St. Michael & All Angels
CHURCH IN THE PARK | LIVING, LOVING, SERVING

outLook

The magazine for the people of Hughenden Parish | **OCTOBER 2023** | FREE

ALSO INSIDE: *Ebenezer Children's Centre* | Classical Finland | **Bookends**

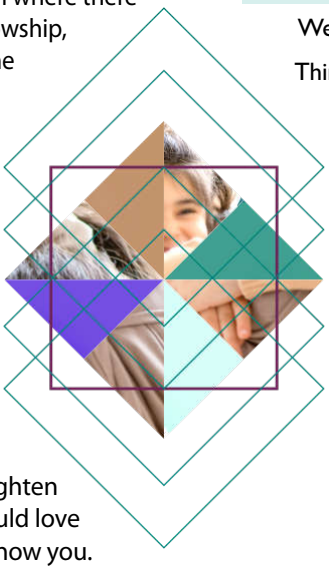
Welcome to **Your Church**

This magazine serves the parish in which our beautiful church of St Michael & All Angels is situated. Outlook aims to give you a flavour of what it is to live in Hughenden and to worship here.

There has been a place of worship and prayer on this site since the 12th century and today the church is open for anyone wishing to wander around or sit a while in its peace. We are an open, welcoming and inclusive church where there are many opportunities for fellowship, social activities and of course the possibility for spiritual growth.

Outlook is published monthly. Articles or comments can be submitted to mag@hughendenparishchurch.org.uk. The deadline is the 15th of the month. If you would like the magazine delivered then please contact Andrew Cole - 01494 305020.

We hope you find something here to interest, inform or enlighten you. We wish you well and would love to have the chance to get to know you.



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Distribution *Andrew Cole and Team*

Grant us Lord, faith to believe and strength to do thy will

www.hughendenparishchurch.org.uk

Dear Readers

Did you see the blue moon at the end of August/beginning of September? When I looked, it was rather cloudy so the moon had a 'halo' around it, but later in the night I woke up and looked out of the window to see it shining in all its glory, although not, of course, blue. As I had heard that the next sighting would be in 2034, I felt I must take a photograph as I was unlikely to see it in the future. My phone camera doesn't do it justice but hopefully you can get an idea.

My thoughts went to all the people who would see this moon from various parts of the country and the globe, indeed whilst talking to my son in Australia next day, he had seen it. Then my thoughts went back in time. Did Jesus see this sight; did Moses; did Elijah, Abraham, Adam? If so, what did the people of those times make of it? The movements of the sun and moon have long been the subject of various beliefs and ceremonies by inhabitants of the earth. Of course, it is a natural phenomenon which happens when there are two full moons in one month. Apparently (according to the internet) the phase of the moon takes 29.5 days to complete, so a little short of a full month. Therefore, every two and a half years there is a 13th moon, a 'blue' moon. (So I might see if after all!)

The reason for it being labelled 'blue' seems to be a bit of a mystery as it is certainly not blue, but we will all have heard the saying 'once in a blue moon' meaning something doesn't happen very often. So perhaps in Jesus' time it passed by unremarked, but I like to think I have looked at something that Jesus himself may have looked at.

Sweet dreams!

Sylvia Clark
Editor

Church Closed

The church will be closed between 25th September and 6th October for the installation of a ramp at the entrance.

There will be a single service on the 1st October of Family Communion at 10.00 am at Hughenden Primary School, Spring Valley Drive, Hughenden Valley, HP14 4LR.

from the Vicarage

Keith Johnson

Vicar

St Michael & All Angels, Hughenden

As I write these words, we are in the middle of September and have been enjoying a welcome warm period for the last couple of weeks. Record temperatures in the UK have even exceeded mainland Europe.

However, at the same time, we have been all too aware that the nights are closing in and autumn is just around the corner.

Keen gardeners are staying on top of mowing while the sun shines before preparing their gardens for the winter ahead.

We are all too familiar with the changing of the seasons and yet they can still take us by surprise. When British Summer Times ends in October and clocks "fall back" one hour, we subconsciously prepare for hibernation mode, as the amount of daylight we enjoy is cut even more and we spend more time indoors in the warm.

Nature is also closely attuned to the seasons. It often seems better equipped than us; squirrels hoarding their

winter's supply of nuts before sleeping through the winter; nesting season in the Spring. Many birds migrate to warmer climates during the winter (as do some humans too) and the cycle continues for another year.

We are creatures of habit. My favourite season is Spring – the welcome arrival of warmer temperatures, stunning floral displays and the promise (hopefully) of several months of decent weather. I wonder, do you have a favourite season and if so, why?

We live in a remarkable world which some of us appreciate, but which is sadly not well looked after by humanity. The delicate cycles of the seasons which have run since time immemorial, are at risk of losing their distinctiveness, due to global warming and a lack of good stewardship of our natural resources.

Politicians across the globe are far more inclined to make short or medium term decisions for financial gain, which will have a lasting impact upon our planet. World leaders have an unenviable task in trying to juggle a nation's resources and needs, and often have pressure put on them to find immediate solutions to economic strife whose consequences are keenly felt by future generations.

Each season is precious. I encourage you to welcome and cherish the changing of the seasons, to thank God for the plentiful supply of rain, flowers, sunshine and the canopy of autumn leaves which will be upon us very soon.

One final thought – is there one thing that you and I could do differently to play our part in looking after the planet? Perhaps it is something we could do with a friend, inspire a neighbour to get involved – many world transforming movements begin with the seed of a good idea.

Harmony in Flowers

The Joyous Community of Hughenden Flower Festival

So, sometime in March maybe, we were sitting in Sylvia's sitting room, eating her excellent shortbread and having ideas and making plans for the flower festival. We then offered this to the congregations and that is the exciting bit, because if people don't respond and engage then there is no flower festival. Of course they did, offering names and contact numbers at the end of the service. I find I am humbled by the generosity of people, not only by their giving of cakes and flowers but more so by the giving of their time and the offering of their enthusiasm and positive attitude. The willingness shown to get on board with an idea was a delight.

