



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

## September 2024

inspired  
worship

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

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## Lay Minister Richard Simmonds writes:-

### *Getting back to normal.....but what is 'normal'?*

Last Sunday at the church door, one member of our congregation said to me, "Isn't it nice that we're getting back to normal!".

'Normal?' - with all the headlines in our news today of so many ghastly theatres of war in our world – God's world, with the recent riots precipitated by fallacious abuse of the internet and so-called social media, which should really be a great asset for mankind? How desperately, desperately sad it is that what we call the 'Holy Land' – the native country of Christ – is, has been, probably the most fought over territory in the world, where every aspect of Jesus' teaching, and especially of 'loving your neighbour as yourself', is abused, ignored, violated on a daily basis. And how fickle we are when the cameras move on to the next trouble-spot, the next disaster, and we all too quickly forget the long-term needs of destroyed, starving families, and their loss of homes, crops, livestock and places of work.

There is a great danger that our generation becomes hardened, bored, indifferent, and our media know only too well that repeated scenes of suffering are unwelcome on our television screens as we sit down to supper. But, please dear God, stop us from accepting that this is just an unfortunate part of man's inhumanity to man, just part of the norms of life.

And there are far too many other problems in this world which we are tempted to ignore because they're 'boring', 'I can't do anything about them', 'someone else should something'. Thank heaven some people DO – how gratifying it was last month to see tens of thousands of peace-loving people pour onto the streets of our riot-torn cities to show their disapproval of hatred, of violence and the destruction of their communities, to demonstrate

peacefully their support for their brothers and sisters of all faiths, colour and creed.

But back to the lady at the church door last Sunday: she was referring to the recent re-introduction of the sharing of the chalice – the wine – at our Services. And it is nice and reassuringly 'normal' that we, post-Covid, are re-establishing this cornerstone tradition of the Anglican Church, and our Bishop Olivia has congratulated us for so doing. Did I really just write 'post-Covid'? Because a great many of us, myself included, have either suffered recently from the latest variant or mutation of this ghastly plague, or know others who have. And a large number of people are still suffering long term effects from the original outbreak. Our church does of course understand that there are and will be those who, for a variety of reasons, prefer not to drink from the chalice – and it is a matter of choice. That is why we emphasise that the alternative of receiving the bread alone is sufficient to receive the Sacrament. That is 'normal' as well.

So yes, it is a matter for celebration that if we choose, we can return to what we call 'normal' life. Accordingly, let's celebrate the great gifts which we have and take for normal – that yet again we have had a good harvest, that the splendours of our countryside, our gardens, parks and allotments are still to be seen in the glorious colours of approaching autumn. Let's rejoice that, despite all the problems, we do have tens of thousands of doctors, nurses and carers who work hard to care for us, that our police and armed forces are prepared to stand up to aggressors, and that we are free to practise the faith of our choice. As I get older, I try not to dwell on those things which I can no longer do, but to rejoice in those things which I can. Give it a try – and thank God.

Richard Simmonds

### HOLY TRINITY CHURCH

The church building at Holy Trinity is due to be closed for building works including a new heating system from 16 September to 8th March next year.

The Parish Centre and Parish Office are unaffected by this closure and services will be held in Holy Trinity School - please see page 5 for more details.

### 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**

## THE COOKHAMS PARISH MAGAZINE



HOLY  
TRINITY  
CHURCH

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

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

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



St John the Baptist  
COOKHAM DEAN

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

## MINISTRY TEAM

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

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Marion Elly                        Richard Simmonds  
John Fairlie                        Jeremy Webb

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# Children, Young People and Church

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

Here are the special facilities for younger people.



## Holy Trinity, Cookham

### Boys' Choir and Girls' Choir

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

Practice: Tuesdays, 6.30-7.05pm

Director of Music - Sara Wood: 01628 522593

## Sunday Club and Trinity Nippers

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

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

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

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

Fr Stephen

## St John the Baptist, Cookham Dean Choir

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

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

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

Please contact David Colthup on email: [choirmaster@cookhamdeanchurch.org.uk](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 6th October at 4pm which will be**

## HARVEST FESTIVAL



## 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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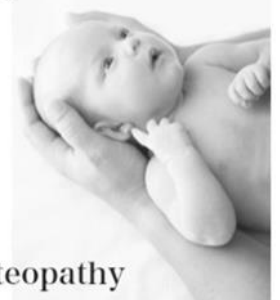
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## Holy Trinity Church: Going Back to School!

As many of you read in the August Parish Magazine, Holy Trinity Church will temporarily close from Monday, 16th September 2024, and will reopen on Sunday, 9th March 2025, as we undertake a significant project to install a modern heating system. During this period, our 11.00 am Parish Eucharist will take place at Holy Trinity Primary School, located in School Lane, beginning Sunday, 22nd September. We are immensely grateful to the school for generously allowing us to use their hall on Sundays.



### Important Notes for Our Congregation:

**Parking:** While there is limited parking at the school, we strongly encourage prioritising spaces for our disabled and elderly members. Please remember that we will still have access to the church car park.

**Worshipping Together:** It may take us a few weeks to adjust to our new surroundings but rest assured that the

familiar elements of our worship—our choir, congregation, and even coffee after the service will remain the same. The only difference is that there will be no need for blankets during the winter months!

**Help Needed:** Preparing the church for the renovation work is a considerable task, and we would greatly appreciate any assistance. We will also need volunteers to help set up chairs and tidy up after the services at the school on Sunday mornings.

### Service Adjustments:

The 09.15 am Parish Eucharist at St John the Baptist Church, Cookham Dean, will continue as usual, including any evening services.

The 08.00 am Eucharist on Thursday mornings will be suspended while Holy Trinity is closed. However, we are introducing a new informal Coffee and Communion service at 10.00 am on Thursdays, which will provide a lovely opportunity to catch up over a cuppa. This will take place in the parish centre.

Additionally, all are welcome to attend the 10.00 am Eucharist on Wednesday mornings at St John the Baptist Church.

We look forward to worshipping with you at Holy Trinity Primary School and appreciate your patience and support during this transition. Please join us as we embrace this temporary change with enthusiasm and a spirit of community!

Yours in shared ministry

Father Stephen

## The Holy Trinity Church Kneeler Project

With the reordering of the church about to start in September there is a strong desire to preserve and celebrate work carried out by past members of our church community.



With this in mind we have been exploring ways of repurposing a selection of the hassocks that are currently housed in the pews. These were worked by members of our congregation from 1978 to

1981. We will be keeping a number of hassocks, however there will be a surplus that we cannot accommodate in their present state.

We have been inspired by the work carried out in other churches around the country and have decided to create a series of tapestry screens that can be used anywhere in the church, not only as decorative items, but also to create private spaces as may be required.

We are therefore looking to set up a group of volunteers to meet and help unpick the tapestries and assist in the cleaning, drying and stretching process. If you are

interested in recording we plan to photograph and catalogue the hassocks in order to upload them onto a National Kneeler Archive website.

If you are interested in helping please contact me by email: [bernadette@tapestryoflife.co.uk](mailto:bernadette@tapestryoflife.co.uk)

Note: If anyone has a particularly personal link to one of the hassocks and would like to take it home please let me know.

Bernadette Clark

### Shoebboxes 2024



Hello Everyone, it's getting to that time of year again, and I've received the Shoebox Forms, which I will have ready in the Churches, hopefully on Sunday.

The Charity has messaged me saying they have been asked and are hoping for even more boxes to go abroad this year, as the need is greater than ever. So let's see what we can do.

Please message me if you have any queries.  
Love to You All,

Jill Cruse X

07941 994640

[jillcrusebrinkley@hotmail.com](mailto:jillcrusebrinkley@hotmail.com)

# Church News and Events

## Music at Holy Trinity

In May, a new choir was formed in Holy Trinity Church. Open to ladies over sixty, takers were few after the first week of announcement, but word spread and we are now delighted to count twenty choristers in Alter Chorum (The Other Choir). Rehearsing every other week, with an extra practice before their first service on 30th June, we threw them in at the deep end and scheduled a second service on 21st July. A number of them remarked that after a second service they felt that much more 'real' as a choir. The new choristers show commitment, enthusiasm and, above all, a keenness to integrate themselves into the strong choral tradition of Holy Trinity. Now on holiday, as are the other choirs, they will return for more hard work in September and sing again for a morning service in October. They will continue to work as a choir in its own right – giving them the best opportunity to improve and to embrace the music they will enjoy and sing well.

