



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*

## October 2024

*inspired  
worship*

This magazine is published jointly by the Parochial Church Councils  
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## Father Stephen writes: A Season of New Beginnings

Dear Friends,

As we step into the month of October, we are greeted by familiar sights in Cookham: golden leaves falling, a crispness in the air, and the hum of school life returning. From August onwards, shop windows display the words 'Back to School,' evoking memories of our own days in the classroom. For some, those memories may be distant, perhaps faded, but they still carry a powerful reminder of new beginnings, fresh starts, and sometimes a touch of nervous anticipation.

At this time of year, it's not just children who are stepping into new routines; we all are. Whether you're in the midst of preparing young ones for the term ahead, looking after grandchildren, or simply reflecting on your own school days, this season holds something significant for all of us. It reminds us that life itself is full of seasons and new beginnings, regardless of our age.

**School Days and Memories** - for many of us, those early days of school shaped much of our lives. The friendships formed, the lessons learned, the challenges faced, they have left an indelible mark. As we see the children from Holy Trinity, Cookham Dean, Herries and Cookham Rise Primary Schools start their academic year, we may remember our own early days, filled with both excitement and apprehension. The smell of freshly sharpened pencils, the neatness of a new school uniform, and that sense of possibility all come flooding back.

But of course, for many of us, school was not always easy. There were challenges to overcome, mistakes made, and lessons learned the hard way. Yet, even in those difficult moments, there was growth. As the children of Cookham face their own challenges in this new term, let us remember that growth comes from facing adversity. And this truth doesn't only apply to our school day, it applies to every stage of life.

**New Beginnings at Any Age** - whether we are 8 or 80, each of us has opportunities to start again. The autumn season itself, with its natural rhythm of change, reminds us that life is ever evolving. Just as the trees shed their leaves in preparation for the winter, so too are we invited to reflect, let go of what no longer serves us, and prepare for what lies ahead.

For some, the autumn of life may feel like a time of slowing down, but it is also a time of ripening, of gathering wisdom and perspective. The experiences of life, like the harvest in the fields, have brought forth fruit that we may not have recognised in our younger years. It is a time to embrace the new with a heart full of gratitude for all that has come before.

We may not be starting a new school year, but every one of us is invited to embrace the new beginnings that life constantly offers. Whether that is through reconnecting with old friends, starting a new hobby, or simply taking a moment to reflect on where we are in life, October calls us to consider how we, too, can continue to grow and learn.

**Facing New Challenges** - as we enter the season of autumn, we also face the inevitable challenges that come with it. The days grow shorter, the air gets colder, and we begin to prepare for the winter months. For many, this can be a time of loneliness or isolation, particularly for our elderly neighbours. Yet, it can also be a time to draw closer to one another, to offer a hand of friendship, and to remind each other that we are not alone.

In the same way that children are supported by teachers and peers as they embark on their new school term, we too can support one another through the changing seasons of life. Whether it's through a simple phone call, a visit, or an offer to help with errands, small acts of kindness can make a world of difference.

Our local schools; Holy Trinity, Cookham Dean, Herries and Cookham Rise, are wonderful examples of how community can come together to support our young people. In the same way, the church stands as a community that reaches out to support people of all ages, offering a space for fellowship, learning, and growth.

**Looking Forward** - as we look ahead to the winter months, let us be reminded of the strength we find in community, in supporting one another through the challenges and changes that each season brings. Whether you're a child at the beginning of your school journey, a parent juggling the demands of family life, or someone reflecting on a life well-lived, this time of year offers a moment to pause, take stock, and embrace the new opportunities ahead.

The church, like our schools, is a place where all are welcome to grow and learn. It is a place where we are reminded that no matter our age or stage in life, God is always offering us new beginnings. Let this season be a time of renewal, of looking forward with hope, and of embracing the new challenges that come our way.

In the weeks ahead, may we all take a moment to reflect on the beauty of this season of change, and may we find the strength and encouragement to step forward into whatever new beginnings lie ahead.

With every blessing,

Father Stephen



**HOLY  
TRINITY  
CHURCH**

### THE COOKHAMS PARISH MAGAZINE

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

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

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**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.

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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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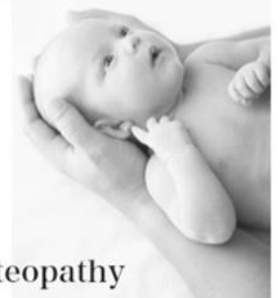
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## Holy Trinity Church: latest on the re-ordering project

In the September Parish Magazine, I told you that Holy Trinity Church would be moving to Holy Trinity Primary School from Sunday, 22nd September, yet when you read this October magazine, we are still in church. We have put back our move to the school to Sunday 13th October and until then we continue to worship in the church as usual, and it remains open during the week until then.

So what is happening?

We had hoped that the project could start towards the end of September. We are in discussion with the main contractor and although we cannot give a start date at present, we are confident that the work will start this autumn. Just to remind you, we are planning to lift and remove the pews and lay underfloor heating in the nave and south aisle which will provide constant background heat, supplemented by wall mounted radiators there, and in the east end of the church. New cream coloured stone will be laid in the nave and south aisle, in the areas which currently have pews, to match the stone in the chancel and side chapels. We also plan to install an accessible toilet in the tower and some new fitted cupboards. As it is not practical to reinstate the pews we will replace them with free standing chairs, some with arms, that will allow the church to be used for a variety of events as well as



church services.

We will therefore continue to worship in the church until Sunday 6 October when we celebrate Harvest at our 11.00am Parish Eucharist and have Compline at 6.30pm.

From Sunday 13 October our 11.00am Parish Eucharist will be held in Holy Trinity Church of England Primary School. Evening services will be held at St John the Baptist Church, Cookham Dean.

Father Stephen

## Holy Trinity Coffee and Craft Success

Friday 30th August saw the end of another successful paddock dig by the University of Reading and associates as they uncover the secrets of Cookham's Saxon Abbey.



To celebrate the connection between the site and the church that has succeeded it, Holy Trinity decided to offer visitors all day refreshments and an opportunity to have guided tours of the church after their dig visits. Like all plans, this one grew and turned into 'Coffee and Crafts' at the Parish Centre. Knit One, Purl One – the church community's knitting group - rose magnificently to the occasion. The knitting needles have been

clicking overtime, and a wide range of items from winter hats, fingerless gloves, scarves and shawls through to crossbody bags, brooches and church mice were on offer. Members of the congregation arrived with cakes and buns which added to the specialist tray bakes generously donated by The Handmade Cake Company in Maidenhead. They enabled us to offer both gluten free and vegan options to the selection on offer.

There was a steady flow of visitors throughout the day, the sun shone gently and the Parish Centre hummed with enthusiasm. The Friends of Cookham Abbey and the University had already provided information panels about previous discoveries which visitors found interesting, and it was lovely that congregation members just dropped by to support the day. We were also pleased that so many of the University students chose to pop in during their free

time both to chat and buy, with the church mice, gloves and hats being the most popular items.



Nothing was wasted, as Holy Trinity was back in action the following day when Father Stephen led staff, students, congregation and visitors from other faiths and denominations and a local vision

impaired group in a blessing and farewell to the Abbey before the site is again closed and re-grassed to protect it over the Winter. The first Autumnal chill was in the air on Saturday so the coffee and cakes afterwards, again in the Parish Centre, were very welcome before some visitors took the opportunity to visit the church for a tour.