The three-day Flower Festival over the Bank Holiday was a joy. Well over 500 people came through the church door. We met those who lived locally and others from a distance. Some of course, were visiting the Manor and came upon us by chance whilst many who are part of the church were involved with welcoming and stewarding, helping and serving in the kitchen.

People were invited to choose a favourite hymn and use it as a basis for a floral arrangement. We did think there might be a lot of duplicates but this was not the case. People thought very deeply about their choice. Some had

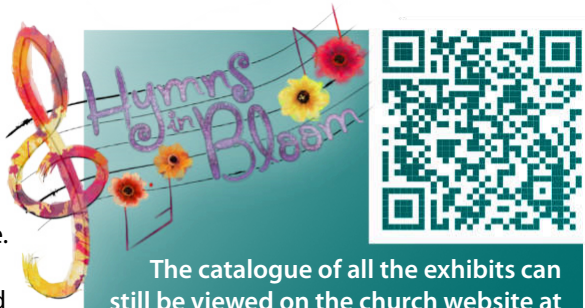
found words that described their Christian faith while others delved deeply into their memories. Many focused on songs and hymns that they learnt early in primary school which maybe shows how important those young musical experiences were.

There were some incredibly accomplished floral arrangements but many more (including mine) where the flowers were simply in a jug or vase. Anyone and everyone was welcome to take part in this festival. It felt open and participatory and indeed joyful.

I spent many hours welcoming visitors into the church, assuring them that it was fine to bring dogs in as well and having many interesting conversations along the way. It was a great way to spend the weekend and the involvement of so many people was really lovely.

I had ideas for the next flower festival but nobody quite wanted to talk about it … yet!

Susan Brice



The catalogue of all the exhibits can still be viewed on the church website at hughendenparishchurch.org.uk/FlowerFestivalCatalogue

Ebenezer Children's Centre and Rita **Need You!**

It is now 27 years since Rita Pulley and Mark Wynter first visited Uganda and 20 years since the founding of The Ebenezer Children's Centre and Orphanage Home at Bugoye, Kasese County in west Uganda. The Ebenezer Centre is an educational centre and orphanage home currently educating some 200 children. As well as teaching in both primary and secondary schools, 35 orphaned children aged between 3 and 18 years of age are given a loving home, and approximately 100 children are given lunch each day.

Struck by the obvious needs of the children and the centre, Rita has spent a large part of her life since supporting the work of the Ebenezer Centre, channelling thousands of pounds to it, making a huge difference in a generation of poor children's lives. I suspect that it is no exaggeration to say that Rita has kept the centre going!

Many of us will have been part of that, helping her different fundraising activities such as collecting old or broken jewellery, watches, used stamps, foreign currency, as well as flower festivals, etc. A number of people also make regular donations, and the church has made frequent donations from church funds and Christmas collections.

However, Rita now faces a number of challenges, including her increasing years and decreasing energy levels. She also needs to plan for a time when she can no longer continue to be actively involved, and she needs to plan for her eventual replacement if Hughenden's support for the Ebenezer Centre is to continue.

Also, the partner organisation, a UK charity which Rita uses as a conduit to pass funds out to Uganda has realigned its procedures and some adaptation is required to keep this valuable support. (I will help Rita in this area in the short term}.

To keep The Ebenezer Centre up and running, Rita and this church NEED YOUR HELP!

If you have a heart for helping children achieve, if you have administration skills, including email, internet and basic home office skills, and if you would enjoy taking this valued project forward, please get in touch with me, David Tester – home number 01494 563354, or Rita Pulley – 01494 563470.

David Tester
on behalf of Rita Pulley

ONE CAN
FOOD BANK + TRUST

ST MICHAEL & ALL ANGELS

HARVEST FESTIVAL

IN AID OF ONE CAN FOOD BANK

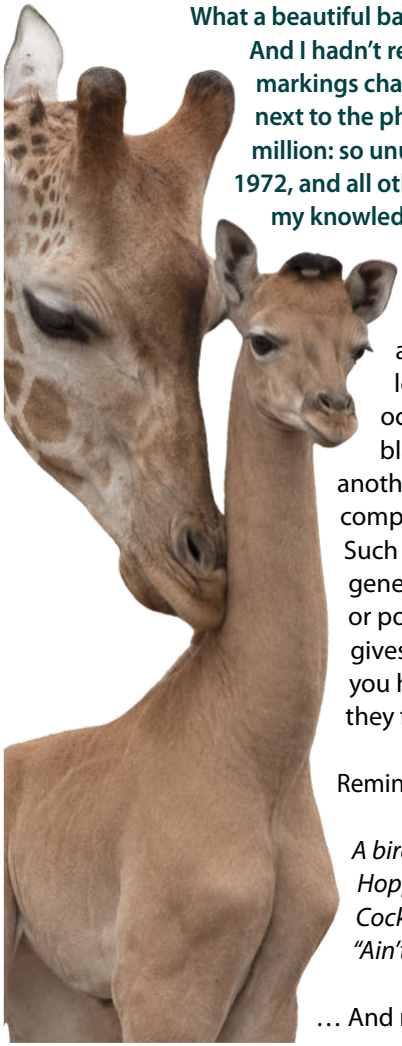
Services on Sunday 8th October
at 9.00 am, 11.00 am & 6.00 pm

THANK YOU FOR
YOUR DONATIONS

List of the most urgently required items

- Tinned fish
- Brown rice
- Tinned tomatoes
- Tinned vegetables
- Tinned potatoes
- Tinned pulses
- Tinned fruit
- Wholemeal pasta
- Tinned meat meals
- Tinned ham / corned beef
- UHT milk
- Cooking sauces
- Toiletries: Shampoo, Toothbrushes
- Size 5 & 6 nappies

Nature Quest



What a beautiful baby giraffe! Carefully protected by the proud mother. And I hadn't realised that baby giraffes don't have the distinctive markings characteristic of adult giraffes. But I started to read the text next to the photo, and realised that this baby giraffe is one in a million: so unusual that the previous unmarked baby giraffe was in 1972, and all others have proper markings like the adults! So much for my knowledge of wild animals!