Thank you to our Alter Chorum members for the freshness they have brought. And thank you to our girls, boys, choristers' mums and men who continue to show tremendous loyalty to our Cookham choral family.

Our cover photo shows them at practice.

We will welcome back the choristers in September as we conclude our services and practices in church and then make the move to the Parish Centre for practices, St. Elizabeth's for recordings and to Holy Trinity School and St. John the Baptist for services. It will be hard work as a nomadic group of 45 choristers, but working in our separate groups and continuing to strive towards the best singing that we can produce to enhance our worship (in whatever building it is taking place for a while) will see us through.

Sunday 15th September 6.30pm

### REJOICE IN THE LORD

Hymns, anthems, a reading and prayers in a special 'final' service before the big move.

## Cookham at Maidenhead Heritage Centre

by Richard Poad

at the Cookham Dean WI Hall

**Thursday 5th Sept 2024 at 2.30pm**

talk followed by tea and cake

Tickets £8 from Barbara Dent 01628 476512 or Ros Hazeldine 01628 476963

Richard Poad, Maidenhead's 'Mr Heritage', will be telling us about the huge range of Cookham-related material in the collection of Maidenhead Heritage Centre.

The collection includes a large collection of Odney Pottery, many old postcards and photographs, souvenir programmes for celebrations, invoices from local stores and documents relating to Dr Robert Shepard who lived for many years at Lynwood opposite the church and whose colourful widow Zoe survived him by many years and who is buried in the churchyard.

Come and be fascinated!

*Proceeds in aid of St John the Baptist church*

## 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.parishgivingscheme.org.uk](http://www.parishgivingscheme.org.uk)



## Confirmations

Congratulations to four members of our congregations who were confirmed by Bishop Olivia at St Stephen's church in Windsor on 17th July.

They joined around 20 other people from other churches in Maidenhead and Windsor in a service in which they affirmed their Christian belief and were admitted as a full members of their church congregations.

Our picture below (and in colour on our cover) shows Andra, Ian, Diane and Mike with Bishop Olivia after the service. They were supported at the service by Fr Stephen and members of both our congregations.



## VACANCY

### Parish Administrator - Benefice of the Cookhams

This is being advertised in the Maidenhead Advertiser and Bucks Free Press, and can also be viewed from our websites. If you know of anyone who might be interested in this post, please ask them to take a look.

**Closing Date 13th September**





## Trinity Talks

Trinity Talks resume on **Monday 16 September** when **Clive Davies**,

chief theatre critic of The Times, asks: **Do we need theatre critics?**

When not loitering at premieres Clive writes about the less popular end of popular music and contributes book reviews on history, politics and race.

Eight years ago he moved on to a narrowboat, moored at Cookham.



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

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

Stephanie Diggon

## Cookham Dean Churchyard Mornings

Our churchyard sessions continue but September Saturdays are already taken!  
So we'll hold one on **Friday 20th September**.

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



## Men's Breakfast

**Our next breakfast will be on Saturday 14 September**

Graham Owens will talk to us about the Thames Barrier which should be fascinating. I wonder how many of us have been through the Barrier. It's quite an experience.

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 have booked a place and find that you are no longer able to join us, please let me know for catering purposes.

If you wish to attend, please email me at: [nmarkstockdale@hotmail.com](mailto:nmarkstockdale@hotmail.com)

We look forward to seeing you.

Mark Stockdale

## Fellowship Lunch

### Cookham Churches Together

We'll be starting up again this month. Dates up to the end of the year are as follows:-

**15th September** at Holy Trinity

Please ring Bernadette on 530047 to book

**13th October** at St John the Baptist

**3 November** at Cookham Rise Methodist

**8th December** at St John the Baptist  
(Christmas Lunch)

**The rate from September will be £10 per head including drinks**

## Stations of the Cross 2025

For nearly 20 years the Cookhams have had a display by local artists who have portrayed aspects of 'The Stations of the Cross' at Eastertime. Some eighty or so families have walked past these on Good Fridays.

The hard practical work of setting up the display cases has been done by John and Lorna Sykes, and they are willing to continue to do this. Until 2023 Michael Johnson coordinated the artists, and in 2024 Heidi Ramsay successfully took over that duty, but she is not free to continue with this. So we are looking for new organisers for the event. They don't have to be experts in art, just willing to take over the responsibility, and Michael will be happy to explain what has to be done.

Please consider whether this is a small responsibility you could undertake to keep this annual event going. For further details, please contact me 01628 629807, or email [mjohnson141@gmail.com](mailto:mjohnson141@gmail.com).

Michael Johnson

## A Prayer for September

Lord, here we are in September – a beautiful month at the end of the summer, but before the autumn has taken hold. A month of excitement and new starts for many, a month when courage is needed for our children and young people.

And Lord we pray for courage, compassion and integrity for our new Prime Minister and our new government. We pray for justice and peace in our country and in the world.

Help us Lord, to know that you are Lord of September; you are Lord and giver of every new month, every new day, every new minute. Help us to put our trust in you for our adventures and for our mundane everyday routines.

You are our generous, loving Father and promise that you will never leave us or forsake us when we trust in you, through Jesus Christ, our Lord and Saviour.

Amen.



## Education Sunday

Education Sunday takes place on 8th September, as our children return to school after the summer break. It's good opportunity to ask what God thinks of children and how we can reflect this in our schools, churches and families.

Children are valuable to God:

'Then people brought little children to Jesus for him to place his hands on them and pray for them. But the disciples rebuked them. Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.' (Matthew 19:13-14).

Jesus' action shows the importance of children to God. In many cultures around the world, children are often abused, exploited or disregarded. God is committed to caring and protecting them and calls us to do the same.

Children need nurture and guidance:

'Train up a child in the way he should go; even when he is old, he will not depart from it.' (Proverbs 22:6 ESV). Gardeners will often attach plants to a pole or trellis to guide their growth. Children also need solid structure to keep their physical, emotional, social, and spiritual growth on track. We can support them in their growth and development, and we can be a godly example to them.

Children need discipline:

'Discipline your children, and they will give you peace; they will bring you the delights you desire.' (Proverbs 29:17). This is not easy and requires the fruit of the Spirit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22-23). Discipline is a sign of love, reflecting how God deals with us (Hebrews 12:7). In this way, they'll become adults who fulfil all that the Creator wants them to become.



As Jesus said, 'Whoever welcomes one of these little children in my name welcomes me' (Mark 9:37).

## Ofsted recognises Church's 'exceptional' school leadership training

The Church of England's Education Office has achieved 'Outstanding' in all categories following a recent Ofsted inspection covering its delivery of NPQs (National Professional Qualification).

NPQs are professional development courses for teachers and leaders to develop skills, progress careers and improve school outcomes. The Church of England began as lead provider for NPQ training in September 2021.

The inspection highlighted the "exceptional quality" of professional development, training, and leadership that is provided by the Church of England.

Ofsted went on to commend the Church's policy of inclusivity and diversity, which ensures that leaders from all backgrounds, including those from small schools and minority ethnic backgrounds, have access to appropriate NPQ programmes.

The report also said that safeguarding and participant support are given the "highest priority", with "robust policies" and procedures in place.

## All in the month of September

**400 years ago**, on 10th Sept 1624 that Thomas Sydenham, English physician, was born. He became known as the 'father of English medicine'. His textbook on medicine became the standard medical textbook in England for the next 200 years.

**250 years ago**, on 4th Sept 1774 that British explorer Captain James Cook became the first European to discover New Caledonia in the south-west Pacific, during his second voyage.

**150 years ago**, on 21st Sept 1874 that Gustav Holst, was born. This British composer, arranger and educator is best known for The Planets.

