is to try and walk as much as possible. This won't burn as many calories as other forms of exercise but over the course of an entire day it does add up.

### Strength Training

One of the most common reasons that our balance gets worse with age is muscle atrophy. As our muscle tissue depletes, it can leave us in a position where we no longer have the strength to maintain our stability. Resistance exercise can help to offset or even reverse these processes. Particularly exercises which work core muscles and legs as these contribute most significantly to balance. This includes exercises like squats, leg extensions, crunches and plank.

### Flexibility Training

Flexibility decreases the risk of falls and helps us recover from loss of balance. If we trip or lose our footing, having good range of motion in our joints increases the likelihood that we can move our limbs to steady ourselves and regain balance. Being flexible also encourages proper posture which means our center of mass is in the right place. Stretches should be focused on the lower body and back muscles.

Stretching every day is ideal however 2-3 times per week is a good baseline to aim for. The easiest way to implement this would likely be to do 5 minutes of stretching in the morning before breakfast.

### Balance Specific Exercises

The final and maybe most obvious area I will mention is exercises that directly tests our balance. If you want to keep things simple, standing on one leg is a good place to start. It's also something you can do anywhere with no equipment so it's easy to fit into your day. For example, when you are waiting for the kettle to boil or if you can multitask then maybe whilst you're brushing your teeth. One thing worth remembering is to always have a chair or table to hold onto whilst you attempt to stand on one leg. This ensures that you are safe.

The NHS recommends that beyond the age of 65, we aim to do this type of exercise at least twice per week.

Good luck! Ben

[www.benbroadheadpt.co.uk](http://www.benbroadheadpt.co.uk)

# Services Calendar for May 2024

Please note that our Holy Trinity mid-week service on Thursdays now starts 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

## May 1<sup>st</sup> - Wednesday

SJB 10.00 Holy Communion

## May 2<sup>nd</sup> - Thursday

HTC 08.00 Holy Communion

## May 5<sup>th</sup> - 6th Sunday of Easter

HTC 11.00 Parish Eucharist  
*Acts 10:44-end; John 15:9-17*

SJB 09.15 Parish Eucharist  
*Acts 10:44-end; John 15:9-17*

## May 8<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## May 9<sup>th</sup> - Thursday - Ascension Day

HTC 08.00 Holy Communion

## May 12<sup>th</sup> - 7th Sunday of Easter

HTC 11.00 Parish Eucharist with Baptism  
*John 17:6-19*  
  
18.30 Compline

SJB 09.15 Parish Eucharist  
*Acts 1:15-17, 21-end; John 17:6-19*

## May 15<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## May 16<sup>th</sup> - Thursday

HTC 08.00 Holy Communion

## May 19<sup>th</sup> - Pentecost (Whit Sunday)

HTC 11.00 Parish Eucharist  
*Acts 2:1-21; John 15:26-27; 16:4b-15*

SJB 09.15 Parish Eucharist with Baptism  
*John 15:26-27, 16:4b-15*

13.00 Baptism

## May 22<sup>nd</sup> - Wednesday

SJB 10.00 Holy Communion

## May 23<sup>rd</sup> - Thursday

HTC 08.00 Holy Communion



## May 26<sup>h</sup> - Trinity Sunday

		SJB	09.15 Parish Eucharist <i>Romans 8:12-17; John 3:1-17</i> (this service will be livestreamed/recorded)
HTC	11.00 Parish Eucharist <i>Romans 8:12-17; John 3:1-17</i>		

## May 29<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## May 30<sup>th</sup> - Thursday - Corpus Christi

HTC 08.00 Holy Communion

## June 2<sup>nd</sup> - 1st Sunday after Trinity

		SJB	09.15 Parish Eucharist <i>2 Corinthians 4:5-12; Mark 2:23-3:6</i>
HTC	11.00 Parish Eucharist <i>2 Corinthians 4:5-12; Mark 2:23-3:6</i>		

### Prayer Diary May 2024



- 1 Philip and James, Apostles
- 2 Athanasius, bishop, teacher of the faith 373
- 3 Friday
- 4 English saints and martyrs of the Reformation
- 5 **Sunday**
- 6 Rogation Day
- 7 Rogation Day
- 8 Julian of Norwich, spiritual writer, c 1417
- 9 Ascension Day
- 10 Friday
- 11 Saturday
- 12 **Sunday after Ascension Day**
- 13 Monday
- 14 Matthias the Apostle
- 15 Wednesday
- 16 Caroline Chisholm, social reformer, 1887
- 17 Friday
- 18 Saturday
- 19 **Pentecost**
- 20 Alcuin, deacon, abbot, 804
- 21 Helena, protector of the Holy Places, 330
- 22 Wednesday
- 23 Thursday
- 24 John and Charles Wesley, evangelists, hymn writers, 1791 and 1788
- 25 The Venerable Bede, monk, scholar, historian, 735
- 26 **Trinity Sunday**
- 27 Monday
- 28 Lanfranc, monk, archbishop, scholar, 1089
- 29 Wednesday
- 30 Day of thanksgiving for the institution of the Holy Communion (Corpus Christi)
- 31 Visit of the Blessed Virgin Mary to Elizabeth