In the press release from the zoo in Tennessee, I was fascinated to read that the other giraffes happily accepted this strange newcomer to their little herd. That led me to consider other creatures which have occasional differences. We are sometimes visited by a blackbird which has a few white feathers, (I thought another bird had pooed on it!). It is also possible to have a completely white blackbird, though I've never seen one. Such a bird might be leucistic or albino. If albino, the cause is genetic mutation, whereas leucistic can be caused by injury, or poor nutrition. Either way there is a lack of melanin which gives the black or dark colouration. To distinguish the two, you have to look at their eyes, though that's a bit tricky as they flit past. Leucistic eyes are dark, whereas albino are pink.

Reminds me of Robert Louis Stevenson's poem:

A birdie with a yellow bill
Hopped upon my windowsill,
Cocked his shining eye and said:
"Ain't you shamed you sleepyhead!"

… And no mention of pink eyes or white feathers!

A few weeks ago Rita was telling me about a mullein plant she'd seen in Hughenden that had white flowers instead of the usual yellow. Apparently this a known but unusual variant.

A different kind of variant sometimes occurs with foxgloves. Normally the flowers open first at the bottom of the stem and keep forming new buds higher and higher, with each flower hanging downwards, always on one side of the stem. Occasionally a "terminal peloria" occurs: a large bowl-shaped flower pointing more upwards on the top of the stem (see photo), and the stem then ceases to produce more flowers. Such a terminal peloria can form seeds, and the seeds will tend to produce further foxgloves with terminal peloria. Remarkably bees and other pollinating insects don't seem to notice the difference: perhaps they still smell and taste the same.

At home we usually grow cosmos plants from seed and I never cease to be amazed at how different the plants turn out: some grow big, other small; some are bushy, others quite scraggy; some have lots of flowers early in the season, others barely get to flower before autumn. And no obvious reason for differences. Cosmos are also known for occasional odd flowers, e.g. just one of their 8 or 10 petals is pure white instead of bright pink, or others might grow an extra couple of petals out of the centre. Have you noticed oddities like this? Do tell me!

But one that you perhaps wouldn't want to tell me about is cannabis. As an illegal crop it might be grown indoors with artificial lighting, but in warmer areas it is possible to grow it out in the field (we saw some in a small field in Italy only yards from the road). Many people would recognise a cannabis plant by its fingered or feathered leaves, so cannabis growers have to rely on people not finding it, or not believing that it could be (not in our respectable neighbourhood, surely?) or not recognising it. For the latter there is a mutant variety called ducksfoot or "Duck" cannabis, where the gaps between the fingers are filled in like a duck's webbed feet. Most people would walk straight past it, not realising what it could be.

Variants in all living creatures are an essential part of nature, a key ingredient in evolution. Some variants fizzle out because they are not quite as strong or fertile as the normal, whereas others prove so good that they become the new normal. In Genesis chapter 30, in the dodgy dealing between Jacob and his father-in-law Laban, the sheep variants with dark markings gave advantage to Jacob. Jacob would know nothing about genetics, but he ascribed his inspirational sheep-breeding techniques to God's guidance and blessing.

Mike Hill
nature@hughendenparishchurch.org.uk

WYCOMBE REFUGEE PARTNERSHIP

Rebuilding lives
Renewing hope

Wycombe Refugee Partnership is our mission focus for October to December, and we will welcome Michael to speak at our morning services on Sunday 19th November. Please do come along and

Zahra is an Afghan journalist with ten years' experience as a news presenter on TV and Radio, who was evacuated in August 2021 from Afghanistan with her two children. She moved from hotel accommodation in Watford, provided by the Home Office to a flat in central Wycombe with the collaboration between Buckinghamshire Council, Wycombe Refugee Partnership and a landlord who had deliberately invested in the property to assist refugees.

Her work now is as a reporter with the BBC Afghan service desk and we shall welcome her as our speaker at our WRP AGM on 25th November at Friends Meeting House, 25 London Road at 11.30 am.

We are grateful for the continuing support from Hughenden residents and see no sign of an end to the need as since the large influx from Syria we have received migrants from Afghanistan and Ukraine, besides six other countries. Last year we listed partnership with over 25 other organizations, helping over 100 beneficiaries. In August 2022 we received the Queen's Award for Voluntary service.

By September 2023 we recorded support for 26 families with refugee status of whom 12 remain resident in Wycombe; also 26 asylum-seeking families of whom 9 are still here, in addition to a group of up to 6 single young men at a hostel. Delivering this support are about 80 volunteers and three part-time staff. There are 8 trustees, half of whom are from the local Asian community. A large part of our work is in teaching English in the home for those who cannot attend classes and guiding parents' choices through our education system.

In our early years we supported those who had come as asylum-seekers and on receiving refugee status applied for family reunification but had no accommodation. Those living as asylum-seekers in our country are provided with basic housing and about £40 a week for each person by the Home Office. They are not allowed to work nor have recourse to public funds.

Wycombe Refugee Partnership became a registered charity in 2016 with the purpose of meeting the needs of refugees and asylum-seekers in the Wycombe area by providing access to advocacy, health, housing, employment and education.

Do contact us on the website:
wycombe-refugees.org

or by email on:
contactus@wycombe-refugees.org

At the time of Covid lockdown we became aware of several families housed by the Home Office in Wycombe, who lost the support of friends whose incomes had dwindled. We were part of a local scheme responding to food poverty and continued issuing supermarket vouchers to the asylum-seekers. The school children were particularly disadvantaged, so we ensured that they had electronic devices to keep in touch with their classes. Opportunities for activities were made when restrictions eased so some now swim, play football, join martial arts courses or learn skateboarding.

Our continuing challenge is finding accommodation for refugees in the private rented sector. Four landlords have agreed to let at the benefits level rate, which makes it possible for our families to stay. Their bottom line is the same as WRP - they do not take a letting agent's fee but provide mentoring and reassurance.