**100 years ago**, on 25th Sept 1924 that British racing driver Malcolm Campbell broke the land speed record for the first time. He recorded a speed of 146mph in a 1921 Sunbeam Grand Prix car at Pendine Sands, Carmarthen Bay, Wales.

**90 years ago**, on 22nd Sept 1934 that the Gresford Colliery Disaster took place in Wales. An explosion killed 266 miners and rescuers. It was one of Britain's worst coal -mining disasters, but the cause of the explosion remains unknown.

**80 years ago**, from 17th to 25th Sept 1944 that Operation Market Garden took place. The Allies attempted a massive airborne invasion of German-occupied Netherlands, but they were forced to withdraw. The story was told in the film A Bridge Too Far. The operation included the Battle of Arnhem – German victory.

**70 years ago**, on 15th Sept 1954 that the iconic photograph of Marilyn Monroe's billowing skirt as she stood over a New York subway grate was taken during filming for The Seven-Year Itch. The event was staged as a publicity stunt.

**60 years ago**, on 4th Sept 1964 the Forth Road Bridge opened in Scotland. It links Edinburgh to Fife across the Firth of Forth. (A second bridge, the Queensferry Crossing, opened in 2017 and largely replaced it.)

**50 years ago**, on 8th Sept 1974 that former President Richard Nixon was granted a full and unconditional pardon by his successor Gerald Ford for any crimes he may have committed or participated in while in office. (Nixon had resigned in August after Watergate.)

**40 years ago**, on 10th Sept 1984 that British geneticist Alec Jeffreys discovered genetic fingerprinting, also known as DNA profiling. It allowed criminals to be identified from hair, blood, or sweat left at crime scenes. It also allowed families to trace their lineages or determine the paternity of children.

**30 years ago**, on 22nd Sept 1994 that Roy Castle, British TV presenter, dancer, singer, comedian, actor and musician, died. Best known as the presenter of the children's TV show Record Breakers. He himself broke nine world records while presenting the programme, including the fastest tap-dancing.

**20 years ago**, from 1st to 3rd Sept 2004 that the Beslan school hostage crisis took place in Russia. Armed terrorists took over 1,100 children and adults as hostages. Russian security forces ended the crisis on the third day, entering the school with tanks and heavy weapons. More than 300 hostages were killed, including 186 children. Hundreds more were injured.



# 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



# FOODSHARE MAIDENHEAD



Please leave your donations in the collection boxes:-

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

## Don't forget Foodshare!

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- We run teams for both boys and girls starting for those children in Year 2, providing a pathway from colts to senior cricket.
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## Cookham Rise Methodist Church Newsletter

E-mail [crmmethodist@gmail.com](mailto:crmmethodist@gmail.com) Tel: 07583 550821

Minister: Rev Vicci Davidson 07535 511421 [rev.vicci@mail.com](mailto:rev.vicci@mail.com)

For hall/church bookings contact Kathy Rickman on 01628 522797

### Sunday Worship for September 2024

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

- Sept 1st 10.30 a.m. Rev Vicci Davidson (Holy Communion)  
 Sept 8th 10.30 a.m. Local Arrangement  
 Sept 15th 10.30 a.m. Kathy Rickman  
 3 - 5 p.m. Teatime for the Soul Rev Vicci Davidson  
 Sept 22nd 10.30 a.m. Sue Clifford

### Church Activities and events at the church

**Saturday September 7th - 10.00 - 11.30a.m.**  
**Coffee Morning for Rosie's Rainbow Fund**, the charity for which we are currently fundraising. Please note this is a week later than previously advertised. Books, jigsaws, bric-a-brac, cakes and raffle.

**Come and Play for families of children under 5**  
 Tuesdays 9.15 – 11.15, Fridays 10 – 12. Please see [cookhamrise.comeandplay](https://www.facebook.com/cookhamrise.comeandplay) on Facebook for more details.

**Cookham Community Allotment** Every Tuesday and Saturday morning at 10.00 – 11.30am. Social gathering at the end of each session. All welcome.

### 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 ( <a href="mailto:debbie@taichi44.co.uk">debbie@taichi44.co.uk</a> ) | Wed 8 - 9pm         |
| Balletbums (adults) (07841 610251)   | Thurs 12.15 -1.00pm |

### Ecochurch thoughts and Biblical Commentary

*"Nature is painting for us, day after day, pictures of infinite beauty." ~ John Ruskin*

*Psalm 19:1: "The heavens declare the glory of God; the skies proclaim the work of his hands."*

### 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

## Echoes of Swing Big Band in Concert

Listen to the sounds and music from the Swing Era, with tunes from the Great America Song Book

**Tuesday 8th October 2024**

**Cookham Rise, Methodist Church,  
 Lower Road, Cookham, SL6 9HJ**

Music from 7.30pm to 9.30pm



Tickets sold at the door.  
 Tickets including Refreshments £10.00  
 for Adults with Children Free

**A Big Band Charity Concert  
 supporting ASC Foundation to build  
 a school in Malawi**

## Methodist Minister Vicci Davidson writes:

Dear Friends,

As I write this last thought for the week before the summer recess, I wonder how the year can have gone by so quickly. It is said that gardening is a hobby that is more often taken up by the older people in a community and that this is because time goes more quickly as we age. Certainly, I am more likely to be pleasantly surprised when I notice green shoots than my grandchildren, who may feel that they have been watching undisturbed patches of barren earth for "months and months".

The sweep of the year, accelerating relatively as it does with age, increases our tendency to see everything hopping from one planning session to the next. Advent, Christmas, Lent, Easter, Pentecost, Harvest, Remembrance each come round in their time, and we lose a little of the importance of that "ordinary" or "proper" time as the Church calls the periods in-between. Some of you will have been in church when I spoke about it as the "great, green, growing time" which reflects on the idea that the liturgical colour for ordinary time is green. It's easy to see this time as the boring bit that fills in between the lows of the traditional fasting seasons of Advent and Lent, and the highs of the great celebrations of Christmas and Easter, but it is more than that. At their best, these ordinary times help us to understand how to take our faith into our daily living. We can't live on the mountain-tops of Easter and Pentecost, and neither should we live in the penitential seasons for too long. Instead, ordinary time invites us to reflect on daily bread for daily need; on a God who can calm the waters of the sea of Galilee but also calm the storms of our lives; a brother who walks out to us and holds us up when we are floundering, who helps our thinking, and eats breakfast with us when our thinking has finally brought in a catch; a shepherd who speaks to us of lost things: coins and sheep, brothers and sons, and promises us that the lost shall be found.

As we come into the holiday period, let us give God the glory for the ordinary times, for the daily living of food and drink, play and travel, friends and family, and yes, even life and death. For God is in all of these things and meets us in the highs and the lows, but also in the ordinary and perhaps there, in the ordinary, is also where we grow as disciples, as prayer warriors, as followers of the living God.

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 resident Barbara has had her home totally insulated through the government GREAT BRITISH INSULATION SCHEME. Thanks to Mandy Brar delivering leaflets from the volunteer group RBWM DRAUGHTBUSTERS, Barbara contacted them and she was immediately put in touch with the local group COOKHAMS FOOTPRINT. Sue Teasdale visited Barbara to talk about what her concerns were, and suggested she apply for this new grant. Barbara's home fitted the criteria for the scheme, and this summer she has had installed 300mm loft insulation, cavity wall insulation and trickle air vents to her existing double glazing. This should help make her home substantially warmer this coming winter with lower energy bills. She has already noticed a big improvement during those stifflingly hot summer days, with her home feeling cooler and more comfortable. Barbara's delighted and wants to encourage others to apply and benefit.



You may get support if your home:

- is in Council Tax Bands A-D
- has an energy performance certificate EPC of D-G

In certain circumstances the improvements will be totally free as in Barbara's case or otherwise, depending on income, you may be asked for a contribution. There is no obligation should you choose not to accept the quotation.

The government scheme is administered by Ofgem, so ask your energy supplier, they should be able to help. If you're eligible they will arrange an assessment of the property.