Followers of the apostles  
All the clergy and faithful in our diocese  
All NHS workers  
Elizabeth House and all the volunteers  
The beginning of a new week  
All the spring animals  
The new crops appearing in our fields  
Our lady of Walsingham  
For all those who have died, now in heaven  
Those working to eliminate fraud and scamming  
Lifeboat volunteers  
All those being baptised and their families  
Hospices and all who work for their peace  
All those who are housebound and lonely  
For family and friends  
All migrants and safe travels  
Brothers and sisters from all denominations  
For all those on the serving teams  
The Holy Spirit  
Our parish magazine - that it reaches the far corners of our parish  
For our church buildings  
Fire service and police  
Our local shops and restaurants  
For all those involved in music and worship in church buildings  
Teachers and all involved in education  
  
The three Persons of God: the Father, the Son, and the Holy Spirit  
For church wardens, PCC's and all sub-committees  
All monasteries, convents and pilgrimage sites  
Those who work in the renewable energy industry  
Those helping overseas famine and disease  
A safe birth for all expectant mothers



## The Birds in our Village

Around 125 years ago a man recognised as one of the world's greatest naturalist authors was in Cookham. The result of the visit (one of several) by William Henry Hudson, when he spent several months living in Cookham Dean, was his book 'Birds in a Village'. Cookham is never mentioned by name in the book so it represents any village anywhere and has become a broader metaphor for us now for the changing natural world, which even then was beginning to show the strain of rampant industrialisation and the spread of human populations.

Hudson was born in South America but, from his thirties till his death in the 1920's, England was his home. Over his lifetime, he wrote some 25 books which reflect his love of nature and his realisation of the failure of homo sapiens to appreciate how we fit into the world we inhabit. We have much to learn from him today and you'll get your chance to get a sense of the man and his interests from local naturalist Brian Clews speaking about 'Birds in a Village' at the Cookham Festival (on 4th May).

The countryside that Hudson witnessed was then a truly rural place. Commuting to London was beginning but the life of most people living in the village was still closely tied to the land and the changing seasons. It is now a very different place, especially our farmland bird life, more than 40% of which has disappeared in the last 50 years. Hudson would be shocked, but perhaps not surprised, at the even greater decline since his day.

Brian has published his own update of Hudson's book, marking the differences in our birdlife more than a century after Hudson was here. We are fortunate that there is still much to love and celebrate about our local nature but the talk will underscore the threat that Hudson chronicled and that we must heed ever more urgently today.

WildCookham has been represented on the Cookham Neighbourhood Plan team as part of our aim to work with others to address the issues around climate change. And we are also contributing to the Berkshire Local Nature Recovery Strategy with the same aim. Contact us if you'd like to get involved – at [wildcookham@gmail.com](mailto:wildcookham@gmail.com).

You can also get to enjoy today's Birds in a Village by joining one of several Wildlife walks during the Festival. Book your tickets for all Festival events at [www.ticketsource.co.uk/cookham-festival](http://www.ticketsource.co.uk/cookham-festival).

## Big Cookham Wildlife Weekend

Spring is sprung – the grass is riz!

This old ditty is never more appropriate than at this time of year when the air is scythed by the Swallow, our ears are alerted to the Cuckoo and every open flower is besieged by a host of 'the things that creep along the ground according to its kind.'

Hopefully by now, all across the Parish, numerous small ponds will have been constructed and small patches of wildflowers created over the Easter break, but if not all of us have been able to so yet, a lovely 32-page booklet on pond creation is now available at The Little Bookshop. Even a washing up bowl can be up-cycled to achieve at least a small contribution!

Many homes will have received a small packet of wildflower seeds via the schools with which to create a small patch to attract even more insect species into our gardens. If more seed is needed, the packets are now available at Daisies Café in The Parade. So we do hope the date of the big safari weekend is firmly in everybody's diaries. We will shortly be looking at ways we can help with identification of creatures found and photographed during the weekend. But having mentioned last month one excellent web site covering our numerous bugs, we now recommend another site which will help us all with the wider wildlife scene. It is at [https://www.naturespot.org.uk/species\\_library](https://www.naturespot.org.uk/species_library). Whilst essentially recording the natural history of East Midlands areas, its gallery of wildlife is without match so we hope this will help those of us who will be looking into their back-yard jungles for the first time do so with more aplomb!