By now we were on a roll, the Cookham Regatta followed a few days later and having a Holy Trinity stall was a great opportunity to meet people and talk about what we were doing and the plans for the church. The combined Church, University and Monastery Friends' dragon boat team even managed second place overall.

A frequent question was when we would have another coffee and crafts day...well, watch this space and keep those knitting needles busy. Grateful thanks for the time and effort, both in making, attending, serving and clearing up go to everyone who was involved in any or all of the events, especially as the renovation appeal is just a cat's whisker short of £800 better off as a result.

Sarah Stockdale

# Church News and Events

## Music at Holy Trinity

### Sunday 6th October

11am: PARISH EUCHARIST (Choristers' Mums' Choir)

Anthems: Lead us heavenly Father – Quilter; For the beauty of the earth – Rutter; Verses from Psalm 65 (chant: Dylan)

Organ Voluntary: Rondeau from Abdelazer – Purcell

6.30pm: COMPLINE (Men's Choir)

Anthems: Thou visitest the earth – Greene; All the way my Saviour leads me – Palmer; Nears the ending of the day – Iona

### Sunday 13th October

11am: PARISH EUCHARIST (Alter Chorum)

Anthems: O Jesus I have promised – Catherwood; Psalm 23 – Goodall; Come and see – Kendrick

6.30pm: CHORAL EVENSONG (Men's Choir)

**This service will be held at St. John the Baptist  
Cookham Dean**

Responses: Smith

Psalm: 90 v.12-17 (chant: Stanford)

Canticles: Gibbons

Anthems: O sing joyfully – Batten; I need thee every hour – Lowry

### Sunday 20th October

11am: PARISH EUCHARIST (Youth & Men's Choirs)

Anthems: Spirit Song – Wimber arr. Fettke; Grace and peace – Parks; Day by day – Warren

### Sunday 27th October

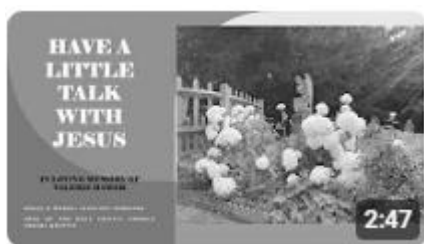
11am: PARISH EUCHARIST (Choir Half Term Holiday)

## SINGING SUCCESS

Congratulations to Jack, a member of our Youth Choir, who has passed Grade 4 Singing with Distinction. A tremendous achievement. Thank you to Jack and to all our young choristers for their continued commitment and enthusiasm. They are a very special group of people.

## ON OUR NEW YouTube CHANNEL The Choirs of Holy Trinity Church, Cookham

Available now: HAVE A LITTLE TALK WITH JESUS  
(dedicated to the memory of Valerie Hamer)



<https://youtu.be/zCmSKnW8iXo>

Coming online in October:  
THE ROSE (Words & Music: Amanda McBroom)

## 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)



## St John the Baptist

# Autumn Fayre 2024

**Sat. 23rd Nov 10am-2.30pm in the WI Hall.  
Raffle draw 2.30pm**

There will be stalls of Raffle for splendid hampers, Home Cooking and Cakes. Refreshments of morning coffee & biscuits, soup & roll lunch, and tea & cake in the afternoon will be available.

**Raffle tickets are available to purchase in advance –  
ring Barbara Dent 01628 476512**

Your presence is vital to making this a success!

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Our cooks can supply:

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Coq au Vin (diced chicken)	£9
Pork with apricots, ginger & sultanas	£9

All the above to be supplied ready frozen in plastic, microwaveable containers, each 2 servings.

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**Lorna Sykes 01628 486874 or  
l.j.sykes@btinternet.com**





## Trinity Talks

Our next talk will be on **Monday 21 October** when **Richard Poad**, Maidenhead's 'Mr Heritage', will be using the huge range of

Cookham-related material in Maidenhead Heritage Centre to take a **virtual historical stroll through the Cookhams**.

The Heritage Centre's large collection includes Odney Pottery, many old postcards and photographs, souvenir programmes for celebrations, invoices from local stores and documents relating to Dr Robert Shepard who came to Cookham in 1911 and had a surgery right across the street from the Bel and the Dragon - very convenient for a drink after work. Come and be fascinated!



Arrive 6.30pm at Bel and The Dragon for Prosecco and canapés. The talk follows at 7pm.

When reserving your place at £20 each by phone on 01628 527465 or email [stephaniediggon@hotmail.com](mailto:stephaniediggon@hotmail.com), please let me know of any food allergies.

Stephanie Diggon

## 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  
07941 994640  
[jillcrusebrinkley@hotmail.com](mailto:jillcrusebrinkley@hotmail.com)



## Men's Breakfast

**Our next breakfast will be on Saturday 12th October**

Fr Stephen Mills, Vicar of the Cookhams, will talk to us about "Angels and Demons" which sounds intriguing.

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

**13th October** at St John the Baptist at 1pm

Please phone Lorna Sykes 486874 by the Wednesday before to book your place.

Dates up to the end of the year are as follows:-

**3 November** at Cookham Rise Methodist

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

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

## Cookham Dean Churchyard Mornings

Our last churchyard session of the summer will be on **Saturday 19th October**.

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 October

Lord,

As we move into autumn and the month of October, the normal seasonal changes are all around us, the beautiful colours, the falling leaves, the cooler days. And that is reassuring.

But, so much else in our world is changing so rapidly, often in ways we don't understand. And that can be worrying.

Thank you that You never change. You are always the same, faithful, present and loving. And You tell us in Your Word, not to be anxious about anything, but to bring all things to You in prayer and to trust You. When we do this, You promise us Your Peace – a peace of heart that steadies us and helps us move forward.

Thank you that whatever comes, we are secure in You, when we put our trust in Jesus.

In His name, we pray. Amen.

*By Daphne Kitching*

## 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**

## 'Glorious the song when God's the theme' - 'The Dream of Gerontius'

John Henry Newman was a great Victorian churchman, an inspired Anglican preacher and teacher who became a Roman Catholic in 1845. Newman was also a poet and wrote hymns that have remained perennial favourites – among them, 'Lead, kindly Light' and 'Praise to the Holiest.'

The first hymn was written when, as an Anglican, Newman was ill in Sicily and his servant thought he might die. But he recovered and, anxious to return home, he wrote these words, knowing that God had important work for him to do. The light that he prayed for in Sicily was to shine out, resplendent and glorious, in that later hymn which expresses the vision of the heavenly courts in the longer poem, 'The Dream of Gerontius'.



Newman wrote the poem in 1865 after the death of a 41-year-old fellow Oratorian, Fr John Joseph Gordon, who had said to him as he lay dying, "I do not say that I do not fear to die: for death must always be a fearful thing. God's justice is very terrible; but then, in the crucifixion, God's mercy appears so very great". 'The Dream of Gerontius' is about death

and judgement, but it is the judgement of a loving God.

