

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











A Trip to the Tower Page 5

WILD
WILD
COOKHAM



YOUR COOKHAM, YOUR PLAN

Consultations - see page 20



Our Worship and Prayer Channel



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Fr Stephen writes - Embracing Community: reflections from Cookham Festival

Dear Friends, as the fresh blossoms of spring infuse our Benefice with new life, May has brought with it a season of joy and community spirit, epitomised by the recent festivities at the Cookham Festival. This event drew together a wonderful array of artists, performers, and community members, each contributing to a vibrant celebration of talent and camaraderie.

As your parish priest, participating and witnessing the communal harmony during these events has been a profound blessing. Such gatherings are vivid illustrations of what we can achieve together, encapsulating the core values of Christian fellowship that form the bedrock of our shared ethos at St. John the Baptist and Holy Trinity. These moments of unity and joy reflect the very DNA of our churches, highlighting our commitment to living out the gospel in every action and interaction.

In Christian teachings, community is not just important; it's foundational. The Acts of the Apostles paints a vivid picture of the early Christian community, an ideal where believers lived in a remarkable unity, sharing all they had and meeting daily in the temple courts (Acts 2:44-46). This model of communal life, where believers not only shared resources but also provided emotional and spiritual support to each other, serves as a profound blueprint for us today. They worshipped together, ate together, and ensured no one was in need, embodying a radical form of fellowship that transcended individual desires for the greater good. This spirit of profound mutual aid and fervent collective worship guides us at St. John the Baptist and Holy Trinity as we strive to recreate such a close-knit community within the diverse fabric of Cookham. We aim to live out these timeless principles of sharing, caring, and unity in every interaction, fostering a living community that mirrors the cohesive and supportive nature of those first followers of Christ.

Throughout the festival, both our churches opened their doors widely, not only welcoming those who sought to explore spiritual paths but also serving as a venue for artistic expression and musical performances. This engagement provided a unique opportunity for cultural exchange and spiritual reflection, enriching our community's experience. By participating in these public events, we demonstrate our faith in action, offering comfort, solace, and the hand of friendship to all, while actively fostering an environment where artistic talents and spiritual quests intersect.

Our Churches are more than places of worship; they are community hubs intended to shine as beacons of hope and connection. Engaging in events like the Cookham Festival allows us to embody Christ's teachings through acts of love, service, and hospitality. These churches provide sanctuaries not only for spiritual reflection but also for communal interaction and cultural enrichment. By inviting everyone to join in fellowship and participate in our community, we foster a spirit of unity and mutual support that epitomises Christian teaching.

Reflecting on the warmth this season, I warmly invite each of you to join us at St. John the Baptist and Holy Trinity, whether you're drawn by curiosity, the need for support, or a desire to explore your faith. These churches are sanctuaries where everyone is welcome, and our activities are designed to cater to a diverse array of interests and spiritual needs. Here, we offer a variety of programs that engage the mind, nourish the soul, and inspire community involvement. From worship services to community outreach and cultural events, there is a place for everyone to contribute and grow in fellowship.

Consider this an open invitation to visit our church: join our services, participate in our outreach initiatives, or simply enjoy a moment of peace within our walls. We are here to welcome you into our church family, offering an environment of support and fellowship.

Conclusion: as we embrace the beauty of spring and the promise of growth it brings, let us also extend our heartfelt thanks to the organisers of the Cookham Festival for their warm invitation for St. John the Baptist and Holy Trinity to participate. Their efforts have not only enriched our local festivities but have also fostered deeper integration within the broader community. Our community is composed of many smaller groups that together form one vibrant collective, The Cookhams. Your churches play a crucial role in this tapestry, contributing significantly to the communal spirit that defines our area.

Together, let us continue to nurture a thriving, supportive, and inclusive community here in The Cookham's, where everyone is encouraged to grow, share, and belong. Through these connections, we manifest the love and grace of Christ, making a positive impact on all who join our community.

In peace and friendship, Father Stephen

THE COOKHAMS PARISH MAGAZINE



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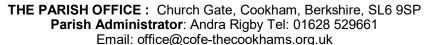
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Parish Magazine, Pew News and Worship Channel are on line!

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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

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

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



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A Trip to the Tower!

It must be 30 years since I last clambered up the steps of Holy Trinity's Tower and in the intervening years someone has surely made them narrower and steeper.

On the last occasion I had only a quick glimpse into the mysterious ringing chamber on my way to the roof, but as part of the Cookham Festival the bell ringers promised they would explain the magic that happens faithfully each Sunday when the bells ring out to remind everyone that the Church is waiting for them.

Only someone with the knowledge that comes from years of experience could have spoken so clearly and knowledgeably as Marcia did, ably supported by members of the bell ringing team who demonstrated how to hold and catch the bell rope. Between them we learnt the difference between those (inferior) foreign methods of ringing and the artistry, skill and feats of memory involved in English ringing. We have 10 bells ringing at Cookham, from the new ones which were





commissioned at the end of World War II, right back to the oldest ones which still ring out as they have since the middle of the seventeenth century.

Apparently, anyone of any age who can manage the stairs can learn to ring. There are health benefits as catching the bell on the return gives an excellent back stretch and workout. Every part of the all too brief visit was illustrated with either examples or a lovely working model of a mounted bell, in itself an antique nearly 100 years old. I think everyone in the tour was fascinated and could happily have listened for far longer as we sat surrounded by the wooden plaques commemorating the complex peals earlier generations of ringers have achieved to celebrate local and national events. A big thank you to Marcia and Cookham Bell Ringers.

Sarah Stockdale



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: -

- 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.



Church News and Events

Music at Holy Trinity

Sunday 2nd June

11am: PARISH EUCHARIST

Organ Voluntary: Te Deum - Charpentier

6.30pm: REJOICE IN THE LORD

Anthems: Spirit Song – Fettke arr. Wimber; There's a wideness in God's mercy – Bevan; A Blessing – Althouse

Voluntary: Adagio - Albinoni

Sunday 9th June

11am: PARISH EUCHARIST & BAPTISM

Anthems: Day by day – How; Do not be afraid – Markland;

Lead me, Lord - Wesley

Organ Voluntary: Trumpet Tune - Purcell

Sunday 16th June

11am: PARISH EUCHARIST

Anthems: Jesus Christ, the apple tree – Folksong arr.
Bullard; Be still, for the presence of the Lord – Evans arr.
Tambling; Domine Deus – Vivaldi

Organ Voluntary: Prelude in C – J.S. Bach

Sunday 23rd June

11am: PARISH EUCHARIST

Anthems: And Christ be all in all – Smith; Agnus Dei – Johnson; Lord, I stretch my hands to you – Althouse

Organ Voluntary: Radetsky March - Strauss

Sunday 30th June - LADIES' DAY

11am: PARISH EUCHARIST

Anthems: O God you search me – Farrell; A Clare Benediction – Rutter; Listen – Nazareth

Organ Voluntary: Arrival of the Queen of Sheba - Handel

Led by our new Senior Ladies' Choir – ALTER CHORUM – thank you to our enthusiastic band of nineteen new choristers

6.30pm: COMPLINE

Anthems: Show me the way – Craig; Calm me, Lord – Rizza

Led by the Choristers' Mums' Choir

Available online now (YouTube 'Cookham Churches'):

Come Holy Ghost (Pentecost)

Jesu, joy of man's desiring (by J.S. Bach) – sung by the Girls, Boys & Men of the Choirs

Views for our offerings during Holy Week, Easter and

Views for our offerings during Holy Week, Easter and Ascension totalled over 1370.