And for other helpful dates in the diary, WildCookham are presenting a talk on the project during the Cookham Festival on Sunday 5th May at 12.00 noon at the Bernard Millar centre, so do come along to hear more about it. And on the previous day, May 4th, at 09:30 in the Parish Centre, there will be a talk on the changes in our natural history of Cookham over the last century, based upon 'Birds in a Village', first penned by the well-known W H Hudson, who visited the village on several occasions more than a hundred years ago to explore rural wildlife.

To book on these, and other Festival events, go to <https://www.cookhamfestival.co.uk/event-calendar>

Brian Clews,  
Wildlife Weekend Project Team

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## Mining bees in Spring from Michelle Hunt

Spring is a good time of year to spot *Andrena* species of bee. These are types of mining bee that generally nest in the ground, from short lawned areas to more sandy ground. Mining bees are the largest group of bees in the UK so there are plenty to spot! You might notice small, volcano-like eruptions on the ground where these bees tunnel into the earth. It's not bad for your garden (in fact it can help with aeration!) and the bees are hugely helpful in pollinating your plants, collecting pollen on their legs like the honey bee. You often see a lot of them together and although it can sometimes seem like there is a large 'nest' of them, they are solitary and create single nests i.e. not like bumblebees or honey bees. These groups of nests are called aggregations. Solitary bees are also unlikely to

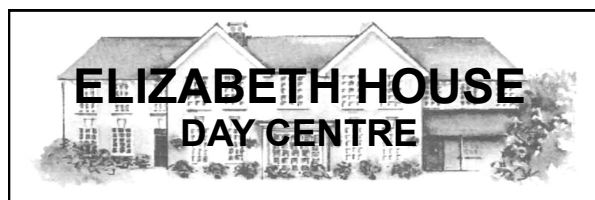
sting you and have less potent stings than social bees. So plenty of reasons to love them!

Here are a couple of the mining bees I have spotted this year that are easier to ID.

During a lovely walk at Cliveden NT we noticed lots of activity on a quite unassuming looking patch of flowering Laurel. On closer inspection there were lots of small black bees with grey furry bands - Ashy Mining bees - *Andrena cineraria*. Males and females look quite similar. Obviously nesting under the shrubs and enjoying the close proximity to the flowers. These are bees often spotted on people's lawns and enjoy a wide range of foraging sites

Another striking bee that is quite easy to ID is the Tawny Mining bee - *Andrena fulva*. The females are the obvious

*[ cont'd right . . . ]*



**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](http://www.elizabethhousecookham.org)  
Registered Charity No 1188342

**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 527621

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Search for: Elizabeth House

18+ Gamble

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**Maidenhead  
Heritage Centre**

An exhibition of Odney pottery is on at Maidenhead Heritage Centre to coincide with the Cookham Festival and is well worth a visit.

The pottery was bequeathed to the Heritage Centre by Leslie Knight, one of the talented team who produced pottery for sale in John Lewis shops.

The collection is believed to be one of the largest anywhere and even includes a teapot which was displayed at the Festival of Britain.

The Heritage Centre is in Park Street, Maidenhead and is open  
1000-1600 Tuesday to Saturday.  
Admission is free

[ cont'd from page 14 . . .

ones to spot - a similar size to a honey bee and a bright rusty ginger colour. The males have a less conspicuous appearance.

A related solitary bee that we also spotted during our walk at Cliveden was a type of Nomad bee (Nomada sp). These are worth a mention as they are a type of 'cuckoo bee' that use the nests of mining bees. Technically a type of cleptoparasite, different Nomad bees are generally associated with different mining bees. They lay their eggs in mining bee nests and therefore don't have to provision a nest themselves. Hence the name 'cuckoo'. Nomad bees can look quite similar to wasps, but aren't and won't come bothering you during your picnic.

Enjoy your bee spotting!

The Cookhams Parish Magazine - May 2024

## Compassion Café

Please join us at our Compassion Café on Wednesday 1st May and every first Wednesday of the month.



Elizabeth House has kindly provided us with a room where we can gather. All ages welcome and easy parking nearby at Station Hill car park. It is a safe and confidential environment, a place to connect with others who have had similar experiences and is a way to forge new friendships and connections.

If you would like to chat and hear more about our gatherings please email [oakencoppice@hotmail.com](mailto:oakencoppice@hotmail.com).

**We look forward to seeing you**

**Date: 1st Wednesday of the month**

**Venue: Elizabeth House**

**Time: 9.30-11.00 am**







## Life in Burundi

In Burundi, malnourishment and poverty affect more than 70% of the population, making survival a daily

struggle. Jobs and food are hard to come by, and those who have homes often have no electricity or running water.