Great British Insulation Scheme helpline - 0800098 7950 (Weekdays 8am to 6pm, Saturdays 9am to 12pm) or [www.gov.uk/apply-great-british-insulation-scheme](http://www.gov.uk/apply-great-british-insulation-scheme)

Cookhams Footprint is staging a special Smart Energy Show in November, which will allow visitors to meet companies and experts who can advise and deliver smart energy solutions. They will include local trusted suppliers who have been recommended by villagers.

The pace of change within the domestic energy market is truly exciting, and our aim is to inspire and guide you through what is on offer.

Visit the show for ideas across the range of smart energy solutions, renewables and low cost energy conservation measures that can save you £££s. There will also be one of the UK's leading insulation companies who will be able to advise on current governments grants.

Come along and meet the Cookhams Footprint team, including Toby Knight our Sustainability Surveyor, who's always happy to give advice, and we can show you examples of our free thermal imaging service.

Details are being finalised, but save the date Saturday 23rd November, and look out for our banners and updated details in the next issues of the Cookham Parish Magazine. Entry will be free so spread the word!

Contact - [cookhamsfootprint@gmail.com](mailto:cookhamsfootprint@gmail.com)

# Services Calendar for September 2024

HTC - Holy Trinity, Cookham

SJB - St John Baptist, Cookham Dean

## September 1<sup>st</sup> - 14th Sunday after Trinity

HTC 11.00 Parish Eucharist  
*James 1:17-end; Mark 7:1-8, 14-15, 21-23*

SJB 09.15 Parish Eucharist  
*James 1:17-end; Mark 7:1-8, 14-15, 21-23*  
16:00 Hymns & Pimms

## September 4<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## September 5<sup>th</sup> - Thursday

HTC 08.00 Holy Communion

## September 8<sup>th</sup> - 15th Sunday after Trinity

HTC 11.00 Parish Eucharist  
*James 2:1-10, 14-17; Mark 7:24-end*

SJB 09.15 Parish Eucharist  
*James 2:1-10, 14-17; Mark 7:24-end*

## September 11<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## September 12<sup>th</sup> - Thursday

HTC 08.00 Holy Communion

## September 15<sup>th</sup> - 16th Sunday after Trinity

HTC 11.00 Parish Eucharist  
*James 3:1-12; Mark 8:27-end*

SJB 09.15 Parish Eucharist  
*James 3:1-12; Mark 8:27-end*

## September 18<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## September 22<sup>nd</sup> - 17th Sunday after Trinity

HT School 11.00 Parish Eucharist  
*James 3:13-4:3, 7-8a; Mark 9:30-37*

SJB 09.15 Parish Eucharist  
*James 3:13-4:3, 7-8a; Mark 9:30-37*  
*(no livestreamed today - our next*  
*livestream/recording is on 6 October for*  
*Harvest Festival)*

## September 25<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## September 29<sup>th</sup> - St Michael and All Angels

HT School 11.00 Parish Eucharist  
*Hebrews 1:5-end; John 1:47-end*

SJB 09.15 Parish Eucharist  
*Hebrews 1:5-end; John 1:47-end*

SJB 10.00 Holy Communion

**October 6<sup>th</sup> - Harvest Festival**

SJB 09.15 Parish Eucharist  
*1 Timothy 2:1-7; Matthew 6:25-33*  
*(this service will be livestreamed/recorded)*  
 13.00 Baptism  
 16.00 Families@4 for Harvest

HT 11.00 Parish Eucharist  
 School 1 Timothy 2:1-7; Matthew 6:25-33

**Prayer Diary - September 2024**



1	Sunday	For our Hymns and Pimms service at St John the Baptist church and WaterAid, which this event supports
2	Martyrs of Papua New Guinea, 1901, 1942	At the start of Meteorological autumn we give thanks for the summer season passed and look forward to all that autumn holds
3	Gregory the Great, bishop, teacher	For all students, teachers and support staff as the Academic year begins
4	Birinus, bishop, 650	For all those who are to be married in the month of September.
5	Thursday	For Maidenhead Heritage Centre
6	Allen Gardiner, founder of the South American Mission Society, 1851	As the Paralympics draw to a close we give thanks for sport and the power of unity that it brings
7	Saturday	For Cookham Dragon Boat race – for those competing and then recovering
8	Ascension of King Charles III, 2022	We pray for the King and the whole of the Royal Family
9	Charles Fuge Lowder, priest, 1880	All those who work to protect us, in the medical, fire or police services
10	Tuesday	For those who suffering with mental health conditions
11	Wednesday	In world literacy month, for all those in the arts who educate and entertain
12	Thursday	For food banks and the staff and contributions that keep them operational
13	John Chrysostom, bishop, teacher	We pray for the candidates and all those involved in the interview process for our new associate priest
14	Holy Cross Day	By your holy cross you have redeemed the world
15	Sunday	The Gravity Grand Prix. May this community event bring together all ages for fun and laughter
16	Ninian, bishop, apostle of the Picts, c.432	As Holy Trinity closes for the reordering project we pray the work is successful and enables many more hundreds of years of worship
17	Hildegard, abbess, visionary, 1179	For our local hospitals and the essential service they provide
18	Wednesday	We pray for our environment – may we be wise guardians of our world and create a sustainable world for future generations
19	Theodore, archbishop, 690	For all vicars, and support staff who work to further the church faith
20	John Coleridge Patterson, martyr, 1871	We pray for an end to all conflict around the world
21	Matthew, Apostle and Evangelist	Cookham Dean Village Fete – we pray for good weather, community spirit and fun for all
22	Sunday	For the HTC bell ringers and their contribution to our worship
23	Monday	Those working in hospice care – continue to be a blessing to loved ones and friends receiving care
24	Tuesday	For our national government and local councils. Bless them with wisdom when making decisions that will affect us all
25	Lancelot Andrewes, bishop, 1626	We pray for those who support and work for charities
26	Wilson Carile, Church Army founder	For the church army and their mission community work
27	Vincent de Paul, founder of the Lazarists	For our musicians and choirs and the blessing they are to our worship
28	Saturday	For our local businesses and the contribution to our communities
29	Michael and All Angels	For the volunteers who work tirelessly to keep our church buildings clean
30	Jerome, translator, teacher of the faith	For our pets and the happiness and companionship they bring

## Making the most of Autumn

As the days shorten it's a busy time in the garden as we help our natural world prepare for winter – and set the stage for the coming year. And a busy time for WildCookham. We're closing our tenth anniversary year with some exciting events, on top of doing our own 'gardening' (with further work on the local Commons, on our reserves and a new focus on Cookham's waterways). Here are just a few of our activities:

**Sunday 1st September:** Pond dipping for all on Marsh Meadow.

**Friday 13th September:** join us at our 10th Birthday party – 7pm at the cricket pavilion, Whyteladies Lane. Anyone with an interest in Cookham's natural world is welcome: just register at [www.meetup.com/wildcookham](http://www.meetup.com/wildcookham).

**Saturday 21st September:** see us at the Cookham Dean Fete on the Old Cricket Common

**October and November:** two events in the pipeline – an evening talk about Cookham's wetlands to set the scene for a focus on this in 2025, and a major event with Cookhams Footprint geared to practical ideas and help around sustainability at home, in the garden and beyond. Look out for details of all these and other activities at [www.meetup.com/wildcookham](http://www.meetup.com/wildcookham).

And what can we all do at home? Here are just a few Autumn tips for making your garden better for wildlife. Check out the many websites for more suggestions.

Food is becoming less available so avoid cutting back all your shrubs: leave the berries for insects and birds. Put food out for hedgehogs as they prepare to hibernate. Keep feeding your birds. Leave windfall apples on the ground for birds like Redwing and Fieldfare.

Make habitat piles to shelter insects, amphibians and even small mammals over winter. It can be larger log piles or just piles of small branches with twigs on top.

Get ready to plant your wildlife friendly bare root trees and shrubs. And plant nectar-rich Spring bulbs (crocus, Snakes Head Fritillary, grape hyacinth for example) ready for when Bumblebees emerge in the Spring.

Some birds start building nests as early as January so do your hedge trimming before then to avoid disturbance.