Coming online during June:

Psalm 23 by Howard Goodall, featuring Alexandra Wood (Violin) – leader of Aurora Orchestra & City of London Sinfonia



Strawberry Tea

at Cookham Dean church on



Sunday 30th June 3-5pm

Tickets £12.50

Available from Barbara Dent 01628 476512 or Ros Hazeldine 01628 476963

Parish Giving Scheme







We are very grateful for all giving to the church, without your support there would be no church. Thank you!

If you regularly put cash in the plate or using the card reader, have you considered the Parish Giving Scheme as an alternative method of giving? It's very easy to sign up to a regular amount that would suit you. There's an option for an annual increase to be

linked to inflation, but you can always have the option to change the amount at any time.

Bonus for you—you can forget needing to bring cash or a card to church.

Bonus for the church—less admin and counting, and, if you're a tax payer, Gift Aid will be claimed by the central organisers and passed to the church a few days after your payment.

If you are interested in giving in this way, please speak to either of our treasurers, Ros Hazeldine or Tim Sharples, or visit

www.parishgivings.org.uk





Parish Registers

Baptisms at SJB Ottilie Margaret Scowsill

Margot Lily Rider

Baptism at HTC Edward Angus Peet

Interment of Ashes at HTC Michael Thacker

Issy Phipps Muriel Coles

Interment of Ashes at SJB Maureen Meads

Angela Griffiths Sandy Roome

Memorial Service at SJB

followed by burial

Sue Poad



Trinity Talks - 17th June Great Marlow, 1831-1891 the River and the Railways

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. Talks will resume after a Summer break in September.

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.



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

Fellowship Lunch

Cookham Churches Together

Our next lunch will be on 9th June at Cookham Rise Methodist Church

Please ring Kathy on 522797 to reserve your place by Wednesday 5th May.

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 8th June

Stuart Epps will talk to us about "Singers, Songwriters & Stu" which should be fascinating. As usual we meet at the Holy Trinity Church Parish Centre and we serve breakfast at 8:30am followed by the talk at 9:00am. Our maximum capacity is 40 so places will be allocated on a first come. first served basis. If you say that you are coming and find that you are no longer able to, please let me know otherwise I will have turned someone away unnecessarily.

If you wish to attend, please email me at: nmarkstockdale@hotmail.com

We look forward to seeing you.

Mark Stockdale

Cookham Dean Churchyard Mornings

Our Saturday morning churchyard sessions continue and the next dates are the 1st and 22nd 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



A prayer for June

Dear Lord.

Here we are in June. Halfway through this year already! How the time flies by and often we are so busy, so taken up with everyday concerns that we forget to take time to be still; to consciously be in your presence; to be aware of the wonders of your world.

June is such a beautiful month, so we take this moment, Lord - to thank you for your goodness to us and your provision for us.

And we move into the rest of the year in hope and trust in Jesus name,

Amen.

The D-Day Normandy Landings

Eighty years ago, on 6th June 1944, the D-Day Normandy Landings took place. More than 150,000 Allied troops landed on the beaches of Normandy. The Battle of Normandy ended on 25th August with an Allied victory.

The question of what the D stood for has never been absolutely determined: some say it just stood for Day; others maintain it was Disembarkation, because it was an amphibious operation. What is sure is that there was a spiritual dimension. General Eisenhower, the commander of Operation Overlord, urged those taking part to "beseech the blessing of Almighty God upon this great and noble undertaking", and President Roosevelt broadcast a prayer to the nation – the United States, that is.

Before June 5 – the original date for D-Day, before bad weather forced a rethink – a massive and successful series of deceptions were put in place to make the Nazis think the invasion would come elsewhere. The Germans were certainly confused. Hitler, thinking the attack was a feint, refused to send reinforcements, and their strategy was hampered by the absence of their brilliant Commander Erwin Rommel, who was on leave.

Nevertheless, the Americans suffered over 2,000 casualties at Omaha Beach, which was the most heavily defended. Altogether it was reckoned that over 4000 Allied troops were killed, but about 156,000 successfully stormed the beaches, and many landed behind the lines, including American paratrooper Private John Steele, who descended on to the pinnacle of the church tower in Sainte-Mère-Église, the first village to be liberated by the U S Army. Lit up by searchlights, he survived by pretending to be dead, was captured and then escaped, joining the invading soldiers.

This year handmade silhouettes of almost 1,500 servicemen were transported to Normandy for an art installation, Standing with Giants, to mark the anniversary.



The disappearance of George Mallory on Everest

One hundred years ago, on 8th June 1924, the British mountaineer George Mallory disappeared on Mount Everest. His body was found in 1999.

The man who may have been the first to climb Everest went missing with his fellow climber Andrew (Sandy) Irvine after setting off for the summit and encountering deep snow and high winds. It was the third attempt on the summit by that year's expedition.

Another member of the group claimed to have seen them making progress very close to the summit, but doubt was later cast on this: it was extremely misty, and the timing did not seem to fit. There have always been claims that Mallory and/or Irvine reached the summit and fell on the way down: the condition of Mallory's body lent some credence to this, as did the absence of his wife's photograph, which he always carried with him and intended to place on the summit. Sadly, his camera, which could have provided undeniable proof, was never found. Nor was Irvine's body.

Irvine was inexperienced but strong, and an expert on the use of bottled oxygen. Mallory was regarded as the most skilful climber on the expedition, with a "natural, catlike ability". He came from a long line of clergymen, and his first climbing experience, aged seven, was on the roof of his father's church, St Wilfrid's, at Mobberley, in Cheshire. When asked on a lecture tour in 1923 why he chose to go to Everest, he replied: "Because it's there."

The expeditions in the 1920s were forced to take a more difficult and longer northern route because of Nepal's refusal to grant access to the southern side of the mountain. Everest was officially first climbed – and safely descended – by Edmund Hillary and Sherpa Tenzing Norgay using the southern route in 1953.



Watching birds is positively good for you

So says a new study out of North Carolina State University. It goes on to say that watching birds is even

more beneficial to us than watching other forms of wildlife.



The new study found that birdwatchers' recorded 'distress' levels dropped by 13.7 per cent, compared to that of nature-walkers' at 6.9 per cent.

The study suggests that the reason may be that birds provide

their own narrative and sense of drama, which can be enough to lift someone watching them out of the everyday.

The author and presenter Kate Humble agrees. "There is something reassuring about life continuing and nature just getting on with it, even if it feels like the rest of the world is falling to bits. Birdwatching makes me feel part of a bigger, richer, beautiful picture."