For Aline, life was a constant struggle. She was married young and gave birth to her eldest son, Fisto, when she was just 14 years old. Aline experienced constant abuse at the hands of her violent husband.

A few years later, Aline faced even more devastation. Her husband married another woman, forcing Aline to flee. He prevented her from taking their children with her, and in a further act of cruelty, told the local community that Aline was mentally ill and unable to care for her children.

Hungry, scorned and alone, Aline took her first step towards her new life. She started by participating in a transformative three-day community workshop, funded by Christian Aid.

'I came out with amazing knowledge and skills. The trainer restored a sense of hope and energy in me,' says Aline.

She was taught how to form a Village Savings and Loans

Association (VSLA) and establish a steady income. VSLAs mean people can save for their future and borrow money to kickstart small rural businesses. With all she had learned, Aline's dream of getting her children back finally felt possible.

With a small start-up loan, Aline started trading avocados and peanuts locally. With her profits, she bought a bicycle so she could transport greater quantities of goods to markets further afield. Eventually, her hard work had finally paid off, and she had earned the money she needed to rent a house.



Once Aline secured a home for herself, her three eldest sons were able to escape their father and join her. They told Aline that their father had abused them and sent their three young siblings to live with different members of his family.

Aline still hopes that she'll be reunited with her youngest children in time.

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## Cookham Community Allotment

Walking round the five plots which make up our Community Allotment it struck me that gardening here is all about the 'Good the Bad and the Ugly'.

Ugly? This is how many of our crops look in the onion bed. The lush green leaves are shiny with slime and shredded by slugs. Moving on to our 'cutting bed' of flowers the flag iris leaves are similarly covered and torn, and worse the flower stems are all but bitten through, the promising flower buds hanging down, unlikely to bloom this year.

Bad? That has to be the extreme weather that has prevented us from being on the plots when we had hoped to. The strong winds which blew away our tool store and wreaked havoc with our cages put to protect the crops from further pest damage. Which blew the lids off our other tool stores and caused the contents to be soaked by the rain which doesn't seem to stop.

Is there any Good? Of course! Turn around and look at the strip of grass next to the hedge which we have been allowed to keep uncut during the growing season. Hard work over the years has resulted in a burgeoning flower strip with self-seeded cowslips, primrose, tulips and daffodils, along with many other wildflowers which are yet to show themselves during the summer months. The pollinating insects are already gaining the benefit from this area. The rhubarb is growing prolifically and resulting in jars of rhubarb and ginger jam along with the inevitable cake and crumbles. Spinach and chard are green and lush providing food for soups and curries. But most of all are the people who are emerging as if from a long sleep. The allotment is busy with gardeners young and less young. Children and adults alike are learning to use tools, remove dead plants, sow carrots and cut pea shoots. As the soil temperature increases so do our gardeners. Everyone has something to offer whether it is strength, knowledge, enthusiasm, kindness and consideration, recipes and friendship. This is the 'Good' aspect of the Community allotment which helps us tolerate the Bad and the Ugly. Perhaps 'Hope' should be added to that list, because it is something gardeners rarely fail to have.

If you would like to join us on the Alfred Major allotment site on a Saturday or Tuesday morning 10.00-11.30 you are very welcome. For more information contact Becky Pinniger on 07821 710204.



... young and not so young!

Allotments are for everyone . . .



## Gardening Tips for May

In May we'll be doing a lot of planting out of the young plants that we've been cultivating for the last couple of months. By the middle of the month, we can be pretty much guaranteed that we'll have seen the last of any late frosts in our part of the country, so all of the tender plants can go out this month.

Most of the standard summer crops – tomatoes, peppers, courgettes and aubergines – can be grown in containers as well as in open ground. A large pot filled with a mix of a soil-based and multi-purpose compost will give enough root space for these types of plants to develop healthy roots and grow strongly enough to fruit well. In addition to occupying little space, an advantage of pots is that they can be moved around to maximise the light as the seasons change. It is important to provide some support for tomatoes, peppers and aubergines otherwise they will tend to flop as fruit develops and the plants become top heavy. Courgettes tend to have more of a scrambling habit so spread horizontally.

For even smaller spaces tumbling tomatoes and small chilli peppers can be grown very successfully in hanging baskets.

The summer crops will still be a couple of months away from harvesting, but other crops will be coming into their own. We should still be harvesting asparagus and maybe getting the first peas, beetroot and the early potatoes that we started in the greenhouse.

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

## Cookham and Cookham Dean Horticultural Society Programme 2024

### 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**

## 'Glorious the song when God's the theme': the Stabat Mater

May is traditionally the month of Mary, the mother of Jesus. When we read of Mary in the Gospels, we sense the heartache and trial of much of her life: a teenage mother giving birth in a stable, fleeing with her new-born baby and Joseph to Egypt, losing the child Jesus while on pilgrimage to Jerusalem, following her son on His ministry but always in the background, and there at the foot of the cross as her son is crucified. It is then Mary must have thought back to that occasion in the temple when Simeon took her child and told her that a sword would pierce her own soul.