Michael Bowker

Zahra's Story

I am Zahra Shaheer, an Afghan female journalist and I worked as a journalist for almost 10 years in RTA (Afghanistan National Radio TV) as TV and Radio news presenter.

I am a single mother of two and have done my bachelor's degree in political science and law. I worked voluntarily as a women's rights activist alongside being a journalist for equal rights for women in Afghanistan.

I was evacuated in August 2021 to the UK and started advocating for women rights.

In February 2022, we were resettled in High Wycombe and began a new life. My children have enrolled in school and I am pursuing short courses in English with the help of WRP (Wycombe Refugee Partnership). I have done professional development, different courses with IRC for integrating in society and job seeking. I have done a six-month course on journalism with RJP (Refugee Journalism Project) and found these courses very

helpful. I worked voluntarily with the Refugee Council with their social media team which gave me the hope that I can continue my job as a journalist again here in the UK. Then later I got a fellowship with the Refugee Council with the partnership of UAL as communication assistant. Now I am working as a reporter with the BBC in the Afghan service desk. I have started working with a charity organization as a Content Producer as well which is a great experience. I applied for a master's degree in a university in London and was offered a place, but I needed to defer it for next year to find a scholarship available with my refugee status as I can't pay the fees and I need to support my family as a single mother.

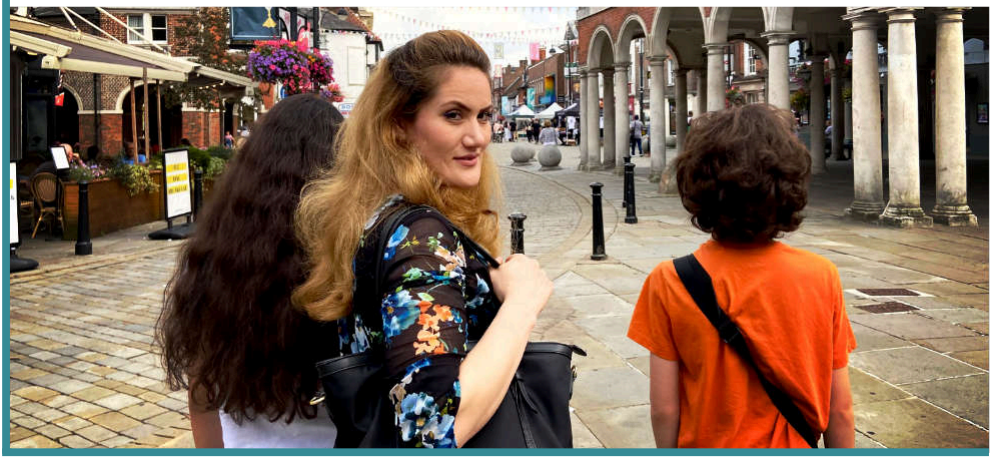
I especially miss and worry about my female colleagues. Most of them are no longer employed as they once were. My role has been filled by another.

In the UK, I feel secure and my children's lives are safer here. The regulations are more robust and my children can attend school. I am actively seeking employment in my field.

I have started advocating for Afghan women's rights and refugees in the UK and I have been selected Refugee Week Ambassador for 2023 by IMIX, a charity organization.

I have been selected Refugee Week Ambassador for my hard work and campaigns about refugee rights and equality for refugees here in the UK. Being chosen as the Refugee Week Ambassador for 2023 is a testament to the belief that change is possible when individuals come together to champion a cause. It is a reminder that every voice, every effort, no matter how small, contributes to a larger narrative of hope and resilience.

As I embark on this new chapter of advocacy, I am filled with gratitude for the opportunity and determination to make a lasting impact. Together, we will continue to work towards a world where refugees are not just seen, but truly heard and valued. This is the promise of the Refugee Week Ambassadorship for 2023, and I am honoured to be a part of this remarkable journey.



Book and lyrics by Debbie Isitt

Music by Debbie Isitt and Nicky Ager

Orchestrations by George Dyer

Florence Nightingale
HOSPICE CHARITY

PROUDLY PRESENTS

Nativity! The Musical

WYCOMBE SWAN THEATRE

SATURDAY 28TH OCTOBER 2023
TICKETS FROM £11
VISIT FNHOSPICE.ORG.UK/NATIVITYTICKETS*

*Fees apply

THIS AMATEUR PRODUCTION IS PRESENTED BY ARRANGEMENT WITH MUSIC THEATRE INTERNATIONAL
ALL AUTHORISED PERFORMANCE MATERIALS ARE ALSO SUPPLIED BY MTI

Reg Charity No. 1114498

Welsh Coastal Path Adventure

Richard and Helen Peters have set themselves the challenge of walking the Welsh Coastal Path. Here are some of their thoughts on the opening section:

Did you know, Wales is the largest country in the world with a continuous path around its entire coast? 870 miles of unbroken coastal walking from just outside the ancient walled city of Chester in the north, to the pretty market town of Chepstow on the Severn Estuary.

The North Wales Coast section is the 80 miles from Chester to Bangor. It begins with a long slog along the man-made channel of the Dee Estuary, running straight ahead for as far as the eye can see. This is not the prettiest section, but an education into past maritime industries; initial rope making was replaced by Henry Wood's chain works producing for cranes, cables and anchors for ships and collieries. Wooden ship building was replaced by metal. The attractive red bricked building of John Summers' Edwardian steel works has developed into the modern (less attractive and more imposing) Tata steel works seen today.

After thirteen miles you reach, in contrast, the medieval town of Flint. Flint Castle, built in 1277, was the first of Edward I's Welsh Castles. Thousands of labourers were forcibly marched from all over England to dig the defensive moat. At one stage over two thousand 'dykers' were at work from as far away as the Fens and Holland.

The Dee Estuary is at its prettiest from Flint, with views across to the Wirral on the northern side. Immense mud flats are a bird watchers paradise, a rich feeding ground for thousands of birds. Evidence of old mining industries is scattered amongst current fishing traditions with old boats moored upside-creeks.