"Birds give me an excuse to explore and find some solitude and calmness away from the bustle of life," says James Lowen, author of 52 Wildlife Weekends. "It helps put me in my place."







Don't forget Foodshare!



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

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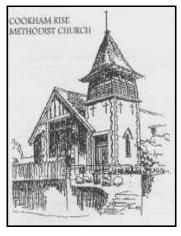
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Seated Exercises (07900 204001) Mon 1.30- 2.15pm Rainbow Guides (01628 532279) Mon after school Cantorum Choir Rehearsals Mon 7.45 - 9.45pm

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

Echoes of Swing

Big Band Concert

Tuesday July 2nd 7.30 - 9.30 p.m.

at Cookham Rise Methodist Church

Tickets £10 including refreshments

Pay at the door

Fundraising for Rosie's Rainbow and the church

Sunday Worship for June

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

Jun 2nd 10.30 a.m. Rev Vicci Davidson (HC) *

Jun 9th 10.30 a.m. Alan Crowle

5.00 p.m. Just a Song at Twilight on Zoom

Jun 16th 10.30 a.m. MHA Service **

3 - 5p.m. Teatime for the Soul

Jun 23rd 10.30 a.m. Josh Wilson

3.00 p.m. "Alive in the Spirit" at Windsor

Methodist Church

Jun 30th 10.30 a.m. Conference Sunday Service

livestreamed at St Marks Crescent

Methodist Church

* Caroline from Rosie's Rainbow will be speaking at this service

** MHA formerly Methodist Homes for the Aged

Ecochurch thoughts and Biblical Commentary

"To harm the earth is to heap contempt upon its creator." King Charles III

Genesis 1:1 In the beginning God created the heavens and the earth.

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

Fellowship Lunch – Sunday June 9th at 1 p.m. - please book by Wednesday June 5th by phoning Kathy Rickman on 01628 522797

Teatime for the Soul - June 16th at 3 p.m. - a monthly service for people who would appreciate a short, traditional service of well-known hymns and familiar readings followed by an afternoon tea.

R.I.S.E. at The Crown 6.45 for 7 p.m. Tuesdays 11th and 25th June. 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

A Night in June

The sun has long been set,

The stars are out by twos and threes.

The little birds are piping yet

Among the bushes and the trees;

There's a cuckoo, and one or two thrushes,

And a far-off wind that rushes.

And a sound of water that gushes,

And the cuckoo's sovereign cry

Fills all the hollow of the sky.

by William Wordsworth

Methodist Minister Vicci Davidson writes:

Dear Friends,

I don't know about you, but I love it when I learn a new word or expression. The new one I learned this week was "desire path". A desire path is a path that has been created by numbers of people walking where they want to go sufficiently frequently for a path to form in the grass or woodland. Of course, in the days before the Romans gave us roads, most footways were desire paths, but it reminded me of a book I have on my shelves called "We make the road by walking" by Brian McLaren.

The book reminds us that none of us, however old, are "done" yet. We continue being sculpted until the day we die. As individuals and as communities, we have the option to move forward if we choose and also the freedom to stagnate and regress.

The Bible too speaks of such things, most specifically in that wonderful imagery of the potter and the clay that is found in Jeremiah 18:2-5 when God tells Jeremiah: "'Go down to the potter's house, and there I will give you my message'. So I went down to the potter's house, and I saw him working at the wheel. But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him."

God doesn't make us walk in one particular way, nor does he force us into one particular shape. In the same way, the Romans brought roads to Judea, but Jesus and the disciples walked along desire paths at the edge of the desert, in the hills above Galilee, on the Mount of Olives. Just as Jesus lived in occupied territory but walked in his Father's way, so we live in a time and place occupied by all the worries, concerns, determination to acquire power, money or things that this life demands of us, and yet we are called, if we choose to follow, to avoid worldly roads, and walk instead upon desire paths leading always towards Jesus and his Father, empowered for the journey by the supporting presence of the Holy Spirit.

God bless, Vicci



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

Local Personal Trainer, Ben Broadhead writes:

Can we really benefit from exercise in our 70s, 80s and beyond?

This is a question I was asked during my recent interview on Marlow FM. I was happy with my answer at the time, but it caused me to ponder for a while afterwards. I decided to readdress the question in a longer format by writing this article. I hope you find it interesting and beneficial.

As someone who works in the industry, the answer is "yes" without hesitation. But it was the question itself that really made me think. The fact that it's even a question at all. The fact that people have such limiting beliefs surrounding their capacity to make positive change after a certain age.

I can observe this thought pattern in people of all age groups. For example, 29 year old's often dread turning 30 as if everything was suddenly going to go downhill. As life expectancy continues to increase, we need to stop stigmatizing age. When we remove these self-imposed barriers, we stand a much better chance of living a fulfilled life.

Pursuing fitness as an older adult is still somewhat unconventional. When promoting my work, it's often immediately dismissed with a throw away comment like "I'm too old for that" or "It's far too late for me to get fit". I suppose what these comments imply is that our aging process is predetermined and therefore, out of our control. I always find this narrative difficult to hear. Not only because it inhibits us from attaining a greater quality of life, but also because I know first-hand that it's not true. Whilst there are degenerative processes associated with age, all of them can be offset or reversed with the application of a sound exercise program, proper nutrition etc.

I've had the good fortune in my career to witness people of varying ages create incredible improvements in their health and fitness. It's what makes my work so rewarding and why I want to spread my message to as many people as possible. The message in summary being that it's never too late to start and anyone can benefit from fitness regardless of their age or any other factor.

Good luck! Ben

www.benbroadheadpt.co.uk

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

Services Calendar for June 2024

HTC -	Holy Trinity, Cookham	SJB - St John Baptist, Cookham Dean
нтс	June 2 nd - 1st Sunday after Trinity 11.00 Parish Eucharist 2 Corinthians 4:5-12; Mark 2:23-3:6 18.30 Rejoice in the Lord	SJB 09.15 Parish Eucharist 2 Corinthians 4:5-12; Mark 2:23-3:6
нтс	June 5 th - Wednesday June 6 th - Thursday 08.00 Holy Communion	SJB 10.00 Holy Communion
нтс	June 9 th - 2nd Sunday after Trinity 11.00 Parish Eucharist with Baptism 2 Corinthians 4:13 - 5:1; Mark 3:20-end	SJB 09.15 Parish Eucharist 2 Corinthians 4:13 - 5:1; Mark 3:20-end
НТС	June 12 th - Wednesday June 13 th - Thursday 08.00 Holy Communion	SJB 10.00 Holy Communion
нтс	June 16 th - 3rd Sunday after Trinity 11.00 Parish Eucharist 2 Corinthians 5:6-10,14-17; Mark 4:26-34	SJB 09.15 Parish Eucharist 2 Corinthians 5:6-10,14-17; Mark 4:26-34
нтс	June 19 th - Wednesday June 20 th - Thursday 08.00 Holy Communion	SJB 10.00 Holy Communion
HTC	June 23 rd - Birth of St John the Baptist 11.00 Parish Eucharist Acts 13:14b-26; Luke 2:57-66,80	SJB 09.15 Parish Eucharist Acts 13:14b-26; Luke 2:57-66,80 (this service will be livestreamed/recorded) 16.00 Families@4 - All Age Family Worship
нтс	June 26 th - Wednesday June 27 th - Thursday 08.00 Holy Communion	SJB 10.00 Holy Communion