That sense of heartache and the sorrow it brings is poignantly expressed in a beautiful poem of the Middle Ages called Stabat Mater, which pictures Mary at Calvary and that sword of desolation and sadness that pierces her soul. We are not sure who wrote this poem. It is ascribed to Jacopone da Todi, who became a

Franciscan friar on the death of his wife in the 13th century. The contemplation of Mary's sorrows in the Stabat Mater has inspired many composers, and there are wonderful settings by Palestrina, Rossini, Dvorak, Verdi and Poulenc.

This month let's focus on a very simple setting, but one that captures those searing pangs of sorrow at the heart of the poem. It is by Antonio Vivaldi, who was born in Venice in 1678. In 1703 he was ordained a priest, but by then he had made his name as a skilled violinist and composer. He continued to compose throughout his life: a vast amount that includes some 40 operas (though only 18 survive), 400 concertos, and over 100 choral works. In 1730 Charles de Brosses described him as 'an old man with a prodigious fury for composition.' For much of his life Vivaldi was music director of the Ospedale della Pietà, a music school for girls. Then in 1740 he left Venice hoping for preferment in Vienna. That was not to be, and his final days were marked by poverty and neglect, and in 1741 burial in a pauper's grave.

Most of us know Vivaldi through the brilliance and colour of 'The Four Seasons' and his setting of the Gloria. The tone is more restrained in his setting of the Stabat Mater. There is a very fine CD recording entitled 'Vespers of Sorrow' where the work is linked to a sonata, a psalm setting and the Magnificat for an imagined celebration of our Lady's feast.

The Stabat Mater is a long poem and Vivaldi restricted himself to setting eight verses for contralto and strings: the solo voice standing for Mary as she sings of the despair and agony as the mother of Jesus. The opening verse, 'At the cross her station keeping' captures the intensity of emotion with the throbbing rhythms of the accompaniment – that mood recurs throughout the work. And then with the verse, 'Eja Mater, fons amoris' (O thou Mother! Fount of love!) the violins and viola accompany without any bass instruments. It is a pivotal point in the work as the solo voice cries out 'Mater' across the heights and depths of the music, leading into the prayer that the love of Mary will

## It was in the month of May . . .

200 years ago, on 7th May 1824 that the first performance of Ludwig van Beethoven's Symphony No. 9 took place in Vienna. It is regarded as Beethoven's greatest work and is one of the most-performed symphonies in the world.

90 years ago, on 25th May 1934 that the British composer, Gustav Holst, died. Best known for The Planets.

Also 90 years ago, on 28th May 1934 that the first Glyndebourne opera festival was held, in East Sussex.

70 years ago, on 20th May 1954 that Bill Haley & His Comets released the song Rock Around the Clock. It brought rock and roll into the mainstream and is regarded as one of the most important records in music history.

Also 70 years ago, on 6th May 1954 that Roger Bannister became the first person to run a mile in under four minutes (3 minutes, 59.4 seconds), in Oxford.

50 years ago, on 24th May 1974 that Duke Ellington, American jazz pianist, composer, and big-band leader, died. Regarded as the greatest jazz composer of the 20th century.

40 years ago, on 17th May 1984 that Prince Charles described a proposed extension to the National Gallery in London as a 'monstrous carbuncle on the face of a much-loved and elegant friend'. (The design was scrapped, but his comment sparked controversy over the Royal Family's role.).

Also 40 years ago, on 19th May 1984 that John Betjeman, British poet, writer, and broadcaster died. He was Poet Laureate 1972-1984.

30 years ago, on 6th May 1994 that the Channel Tunnel linking England and France was officially opened.

Also 30 years ago, on 10th May 1994 that Nelson Mandela was inaugurated as South Africa's first black president, after more than 300 years of white rule.

---

touch all human hearts. The final verse set by Vivaldi begins 'Make me feel as thou hast felt,' and so Mary stands for all mothers who have lost loved ones: perhaps sons killed in Afghanistan, perhaps daughters dying through disease.

Mary's love for Jesus, her son, touches the hearts of them and of all parents. Hers was a protective, sacrificial love that led her to the foot of the cross, where Jesus gave His mother and John, the beloved disciple, into the care of each other. The sacrificial love of a mother mirrored in the sacrificial offering of her son in death.