And a special plea: limit the night-time lighting outside your house. It can be harmful to many animals by upsetting the natural cycles that drive their lives.

**See more about WildCookham at [wildcookham.org.uk](http://wildcookham.org.uk) and on Facebook and Instagram.**

Mike Copland

## September Bee News

Two things you're likely to see at this time of year are bumblebee queens and ivy bees.

Many bumblebee nests are coming to their end and there will be worker bees looking a bit old and tatty. With worker bees only living 4-6 weeks you can spot ragged wings and faded stripes as they come to the end of their lifespan. Successful queen bees will live much longer than this, up to a year and will look fresh and new in comparison to older workers. Ordinarily at this time of year they would be looking to feed themselves up for hibernation. However, more often we're seeing queen bumbles setting up another nest over autumn and winter with the milder weather we are now having. So some of these queens (especially buff-tailed bumblebees) will be going through the process of looking for nesting locations, so it's good to have a bit of untidy, undisturbed space in your garden for them.

We can't go through September without mentioning the wonderful ivy bee (*Colletes hederæ*). These are often mistaken for honeybees or even wasps, but they are

slightly smaller and have a more consistent, distinctive striped abdomen. There was a wonderful aggregation of ivy bees nesting in Maidenhead thicket last year and I wouldn't be surprised if they are there again this year. They don't form one nest, but each bee is creating her own nest tunnels and cells separately, they just often do it in groups, assumedly for safety in numbers.

The season's new ivy bees will emerge and be on the wing at the same sort of time ivy plants start flowering. Mating will be a major priority and if you're lucky you might see a mating ball of lots of males trying to get to a female. The female will then dedicate herself to digging vertical tunnels (preferably in bare sandy soil) with branches off them to individual nest cells. The female lines these cells with a waterproof secretion, furnishes them with pollen, nectar and a single egg. After producing up to 20 of these cells, the female has fulfilled her life purpose and shortly after dies. These eggs will be the bees that emerge the following year to repeat the cycle.

As a final note, now is a good time to be saving seed for growing your flowers for the bees for next year. Happy collecting!

Michelle Hunt

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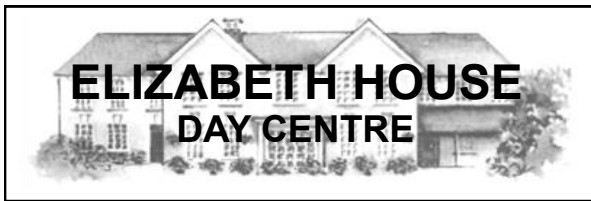
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We welcome any new visitors that would like to view Elizabeth house, if you would like to come in for a visit of a coffee and chat please let me know, or pop in to see our whiteboard in the reception to see what activities we have going on throughout the month, we have had quite a few new entertainers over the last few months that our members are thoroughly enjoying. Our Theatre trips are always very popular with our members, you could join the subscription for a one off payment of £5.00. our Members also have access to the Chiropodist who is here on Tuesdays, also the hairdresser who is here on a Wednesday.

Our Bottle tombola at Cookham Regatta is happening on the 7th September, we would be extremely grateful for any new bottles you may have spare that you wish to donate to us, If you could please deliver any donations to Elizabeth House Monday to Friday between 10am and 3pm we would really appreciate it.

Elizabeth House will also be running the Teas, Coffee & Cake Stall at the Cookham Dean Fete on the 21st September, both events are very important fundraisers and any donations would be a huge reward for us, thank you all in anticipation.

Please come and support us, we hope to see you there.

If you would like to know more about what we could offer you or a family member, or interested in volunteering with us please contact me on 01628 527621

I look forward to hearing from you.

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## 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](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**



## COOKHAM VOLUNTARY 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 still short of volunteers. If you live locally and have some spare time available, can you help?

We need volunteers in two areas: -

1. In the office at Elizabeth House 2-3 hours, one morning a week, to take requests for transport.
2. Drivers - we pay mileage rate and cover parking and other charges on trips to hospitals, usually local.



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.

# COOKHAM FUN REGATTA

Saturday 7<sup>th</sup> September 2024



## Try your hand in a Dragon Boat!

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Marsh Meadow and Cock Marsh Waterside SL6 9SB

Many supporting landside events for the whole family. Dog Show, Children's rides, Classic Cars, Games, Brass Band, Food Stalls, Beer Tent, Tea Tent and much more.

## Cookham Community Allotment

It is August as I write, and surprisingly hot. This month we focus on watering and harvesting, reaping the rewards of our hard work through the year. Recipes are swapped for chilled cucumber soups, beetroot bhajis and chocolate raspberry muffins. September will see us preparing to enter the Cookham Dean Horticultural Show, but for now we will relax and enjoy the warmth and butterflies whilst we can.



For further information  
contact Becky Pinniger on  
07821 710204



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## Gardening Tips for September

We'll start with the annual plug to support the village show this month. Saturday the 21st is the big day this year. For those of you who have been growing this year and fancy participating, entry forms are in the Cookham Dean Fete programme or available from the organiser Helen Philip (07549 519246 [helenphilip@hotmail.co.uk](mailto:helenphilip@hotmail.co.uk)). Entry forms need to be with Helen by 6pm Thursday 19th September at 50, Whyteladies Lane Cookham Berkshire SL6 9LP with entry fees (50p per class). If you're interested, but haven't taken the plunge into growing your own yet, come along and have a chat with people from the horticultural society or the participating growers. They'll all be very happy to talk about their experiences and ways to get into growing (ranging from the very simple to the rather more nerdy).

Autumn is a great time to get new perennial planting done and we'll focus on two crops rhubarb and asparagus, starting with ground preparation. This is really important; as these are crops that can remain in place for many years. For asparagus you'll need a rectangular space. We have a small bed in the garden that is 1.2m by 0.6m (6ft by 2ft if you prefer), but if you have space and the desire you can go much bigger if you like. For rhubarb a minimum plot of 2ft square (0.6m by 0.6m) is great to get you started.

Removing perennial weeds will really help the new plants to get established so the more work you can do on weeding before planting the better. It is also helpful to work bulky organic matter into the planting area. Well-rotted manure or fully broken-down garden compost are both ideal. Next month we'll be planting!

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 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**

## Faithful to Scripture, Faithful to Science

Alister McGrath is well-known as a theologian, but he started out as a scientist. After becoming a Christian as a student, he wanted to learn about his new faith, so he studied theology at the same time as completing his PhD in molecular biophysics. He has not lost touch with science, but has continued to write and speak about how science and Christian faith work together. In this extract from a recently released interview, he shares his experience of being a scientist and a Christian.



“I think my most vivid experience of wonder took place in the 1970s when I was on vacation in Iran. We were travelling on a bus in the middle of the night because it wasn't hot then, and the bus broke down. We found ourselves in the middle of this solemn black desert, and the night sky shone with a brilliance like I had never seen before. That just overwhelmed me, it made me think there is something really wonderful here.

“Now, I was a Christian by that time and I knew how Christianity could answer that but it just struck me, that sense of wonder has two possible outcomes. One is science - this universe is wonderful, what's it all about? But of course, it is also about religion, the deeper levels of things that science can't really engage. I think one of the things I have discovered over time is that maybe this sense of wonder both opens the gateway to science and to faith, and that those two together are able to answer questions which on their own they simply couldn't.

“I think science is wonderful at asking questions. Some of those questions can be answered, but very often when you do answer them, they simply open up yet more questions. But of course, there are some more fundamental questions I think science simply cannot answer - they transcend its capacities to answer, and you might think of non-empirical questions like, 'Why am I here? What is the meaning of life? What is good and how do I live a good life?'

“These are real questions and they're good questions but they're not scientific questions. And the psychologists tell us that we really need answers to those questions if we are to lead a fulfilled human existence. You find some scientists who say, 'Well because science can't answer them there are no answers to be given', but actually most realise that there are answers waiting to be discovered - it's just that science can't deliver them.