June 30th - 5th Sunday after Trinity

SJB 09.15 Parish Eucharist

2 Corinthians 8:7-end; Mark 5:21-end

HTC 11.00 Parish Eucharist

2 Corinthians 8:7-end; Mark 5:21-end

18.30 Compline

June 26th - Wednesday

SJB 10.00 Holy Communion

June 27th - Thursday

HTC 08.00 Holy Communion

July 2nd - 6th Sunday after Trinity

SJB 09.15 Parish Eucharist 2 Corinthians 12:2-10: Mark 6:1-13

11.00 Parish Eucharist
2 Corinthians 12:2-10; Mark 6:1-13

HTC

Prayer Diary - June 2024

1 Justin, martyr, c 165

2 Sunday

3 Martyrs of Uganda 1885-7

4 Petroc, abbot, 6th cent.

5 Boniface (Wynfrith), bishop, martyr, 754

6 Ini Kopuria, founder of the Melaesian Brotherhood 1945

7 Friday

8 Thomas Ken, bishop, nonjuror, hymn writer, 1711

9 Sunday

10 Monday

11 Barnabus the Apostle

12 Wednesday

13 Thursday

14 Richard Baxter, puritan divine, 1691

15 Evelyn Underhill, spiritual writer, 1941

16 Sunday

17 Samuel and Henrietta Barnett, social reformers, 1913 and 1936

8 Bernard Mizeki, martyr, 1896

19 Sundar Singh, sadhu (holy man), evangelist, teacher of the faith, 1929

20 Thursday

21 Friday

22 Alban, first martyr of Britain, c. 250

23 Sunday

24 Birth of John the Baptist

25 Tuesday

26 Wednesday

27 Cyril, bishop, teacher of the faith, 444

28 Irenaeus, bishop, teacher of the faith, c.200

29 Peter and Paul, Apostles

30 Sunday

For the success of the Cookham Festival and all the volunteers who

helped

Flooded areas if the world

Donkeys in Europe

For all children studying exams

Our planet and environment

All those in church who clean and work on the coffee rota

For all those who are hungry

For all fisherman and women and all who work to keep our rivers and

oceans clean

For those working at the fellowship lunches

Paddy fields

Harwood house and its residents

For all children who are forced into work

All parents and carers

For all blood donors

For all scouts, guides, cubs, brownies, beavers and rainbows

For all fathers and father figures

Air ambulances and the committed staff who operate them

For parkland recreational facilities

For those who are caught up in conflict and war

Continuing success of local business in Cookham

Long summer days and sunshine!

For those who tend to, and manage the church grounds

For farmers and those who grow our food

For all those being baptised

For those being held against their will

For those going on holiday and their safe travel and return

The health and happiness of newborn babies.

Teachers and those involved in education

Prayer for the water voles and the reintroduction into the water ways

For all pets and the comfort that they bring





No Free Lunch

There were a few prescient people in Victorian times who saw it coming. And even the early environmentalists in the mid 20th century were ignored. But now we know. The exceptional improvements in the quality of human life of the past few centuries carried a cost.

We want houses, roads and all the infrastructure now essential to comfortable human lives. And we want a balanced natural world. But, just now, we'd like all the 'comfort' things first. And, if some development happens that we don't agree with, we complain when it's too late. Plans have been made, deals struck, paperwork all but completed. Those special places gradually disappear so all we are left with are the memories.

WildCookham was set up to put a focus on the natural world around us, and on why it is important – not just because it's nice to see birds and bees, but because their existence is essential to ours. It is, in the real sense of the word, existential. Our local group has reached its tenth birthday this month and with it comes a plea to all who care both about our natural world, and about our still separate community of Cookham, that we have to fight for this. Moaning about what's disappearing is not enough.

On a positive note plans are being put in place in a bid to save our precious natural spaces and wildlife corridors, such as the Government-led Local Nature Recovery Strategy and the local projects in which WildCookham and others are involved. But there are also on-going threats to these places, and especially just now to the areas that ensure Cookham's identity as a separate community, Stanley Spencer's 'village in Heaven'. They need our help. We need to be vocal and engaged in saving our natural world. If we are just bystanders, tututting about how sad it is, then we will get what we deserve. There is no such thing as a free lunch.

If this appeal strikes some chords with you please contact us at wildcookham@gmail.com or call 07739 337105. Doing our work requires people to do it. Help us do even more in our next ten, ever more critical, years. And think about the things you can do - create a pond, no pesticides, limit night-time lighting, create some wildness in your garden..... And find us on Facebook and at www.meetup.com/wildcookham and www.wildcookham.org.uk. Mike Copland

Big Cookham Wildlife Weekend It's This Month!

We are nearly there! June 22nd/23rd is just around the corner, and our big 'garden safari' beckons. So perhaps a reminder of why WildCookham is sponsoring this initiative. It becomes more evident day by day how impoverished of wildlife much of our wider countryside has become due to many pressures on our farmers. And so our gardens are becoming more and more important to the rest of the creation we share our lives with. But apart from the larger, noisier representatives such as our birds, and the fairly obvious blousy butterflies we know, many of the hundreds of different insects and mini beasts that dwell in our midst go undetected.

So, in celebration of our tenth anniversary, time go ahunting! We suggest a bit of pond dipping to assess our aquatic neighbours, for example. And to seek out those hidden insects, try tapping overhanging vegetation to see what falls out into a tray or upturned umbrella. Check under leaves for insect eggs or caterpillars (some of which are amazingly coloured). Lift some bricks or slabs to see what lurks beneath, and don't forget to check all those webs for what sort, size and colour of spiders reside there.

And with some 2,000 moth species in the UK, why not place a white sheet over a clothes frame or washing line and shine a light or torch into it for a few hours of darkness and be amazed at the sheer range and beauty of these denizens of darkness.



Do let us know what you are planning by going to our registration link https://tinyurl.com/mus2p9n9 or find it via our QR code left, both of which show our Instagram and FaceBook links where your photos can be uploaded for identification.

Our wildflower seed packets are still available at Daisies café in the Parade.

Other events we would love to see you at include:

June 1st and 29th – Pond dipping on Marsh Meadow for children and parents

June 3rd – What's About walk around Odney Estate
July 6th - Butterflies in the Thicket

Brian Clews Wildlife Weekend Project Team

Tree Bumblebees from Michelle Hunt



This month my family made a delightful discovery. The photo left is of an upside down ornamental chicken, and inside this upside down ornamental chicken is a tree bumblebee (Bombus hypnorum) nest.