Newman presented Dvorak with a copy of this poem when the composer visited Birmingham, and he was invited to compose a setting for the city's 1888 Festival. Although Dvorak felt inspired by the words, the timescale was too demanding. The poem was presented to Elgar on his wedding day a year later, again with the suggestion that he set it to music. The words simmered and stirred in Elgar's imagination to produce one of the great oratorios

of all time in 1900, when it was given its first performance in Birmingham.



Elgar inscribed the score ADMG (To the greater glory of God) and wrote on the last page of the manuscript, 'This is the best of me'. The light of God's glory and grace that inspired Newman shines through the music as it shone through Elgar's own life. His funeral card of 1934 contained words from the poem, and on his own score of 'The Dream' he wrote these words of Virgil, 'Whence doth so dear desire of Light on wretches grow?'

It is now difficult to separate the poem from Elgar's setting. The composer, like the poet, leads the listener from the prayer of faith, 'Firmly I believe and truly' – a prayer sustained by the words of the priest, 'Go forth upon thy journey, Christian soul' – to the judgement throne where the angels praise God in the heights.

One of the angels then leads the soul away with a beautiful setting of 'Softly and Gently', not to the fire of judgement, but to the cleansing, sustaining water of eternal life. The work ends with echoes of that angelic hymn, praising God who is our refuge in every generation.

Newman wrote, "I always sleep better after music". He compared music to an electric current that passes through the body and then into the mind and heart. And Elgar's wonderful setting can do exactly that, creating a vision of that new world of eternal glory that Gerontius expresses in the words, 'Novissima hora est.....into thy hands, O Lord, into thy hands'.

Revd Michael Burgess

## 17th October - Ignatius, Bishop of Antioch

Of the 54 Roman emperors who ruled AD 30 to 311, only about a dozen made the effort to persecute Christians.

One of these was the Emperor Trajan, who ruled AD 98 to 117, though he was half-hearted about it. He decreed that Christians, although guilty of "anti-state behaviour", were not to be hunted out for arrest, unless they were "very obvious" about their faith, and unless they refused to reject Christ when asked.

One such Christian was Ignatius, the second Bishop of Antioch, a leading city of Syria. He was arrested in Antioch during a persecution of the Antioch church and sentenced to be sent to Rome to be devoured by wild beasts in the arena there.

Soon Ignatius was put in chains, along with a number of others, and escorted by a unit of Roman soldiers to Troas on the Aegean coast, for embarkation to Rome. It was a long and arduous journey through Asia Minor, and the soldiers stopped off at various cities along the way.



This gave Ignatius time to write a series of seven remarkable letters to various churches along the way. And as news of his arrest and journey to Rome spread, the prominent Christians in each city flocked out to meet him as he arrived.

Ignatius' letters reveal him to be passionate for church unity. He encouraged constant community worship and frequent celebration of the Eucharist. He was especially eager to stress the authority of the New Testament, and to oppose the docetists, who held that Christ's sufferings and death were apparent but not real.

But above all, the letters reveal Ignatius as completely devoted to Christ. He was keen to receive martyrdom and stressed that on no account was anyone to attempt to prevent his death. For him, martyrdom was the ultimate imitation of Christ, and a gift from God. Although we have no account of his martyrdom, it is widely assumed that Ignatius got his wish, and died upon the completion of his journey to Rome.



# 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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[www.cookhamwaste.co.uk](http://www.cookhamwaste.co.uk)



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## Cookham Rise Methodist Church Newsletter

**E-mail** crmethodist@gmail.com **Tel:** 07583 550821

**Minister:** Rev Vicci Davidson 07535 511421 rev.vicci@mail.com

**For hall/church bookings** contact Kathy Rickman on 01628 522797

### Sunday Services for October 2024

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

October 6 <sup>th</sup>	10.30 a.m.	Harvest Festival - Rev Vicci Davidson *
October 13 <sup>th</sup>	10.30 a.m.	Ken Tuckey
October 20 <sup>th</sup>	10.30 a.m.	Sue Clifford
	3 - 5 p.m.	Teatime for the Soul - Rev Vicci Davidson
October 27 <sup>th</sup>	10.30 a.m.	Barnabas Palfrey

\* Harvest Festival including Brownie Parade. For those who are able we will meet at the Cookham Community Allotment, Alfred Major Field at 10 a.m. for a brief thanksgiving for the harvest of our allotment and those who work and share there. We will then walk down to the church for the service.

Harvest Festival will be followed by the Harvest Lunch at 12.30ish. Bookings to Kathy Rickman on 01628 522797. The cost will be £8; after expenses the remainder will go to a charity relevant to Harvest.

### Ecochurch thoughts and Biblical Commentary

*"Twenty-five years ago people could be excused for not knowing much about, or doing much, about climate change. Today we have no excuse." [Desmond Tutu](#)*

*Genesis 2:15. The Lord God took the man and put him in the garden of Eden to work it and keep it.*

### Church Activities and events at the church

#### 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.

**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 (debbie@taichi44.co.uk)	Wed 8 - 9pm
Balletbums (adults) (07841 610251)	Thurs 12.15 -1.00pm

### 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,

It seems impossible that this Sunday marks the first day of autumn. Surely it was only just the other day that we started 2024. Where did the summer go? Where did the year go? Time, as we know, just keeps galloping on. Through good times and bad the days run by and they seem to run faster and faster as we get older.

This week, the good and the bad have come so thick and fast that they have almost fallen over each other. There has been much sadness at Windsor as we say "goodbye" to two well-loved members who have gone to Glory, and yet at the same time, three people were given notes to preach at the Local Preachers' meeting on Thursday – truly something to celebrate.

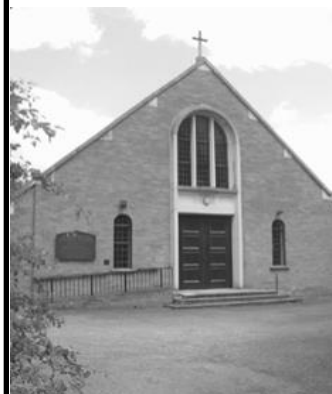
Jesus' ministry must have felt similarly exhausting in its ups and downs. He healed the sick, fed the multitudes, only to have them fall away when he told them he had to die – that the good times must share space with the bad. He proclaimed God's kingdom come, and was condemned for letting his disciples eat without undertaking the full ritual hand-washing. He died, but rose again to meet with Mary in the garden. The speed of the ups and the downs, the highs and the lows, must have been bewildering.

It is no wonder that throughout the Gospel account, we see examples of Jesus seeking to take himself away from the crowds and spend time alone with God. As he walked on the hillside near Galilee, or through the streets of Jerusalem, he was reminded of the great promises of God. These promises of salvation and protection and love can be found throughout the Bible from the Creation to the end of Revelation. God loves us. He protects us. He goes before us to prepare a place. He celebrates with us in the good times and grieves with us in the bad. Nothing can separate us from his love. And while his supporting, nurturing love goes on, he continues to build his Church, and the gates of Hell shall not prevail against it.

Whether this autumn marks for you the beginning of a new time of exploring and studying, training and preparation, or a time of grieving and of letting go, this is true: that "God so loved the world, that he gave his only begotten Son, that whosoever believes in him should not perish, but have everlasting life." My prayer is that each of us should be able to find just a little slowing down time, to reflect on the truth of that well-loved verse.