The path passes through the village of Ffynnongrogw, built in the 1800s to house local miners. It is difficult to keep a count of the number of former chapels along its short High Street.

Taleacre, with its striking Lighthouse, marks the end of the Estuary as the path turns left around the coast. The guidebook describes this as a 'refreshing walk along the beach'. 'Refreshing' is an understatement when facing a full-on headwind. The path runs along the wide-open beach backed by the Gronant Sand Dunes containing wildflowers (including

Sea Holly and pyramidal orchids) and butterflies.

In time, Sand Dunes give way to the concrete promenades of Prestatyn and Rhyl, with mile upon mile of mobile caravan parks. Both resorts were developed 200 years ago when sea bathing first became fashionable. Doctors recommended three full immersions per day to cure numerous ailments – not for the faint-hearted! The extent of ongoing flood defence work along this stretch of coastline is incredible, and offshore wind farms stretch as far as the eye can see. King Edward built his castles to keep people at bay whilst we need to invest time and energy fighting against natural elements.

From Rhyl, the coast path shares a 10.5-mile cycle route to the wide and sandy Colwyn Bay.

Just past Colwyn Bay is Rhos on Sea, is St. Trillo's chapel, the smallest chapel in the UK with just six seats. A walk over the Little Orme gives spectacular views over the promenade of Llandudno - another fashionable Victorian seaside resort. From Llandudno Pier the coastal path follows 'Marine Drive' around the Great Orme. Prime Minister William Gladstone commissioned the Driveway as the previous coastal route was 'so bad he had to be blindfolded when led along certain sections.' This section is the first time it feels like a truly 'coastal path' with steep cliffs looking down onto secluded bays below, home to seals.

Conwy Castle

The coast path continues to Conwy, one of the most picturesque and best-preserved medieval towns in the UK, with perhaps the most beautiful of Edward I's castles.

The path from Conwy round to Bangor begins well, passing Britain's smallest house, and through pretty dunes. It soon ends up parallel to and jostling for position with the busy A55 and railway line. Thankfully, the coastal path leaves the other traffic behind to hug the coastline of the Menai Straits with views across to Anglesey. The North Wales Coast section ends at the impressive Bangor pier which was renovated in 1988. The twin 'onion domes', ornate shelters and 'pier end tearoom' reminders of its Edwardian heyday.

Mothers' UNION
Christian care for families

Think Mental & Physical Health

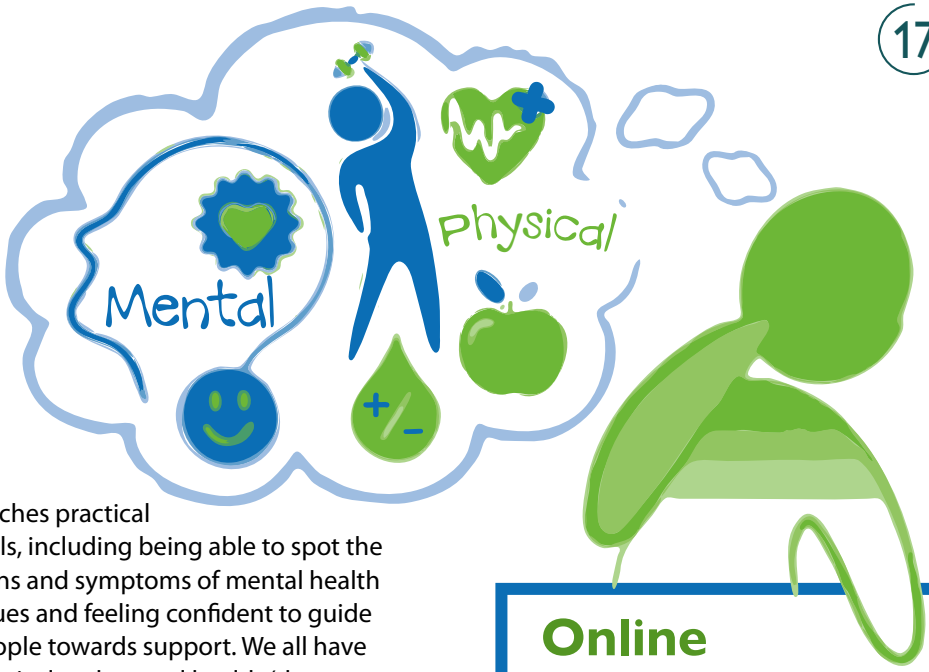
The speaker at our September meeting was Kerry-Jane Harrison. Kerry is a registered nurse and Associate Director of Physical Health at Berkshire Healthcare, working to improve the physical health of people with mental illness. She talked about how physical and mental health are inextricably linked, the work of the service she runs and how everyone can take steps to improve their all-round health. In February this year this talk had been given to the Men's Breakfast where it was very well received.

Kerry started with some surprising facts and figures about mental health and the numbers of people affected – 1 in 6 in any given week. She told us that on average people with serious mental illness die 17-20 years earlier than the general population from preventable and treatable illnesses like heart attacks and strokes, liver disease and cancers. These are often caused by smoking, excess drinking and obesity. The service Kerry manages offers comprehensive health checks and advice to try and minimise risks. Where necessary people are visited in their own homes for these checks to be carried out.

In a case study on a young woman named Lucy*, who was a smoker and a former drug user who refused blood tests as she had a fear of needles. She had not had a health check for many years. After winning Lucy's trust, the team managed to visit her at home and carry out these checks and also to offer a 'finger prick' blood test to check for diabetes and cholesterol. She was offered advice and given links to healthy eating, services to help her stop smoking and information and a timetable for Sport in Mind, a local charity which improves the lives of people with mental difficulties by using sport and activity. In addition Lucy was helped to liaise with her GP to make sure she started on medication to reduce her high cholesterol.