Julian of Norwich meditated on this motherly love in her Revelations. In chapter 60 she wrote, 'A mother's caring is the closest, nearest and surest for it is the truest... As we know, our own mother bore us only into pain and dying. But our true mother Jesus, who is all love, bears us into joy and endless living. Blessed may he be!' So the protective care of mother Mary cries out to us in Vivaldi's setting of the Stabat Mater. The closing lines of that poem look to Christ's maternal love like Mother Julian:

*'Christ when Thee shall call me hence,  
Be my mother, my defence,  
Be thy Cross of victory.'*

*An extract from Revd Michael Burgess' series looking at great works of music.*



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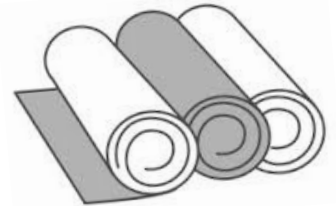
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### The Cookham Festival is just days away!

Tickets are selling fast and it's no wonder, with over 50 events lined up for everyone to enjoy. From well-known personalities like Theresa May in conversation with Lord Young discussing "The Abuse of Power" on May 3rd at the Sir Bernard Miller Centre, to hidden gems including: The Walnuts at Holy Trinity Church; Adam Vetere A Beautiful Garden by design; Art on the Street with Harriet Atkinson, Jane Dibblin and Gavin Henderson from the John Lewis Partnership Archive; Toscana Strings and Concertini present Stories Set to Music - Monkey Puzzle, all just waiting to be discovered, there truly is something for everyone.

And let's not forget Formosa Fest, showcasing local bands and providing a fun-filled day for the whole family. Don't miss out on the Cookham Festival Sculpture Garden and all the other exciting events. **Book your tickets now online before they're all gone!**

**May 3rd - 19th**

All events are listed on our website  
[www.cookhamfestival.co.uk](http://www.cookhamfestival.co.uk)

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



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

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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.

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## 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](http://www.cookhamparishcouncil.org.uk/crbst_18.html)



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## Holy Trinity Primary School

Music is good for the soul; whatever your musical preference, whether you choose to listen or create, music can bring great joy regardless of age. Mindful of this, music plays an important part in the life of our school.

When the children arrive in the classroom each morning there is always music playing, usually something soothing to get the day off to a positive start. The same happens at the beginning of every assembly; the children walk in to music which allows time to reflect before the thought of the day is introduced. Often music is played during the school day as the children are working on tasks. It is evident how extended pieces of writing, for instance, are enhanced when calming classical music is used to set the atmosphere.

Our music curriculum is varied giving the children opportunities to sing, compose and perform. The work of famous, and less famous, composers is explored and different styles of music from classical to rap are enjoyed. This inspires many to learn to play an instrument. These days it is becoming increasingly difficult to find spaces around the school where our peripatetic teachers can work with individual children who have chosen to learn to play the piano, clarinet, recorder, violin and flute!

Music of a different kind fills the air on Wednesdays. The team from Rock Steady Music School come in to share their expertise and elevate our musicians to rock star status as the children create popular tunes using vocals, electric guitar, drums and keyboard. In the afternoon we are taken to the Caribbean when our steel pans are set up in the hall and the pupils in Year 5 and 6 have an opportunity to explore rhythm and melody. They really make a quite impressive sound!

The sound of ukuleles is heard at lunchtime when our ukulele club gets together and every Tuesday and Thursday our choirs arrive early in school to rehearse. They are currently preparing for their next performance, this time at the Odney Club when they will be sharing the stage with children from the other three Cookham Schools in a musical piece inspired by Kenneth Grahame's 'Wind in the Willows' and beautifully composed by Rob Castell. Perhaps some of you have already booked tickets! Later on in the term, Year 3 will be joining schools from further afield when they take part in the Berkshire Music Trust's Junior Music Festival at the Hexagon in Reading. It comes just after our own annual Musical Evening when the musical talents of many of the children are showcased.

One of the easiest ways to generate music is by singing and there's something very special about hearing children, staff, parents and governors come together in Holy Trinity Church for special services throughout the year. Recently the team made us incredibly welcome when we celebrate Easter there. We almost raised the roof with our rendition of 'Easter Jubilation' but my favourite moment of the service was when Jonathan and Alexandra Wood performed 'Somewhere Over the Rainbow'. It was one of those spine-tingling moments which reminded me, and I'm sure so many others, of the beauty, benefit and power of music.



Anna Smith  
Head Teacher

## Cookham Dean Primary School

We hope that everyone had a wonderful Easter. We certainly enjoyed a break from school routine but we are back now for our summer term.

As usual in any school, the summer term is full of hope – with better weather, more outdoor learning and lots of opportunities for the children to challenge themselves in all areas of the curriculum.

This term we will hold our Healthy Schools Week, our School Fete (29th June and it would be lovely to see our local community at school for this), our musical soiree, a plethora of visits and trips for the children including our Year 6 trip to Wales and our Year 5 trip to Ufton Court to learn about the Tudors.