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**



## SMART ENERGY SHOW

**Saturday 23rd November,  
Moor Hall (Institute of Marketing)**

We're 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.

One of the UK's leading insulation companies will be there to give advice on the Great British Insulation Scheme, so come and find out if you qualify.

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.

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

Look out for our banners and entry will be free so spread the word!

## WINTER CLOTHES FREecycle at Cookham Library

*Have a clear out and see what you can pick up!*

**Saturday 19th October**

Drop off from 9.30pm: Doors open 10.00 until 12.00



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



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# Services Calendar for October 2024

HTC - Holy Trinity, Cookham

SJB - St John Baptist, Cookham Dean

## October 2<sup>nd</sup> - Wednesday

SJB 10.00 Holy Communion

## October 3<sup>rd</sup> - Thursday

HTC 08.00 Holy Communion

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

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

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

## October 9<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## October 13<sup>th</sup> - 20th Sunday after Trinity

HT School 11.00 Parish Eucharist  
*Hebrews 4:12-16; Mark 10:17-31*

SJB 09.15 Parish Eucharist  
*Hebrew 4:12-16; Mark 10:17-31*

12.30 Baptism

At SJB 18.30 Choral Evensong  
*Joshua 5:13 - 6:20; Matthew 11:20-end*

18:30 Holy Trinity Choral Evensong

## October 16<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## October 20<sup>th</sup> - 21st Sunday after Trinity

HT School 11.00 Parish Eucharist  
*Hebrews 5:1-10; Mark 10:35-45*

SJB 09.15 Parish Eucharist  
*Hebrews 5:1-10; Mark 10:35-45*

## October 23<sup>rd</sup> - Wednesday

SJB 10.00 Holy Communion

## October 27<sup>th</sup> - Last Sunday after Trinity - Bible Sunday

HT School 11.00 Parish Eucharist  
*2 Timothy 3:14-4:5d; John 5:36b-end*

SJB 09.15 Parish Eucharist  
*2 Timothy 3:14-4:5; John 5:36b-end*  
(this service will be livestreamed/recorded)

## October 30<sup>th</sup> - Wednesday

SJB 10.00 Holy Communion

## November 3<sup>rd</sup> - All Saints' Sunday

HT	11.00 Parish Eucharist <i>Revelation 21:1-6a; John 11:32-44</i>	SJB	09.15 Parish Eucharist <i>Revelation 21:1-6a; John 11:32-44</i>
School			18:00 Service of Remembrance for Loved Ones who have died <b>This service is for both churches</b>

### Prayer Diary - October 2024



1	Remigius, bishop, 533	For all those who tend to our church grounds
2	Wednesday	For all emergency services workers and the tireless work they do
3	George Bell, bishop, ecumenist, peacemaker, 1958	For all Bishops, Priests and Deacons
4	Francis of Assisi, friar, deacon, 1226	For the poor and the charities that particularly aim to end child poverty
5	Saturday	On World teacher day, we give thanks for all those who teach.
6	<b>SUNDAY - HARVEST FESTIVAL</b>	We give thanks for the crops that provide us with food and products
7	Monday	As HTC closes, we pray for all those involved in the building work
8	Tuesday	For Elizabeth House and all volunteers
9	Denys, bishop, and companions, martyrs, c.250	Our PCC's, and other committees that lead our churches in the benefice
10	Paulinus, bishop, missionary, 644	On world mental health day we pray for all those who work on behalf of mental health charities
11	Ethelburga, abbess, 675	For our local open spaces and the gift of nature
12	Wilfrid, bishop, missionary, 709	As the men's breakfast gathers we give thanks for the opportunity of fellowship
13	<b>20TH SUNDAY AFTER TRINITY</b>	For our choirs, organists and all those involved in music in the church
14	Monday	For our pets, their companionship and the blessing they are to the lonely
15	Teresa of Avila, teacher of the faith, 1582	For all those who are sick and in hospital at this time
16	Nicholas Ridley and Hugh Latimer, bishops, martyrs, 1555	For all couples who celebrate an anniversary during the month
17	Ignatius, bishop, martyr, c.107	For those wrongly imprisoned and without fair trial
18	Festival of Luke the Evangelist	For all evangelists and the work they do to spread the message of Jesus
19	Henry Martyn, translator, missionary, 1812	For all Cookham hospitality venues and shops
20	<b>LAST SUNDAY AFTER TRINITY</b>	For those who clean our churches
21	Monday	The residents and workers of Harwood House
22	Tuesday	For our families – those with who we share a blood relation, and those who we have adopted as our family
23	Wednesday	For new babies, their siblings and parents
24	Thursday	For our friends, all those who are near and far
25	Crispin and Crispian, martyrs, c.287	As we approach the end of British Summertime, we give thanks for the summer season and look forward to embracing the winter
26	Alfred, king, scholar, 899	We give thanks for Cookham twinning as we welcome friends from Saint Benoit
27	<b>BIBLE SUNDAY</b>	We give thanks for the gift of the Bible, its teachings and the peace and wisdom that it offers so many
28	Festival of Simon and Jude, Apostles	As half terms begins we pray for rest and refreshment for teachers
29	James Hannington, bishop, martyr, 1885	Cookham & Cookham Dean Horticultural Society
30	Wednesday	On this day of the Autumn budget we pray for politicians and wisdom that they spend the public purse wisely
31	Martin Luther, reformer, 1546	For our HTC bell ringers

## Wet Wet Wetter

Wednesday 16th October. 7.30pm

### Cookham Dean Village Hall

An evening exploring Cookham's waterways and ponds With Professor Jeremy Biggs, CEO Freshwater Habitats Trust, and the leaders of the South East Rivers Trust team working on the Cookham Maidenhead Ditch project.

Our ponds and waterways are a key part of Cookham's natural environment. Supporting them and discovering the best ways to help nature thrive in them is a growing focus for WildCookham. Learn more about what we have planned.

No charge. Donations please.



## WildCookham receives grant to use cutting-edge DNA technology for pond survey work.

WildCookham is delighted to announce that it has received a grant of £1600 from TOE (Trust for Oxfordshire's Environment) towards the costs of equipment and testing materials to survey our local ponds and waterways. A novel part of this grant is that it includes money for the use of an advanced technique that looks for the DNA of a the Great Crested Newt, which used to be common in our locality and which is a key species indicating a healthy habitat. To do this a water sample is taken and, just like in police forensics, is sent away for DNA analysis. Even the smallest amount of DNA can be detected, when these newts are present.

Surveys such as this are important as our ponds and wetlands in Cookham are vital ecosystems which support a diversity of birds, fish, amphibians, invertebrates (both above and below the water), and wild flowers. And, since the Water Vole introduction programme, which started in 2021, we also have Ratty back. Furthermore for many larger animals, including ourselves, water is required from our water sources and rivers to drink.

Almost 70% of the UK's ponds have been lost over the last 100 years, many to agricultural improvement by draining and infilling but neglect is also a problem. Natural processes lead to tree overgrowth and silt build-up and eventually the open water disappears. Retention of our precious pond and waterway habitats in a healthy state therefore relies on management to remove overgrowth by trees, excessive plant invasion and silt build-up.