“Science fills in part of a big picture but there are parts of the picture you have to fill in from somewhere else. Science is part of the answer but only part, and faith supplements it, giving us a vision of life that is exciting and reliable, and also something that we can inhabit meaningfully.” Find more on [wondersofthelivingworld.org](http://wondersofthelivingworld.org)

## Walking is a great way to exercise

You may be young or old, working endless hours, or retired. But there is one exercise you can still undertake almost anywhere, for however long or short a time: walking.

According to health specialists, the simple act of walking “ticks so many boxes – improving our brain, mental and musculoskeletal fitness, as well as our physical fitness.”

Here are five reasons why:

### Walking raises your heart rate and makes you breathe faster.

It gives you the benefit of a moderate aerobic workout – without the stress on your joints. As for your blood sugar levels, consider this: after a meal your blood sugar level rises and your pancreas releases insulin to bring it down. But even a five-minute walk can help by blunting the spike in blood sugar. Try and keep your pace brisk – aim for 100 to 130 steps a minute.

### Walking improves your bone density

Walking briskly engages the muscles along the back side of your body – the glutes, hamstrings and calves. They in turn put a bit of pull on your bones, which stimulates your bones to produce osteoblasts, which improves your bone density and reduces your risk of osteoporosis.

### Walking improves your mood

It stimulates your parasympathetic nervous system (nerves that relax the body during stress) and stimulates your amygdala (that part of you which controls your emotions). And if you can walk near water (rivers, coast, in the rain) you get exposed to negative ions in the air. These electrically charged molecules are excellent for your mental health.

### Walking helps your brain

You will sleep better, and your brain will be in better shape for memory and cognition. Walking also stimulates creative thinking – studies have found walking is a great time for problem-solving.

### Walking helps your body shape

An instant way to look younger is to stand tall. So walk with your head up, shoulders back, and lengthen your back, to stand up straighter. And with firmer muscles, your overall body shape will improve, which in turn will boost your confidence!



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## 2nd September The New Guinea Martyrs of 1942

The Anglican Church in Australia still honours the New Guinea Martyrs of 1942. These brave men and women, 10 Australians and two Papuans, refused to leave their missionary work on the island as the Japanese military forces advanced. As one tribute to them put it: 'They knowing full well the risk, elected to stay with their flock.'

The missionaries were serving the people of Papua New Guinea as Christian priests, teachers, workers and medical nurses. All twelve were unarmed as they were going about their normal missionary work. They were probably killed for no reason at all, other than to pre-empt any possibility that they might be a danger to the Japanese in the future. Or perhaps they were killed out of some vague Japanese hatred of Australian Christians, who were poles apart from the then fanatical Emperor-worship that enveloped the whole military strategy of Japan.

The martyrs were:

In Gona, on the NE coast of Papua: May Hayman (medical sister), and Mavis Parkinson (teacher): both bayoneted to death.

In villages inland from Gona: Vivian Redlich (priest), Margery Brenchley (medical sister), Lillar Lashmar (teacher), Henry Holland, (priest), John Duffill (carpenter): all beheaded. Also, Lucian Tapiedi, an indigenous Papuan: axed to death. (A statue of Tapiedi now stands as a memorial above the West Door of Westminster Abbey.)

Outer islands: John Barge (priest), Bernard Moore (priest), boat sunk.

In open sea: Henry Mathews (priest), Leslie Gariadi (Papuan assistant): boat sunk and men machine-gunned in water.

Today the Church also remembers the more than 300 church workers of all churches who were killed in 1942, during the Japanese occupation of Papua New Guinea.



## 4th September St Birinus, apostle of Wessex

Did you ever feel that God was calling you to do something big for Him, even though you were not quite sure of the details? If so, Birinus is the saint for you.

He was a French Benedictine monk who in 634 was made a bishop at Genoa, and sent by Pope Honorius 1 to extend the evangelisation of England. (Augustine had arrived in Canterbury about 35 years before.)

Birinus landed at Hamwic, near Southampton. His original plan was to evangelise Wessex and then penetrate up into the Midlands, where no preacher had ever yet reached. But Birinus soon found the West Saxons so pagan that he decided to concentrate just on them.

Birinus had little to help him become the apostle to Wessex. So, he simply used what he did have: his own two feet and his voice. He wandered around preaching at every opportunity, trusting in God to help him. And He did: Birinus became known and respected, and soon a big breakthrough occurred: for political reasons the King of Wessex, Cynegils, wanted to convert to Christianity, and he asked Birinus to help him.



So Birinus instructed and baptised King Cynegils, who was then able to marry the Christian king of Northumbria's daughter, Cyneburg, and in due course Birinus baptised their family as well.

In return, Cynegils gave Birinus the town of Dorchester (upon Thames) to be his diocesan see. It was a perfect location: a Romano-British town

right on a road and a river, in the midst of a populated area.

During his 15 years as Bishop of Dorchester, Birinus baptised many people and built churches all over the area, with the king's blessing.

Before he died in 650, Birinus dedicated a church at Winchester. It was a glimpse of the future: for Winchester's growing importance made it inevitable that in time it would also become the ecclesiastical centre of the kingdom.

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## 9th September

### Charles Fuge Lowder, 'slum priest'

The slums of the East End of London in the 1800s were not for the faint-hearted. Hopelessly overcrowded, with open running sewers in the streets, the slums bred disease, crime, and violence. Infant mortality soared, and labourers were often dead by the age of 19.

Everyone who could do so, avoided the slums of Victorian London. Everyone except for one man.



Charles Fuge Lowder was surely the most unlikely resident of the slums imaginable. Born in Bath in 1820, he had grown up as the son of a prosperous banker and been educated at Exeter College in Oxford.

Ordained in 1843, Lowder ministered in the West Country before moving to Pimlico in London. Here he helped found the Society of the Holy Cross, 'to defend and strengthen the spiritual life of the clergy, to defend the faith of the

Church, and to carry on and aid Mission work both at home and abroad.'

And it was here, in due course, that the slums of East London caught Lowder's attention.

He had read a life of St Vincent de Paul and had been inspired by it to also do urban mission. And so, in 1856, he moved across London, to become curate of St George's in the East End.

That would have been bad enough, but his job was to run the St George's Mission in Wapping, at that time one of the worst slum areas of the whole East End.

Lowder's courage and sense of calling to such loathsome streets were nothing short of heroic. Especially as he took on the job not for a few weeks, but as a way of life.

For Lowder believed that 'mission' should not be a short-lived campaign, but instead a permanent Christian presence in an area where the Church had no previous foothold. That was certainly true of the reeking, crime-infested streets of Wapping.

And so it was that St George's Mission in Wapping began with a single room, and a priest determined to bring the love of Christ to some of the most unlovely-people in London.

As the years went by, the mission grew into renting a local iron church, and then eventually it moved into its own brick-built building. And during those years the local people learned to respect and love the man who lived so kindly and sacrificially among them, called him Father Lowder, and seeking his help in the calamities of their lives – especially the East End cholera outbreak.

Father Lowder's efforts were recognised when in 1866 a new parish, St Peter's London Docks, was carved out of St George's parish, with Lowder as first vicar.

14 years later, in 1880, Lowder finally resigned. 24 years of hard labour in the slums had taken its toll, and his health was gone. He retired to Chislehurst, where he soon died.

Many thousands of mourners attended his large funeral in the East End, wanting to remember the priest who had loved them and served them so faithfully. Lowder had become the most famous 'slum priest' of Victorian London.

## 29th September

### Enter all the angels, led by Michael

What is an angel? Easy, people think: a shining figure with glorious wings, who appears from time to time to do some mighty work for God or bring a very special message from him.