The talk ended with a short quiz with some surprising answers to questions. Kerry explained the role of the Mental Health First Aider and the course which

**Name and details have been changed to protect confidentiality.*



teaches practical skills, including being able to spot the signs and symptoms of mental health issues and feeling confident to guide people towards support. We all have physical and mental health (they are closely linked) and need to look after both. Kerry gave us details of online resources – shown alongside this article.

Our next meeting is on 3rd October in Church House at 2.00 pm when our speaker will be Christopher Mettem, whose illustrated talk is about Caroline Cox and how she founded HART in 2004. Christopher explains 'Its ethos is to work through local partners, in places too dangerous and remote for major aid agencies, specialising in women's health and children's welfare. We shall see a few examples in parts of Asia and Sub-Saharan Africa.' As always, visitors are very welcome to join us.

There will be a Coffee Morning on 24th October from 10.00 am to 12 noon in Church House to which all are invited.

Sylvia Clark

Online Resources

Sport in Mind – local timetables can be downloaded: **www.sportinmind.org**

Mind Buckinghamshire – charity offering support for people with mental health problems: **www.bucksmind.org.uk**

Mental Health First Aid Courses: **www.mhfaengland.org**

Live Well Stay Well Bucks - stop smoking service: **www.livewellstaywellbucks.co.uk/Service/29/stop-smoking**

Healthy Minds Bucks - talking therapies: **www.bucksmind.org.uk/guide/healthy-minds-bucks**

Classical Finland

As a result of an unusual childcare request from our daughter, Charlotte, we set off in July on our second excursion abroad this year. Charlotte is a classical composer and, I say proudly, according to the reviews, "one of the most esteemed and in-demand composers of her generation" (charlottebray.co.uk). She was invited to be 'Guest Composer' at a renowned, international chamber-music festival in Finland. Known as ''The Kuhmo Music Festival', it takes place in small town of some 4,500 people, 600km north of Helsinki, in a very remote area close to the Russian border.

After a three-hour delay, we set off early in the morning on a flight to Helsinki, where we met Charlotte and Caio. Together, we transferred to a small plane with other musicians and a large assortment of musical instruments, for the trip north to Kajanni. Here, we boarded a coach for the final leg of our journey to Kuhmo.

Seventy eight percent of Finland is covered in forest and dotted with 180,000 lakes. It has a diverse and extensive range of fauna including reindeer, wolves, wolverines, lynx and, not least, their national animal, the brown bear. It was an unusual experience at that time of year, as the sun set at 11.30 pm and rose at 2.30 am - so it never got dark. Indeed, it could be darker at midday if it was overcast and raining.

In our country, where the interest in classical music is sadly declining, particularly so for contemporary music, the Kuhmo Festival was simply inspiring! Paradoxically, Finland, the home of Sibelius and modern composers such as Magnus Lindburg and Esa-Pekka Salonen, is a country where classical music is thriving.

Seating approximately 700 people, the main concert hall forms part of The Kuhmo Arts Centre. A national venue for culture and arts, it was designed by Mattis Heikkinen with advice from acoustics expert, Alp Holme, and is a wonder to behold. Concerts are also held in a local church and primary school. With over sixty, well attended concerts over two weeks, it was virtually classical mania; music playing from morning into a late, bright, sunlit night. Over the two weeks, Charlotte was busy with six of her own concerts, talks, interviews and meetings

with other musicians. To maximise our attendance we mixed-and-matched babysitting duties. My favourite concert featured the works of Gustav Mahler, Susan Kander, Leonard Bernstein and Charlotte. Her piece, a full orchestral work, entitled Ungrievable Lives, was inspired by the 13.5 million child refugees worldwide. Charlotte collaborated with the artist, Caroline Burridge, who made thirteen, child-size dresses from life jackets abandoned on the beaches in Greece. The dresses, suspended in a line at the rear of the stage, formed a striking and sombre background to the orchestra. It was a very moving occasion.

On the days when Charlotte was busy, Roger and I had a lovely time with Caio, swimming in the lake, biking and walking in the forest. The house where we were staying (rented from a family during the festival time), had the most amazing sauna. Finland is the home of the sauna, apparently. It was a traditional unit where Roger enjoyed stacking and lighting the wood-burning-fire to heat it, and Caio enjoyed his 'sauna parties', chucking limitless buckets of cold water over his head in the adjoining and oversized shower room!

Although we saw nothing of the incredible animals that live in the far north, local to us was an amazing Visitor Centre where they had an exhibition called 'Predators on the Prowl'. This contained detailed information on the behaviour, movements, habitats and reproduction of the bears, wolves, lynx and wolverine that roam the forests in Northern Scandinavia and Russia. Also, there was information about the wild forest reindeer, an important prey species for these predators and the formidable golden eagle.

At the end of a beautiful, peaceful, music-filled fortnight, we took the opportunity to visit Helsinki. We spent time visiting the port, the markets and walking around the city as well as visiting the cathedrals: the Helsinki Cathedral completed in 1852 and the Orthodox Upinski Catholic cathedral. A final highlight was a day visit to the beautiful and historic UNESCO world Heritage City of Tallinn in Estonia, certainly one not to be missed if you have the opportunity.

Julia Grant

Looking for **Precious Metals**

Men's Breakfast - 2nd September

The Men's Breakfast was, once again, very well attended. Our speaker, David Cliff is a professional geologist and after university he started his career in Cornwall. His main job was to explore old silver mines to see if, with modern techniques, they could be re-worked. He said that gold is everywhere in the world and there are mines in Ireland and a small one in the United Kingdom, but most of the surface gold in the UK has been collected over the years.

Currently the vast majority of precious metals are in China and Russia, but there are still deposits being mined in South Africa and South America. David spent a lot of his career working in South Africa with Rio Tinto and explained that millions and millions of years ago, most precious metals were deep in the earth, but with the impact of very large meteors hitting the earth, causing craters many miles wide, precious metals were brought closer to the surface. David then went into some detail of how precious metals are extracted from the ground. It was very interesting and the technology was extremely sophisticated.