The survey work funded by TOE will not only include the first use of eDNA techniques to detect the Great Crested Newt in this area, but also assessment of water quality and particularly levels of Phosphates and Nitrates. WildCookham is hopeful that together with other survey work which has been done locally, it will be able to develop an action plan which will halt the decline in those ponds needing assistance and return them to a state where they can support a vibrant and diverse flora and fauna. If you would like to help or know more about this survey work, please contact WildCookham – [www.wildcookham.org.uk](http://www.wildcookham.org.uk). And come to the 'Water Event' on the 16th October – see notice above.

## October Bee News

As we move into mid-autumn you should still be seeing ivy bees around, and like so many bees they're right there in your garden - you don't have to go deep into nature to find them. Other bees you might still be seeing at this time of year include many bumblebees (especially the buff-tailed bumblebee (*Bombus terrestris*) and the common carder bee (*Bombus pascuorum*)). You may also notice more dead bumblebees, as nests start coming to their end, or resting bumblebees that are either workers at the end of their lifespan or queens getting ready to overwinter.

Also around are the common furrow bee (*Lasioglossum calceatum*). Common furrow bees have been flying most of the year, but they are one of the last solitary bees left flying in autumn. They are small and mostly black with some markings on their abdomen. They are particularly interesting as they can be eusocial or solitary with their solitary nesting habitats more likely in more northern, cooler climates.

Despite it being quieter on the bee front, there's still plenty to be doing (or not doing!) to help pollinators over autumn. There's lots of plants still in flower at this time of year, which is great. Don't go pruning your ivy until it's finished flowering and fruiting as this is a great source of pollen and nectar for lots of insects, and berries for other wildlife. There's plenty of time to get bulbs and seeds in for the spring - early flying pollinators will really thank you. (Free seeds are available from the seed library at Maidenhead ECO Action hub.) For bulbs, we especially love muscari, alliums and crocuses. Or, if you prefer some perennials, autumn is a good time to plant (or split) hellebores or lungwort. Lungwort is one of my favourite plants with beautiful spotty leaves and is a favourite of the hairy footed flower bee (*Anthophora plumipes*).

Leaving 'untidy' areas untouched (especially north facing) can provide hibernation spots for queens (and other creatures). Leave dead plant stems and other areas where solitary bees might have nested. And pop any bee hotels into a cool, dry place such as a shed to give them some protection over the winter.

Michelle Hunt

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## All Seasons Tree Surgery

Dan and his team undertake all aspects of tree care from pruning smaller trees and hedge cutting through to the felling and removal of larger and hazardous trees. All staff are fully insured and NTPC qualified. All work is carried out in a friendly yet professional manner at an attractive price.

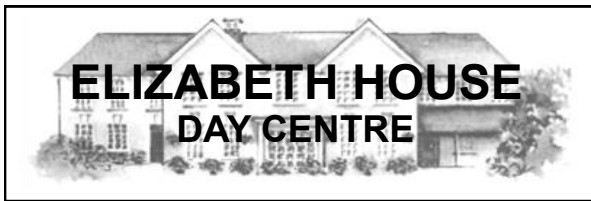
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[dan\\_slatter@gmx.com](mailto:dan_slatter@gmx.com)

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We're using a great website called #easyfundraising to help raise money for Elizabeth House Cookham. easyfundraising will turn your everyday online shopping into FREE donations for us. All you need to do is sign up and shop via the easyfundraising website or App when you're shopping with over 8,000 retailers including eBay, Tesco, Marks & Spencer, Just Eat and more! Your online shopping won't cost you any extra and we'll be really grateful for your donations. Please sign up here: <https://join.easyfundraising.org.uk/elizabeth-house-cookham/7vhye0/c2s/0aQJMZev/CE908/facebook/>

We wanted to say BIG THANK YOU for all our very kind generous donations for our bottle tombola at the Cookham Regatta, we made an incredible sum of £1500.00, we are so very grateful for your support.

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.

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

Registered Charity No 1188342

Dawn

### Cook Required £13.50 per hour

Cookham Rise, Maidenhead (SL6), SL6 9BS

Elizabeth House is a charity that runs a Day Centre for independent senior citizens. It is a warm and friendly place with a vibrant atmosphere. The Day Centre is open to members from 9.30 to 3.30 Monday to Friday every week excluding Bank Holidays and excluding the period between Christmas Day and New Year.

We are looking for a cook to work 9.30 -1.30 5 days a week to produce a nutritious 2 course lunch (main course and dessert). The role requires advance planning of the meals, ordering supplies, maintaining food storage according to protocols, preparation, cooking and serving of meals. Assistance in the kitchen is provided by volunteers who will be managed by the cook. A Level 2 Food Hygiene and Safety in Catering qualification is essential. On a typical day the cook should expect to cater for 25 members, some of whom have food intolerances which requires flexible meal planning.

Having a car is essential. Enrolment into our pension scheme is an option.

If you would like to discuss this in more detail, please call me 01628 527621. Thank you Dawn.

## 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.

  
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REGISTERED CHARITY NO: 1136210

## Gardening Tips for October

October can start like summer and finish like winter, but it is a great month for planting. The soil is still warm, so roots will establish quickly, and the likelihood of winter rains will help plants to establish. Firstly, let's look at the two plants we mentioned last month - rhubarb and asparagus. Rhubarb is simple to plant once the ground is prepared. Simply dig a hole and pop the plant in, keeping the crown just above ground level so that it doesn't rot. Remember that once rhubarb is established, it spreads and the leaves are large, so make sure that you've given it enough space to develop.

Planting asparagus is more complicated. You'll need to dig a trench and then shape a long thin mound at the bottom of the trench. The roots of the asparagus crown are then spread out over the mound – the crowns look rather like giant spiders, so think of spreading out the "legs". Finally fill the trench. There is an excellent step-by-step piece on the RHS website ([rhs.org.uk](http://rhs.org.uk)) that will guide you through the full process. The RHS piece describes spring planting, but the same processes apply to autumn planting. We think that with the increasing amount of hot dry spells during summer months and the extra stress on plants (and the growers watering them) makes autumn planting more reliable, however if you go for spring planting instead you are still making a great investment for the future.

Autumn is also the best time for planting fruit bushes and trees. Blackcurrants, redcurrants and gooseberries are all reliable croppers and because (like rhubarb and asparagus) they are labour intensive to harvest they are expensive to buy. As well as providing fresh fruit they make delicious preserves that bring a taste of early summer to the deepest of winter days.

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

## 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

*Our picture shows one of the stunning paintings of 2024*

## Cookham and Cookham Dean Horticultural Society Programme 2024

### 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**

## Cookham Community Allotment

Autumn, the time for new beginnings, the start of a new school year. It is also a time for looking ahead for the gardener. The autumn sees the culmination of our gardeners' hard work through the year with produce being harvested, but it is also a time for preparing the ground for a new year of growing.

On the Community plots we have been very encouraged with the abundant harvest we have produced this year despite a very shaky start with too much rain or not enough sun, and so many slugs!

As we complete the harvest of beans, squash, root and leafy vegetables, we are planning what will grow where, for the year ahead. We are considering how to continue improving the health of our soil and create a haven for wildlife over the winter months.