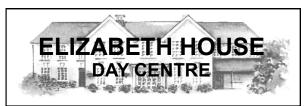
Tree bumblebees are a relatively new addition to the British landscape, being first recorded in 2001. They are pretty distinctive - with a ginger thorax, black body and

white tail in both male and female bees. Some have a darker thorax (melanic appearance) with the white tail

intact. Unlike a lot of other bumblebees, they tend to nest above the ground - you can often find them in used bird boxes, or in this case, a metal chicken that was standing on a fence. They can sometimes be a little bit feisty if their nests are disturbed so (as with all bee nests) they should ideally be left alone.

Another thing you might notice with tree bumblebee nests, in summer, is activity outside of the nest that can appear like a small swarm of bees. Bumblebees don't swarm (that's honeybees - Apis mellifera), this is actually male bees 'lekking'. This is basically male bee activity looking for a mate. By this time the nest is starting to 'wind down' producing male bees and new queens for the next year. It will soon have finished its activities.

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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

We continue to thrive and welcome lots of new members each month, we welcome new visitors who want to come and view Elizabeth House, if you have a new neighbour or friend who may want to look around and join us for a coffee, why not offer to bring them in.

Keeping fit and flexible is important and members join Ben our personal trainer Wednesday mornings.

Right At Home chair exercises continue Friday mornings.

Tricia – one of our volunteers runs our stretch and flex sessions on alternate Tuesdays.

Cookham Montessori have returned for another term Tuesday mornings.

Volunteers who offer their talents:-

Cathy runs hand massages.

Sue plays games and reminisces.

Caroline plays Bingo with our members.

We are also looking for some lovely new volunteers to entertain our members.

Could be anything from singing/playing music, a craft of any type, a quiz, or just a fun hour of chatting and laughter, if you would like to know any more details please call me on this number, thank you!

Dawn 527621

[cont'd from page 14 . . .

The Bumblebee Conservation Trust has good advice on their website about what to do if you find a bumblebee nest and it is quite a common question at this time of year as nests are getting bigger with more activity of worker bees making them easier to spot. Ideally, PLEASE try and leave them as undisturbed as possible. Trying to relocate a nest often results in its failure. They are really unlikely to cause any issues if they are left alone, only lasting until the end of the summer. They are fascinating to watch and learn about the different types of bees in the nest. Nature at its best and a real privilege to have in your garden!

I look forward to continuing to watch our chicken nest to see how these bees get on. Bees are very good at regulating the temperature in their nest - sometimes you will see a crew of bees at the entrance to a nest 'fanning' their wings to help cool it down. However, with the effects of climate change increasing, bees can struggle to keep their nests at an ideal temperature causing failure of the colony. I'm particularly concerned, as this nest is in a metal enclosure, that it might struggle with this. I've got my fingers crossed for them.



- Tickets cost just £1 a week
- Chance to win up to £25,000
- Play weekly, or just play the Super Draw!
- · Win a holiday, or take the cash!



Compassion Café

Please join us at our next Compassion Café. We meet on the 1st Wednesday of the month. Elizabeth House have 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 and 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.

We look forward to seeing you

Date: 1st Wednesday of the month

Venue: Elizabeth House Time: 9.30-11.00 am



Tunnels

Of all the remarkable engineering projects in the world, one is surely the Channel Tunnel. This undersea railway subway is the longest in the world and connects Kent, England with Calais, France. It is over 31 miles (50.46 km) long and was opened just over 30 years ago, in May 1994.

After six years of construction, this massive enterprise created three tunnels, running parallel to each other. Trains go through two large tunnels with a smaller service tunnel for ventilation and access. Every day, about 500 trains go through the tunnels carrying passengers, cars, lorries and coaches.



The Bible tells us of another amazing tunnelling project. King Hezekiah wanted to fortify the city of Jerusalem against the invading Assyrian armies and needed to protect the water supply. Using simple hand tools, and digging through solid rock, the competed tunnel was 1,750 feet long (533 m)! It still exists today and tourists with torches can shuffle along the cold, wet and narrow passageway from one end to the other.

Close to the tunnel is an original written inscription which describes how the tunnel was excavated. Two teams, one starting at each end of the curving channel met in the middle. Apparently, their direction was guided by men listening to hammering sounds as they gouged through the rock.

King Hezekiah's tunnel was indeed an incredible engineering feat and accomplished without modern machines and sophisticated technology. His vision and careful planning saved the people from their enemy. (2 Kings 20:20)

At the end of his eventful life, a eulogy was written that King Hezekiah did what was right and what was pleasing to the Lord his God. His accomplishments were done in a spirit of complete loyalty and devotion to his God.

We may well ask, when our time draws to a close, if such a fitting tribute will be given to us.

GARDENING ASSISTANCE Need help maintaining your garden? • Weeding • Pruning • Seeding • Digging • Composting • Harvesting • Trimming Competitive rates: Call Jeremy Neal on 07717 873309

A Tribute to Lord Field

The Bishop of Bristol, Vivienne Faull, and the Bishop of Ramsbury, Andrew Rumsey, who are the Church of England's joint lead bishops for Cathedrals and church buildings, have issued the following statement:

"We are truly saddened to hear of the death of Frank Field (the Rt Hon Lord Field of Birkenhead, CH) following a period of illness.

"Lord Field was deeply committed to the Church of England. As Frank Field, the active and long-serving MP for Birkenhead, he made time alongside his political career to serve from 2006-2016 as Chair of the Cathedrals Fabric Commission for England, the national advisory and decision-making body on changes to the Church of England's cathedrals.

"Under his leadership, the Commission played a key role in shaping major development works at cathedrals including Norwich, Blackburn, Durham and Wells; supported the installation of innovative works of art at St Paul's and Liverpool; and approved the installation of the first solar panels on cathedral buildings in Bradford and Gloucester. He also helped to secure £40 million of funding for Anglican and Catholic cathedrals under the government's 2014-18 First World War Centenary Cathedral Repairs Fund.



"This role followed earlier periods as a member of the General Synod of the Church of England; a Vice-President of the National Churches Trust; Chair of the 2011 King James Bible Trust; and Chair of the Churches Conservation Trust. He was also a member of the Ecclesiastical Committee from 2002 until his death.

"To each role he brought an inquiring mind, a keen sensibility, a drive for action and a deep commitment to the Christian faith.

"We honour the memory of Lord Field and give thanks for all that he contributed to the work of the Church of England, and to wider society.



Cookham Community Allotment

"Which vegetable takes the longest to grow?"

"What is the biggest vegetable you grow?"

"Have you got a favourite vegetable?"

"What makes a green potato poisonous?"

The Year 4 class visiting from Cookham Rise School, had lots of questions for us. Such interesting ones too! Their visit was thought provoking and the children seemed to have a lot of fun too. Its always good to share the Community Allotment with people of all ages from the Cookham Community. Some of the local 'Squirrels' will soon be visiting too, seeing what happens on an allotment and finding out how we can help bees to pollinate our crops.