The subject of electric cars and the use of lithium batteries was raised. David made the point, once again, that Russia and China hold the largest deposits of this metal and this could become politically difficult in the future. It was only his opinion that hybrid cars could be around for quite some time.

There were a number of questions after his presentation. I thought one of them was very close to home; the question was 'If I used a sieve in the local chalk stream at the bottom of the hill and found gold, could I keep it?' Of course the answer was no, as the State has the rights to all precious metals. David did say, that if you put it in a small bag and kept quiet, you could probably get away with it!

He brought along with him samples of five rocks, showing the presence of gold. He passed these around for people to look at. I am pleased to say, they were all returned safely!

The next Men's Breakfast will be on Saturday, 4th November.

Brian Clark

Hughenden Community Shop

Gazebos for Outside Coverage

Dear Members and Supporters,

We wonder if you are able to help? We are planning to replace our former marquee with two smaller gazebos which will fit within our designated area, to provide external all-season cover. Whilst we cannot afford to have commercial structures installed, we have carried out a substantial amount of research to identify appropriate lower cost, but sturdy, options that would be suitable from a practical and aesthetic perspective. (There are cheaper plastic ones available, but these would not have the same durability.)

Unfortunately, increased energy and other running costs mean that we do not have sufficient surplus funds to be able to purchase these without extra help from our supporters and we therefore write to ask if you would be able to pledge to donate any amount towards these. The total cost for the two would be £920. (We would only need 50 people to donate just £18.40 or just 25 people to donate £36.80!)

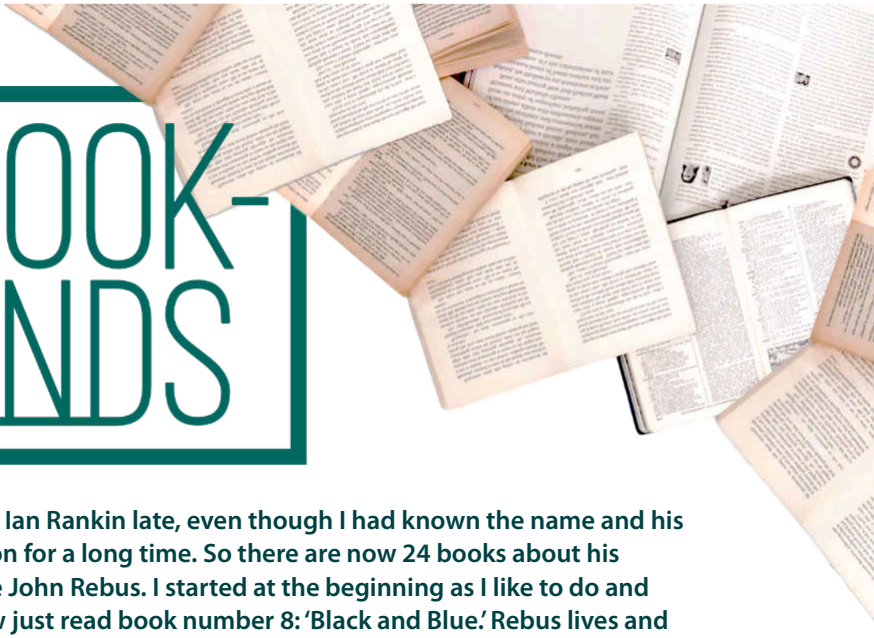
We really would appreciate your help with this as the outside space is still so valuable to the community and in turn, helps to ensure the viability of the shop.

We thank you in advance of your support and look forward to hearing from you.

Thank you very much and best regards,

Louise Jones
on behalf of the Shop Committee

BOOK-ENDS



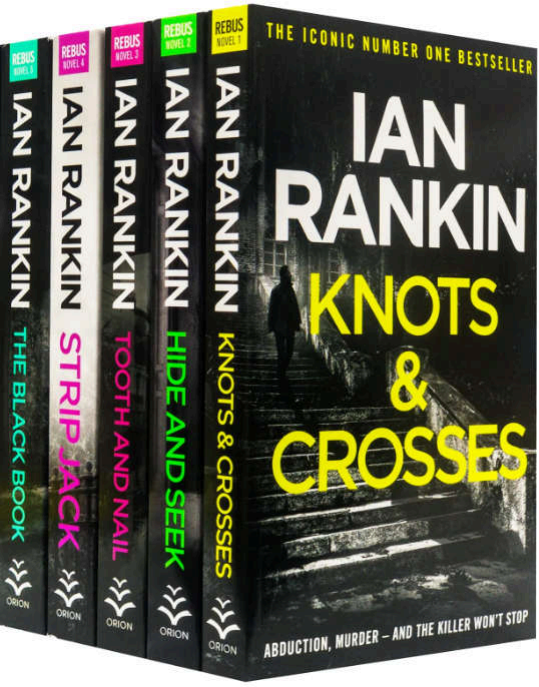
I came to Ian Rankin late, even though I had known the name and his reputation for a long time. So there are now 24 books about his detective John Rebus. I started at the beginning as I like to do and have now just read book number 8: 'Black and Blue.' Rebus lives and works in Edinburgh, a beautiful city but of course when you begin to strip off the layers and the veneer of money and shiny tourism, it has its shady, seedy side as all towns and cities do … even pretty villages when I think about it. The criminal element is also of course hiding in plain sight within the wealthy establishment as well as in the neglected, deprived housing estates on the outskirts of the city.

Interestingly Ian Rankin has not only used a real location but in this story he has utilised real events as well. In the 1960s a serial killer, nicknamed Bible John, committed three murders in Scotland that are to this day unsolved. Rankin takes this open situation and creates his story around it. What if Bible John returns? What if he murders again? Meanwhile there appears to be a copycat killer on the loose and as usual Rebus goes totally off piste in his investigations and finds himself in great trouble with his superiors. Added to this he is not sure who he can trust. Might some of his police colleagues be in the pocket of local gangsters? If you are very intuitive as well as efficient you might well find yourself close to where the crimes are committed on just too many occasions, thus making it plausible enough for malevolent minds to consider you worth investigating as a suspect.