It is very tempting to want to 'tidy-up' the plots, to put them 'to bed' and enjoy the state of order this creates. Instead we will chop down dead and dying plants and leave them where they have grown to rot over the winter weeks covered in a carbon -rich coat of cardboard where possible. The worms can get to work, pulling the rotting stems into the soil. Slugs enjoy these conditions too but so do the beetles which feed on them. We will try to create a balance. The poor stony soil on the Alfred Major allotment

site has gradually improved over the ten years we have had our plots which explains our abundant harvests this year. We rely on home made compost and leaf mould for the most part.

The stems and seed pods we will leave on the wildflower strip to provide shelter for beneficial insects like ladybirds during cold spells. The lavender flower heads will give goldfinches a feast when other food sources are scarce.

In the meantime we will help the local young 'squirrels' learn more about where their food comes from, and give them the opportunity to taste freshly harvested vegetables. Who knows, some may become the gardeners of the future.

If you would like to join us, we meet every Tuesday and Saturday morning from 10.00-12.00 on the Alfred Major allotment site.

For more information contact Becky Pinniger on 07821 710204

If you have any large pieces of spare cardboard, we would love to have them! Please contact me on the number above.

Becky Pinniger

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## 18th October - Thank you, Dr Luke!

'Matthew, Mark, Luke and John, bless the bed that I lie on' - my grandma taught me that one. At least it meant I never forgot the names of the writers of the four Gospels. This month Luke, the writer of the third of them, has his feast day - 18th October.

He was, we learn from the letters of St Paul, a 'physician' - an educated man and probably the only one of the writers of the New Testament who was not a Jew. In modern terms, he was Turkish. Paul took him as one of his missionary team on a long journey around the Middle East, and they clearly became close friends. Under house arrest later in his life Paul could write, 'only Luke is with me'.



However, it is his Gospel which has established him as a major figure in the history of the Christian Church. Mark's Gospel may have more drama, Matthew's more prophetic background and John's a more profound sense of the mystery of the divine, but Luke offers us a Jesus who is utterly and believably real. This man turned no one away, reserved his harshest words for hypocrites and religious

grandees, cared for the marginalised, the poor, the persecuted, the handicapped and the sinful. His Gospel is full of people we can recognise - indeed, in whom we can often recognise ourselves.

He was also a masterly storyteller. Try, for instance, the story of the Prodigal Son (Luke 15:11-32). Read it (this time) not as a sacred text but as a brilliant piece of story-telling: subtle repetitions ('your son, this brother of yours'), believable characters, drama and profound emotion. There is the older brother, so cynical about his sibling's alleged reformation, the 'prodigal' himself, so hesitant about throwing himself on his father's mercy after the folly of his earlier behaviour, and there is the father, of course, abandoning the dignity of his role in the family and actually running to welcome his wretched son's return.

There are more women in Luke's Gospel than in any of the others, but also more poor people, more lepers, more 'sinners' and tax-collectors, more 'outsiders' who are shown to be 'inside' the love of Christ. This, for many of us, is the great Gospel of inclusion and compassion. Here is a Jesus for the whole world and for every one of us. Thank you, Dr Luke!

David Winter

### A Prayer to Saint Luke

*O St. Luke, you were chosen to reveal in preaching and writing God's love for the poor.*

*Moved by the heavenly Spirit of Love, you detailed the life of Jesus, showing His divinity and His genuine compassion for all human beings.*

*Help those who already glory in God's name to persevere in one heart and one mind, and inspire all people that they may hear the Good News of Salvation.*

*Amen.*

## Remembering Desmond Tutu

Forty years ago, on 16th October 1984, the South African Anglican, Bishop Desmond Tutu won the 1984 Nobel Peace Prize for his role in the opposition to apartheid.

Born into a Methodist family in Transvaal in 1931, Tutu first went into teaching, but after three years retired in protest at the deteriorating standard of black education, in particular the discriminatory Bantu Education Act of 1953.

Instead, he went into the church, enrolling at St Peter's Theological College in Johannesburg and becoming an Anglican priest, then studying theology at King's College, London.

In 1975 he became the first black person to hold the position of Dean of St Mary's Cathedral in Johannesburg, following this by becoming Bishop of Lesotho and then in 1978 the first black General Secretary of the South African Council of Churches.



Regarded by many as a prophet in the liberation theology sense of the word – someone challenging power – Tutu became Archbishop of Cape Town in 1986, therefore the leader of South Africa's 1.6 million Anglicans. Always a pacifist, he was already one of the most prominent voices calling for sanctions on the apartheid regime from the international community.

On the release of Nelson Mandela from prison in 1990 after 27 years, when South Africa moved towards democracy, he saw his country as "the Rainbow Nation". Mandela responded by making him Chairman of the Truth and Reconciliation Commission in 1995.

Exhilarated by a new vision for the future of South Africa, he described himself as "on cloud nine" when the election

results came in 1994. He planned the religious component of Mandela's inauguration ceremony, including Jewish, Muslim and Hindu leaders.

Tutu's Nobel Prize medal was stolen in June 2007 from his home in Johannesburg, but was recovered a week later.



## Oskar Schindler, the German businessman who befriended the Jews

Fifty years ago, on 9th October 1974, Oskar Schindler, Austria-Hungarian-born German businessman, died. He saved more than 1,100 Jews during the Holocaust by employing them in his factories. The story is told in the film Schindler's List.

At the time of his death, in Hildesheim, Germany, he was almost unknown and very poor. After the war he and his wife Emilie (both now recognised by Israel as Righteous Among the Nations) had emigrated to Argentina, where they separated in 1957 and Oskar returned to Germany alone. Money was raised to pay for his burial in Israel. Emilie died in Germany in 2001, having spent most of her later life in Argentina.



Oskar Schindler had been an opportunistic German industrialist and a 'convenient' member of the Nazi Party who set himself up in an enamel factory in occupied Krakow, Poland, as part of a 'Germanisation' programme in 1939. The factory had previously been Jewish-owned.

Schindler employed Jews from a nearby concentration camp and used bribes and his own diplomatic skills to protect his workers from the brutality of life in the camp and ensure they were not deported. He added an armaments division and convinced the SS that his employees were essential to the war effort – although very little was produced.

The risks he took, which included dubious business deals, brought suspicion of giving unauthorised aid to Jews and of corruption: he was arrested three times but not charged.



His factory was relocated to Brünnlitz, near his hometown, at his request and reopened there purely as an armaments factory – and, thanks to Schindler's persuasive powers, a sub-camp of a nearby concentration camp. An assistant compiled a list of almost 1,200 Jewish workers needed to move from Krakow to work in the new factory – 'Schindler's list' – which enabled their survival.

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## Where do postcodes come from?

Some 65 years ago, on 11th October 1959, Britain began introducing postcodes. They started in Norwich, and by 1974 had been rolled out across the whole country.

The idea was to speed up sorting following the mechanisation of the postal system. But for the process to work, people had to use it, and it was therefore important to make sure that people could remember their postcode easily. So, psychologists from Cambridge University were asked to assist in their design.