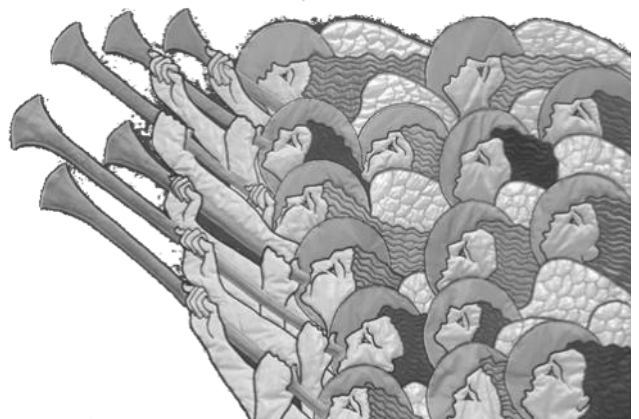
Well, that's right in one sense (apart from the wings, which owe more to stained glass windows than the Bible). But the fact that not all 'angels' in the Bible are 'glorious' or 'shining' should make us hesitate to categorise them in this spectacular way. After all, the three apparently ordinary men who visited Abraham and Sarah to tell them that she would have a son even though she was long past child-bearing age had none of those outward embellishments. Nevertheless, Abraham recognised them as divine messengers.

The Bible is full of angels, from the early chapters of Genesis to the last chapter of Revelation, and often they had a key role in crucial events. It seems, from just two instances, that Michael was their leader, an 'archangel'. In many stained glass windows he's seen with a sword, because in a vision in Revelation he led the angelic host who fought and defeated Satan and his army.

In the Gospels, an angel of the Lord appeared to Zechariah in the Temple, to tell him that his elderly wife was to have a son, the forerunner of the Messiah, John the Baptist. An angel, Gabriel, appeared to Mary to tell her that she would be the mother of the Messiah, the Son of God. An angel appeared 'in a dream' to Joseph, the village carpenter in Nazareth, to tell him to go ahead and marry his fiancé, Mary, and later - also in a dream - warned him not to go back to Bethlehem. A 'young man', whom we take to have been an angel, was sitting in the empty tomb on Easter morning, waiting to tell the startled women that Jesus wasn't there - He had risen (Mark 16:5).

Without going into every biblical reference to angels, those should be sufficient to show that the word covers an enormous diversity of experience. So the Letter to the Hebrews speaks of those who practice hospitality as sometimes 'entertaining angels unawares'. Sometimes people recognised angels for who they were, and sometimes they didn't. Angels, quite simply, are God's agents or emissaries, messengers and ministers of His will. Sometimes they appear as human; sometimes they seem to be spiritual beings.

Perhaps we could even say that anyone, in any situation, who is at that moment God's 'messenger' to us, or serves us graciously, is an 'angel'. So, when we say, 'Oh, be an angel and pop up to the chemist for my prescription', we may be nearer the heart of the matter than we think!



**COOKHAM DEAN  
VILLAGE FETE**

**2024**  
**Saturday 21 September**  
**1pm - 5pm**

**PROGRAMME**

9am - 11am	Staging of Entries for the Flower & Produce Show in the Village Hall
11am - 1pm	Judging of the Flower & Produce Show <i>(Village Hall closed during this time)</i>
12.30pm	Registration starts for Dog Show entries
<b>1pm</b>	<b>Official Opening of the Fete</b> Cookham Cluckers Ukulele Band Village Hall - Flower & Produce Show opens Afternoon teas in the WI Hall provided by Elizabeth House
2pm - 2.30pm	Dog Show: Part 1
2.30pm - 3pm	Presentation of Cups for the Flower & Produce Show in the Village Hall
3pm - 3.30pm	Dog Show: Part 2
3.30pm - 4pm	Charity Auction of Produce from the Flower & Produce Show <i>(by the War Memorial)</i>
4pm	Cookham Cluckers Ukulele Band
4.30pm	Silent Auction Closes
<b>5pm</b>	<b>Fete Closes</b>

**All profits from the Fete go to local Charities**  
Thank you for your support

Cookham & Cookham Dean Horticultural Society

## FLOWER & PRODUCE SHOW

Saturday 21st September 2024  
Cookham Dean Village Hall



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

**Just 50p per entry**  
Childrens' Classes Free

Local Judges, Cup Presentation and Charity Produce Auction

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

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

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





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



**#ourcookham**



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## Pinder Hall News

Pinder Hall has had a busy summer with the Arts Club Summer Exhibition in which over 300 works of art were displayed, an amazing and talented show!



Strictly Social Dance Club hold monthly dances which are friendly and fun. During the evening there's a mix of ballroom, Latin and sequence dances to good contemporary dance music. All ages and abilities are welcome. Tea, coffee, cake and biscuits are served during the break, but you're welcome to bring your own drinks and nibbles too. A raffle for charity is held every month.

The new Hall website is now operational – [pinderhall.org.uk](http://pinderhall.org.uk) – and has full details of facilities available, rates of hire, and booking procedures. If you're thinking of booking, the calendar on the website can be consulted to see availability.

The Hall is Cookham's village hall, run solely by volunteers. We welcome help from anyone, but skills particularly needed are customer liaison, social media expertise, and those interested in organising and delivering fundraising activities.

If you would like to help your village Hall please message Andrew Coulter on [chair@pinderhall.org.uk](mailto:chair@pinderhall.org.uk)

Ann Greenwood

## Cookham Twinning



Preparations are gearing up for the visit of a group of around 20 visitors from our twinned village of Saint-Benoit in France, from 26th-29th October, the start of the school half-term week.

We will be visiting Blenheim together on Monday 28th, including

for lunch, before visiting the Ashmolean Museum, where the visitors will be challenged to find the painting 'Cows at Cookham' by Stanley Spencer that is located there. Other weekend events will include a lunch at Odney, a skittles evening, and a social evening with Datchet Border Morris. So we hope our visitors will enjoy this mix of English cultural and social occasions.

If you would like to join any of these events, or host any of our visitors, please contact [keith\\_le\\_page@hotmail.com](mailto:keith_le_page@hotmail.com)

We have also recently received Saint-Benoit's 'Bulletin municipal' which gives details of all the local council's activities and budgets, and of the various clubs and societies that exist in Saint-Benoit. This year there has quite a focus on the Olympics, particularly in the schools. The mayor writes of how Saint-Benoit is a lively, friendly and calm community. Saint-Benoit is particularly proud of its status as a 'ville fleurie', floral town, which has been contributed to by a rather unique 'jardin d'images', garden of pictures, where you can wander amongst the flowers whilst looking at large depictions of whatever the current exhibition presents. Currently it's spiders!

Keith Le Page

## OXFAM 39th FAST

Friday October 11th, October 12th and October 13th.



OXFAM

I came across this quotation recently, "You have not lived today until you have done something for someone who can never repay you." It's a good quote and maybe we have the power to make it possible.

This year is the 39th year of my fast. On 11th, 12th and 13th of October I will be sitting at Sainsbury's in Maidenhead for about 30 hours with my collecting tin and my card reader, (yes, I am being dragged screaming into the 21st century) and smiling a lot at shoppers and hoping they will smile back at me as they search for a donation. My cardboard friend, Barbara the Boxfam Lady, will be with me doing the real "fasting" of course and I will survive on lots of water, a mug of soup and a few odd squares of chocolate at teatime.



Please sponsor me again if you possibly can. Justgiving is the easiest and quickest way [www.justgiving.com/page/barbara-walmsley-2024](http://www.justgiving.com/page/barbara-walmsley-2024) You can also send a cheque (made out to Oxfam not me), to Spindlewood, High Road, Cookham SL6 9JT or pop me in a donation if you happen to be passing. Please let me know if your Gift Aid status has changed since last year.

Oxfam, alongside their partners, continue to work with communities across the globe, together fighting the many injustices that still see people facing unimaginable struggles every day. You will no doubt be aware of the horrors that continue to unfold in Gaza and the West Bank. Oxfam are doing all they can to bring about a ceasefire and see the safe return of all hostages. Despite unbelievably difficult circumstances, Oxfam's amazing partners and staff in the region have continued to deliver support. Vital aid is still getting through, albeit far, far slower than needs be. But, as one member of Oxfam staff based in West Bank recently shared, "if we can only deliver 10 food parcels a day, then it is worth it to help those 10 people".

I am so grateful for your support, thank you.

## OXFAM COFFEE MORNING

The annual pre-fast Coffee Morning will be held at the Parish Centre on **Wednesday 2nd of October at 10.30am.**



Tickets are £12 and I'm delighted to tell you that our speaker this year will be **Theresa May**. You can buy tickets from The Little Bookshop in Cookham High Street, (01628 520434) or from Brent De Clippers Station Hill, Cookham.(01628 526128)

Theresa's book, "The Abuse of Power" will be on sale.