Answers to those questions? We decided that probably leeks or purple sprouting broccoli take the longest between sowing and harvest. Our biggest vegetable has got to be a variety of squash...but that started a discussion on whether they were vegetable or fruit. As did the answer to the question about a personal favourite vegetable. Did tomatoes count? Weren't they a fruit? As are cucumbers? Were strawberries fruit if they didn't contain seeds on the inside? So many questions...so much for us all to learn. An allotment makes a perfect Outdoor Classroom, where just about every subject can be taught. Thank you Cookham Rise School for bringing such interesting children to visit our plots.

In the meantime, we are busy bringing on the various fruit and vegetables, ready to plant outside as soon as the last risk of frost at the end of May has passed. Unfortunately, some of the ready planted vegetables have already been discovered by the prolific slugs who almost demolish them as fast as we can plant them. As we garden organically, avoiding chemical pesticides, all manner of other methods are being tried. Nematodes, watered onto the area needing protection, are used by one allotment holder. We have resorted to garlic spray which may add an extra something to the spinach and beetroot we cook this year! The carrots disappeared before we could protect them. Brassicas were left as straggly stumps. Other suggestions have been to protect individual plants with sheep's wool, or sandpaper. Whatever next?? But we don't give up. There is always next time, or next year, or we'll try another eccentric method to reduce pest damage.

There is always plenty to discuss and debate as we site around our table after our gardening sessions, sharing cake and conversation.

If you would like to see what we are up to or would like join in, then do come along any Tuesday or Saturday morning on the Alfred Major allotment site, 10.00-11.30.

If you would like more information then contact Becky Pinniger on 07821 710204





Gardening Tips for June

This month we're going to focus on indoor growing again. In June we can expect some warm weather and whether you grow your own or not, there is lots of fresh seasonal produce around and many people's thoughts turn to salads. For window-ledge growers this is a good time to think about micro-greens (sometimes called cresses) to add variety and flavour to your dishes.

Microgreens are very young seedlings with just a couple of pairs of leaves, some people might remember the cress grown in eggshells to add green hair to painted faces, which was then cut and usually added to egg sandwiches. Many types of seeds are suitable for growing microgreens, beetroot, brassicas and pea shoots all work well. The one family to avoid is the Solanaceae (including tomatoes, aubergines and peppers) as the sprouts are poisonous even though the fruits are delicious.

You'll need a fairly shallow container with a flat bottom (a small seed tray or recycled food container is ideal) for the seeds to grow in. Line the container with an absorbent material (cloth, kitchen roll or if you have it capillary or water matting) and thoroughly wet it. Sprinkle the seeds on top of the wetted material and place the container on a warm windowsill or in a propagator if you have one. The ideal temperatures for germination are 18–22°C (65–72°).

As the seeds begin to grow, make sure that you keep them moist by watering carefully or spraying with a mister. Simply cut the seedlings as you need them and add the micro greens to salads and other dishes.

If you want a bit of extra help to get going, many seed suppliers offer starter kits that include materials and some of the most popular seeds.

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

Our meetings take a break until September

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

Peter and Paul, the two most prominent apostles, noted for their disagreement with each other, are remembered on the same day, 29 June

St Peter, 'the Rock'

St Peter (d. c. 64AD), originally called Simon, was a married fisherman from Bethsaida, near the Sea of Galilee. He met Jesus through his brother, Andrew. Jesus gave him the name of Cephas (Peter) which means rock. Peter is always named first in the list of apostles. He was one of the three apostles who were privileged to witness the Transfiguration, the raising of the daughter of Jairus, and the Agony in the Garden.

When Peter made his famous confession of faith, that Jesus was the Christ, Jesus recognised it as being the result of a revelation from the Father. He in turn told Peter that he would be the rock on which His Church would be built, that the 'gates of hell' would never prevail against it. Peter and the apostles would have the power of 'binding and loosing', but Peter would be personally given 'the keys of the kingdom of heaven'. Jesus also forewarned Peter of his betrayal and subsequent strengthening of the other apostles. After His Resurrection, Jesus appeared to Peter before the other apostles, and later entrusted him with the mission to feed both the lambs and the sheep of Christ's flock.

Peter played a big part in the early Church, and he is mentioned many times in the Book of Acts, where in the early chapters he organised the choice of Judas' successor, preached with stirring authority at Pentecost; and was the very first apostle to work a miracle. Peter went on to defend the apostles' right to teach at the Sanhedrin, and to condemn Ananias and Sapphira. It was Peter who first realised that Christianity was also for the Gentiles, after his meeting with Cornelius. Later he took a prominent part in the council at Jerusalem and went on to clash with St Paul at Antioch for hesitating about eating with Gentiles.

Early tradition links Peter with an apostolate and martyrdom at Rome. The New Testament does not tell us either way, but Peter being in Rome would make sense, especially as Peter's first epistle refers to 'Babylon', which was usually identified with Rome. Peter's presence in Rome is mentioned by early church fathers such as Clement of Rome and Irenaeus. Tradition also tells us that Peter suffered under Nero and was crucified head-downwards. There is no conclusive proof either way that St Peter's relics are at the Vatican, but it is significant that Rome is the only city that ever claimed to be Peter's place of death.

St Peter was a major influence on Mark when writing his gospel, and the First Epistle of Peter was very probably his. (Many scholars believe that the Second Epistle was written at a later date.)

From very early times Peter was invoked by Christians as a universal saint. He was the heavenly doorkeeper, the patron of the Church and the papacy, a saint both powerful and accessible.

In England there were important dedications to Peter from early times: monasteries such as Canterbury, Glastonbury, Malmesbury, Peterborough, Lindisfarne, Whitby, Wearmouth, and especially Westminster. Cathedrals were named after him, too: York, Lichfield, Worcester and Selsey. In all, it has been calculated that 1,129 pre-Reformation churches were dedicated to St Peter, and another 283 to SS Peter and Paul together.

St Paul, apostle to the Gentiles

Like Peter, Paul (d. c. 65) also started life with another name: Saul. This great apostle to the Gentiles was a Jew born in Tarsus and brought up by Gamaliel as a Pharisee. So keen was he to defend the god of his fathers that he became a persecutor of Christianity, and even took part in the stoning of Stephen. He hunted Christians down and imprisoned them, and it was while on his way to persecute more Christians in Damascus that he was suddenly given his vision of Christ.

It was the decisive moment of Paul's life – Paul suddenly realised that Jesus was truly the Messiah, and the Son of God, and that He was calling Paul to bring the Christian faith to the Gentiles. Paul was then healed of his temporary blindness, baptised, and retired to Arabia for about three years of prayer and solitude, before returning to Damascus.

From then on Paul seems to have lived a life full of hazard and hardship. He made many Jewish enemies, who stoned him, and wanted to kill him. Nevertheless, Paul made three great missionary journeys, first to Cyprus, then to Asia Minor and eastern Greece, and lastly to Ephesus, where he wrote 1 Corinthians, then to Macedonia and Achaia, where he wrote Romans, before returning to Jerusalem.

After stonings, beatings and imprisonment in Jerusalem he was sent to Rome for trial as a Roman citizen. On the way he was shipwrecked at Malta; when he finally reached Rome he was put under house-arrest for two years, during which time he wrote the four 'captivity' epistles. Later Paul may have revisited Ephesus and even have reached Spain. Tradition tells he was eventually martyred at Rome during the persecution of Nero, being beheaded (as a Roman citizen) at Tre Fontane and buried where the basilica of St Paul 'outside the walls' now stands.