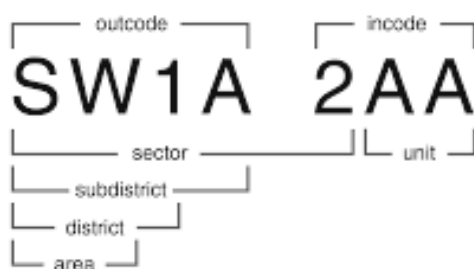
This worked so well that a survey in 2016 revealed that people are now more likely to remember their postcode than their debit card PIN (92%, compared with 77%). And the information sticks: apparently 17% of people questioned could still remember the postcode of the house they lived in up to 30 years earlier.

When the first postcodes were trialled in Norwich, the first three characters were NOR (now NR followed by a number) representing the name of the city, and the last three signified a particular street or large business. Why Norwich? Because of its new sorting machines.

The main point of a postcode is to ensure that a letter or parcel gets to the correct Royal Mail sorting office, where it can then be sorted into the correct round. So the "outcode" will specify a postcode area and district, and will have up to four characters. The "incode" designates a particular postcode sector and delivery point, and always has one number and two letters.

What is a delivery point? It could be a street, part of a street or a single property. Or in rural areas, something a bit bigger. The postcode area is of course much larger: the smallest in Britain is WC in London, covering one square mile. The largest is IV, Inverness, at 6,243 square miles.

### UK Postcode Components



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## Pinder Hall

# ANNUAL GENERAL MEETING



Thursday 17th October 2024  
at 7.30pm

In the Committee Rooms,  
at the rear of the Hall

**ALL WELCOME!**

Refreshments provided

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chris@stanleyspencer.org.uk



## 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

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, 12th and 13th.

It seems a long time since I sat shivering outside the wool shop on Station Parade in 1986 collecting for my very first Oxfam Fast. When I got home my teeth were chattering! And I'm still at it. I shall be at Sainsbury's in Maidenhead on 11th, 12th and 13th of October with my cardboard friend, Barbara the Boxfam Lady, who will do the "fasting" while I collect for 30 hours. As most of you know I am unable to fast now for medical reasons.

Please sponsor me if you can. Go to [www.justgiving.com/page/barbara-walmsley-2024](http://www.justgiving.com/page/barbara-walmsley-2024) send a cheque 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.

I am so very grateful for your kind support. Thank you.

## OXFAM COFFEE MORNING



We are looking forward to hearing Theresa May speaking at the pre-fast Oxfam Coffee Morning on Wednesday 2nd of October at 10-30am at the Parish Centre.

Tickets are £12 and available from The Little Bookshop in Cookham High Street (01628-520434) or from Clippers, Station Hill, Cookham. (01628-526128).

Theresa will sign copies of her book, " The Abuse of Power" which will be on sale.

Barbara Walmsley 01628 522255



## 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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## Cookham Dean Primary School

'Don't upset the apple kart' was the name of the fabulous entry (though I do say so myself) from Cookham Dean Primary School for the Gravity Grand Prix 2024.

As every year, it was a combined effort. The children at school put forward their ideas for a design. This year we had the most entries from dolphins to doughnuts to the chosen design from Molly in Year 6. She had taken the Cookham Dean Primary School logo – an apple tree and turned it into a go-kart with Mrs Reekie dressed as an apple!

The amazing parent team then turned that design into a reality – plus more! From bubbles to a revolving mole to an owl popping in and out of the tree trunk. It was truly incredible how they do it year after year after year.

It wasn't the fastest kart by a long shot – but Cookham Dean Primary School were the proud winners of 'The Spirit of the Event' trophy. We are so very proud of our school community who came together to take part in this wonderful event.

The children at school guessed how fast (or how slow) Mrs Reekie made it down the hill. The fastest time out of 3 runs was 2 minutes 50 seconds which meant we came 31 out of 32 karts. We have 2 winners at school. Both children will be headteacher for the day – extra long playtime, mufti, a special lunch are all ideas from past winners. I wonder what this year will hold? Well done to everyone involved – what a great community event!



Fenella Reekie  
Head Teacher



## Holy Trinity Primary School

The start of any new academic year is a perfect time to reflect on what has gone before and consider what might lie ahead. It's a time to celebrate past achievements and pave the way for the future. An important part of this involves revisiting our school vision and considering the positive message it brings.

Deeply rooted in everything we do are the words from John Chapter 13, verses 34-35:

*Jesus said...*

*"I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another."*

The importance of showing love and spreading kindness is inherent in everyone. Every year it guides us in forming our School Charter which states that every rule within it is overridden by the need to 'love one another' and that by remembering this, everything else falls into place.

Our newly formed School Charter this year also reminds everyone of the need to develop resilience and a positive growth mindset. Without this, the moment we're presented with a challenge, the danger is we flounder. To help the children have a greater understanding of how sometimes life can be smooth, other times it throws up problems which we must find a way to overcome, every class began the term by taking inspiration from a beautiful book by Ben Staake called 'The Path'. It tells of a journey which carries readers over gentle grassy hills, through fields of wildflowers, over raging rivers, up steep mountains and through dark caves. In essence it provides a metaphor for life's journey; there will be times when the road is easy and everything falls into place but sometimes the path gets rocky and this is when we require determination in order to navigate the obstacles we encounter.

To further illustrate this, we have taken inspiration from some of our GB Olympians whose stories we have explored in assembly. It is our hope that as we move through the term, the children develop an increasingly positive growth mindset and resolve to give things a go however difficult the challenge might be.

We know that by drawing on our vision and the values which are at the core of our school over the coming days, weeks and months, all pupils and adults will be able to flourish and achieve great things.

Anna Smith  
Head Teacher



## Our hedgehogs are in crisis

It is feared that there may be just one million hedgehogs left in Britain. This compares to about 36 million during the 1960s. About 150,000 hedgehogs are killed on our roads every year.

With this in mind, England's first 'hedgehog crossing' road signs have recently been launched in several Borough Councils around the country. The aim is to try and save the species from eventual extinction.

The new sign features a hedgehog with white quills inside a red triangle above a message that reads 'hedgehogs crossing'.

The design has been approved by the Department for Transport and it is hoped that the signs will make a big difference in preserving the hedgehog population. The aim is to raise awareness among motorists, to get them to slow down, and also among people using a strimmer in their garden.





## Herries Preparatory School

At Herries, we believe that sport plays a crucial role in the development of every child. Engaging in regular physical activity not only benefits physical health but also fosters emotional, social, and cognitive development. For primary-aged children, school sport provides an essential foundation for lifelong habits of fitness, teamwork, and resilience.

Through sports, children learn the value of perseverance and the importance of working as part of a team. They develop self-discipline, time management, and the ability to set and achieve goals. Beyond the playing field, these skills translate into academic success and personal growth. Active children are often more focused in the classroom, show improved mental health, and are better equipped to handle stress. Participation in school sports also builds friendships and teaches children the importance of fair play and respecting others, win or lose.

It's not just about the physical aspect—sports encourage children to push their boundaries, build confidence, and learn leadership skills. Whether it's in organized competitions or casual games, the lessons learned through sport remain invaluable throughout life.

Adults play an important role in shaping children's attitudes towards sport. By acting as positive role models, parents, teachers, and coaches can inspire a love of physical activity and encourage young people to embrace healthy, active lifestyles. With this in mind, I'd like to congratulate the Herries Mermaids on their spectacular victory in the Dragon Boat races at the Cookham Regatta. Their teamwork, determination and passion serve as an incredible example to our children, showing what can be achieved through perseverance and collaboration. Well done to the entire team!