Barbara Walmsley 01628 522255



If you're quick, you may still be able to join the Stanley Spencer Gallery's 'Summer stroll' on Wednesday 4th September.

You can stroll through the Cookham countryside

whilst learning more about Stanley Spencer's favourite views and the location of some of his paintings. The walk will be led by Gallery archivist Ann Danks, who will provide lots of interesting detail about Stanley Spencer and his local work. Illustrations of his work will be provided to help show locations.

The walk will start at the Gallery at 10.00am and take in Cockmarsh, Winter Hill and the river, returning at about 12.30pm. The total distance is about four miles, mostly on paths and pavements, with no stiles and several gates.

The cost of the walk is £10, plus £1.55 booking fee, this includes free admission to the Stanley Spencer Gallery on the day of the walk. Book through the link on the Gallery website.

Also in September, the Gallery will be participating in the National Art History Festival 2024 with a free talk at 5pm on Saturday 21st September by Amy Lim on Gilbert Spencer, younger brother of Stanley, who has featured in the Gallery's summer exhibition. Tickets are limited, and you can find the link for this talk on the Gallery website.

### Do you like Art and Social Media ?

The Stanley Spencer Gallery is looking to enhance its social media! We are already on Instagram, X and Facebook.

However, to further excite and interest people in Stanley's art and life, we are looking for a volunteer to help us. Some social media expertise would be helpful (personal usage is fine). Spencer was an artistic genius who lived a complicated life.

There are many stories to tell. Are you the volunteer who could work with us to share those stories with our audience?

Contact Roger Kirby <[roger@stanleypencer.org.uk](mailto:roger@stanleypencer.org.uk)>

**The Gallery is open Daily 10:30 - 16:30**  
Last Entry 16:00



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## Cookham Dean WI

### Meeting on Thursday 8th August

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

Our planned speaker for this month was unable to attend so, at short notice, we welcomed Jennipher Marshall-Jenkins on the subject of "Chinese Food – the cuisine of the world".

The Chinese have always been great travellers and taken their cuisine all over the world, adapting it to suit local tastes. So widely travelled are the Chinese that 1 in every 6 people in the world has some Chinese blood!

There are 8 types of Chinese cuisine, with Cantonese being the most widely found in the Western world. The Chinese travelled to California in 1830 as part of the gold rush and quickly adapted their food to cater for American tastes, notably Chop Suey, Chow Mein (made from left-overs!) and Sweet and Sour Pork.

The first Chinese restaurant in London opened in 1907, with many more following after the 2nd world war. In 2003 the first Michelin star was awarded to a Chinese restaurant.

Today we are all familiar with many Chinese cuisine ingredients – rice, wheat flour, soybean products, tofu, Chinese veg including lotus root and desserts, including, of course, fortune cookies.

Chinese alcohol varieties are Baijiu and Luangjiu, some as high as 120% proof – not for the faint hearted! The most favoured Chinese drink is tea, with Longjing being the most popular.

A fascinating insight into the spread of Chinese cuisine, with grateful thanks to Jennipher for standing in as such short notice.

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 Sept 12th, 2024 when Maria Petrinets, the Ukrainian lady who taught us to make the Motanka dolls, will make a return visit to teach us some other craft.

Lorna Sykes

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

### The tombola stall at this year's village fete is in aid of NSPCC and CHILDLINE

They would really appreciate any donations - bottles, soaps, scarves, candles etc perhaps unwanted birthday presents (we all have them), and for the kids stall any toys, books, games or jigsaw puzzles. The stall usually raising over £600 each year, so every donation will be a worthwhile prize.

From the beginning of September there will be a donation box in the porch of St John's church for any gifts - they'll all be much appreciated. Make sure they go in the correct box - there is also one for Foodshare donations.

Thank you



# 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 Notes:

At the recent PPG AGM, it was proposed to hold another PPG/CMC Information Evening in September. The recent change of government, and discussions over the organisation of the NHS and the terms of professional contracts within it, make it sensible to delay this proposed event until the spring of 2025.

Much has been said in the local news media about the restoration of the popular "Walk-In Medical Facility" at St. Mark's Hospital in Maidenhead. Indeed, our new MP has focused on this issue as a cornerstone of his constituency action plans. We are sure that many members of the Cookham Surgery will have every sympathy with this proposal and will wish to support the MP's campaign. However, it is important that patients understand that any NHS service has to be supported by adequate funding. If the Walk-In centre is to be restored it should not necessarily be at the expense of other existing patient services at St Mark's. Patients will want to bear this in mind if they want to support the Walk-In facility and may want to campaign for additional funding to finance it.

There has been much in the national news media about the resurgence of whooping-cough, a potentially fatal disease in babies and young. If you are pregnant, you can be immunised to protect your unborn infant. Please seek further advice from your doctor on this critical issue.

Please keep your eyes open for the next important vaccine programmes for Covid 19 and Influenza. Vaccination, particularly for older and vulnerable people, plays a vital role in protecting patients. All those who are eligible for vaccination and are not ruled out on medical grounds are urged to apply for vaccination.

When it comes to unexplained medical symptoms it can be all too easy to bury your head in the sand and ignore, especially if they are a bit embarrassing to discuss. But being aware of changes in your body could save your life, particularly in the case of cancer, where the earlier you're diagnosed and treated the less extreme your treatment is likely to be and the better your chances of recovery. Here are some potential cancer symptoms you should never ignore:

Blood in your poo; Bloating.; Coughing and feeling out of breath; Lumps and bumps; Persistent heartburn;

Bleeding after menopause; Changes to a mole on the skin; Unexplained weight loss.

### PPG Notes:

Publicity by charities and patient advisory bodies can serve as useful reminders of health issues and as signposts to where you find seek help or advice. Campaigns in September include:

**Urology Awareness Month.** Raising awareness of urological diseases.

**Pulmonary Fibrosis Awareness Month.** To raise awareness of this disease which causes scarring of the lungs and consequent breathing problems. More research is needed.

**9-15<sup>th</sup> - Know your Numbers Week.** Check your blood pressure, check your diets and alcohol intake, exercise wisely, laugh and be happy.

**10 September- World Suicide Prevention Day.** Commitment and action to prevent suicides.

**15 September-World Sepsis Day.** Often seen as the silent killer, greater awareness is vital.

**18 September-National Fitness Day.** Make this the most active day of the year and just the first of an active day every day of the year.

**23 September-International Day of Sign Languages.** Sponsored by the United Nations in support of the International Week of the Deaf.

**23-29 September – Organ Donation Week.** To encourage as many people as possible to join the NHS Organ Donation Register.

**23-29 September – UK National Inclusion Week.** A celebration of inclusion in all its forms.

**25 29 September – Icon Week.** Raising awareness of infant crying and supporting carers to cope.

**27 September – World's Biggest Coffee Morning.** To raise awareness of and support for the MacMillan charity.

### 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.info/patient-access>.

## Epilogue - Church Notices that didn't quite make it ...

- A talk on drugs will be given at the next Mothers' Union meeting. This will be followed by a Bring and Buy Sale.
- A sudden gust of wind took all who were at the ceremony by surprise. Hats were blown off and copies of the vicar's sermon and other rubbish was scattered across the churchyard.
- The Rector is on holiday this month. Stand-in clergy will be celebrating with us on the Sundays that he is away.
- Don't allow anxiety to get to you. Let the church help.
- Don't miss the Young Wives' Victorian evening next month. It will be a fun night and some of the women will wear clothes.
- This being Easter Sunday, we will ask a member of the Mothers' Union to come forward and lay an egg on the altar.
- The Low Self-Esteem Support Group will meet Thursday at 7 to 8:30 pm. Please use the back door.

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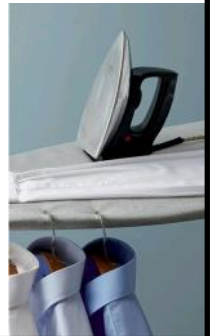
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