Our Pupils4Praise children will be leading our Prayer Week with support from our RE lead, Mrs Thompson and Rev Jo. This is always a wonderfully spiritual experience for everyone – whatever that looks like for individuals.

Our gardening club have been working so hard with our parent volunteers to prepare our beds for planting. The children have particularly enjoyed bug hunting and are taking pride in our garden which is looking lovely!

But the highlight for me this term is our Poetry Competition. Every child learns a poem – it can be read or memorised and performed in front of their class. I still remember learning Wordsworth's 'I wandered lonely as a cloud' and so this brings back happy memories of my school days. Two children from each class are chosen to perform in our Poetry Competition Final in front of parents and a panel of judges. It is wonderful seeing the children perform with such confidence. Definitely my favourite bit of the summer term!

Now we just need the sun!



Fenella Reekie  
Head Teacher



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## Herries Preparatory School

The Summer Term at Herries involves a number of school trips, including our two residentials for Years 4 and 6. But, what is it which makes a school residential so worthwhile to Herries children?

**Happiness** - The most important thing to say about a residential trip is that pupils will walk away from it with memories that they will cherish. Ask any Year 6 leaver what their highlight of their school life so far was, their residential visits never fail to come out in pole position.

**Enthusiasm** - Residentials are met with ample enthusiasm. The outbound coach journey is a noisy one with children: swapping notes on the contents of their suitcases; discussing what they like to have for breakfast; and, giggling about the possibility of seeing their class teacher in pyjamas.

'It's like a BIG sleepover, isn't it?'

'Yes... but my mum would NEVER let me have the whole class sleepover at once, would yours?'

Herries children approach the change of scene and routine with a healthy level of zealotry. They never fail to be ardent in approaching new opportunities, activities and challenge. Even better - they bring this re-energised bundle of enthusiasm back into the classroom on their return.

**Respect** - By spending time with each other and their teachers in a different setting, mutual respect is strengthened. It is often commented upon, how respectful Herries pupils are. A visit to a new setting, mixing with new people, gives children the opportunity to show this off.

**Resilience** - Trying new (and sometimes challenging) things, meeting new people and being away from home overnight, all involves building resilience.

**Independence** - After a long period of time being told to stay at home, children need to learn how to be away from home, albeit for short periods of time, for their own self development and discovery. The residential trips, for some, are a first experience of spending the night away from their family. The sense of independence and adventure generates excitement and self-belief in even the most timid, developing their resilience and self-confidence.

**Excellence** - The best learning occurs when it seems like play - children come back from residentials talking about all of the fun they had. Many activities have a problem solving or team-building element to them, so not only are students physically active in an outside environment, they are also cognitively active! Most of the time this learning 'disguised as play' fools them.

I don't think there is a positive value which can't be brought to light during a school residential. Which brings us to our last Herries 'Value':

**Sincerity** - 'You can do it!' is a catchphrase which we hear again and again. The children encourage each other and mean it.



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

## Cookham Dean WI

### Meeting on Thursday 11th April

Our meeting this month commenced with a short business meeting, detailing forthcoming events and the current finance outlined.

Our speaker this month was unable to attend, so, at short notice Morag & Gordon Campbell gave us a quiz, which challenged our thinking! The winning team were awarded a bottle of wine each as their prize.

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 May 9th, 2024.

### Cookham Dean WI Hall

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

### Prayer for Schools Fortnight 6th to 20th May

Our local schools are busy places, and draw in many people, especially students, teachers, governors, parents, caterers, and school grounds support services. These people need our prayer, as they face many daily challenges.

And so it was that four years ago a network made up of Churches Together England, CARE, Youth for Christ, Scripture Union, New Generation, the Association of Christian Teachers, came together to launch the Prayer for Schools Fortnight.

It now exists to promote prayer for schools in partnership with prayer groups, churches and Christian organisations. The vision is to see all 30,000 schools in the UK being regularly prayed for.

The theme this year is Running the Race, based on Hebrews 12, and highlighting the perseverance and team mentality needed for schools to operate successfully.

Mike Simmonds, director and education consultant of Go Ministries which supports governors in schools, said: "Schools have almost always been at the heart of the Church's mission. Praying for teachers, other staff, governors, and children must surely underpin our hopes and vision that the next generation will flourish in every way possible.

"For most, school will be the only place they encounter God - that must be a prayer priority."