We are thrilled to share that Mr Denton (Head of Sport) has been instrumental in creating a dynamic and inclusive sports program here at Herries, which has led to the school being shortlisted for the prestigious ISA Award for Outstanding Sport in a Small School. This nomination is a testament to his dedication and the hard work of both staff and students. Congratulations to Mr Denton and everyone involved for this fantastic achievement. Your efforts have truly put Herries on the map as a leader in providing exceptional sporting opportunities for young children. Let's continue to support and celebrate the importance of sport in shaping well-rounded, confident, and healthy individuals.



Robert Grosse  
Headteacher  
Herries Preparatory School  
and Nursery Co-ed 2 - 11 years  
ISI Inspection - Excellent in All Areas  
Instagram (HerriesWindintheWillows)



The Cookhams Parish Magazine - October 2024

## Cookham Dean WI

### Meeting on Thursday 12th September

The weather was distinctly Autumnal as members gathered for an afternoon of tea, catch up and craft.

Before this there was a short Business Session in which we were reminded of various BFWI courses and events. NFWI's latest 'WI Life' highlighted the 1954 Resolution – 'Keep Britain Tidy' and also updated members on recent Resolutions and Campaigns including Opposition to Gender Based Violence and Cleaner Rivers. Members remarked that the King Charles III rose planted last year is thriving with its beautiful red, scented blooms and our garden is flourishing despite the unusual weather.

We were very pleased to welcome back Maria Petrinets to our Meeting. Maria came to England from Ukraine with her youngest son in 2022. Her mother is still in Ukraine and her two elder sons are on the front line. Once again Maria provided the materials for some craft. This time we painted the national symbol of Ukraine – the sunflower. Nobody knows why it has become a national symbol except its cheerful blooms always make you smile- very appropriate in these dark times.

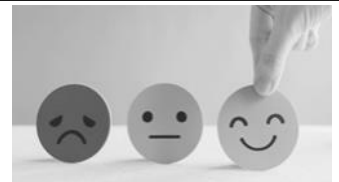
Members' artistic attempts varied considerably and there was plenty of good-natured criticism. The outstanding painting was the work of a member's sister visiting from Edmonton, Canada which we have kept 'for the archives'. The rest, all signed by the artists and carrying messages of hope will be sent to Ukraine. The Secretary had kindly provided sunflowers for us to copy, and these were bunched and presented to Maria as 'reminder of home and our support'.

Whilst painting, members enjoyed tea and cakes served by Committee Members. The Raffle was drawn, and we were reminded of our next meeting on October 10th when Keith Le Page will give a talk on Stanley Spencer.

Whilst writing this up I received a message which will interest members and others saying that the D-Day Art Installation, for which we knitted/crocheted poppies, is on the move from Normandy. The 1475 'Giants' will be on display at the National Trust's Stowe Gardens, North Buckinghamshire, from October 1st to November 11th.

Margaret Hill

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



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# 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:

In last month's article we explained the decision to postpone a PPG Open Evening to explain the local NHS services. It was suggested that a change of Government might result in changes to local health provision and that a postponement until the New Year might be sensible. In the event this was a prudent decision. The recently published report by Lord Darzi on the state of the NHS and the immediate reaction from the new government suggest that radical changes may be in the pipeline. This may well come as no surprise to patients and healthcare professionals alike, many of whom will have views on key priorities for improvement. For example, one issue which was raised at the last PPG meeting was the growing gulf between the rapid introduction of IT and AI based patient access platforms and the ability of older patients to use the new technology. A priority for the PPG and the Medical Centre will be to determine how we may represent those patients' views in the coming debate.

Please keep your eyes open for the next important vaccine programmes for Covid 19 and Influenza. Vaccination invitations have already been issued to those patients in the higher priority cohorts. Patients called for Covid Vaccination are also automatically offered flu vaccination. You are urged to accept as and when you are invited for vaccination. Flu vaccinations can also be booked at the Cookham Pharmacy as from 3 October.

The Patient Access platform, details of which may be found at the end of this article, provides patients with regular reviews of health issues of possible concern. The September issue references the issue of swollen legs ankles – "When should you worry about swollen legs?" The doctors have a tricky-to-spell word to cover any swelling caused by excess fluid under the skin – Oedema.

Doctors divide oedema into two main types and when you speak to your doctor it helps early diagnosis if you identify the type:

- "Pitting Oedema" – if you press firmly with your finger into the surface of your leg and leave behind a dent.
- "Non- Pitting Oedema" – not surprisingly the reverse applies – no dent!

This basic difference is important in identifying the basic cause. For many older people who spend long periods inactive an oedema may be a common result. You can help by exercising and moving your calf muscles. However other causes of oedema can be related to problems with your bodily organs, including your heart, kidneys and liver, and even, in the short-term your menstrual cycle.

Your doctor will also want to know whether your swelling is one or two sided, which will, again help them focus on

your diagnosis.

Do not just assume that swollen legs and ankles are a product of old age or of lifestyle and not to be concerned about. Keep a watch on your legs, record what is happening and when and if changes occur. The greater the clarity the easier the correct diagnosis.

### 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. October is a busy month!

**Quit Smoking! STOPTOBER.** Stop smoking and vaping in October and continue for the rest of your much healthier life.

**SOBER OCTOBER – GO SET SOBER.** You don't need reminding! Go sober in October and raise money for cancer treatment and research.

**National Cholesterol Month.** Raising awareness of the dangers of high cholesterol and how to control it.

**Breast Cancer Awareness Month.** Raising awareness of this terrible disease and how to fight it.

**2-8 October Back-Care Week.** Helping to understand what may cause back pain and how you may be able to control it, with exercise, rest, medication, and specialist treatment, even surgery.

**7-11 October – National Work Life Week.** A timely focus on the current debate between employers and employees to create a flexible work life balance.

**9-15 October – Baby Loss Awareness Week.** To reach out to and support all those who have tragically been touched by pregnancy and baby loss.

**9-15 October – UK Malnutrition Awareness Week.** To raise awareness and understanding of preventable malnutrition in local communities.

**10 October – World Mental Health Day.** A timely reminder to raise awareness and advocacy against the stigma of mental health.

**11 October – Coming Out Day.** An awareness day for the LGBTQ+ community.

**13-19 – Infection Prevention Control Week.** A reminder of the role we all play in keeping patients free from infection.

**18 October – World Menopause Awareness Day.**

**22 October – International Stammering Awareness Day.**

### 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 - Snail Mail

You may worry that your letter will be lost in the post, but you probably don't worry that your letter may be eaten by snails.



But perhaps it is time to start. Especially if your letter is being posted in rural Northumberland. It seems some hungry snails there have developed a taste for eating the

post. They crawl through the flap of the post box and munch away.

Duncan Hutt, of Northumberland Wildlife Trust, explains that "Snails eat paper because most contains cellulose from the wood pulp, which they can digest and use for energy, and they also get calcium from paper and that's what they need to build their shells. Slugs and snails have a very varied diet." And it might include your letter!

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