Paul was not only a tireless missionary, but a great thinker. His epistles played a major part in the later development of Christian theology. Paul's key ideas include that Redemption is only through faith in Christ, who abrogated the old Law and began the era of the Spirit; that Christ is not just the Messiah, but the eternal, pre-existent Son of God, exalted after the Resurrection to God's right-hand; that the Church is the (mystical) body of Christ; that the believers live in Christ and will eventually be transformed by the final resurrection.

It is difficult to overemphasise the influence of Paul on Christian thought and history: he had a major effect on Augustine, Thomas Aquinas, Luther, Calvin and others. In art, Paul is depicted as small in stature, bald and bandylegged, with a long face, long nose and eyebrows meeting over deep-set eyes. His usual emblems are a sword and a book. In England he was never as popular as St Peter, and ancient English churches dedicated to him alone number only 43.

The history of the relics of Peter and Paul is not very clear. Tradition says that Peter was buried at the Vatican and Paul on the Ostian Way under his basilica. Certainly, both apostles were venerated from very early times both in the Liturgy and in private prayers, as testified by Greek and Latin graffiti in the catacombs of the early 3rd century.

The fact that they are remembered on the same gave rise to a belief that they died on the same day.



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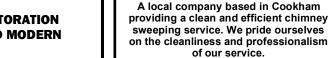
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Cookham Clothes Recycle

A big thank you to Cookham for having a massive spring clear out of clothes. The village energy group Cookhams Footprint held a Preloved Clothes Freecycle at Cookham Library Community Room one Saturday morning, and as the doors opened at 10.30am families flocked in with donations. It was a big success and great fun - lots of smiling faces bagging freebies and lots of smiling faces knowing they've had a good clear out. Windsor Baby

Bank had just put a call out for children's clothes of all ages, and at the end of the event everything left was bagged up and delivered. By the end of the week those donations would in turn be with vulnerable families that the Baby Bank support. In addition a car boot full has also gone to the Whitechapel Homeless Project, Thames Valley Hospice and other local charity shops.

Only a couple of T shirts didn't make the grade (a few moth holes) so they've been cut into dusters! A win-win all round. All part of the circular economy, helping others and nothing to landfill.

Thankfully there's much more awareness of the issue of textiles heading to landfill, and there are initiatives to recycle within the UK rather than export our waste abroad. The Salvation Army is doing a joint venture using infrared sensors to sort yarns including polyester. They are working with Tesco and John Lewis, who will use the recycled polyester, particularly for school uniforms and sports wear.

In the UK about half the 1.45m tons of used textiles end up being incinerated. Just 20% of used textiles is sold for clothing. However Preloved clothes whether donated, rented or sold are proving very popular these days, and it's great to see good quality clothes being passed onwards and put to good use.

> cookhamsfootprint@gmail.com Sue Teasdale 07799 064241



YOUR COOKHAM, YOUR PLAN



Thank you to everyone who has shown interest in the Neighbourhood Plan, attended one of our drop-in events and completed the consultation survey.

We are now reviewing all comments received and will be making amendments as appropriate to the Neighbourhood Plan before submitting to RB Windsor & Maidenhead (RBWM) to commence the 'examination process'.

RBWM will undertake another round of consultation and appoint an independent examiner to review the Plan. Subject to any modifications the examiner recommends a referendum will then be held before the Plan can be formally 'made' as a planning document.

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

If you saw my article last month, you will know that music plays an important part in the life of our school allowing the children to express their creativity. Imagination and creativeness can, however, be developed in many ways and through several curriculum areas, including art and design.

In recent years we have reviewed our art curriculum to ensure that it is progressive and inspiring. As you would expect, the children learn a range of skills and explore a variety of materials, tools and techniques, investigating colour, pattern, texture, line, shape, form, space, design, and function. Through projects, they improve their mastery of art and design, experimenting with drawing, painting and sculpture. It is our aim to give them an increasing awareness of different kinds of art, craft and design and an understanding of the work of great artists, architects and designers.

Often tasks relate to topics being covered in other subjects so, for instance, Year 3 have been designing and making Roman shields to support their history work. These will feature in their choreographed dance routine soon to be performed during our Arts and Culture Week.

Sometimes the emphasis is on learning about the work of significant people. Inspired by Iraqi architect, Zaha Hadid the children have designed futuristic schools, plates with a Clarice Cliff feel and a mini version of Lubaina Himid's 'Naming the Money' which led to fascinating and in depth discussions about slavery. Not many schools can boast having an art gallery just around the corner and we are always grateful to the staff at the Stanley Spencer gallery when they share their time and knowledge of the somewhat eccentric but very famous former Cookham resident.

Nature often provides inspiration and this time of year we can make the most of our beautiful outside space. Often the children are outside sketching, sometimes pooling ideas to create collages or whole class pieces they're proud to display. For many, however, its individual work with clay they most enjoy. Some years ago now every child in the school made a clay poppy to mark the centenary of the outbreak of World War One just like the instillation at the Tower of London and, to mark the late Queen's Platinum Jubilee, clay tiles depicting highlights during her reign were produced. Every class undertakes a pottery project during the year and we always wait with anticipation to see the effect of different glazes on the pieces they have made.

Our after school art club gives those children who have real passion and flare time to perfect their skills and immerse themselves in the subject. Run by our own artist-in-residence, each week they embark on a new task, anything from pointillism to graffiti. To celebrate the success of individuals, regularly we crown an artist of the month whose best piece is framed and put on show in our reception area. Next time you are passing, do pop in to view our gallery!

Primary School

Anna Smith Head Teacher

Cookham Dean Primary School

'Never do anything by halves if you want to get away with it. Be outrageous. Go the whole hog. Make sure everything you do is so completely crazy it's unbelievable...' – Matilda by Roald Dahl

This most definitely sums up the Year 5 performance of 'Revolting Children' from the musical Matilda at the Cookham Festival last week. They were brilliantly outrageous.

We decided to sing Revolting Children as we had been learning it in our musical theatre lessons as part of our music curriculum. This song wouldn't have worked with every class but our current Year 5 really got into the characters of Revolting Children! Ties around their heads, socks rolled down, jumpers tied around waists – not a uniform code that we are used to at school. Not only did they look the part, but I was so proud of their singing and acting. Some sang solo parts, some sang duets but every single child put their all into the performance – and thoroughly enjoyed themselves. Well done Year 5!

Also going the whole hog this week, were our Year 6 children who have been sitting their SATS (statutory assessments) in maths, punctuation, grammar and spelling and reading. They have approached this week with such amazing positivity and resilience – they have blown me away and we are so very proud of all of their achievements – not just academic but personal and social too.

And now they can enjoy the rest of their Year 6 time with us including an outdoor activity week in North Wales, a trip to Legoland financed by our PTA, their end of year play (always a good one!) and of course their final church service at St John the Baptist. I know that they will be completely crazy - it will be unbelievable!