More details at: <https://www.eauk.org/church/pray-with-us/pray-for-schools.cfm>



# Cookham Medical Centre

## Patient Participation Group

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

### Medical Centre News:

Following the retirement of Jill Stinchcombe as the Practice Manager, the Partners have carried out a detailed assessment of the needs of the practice in the context of the ever-changing needs of NHS General Practice. From the week commencing 15 April the management structure was changed to have a team of two people working alongside the partners – a Business Manager working three days a week and a Surgery Manager on four days a week. These two new appointments will work alongside the existing Finance Manager, Wendy, who provides invaluable support to the practice.

The partners are pleased to confirm that Hannah Jones has accepted the position as Business Manager. Hannah joins Cookham from the Linden Medical Centre in Maidenhead and is a Maidenhead resident. The practice is currently advertising for an Assistant Practice Manager (30 hours per week over 4 or 5 days). There has been a good response to this ad. In the meantime, Hannah is acting as "interim" practice manager.

To more effectively meet the admin needs of the practice the partners are looking to recruit an administrator (14-16 hours per week) to provide support with recall letters, referrals and a host of other admin needs. This job will be advertised shortly.

Dr Aimee Lettis will be moving on in June to further develop her career as a partner at Wargrave. The partners will be recruiting a new GP to replace Dr Lettis as well as a Locum to see us through the summer months. Dr Lettis will leave with our thanks and gratitude for her work in Cookham.

**Hay Fever Tablets:** As spring somewhat reluctantly approaches so does the hay fever season, bringing irritation to some 20% of the population. Many patients ask when the right time is to start taking hay fever medication. Patients who suffer from hay fever will not need reminding of the symptoms and if possible, it is a good idea to start taking antihistamines before the symptoms start. It is difficult to say for an individual sufferer exactly when that might be since it will depend on an individual's particular allergies. However, the peak pollen times are: **Tree Pollens – March to May; Grass Pollens (the most common type of allergy) – May-July/August; and Weed Pollens – July-September.**

If you have any queries on the best medication to take or require advice on what other medications are compatible with hay fever remedies, do not hesitate to approach your local pharmacist for advice.

### 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.

**May is Action on Stroke Month.** Keep a regular eye on your blood pressure, your weight, your diet and alcohol consumption and your lifestyle. With the advent of spring and (perhaps) sunnier weather, it is appropriate that **May is Skin Cancer Awareness Month.** Global warming and increased temperatures

increase the risks of all types of skin cancer. When going into the sun make sure you apply a high factor sun screen to the exposed areas of your skin, such as your face, with an emphasis on your nose and ears, and the backs of your hands, as well as your shins and thighs. Always remember to wear a hat or cap to protect your face and head. If you find you have a newly developed mole or a questionable looking patch of skin, check them out with your GP.

Having taken care to protect your skin, what better way to improve your physical and mental health than by taking part in **May's National Walking Month?**

**May is also Bladder Cancer Awareness Month** – if in doubt get yourself checked.

**5 May- World Hand Hygiene Day.** The lessons we learned during the height of the Covid-19 pandemic apply just as much today. Regular hand hygiene remains a key element in the battle against infection.

**6-12 May. Deaf Awareness Week.** To raise awareness of hearing loss and its impact on peoples' lives.

**7 May. World Asthma Day.** Asthma is a particular issue during the hay fever season.

**12 May. A celebration of our nurses and all they do for us.**

**13-19 May – Mental Health Awareness Week.** Learn what you can do to support your mental health and those of your family and friends.

**13 May – 13 June. National Smile Month.** Look after your dental health and keep your teeth clean and healthy. A bright smile helps the mental health of us all!

**15-21 May. Dementia Action Week.** A condition which touches the lives of more and more people.

**16 May- Global Accessibility Awareness Day.** To remember the needs of the over 1 billion people with disabilities and impairments who are unable to engage with the modern digital world.

**17 May – International Day against Homophobia, Transphobia and Biphobia.**

### 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 - spreading hope in Gaza

Baptist organisations in Palestine and Israel are continuing to support people amid the 'heart-wrenching reality' of the war in Gaza.

One such organisation is Christian Mission to Gaza, whose founder and president is Hanna Massad, the former pastor of Gaza Baptist Church.


In regular newsletters to supporters, Hanna details how CMG is actively involved in providing essential aid to those affected by the conflict.

This includes winter clothes, groceries, meals for people sheltering in churches and beyond (many Christians are sheltering at St. Porphyrios Greek Orthodox Church and the Holy Family Roman Catholic Church), as well as financial support to help families meet basic needs.

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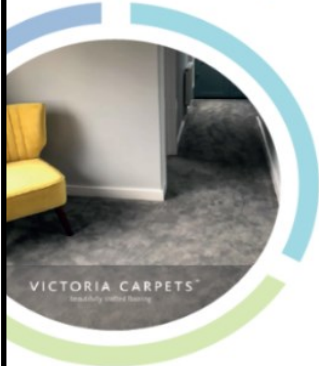
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