Fenella Reekie Head Teacher





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Friends of the Stanley Spencer Gallery

We are looking for a wonderful volunteer to take over as **Membership Secretary**. The admin is not too onerous and we are using a new 'easy to use' online membership system. Do email Chris at chris@stanleyspencer.org.uk for more details.

Herries Preparatory School

We saw the biennial Cookham Festival concert this term. The four Cookham schools joined together to perform a

cantata called Wind in the Willows composed by Rob Castell. Each school performed their own pieces too. Our Herries students did us proud showing real professionalism, confidence and stage presence. Thanks to the Cookham Festival, Jami Castell and the Odney



Club - what a fantastic venue for this amazing concert! Also thank you to Mrs Milburn our Head of Music for conducting the four local schools and for all her hard work.



In other news Year 4 have been on their Year 4 Residential Trip to Woodrow High House last week. They took part in a Scavenger Hunt when they arrived and a Pioneering and Challenge Course. They built a catapult and worked really well as a team helping each other over the obstacles! For many their first night away from home, the residential trips help to develop the children's confidence and builds their resilience and independence.

The cricket fixtures are in full swing for Years 3 to 6 at Cookham Dean Cricket Club this term and the sports day practice for Nursery and Reception is already underway.



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

Open Farm Sunday - 9th June

Hundreds of farms across the UK are preparing to open their gates to the public.

Open Farm Sunday is back for its 18th year and offers the public a chance to see how farmers can produce food sustainably, while also caring for the environment and wildlife.

It is organised by the glob-al sus-tain-able farm-ing charity LEAF (Linking Environment And Farming). The event has been praised as being a "great family day out".

Some farms open-ing on Open Farm Sun-day are also LEAF Marque certified. This means that they are farming regeneratively, nurturing healthy soil, protecting water, supporting nature conservation and enhancing wildlife habitats.



On those farms, people can find out more about the LEAF Marque, which they may have already seen on fruit, vegetables and other products in the supermarkets.

More details at: www.farmsunday.org

Cookham Dean WI

Meeting on Thursday 9th May

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

Instead of a speaker this month we welcomed Maria Petrinets, a Ukranian lady. Maria arrived 2 years ago with her youngest child, leaving her 2 older sons fighting on the frontline in Ukraine. Maria is supporting the war in Ukraine by raising funds in many ways and today we were taught



how to make a Motanka Doll. Motankas (Мотанка) are ancient Ukrainian family talismans. They are the symbol of prosperity, goodness, and hope. The first knotted dolls appeared about 5,000 years ago and represented the unity of the family and deep connection between multiple generations. The name "motanka" comes from the word "motaty" (to

wind) i.e. to make a knotted doll out of fabric, without using a needle and scissors. We read our instructions and, sometimes with a little assistance from Maria, were all pleased to have made a doll, like the one pictured.

The meeting concluded with the usual tea and Ukranian cake baked by Maria.

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 June 13th, 2024 when our speaker will be Sophie Fryer on the subject "Hats off to Millinery".

Lorna Sykes

Cookham Dean WI Hall

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





Cookham Medical Centre

Patient Participation Group

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

Medical Centre News:

Health Advice:

When to worry about a mole. Generally, moles are harmless features of your skin, rarely causing any negative issues. However, as summer, hopefully, approaches, we will all be looking forward to spending more time out in the sun. But UV exposure from the sun can cause a mole to change shape, size or colour and become cancerous. This is known as melanoma. Melanoma is one of the most aggressive forms of skin cancer and can spread to other organs in the body. May was skin cancer awareness month, and we are generally growing more aware of the dangers of the sun's rays and how important it is to cover up and apply sunscreen. However, if you are, or have been a regular sunbather or have used a UV sunbed, make a habit of examining your own skin on a regular basis. Remember, the biggest risk factor is skin damage, particularly from burning and especially in childhood. Look out for any changes to any of the moles on your body and if you see anything check them out with your GP.

Most moles are usually absolutely nothing to worry about but don't ignore any discernible changes. Do your moles pass the ABCDE test?

A = Asymmetry – the shapes of the two halves do not coincide. B = Border – the edges are irregular and asymmetrical. C = Colour – the colours are different shades of brown/black. D = Diameter - > 6mm. E = Evolution – Any changes in colour, shape or size. If you are going out in the sun, use a high factor sunscreen, cover up the more sensitive parts of your body and avoid ever using a UV sunbed. THERE IS NO SUCH THING AS A HEALTHY TAN.

Diabetes and depression. Diabetes can mess with your blood sugar and your mood. If you are living with the condition, you should pay special attention to both your mental and physical health. We are all familiar with the impact of the current economic and social conditions upon our mental health. To manage diabetes requires us making major changes to our diet and exercise routines. People with pre-existing symptoms of depression can find that they become worse because of the sometimes exhaustive nature of everything that comes with routine diabetes management. The impact of so called "diapression" is significant. It can create a mix of symptoms and unwelcome side-effects arising from both diabetes and depression. Symptoms include loss of interest in being around people; major depressive mood swings; increased tiredness; overeating; skipping meals/

undereating; feeling bad about yourself or even having suicidal thoughts. You need to pay early attention to these symptoms and seek help and guidance to treat them. Help is available from your GP or from Diabetes UK.

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.

10-14 June. Healthy Eating Week. Make sure you get your 5 a day, as well as plenty of exercise!

12-18 June. Men's Health Week. Encourage men and boys to seek professional advice for health-related problems. This includes men's and boys' mental health for the prevention of suicide.

14 June – World Blood Donor Day. Raising the awareness of the of the need for safe blood and blood products and also to sincerely thank voluntary unpaid donors for their life-saving gifts of blood.

17 – 23 June. Cervical Screening Awareness Week. Each year over 3,000 women in the UK are diagnosed with cervical cancer. Get tested if any abnormality/pain occurs in your female cycle.

19 – 25 June. Mencap Learning Disability Week. Raising awareness of importance to people with learning disability, their carers and families.

10 – 16 National Carers Week. Celebrating the tremendous contribution made by carers in the community and highlighting the immense challenges they face.

Volunteers Week – 1 – 7 June. Nationally the NHS is supported by some 2 million volunteers and in our own community Cookham Voluntary Services, the Elizabeth House Day Centre as well as our local hospices depend on the amazing contributions made by volunteers. These volunteers merit our profound thanks. If you are not do so already acting as a volunteer, please give a thought to joining their ranks. You will be welcomed with open arms and will have a chance to make a really positive and worthwhile contribution to your community.

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 and love amid the darkness'

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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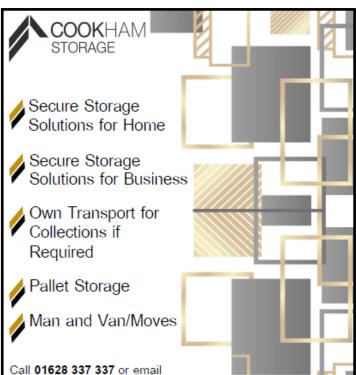




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