As with all the detective/crime novels that I read, (there is a particular distinction but I can never remember quite what it is) I really am more

interested in character development than in plot. I think of Susan Hill's Simon Serrailler and Elly Griffiths' Ruth Galloway as well as John Rebus. I become fascinated by the lives that are written for them, how they gradually evolve from book to book and because these are all superlative writers these characters become three-dimensional and have a strong feeling of reality about them. Very satisfying. I can well appreciate the imagination and the skill that goes into inventing a plot line but that is not what holds me.

I have told myself I will gently and slowly make my way through these books, so having just zipped through books 7 and 8, I will try and leave it awhile before buying 9 and 10.



Thus, feeling I needed something as an antidote to the blood and gore (I can only take so much at one go) I searched my bookshelves for something that might be soothing. I then came across: 'The death and life of Charlie St Cloud' by Ben Sherwood. A little strange as I have no memory of reading or even buying this book but I decided to give it a go. Well, not terribly soothing at the beginning I admit as there is a car crash which Charlie narrowly survives and which his younger brother does not. However, then onwards the story is moving, thoughtful, sometimes funny and sometimes romantic. This is also set firmly in a real location: the small coastal town of Marblehead, 18 miles north of Boston Massachusetts. Fundamentally, Ben Sherwood is writing about the grief of bereavement and the need to eventually let go and live your life as fully as possible. Many people feel they have some contact with those who have already died. I'm not thinking about mediums and spiritualism but about still feeling close to someone and feeling sure you know what they are thinking or what they would do in a particular situation. Heaven is inevitably a tricky concept and one where we can't find any firm answers. Our thoughts change as we go through life but the 'not knowing' remains. This was a surprising read but both enjoyable and interesting.

I am now reading a multi-generational family saga, one of those books that swallows you up. I will write about it next month.

Happy reading

Susan Brice

RIDE+STRIDE for Churches 2023

We (my husband Alan and I) were reminded of the song 'Mad Dogs and Englishmen go out in the Mid-day Sun' as we prepared to take part in the sponsored 'Ride & Stride event in support of the Buckinghamshire Historic Churches Trust.

The temperature on the previous day hit a high of 29°C and it was predicted to reach 32°C during the day. We had only returned from a short camper van trip the previous day but Alan had left our beloved Bromptons (London-made small wheeled, folding bike) and associated gear ready to go. Alan had worked out a very shady route on quiet lanes/roads. We admit that we were apprehensive about how far we would be able to keep going in the heat. We left home in Cryers Hill at 9.30 am, aiming for Hyde Heath via Holmer Green and Little Missenden.The steep climb up to Hyde Heath was easily achieved with the assistance of our front wheel electric motors and we found the small church tucked in by the primary school. A welcome sign greeted us, with refreshments and a cool drink thoughtfully left out for participating travellers. Onwards to Chesham at a fairly slow pace due to traffic and the steep hill. At Christ Church along Waterside, we were warmly welcomed in the cool building and it was easy to relax in a comfy chair with a mug of coffee and a chocolate biscuit. This was the only place that we met other riders. One of our hosts had always lived in Chesham and gave us a mini-history lesson on its past industries. The church had been built to support the local area which manufactured beer,

boots and brushes. The Mothers' Union branches of Chesham and Hughenden often visit each other for social occasions so it was interesting to learn more about the town.

Next we headed for the Mission Church in Chartridge. I think this must have been the quietest and prettiest two miles of the day, starting from the main parish church along the valley road known as Pednor Bottom and up the hill alongside the Chartridge Golf Course. The Mission Church was closed with no registration form, so a photo was taken as proof of visit. The thought of lunch at the Pub by The Lee village green hastened us on to visit the two churches there. We had been puzzled by the posting of two churches with the same post code. It was explained to us at Chesham that the original church dating back to the 13th century, was too small so in 1867 the Victorians built a new one within the same grounds. The old church was used as a school in the 1970s until the roof needed retiling, when a public meeting decided that it should be repaired and remain as a place of worship. We were quite blown away by the history of the building and will certainly be returning for a longer visit. There is a rare 13th century stained glass window and some fantastic wall paintings, the earliest of which is 14th century. A Trust has been established for the restoration and upkeep of the church with occasional services, quiet days, recitals and talks. Art displays help with fundraising. Registration forms for both churches were in the new church, quite a large building and obviously well used.

By now it was definitely time for lunch at The Cock & Rabbit, sitting in the shade overlooking the village green and picturesque cottages, with a refreshing pint of cool ginger beer shandy from the recently renovated pub and a light lunch from its cafe which also serves delicious cakes. We reluctantly left the pub to ride along another pretty and shady road to the main road at Frith Hill where we crossed to enter the grounds of St Peter & Paul, Great Missenden by the top gate (not always open). The host there was delighted to see us Riders, along with

two Striders from Kingshill Baptist Church who usually visit the local churches in the area. Filling up with cold water, we were told that the church was receiving grants from the Historic Churches Trust to help repair the roof in the same way that Hughenden had been helped last year. A short ride down into the village to the Baptist Church and a quick stop just to fill in the register as sadly, the church was closed. I have always wondered what it is like inside.

Leaving the village and turning right past the Nags Head pub we started our final ascent to Little Kingshill Baptist Church where there was just a registration form to fill in. This was when the heat started to make us feel hot and uncomfortable. We continued along the main road to Holy Trinity, Prestwood. The Church was open with a notice inviting travellers to help themselves to refreshments from the kitchenette. We did not linger as it was only a couple of miles from home along the road. Originally, we had planned to visit Great Hampden and Speen but decided that it was not sensible to continue. After visiting nine churches in 25 miles we took Magnum ice creams home and collapsed into our comfy chairs for two hours to watch the end of the Tour of Britain. We think that the heat did stop some people participating as we hardly saw any cyclists and only two striders, and there were very few names on the church registers we visited, but we did get a cool breeze when we were going downhill in the shade.

We enjoyed our day and it certainly heightened our awareness of the beautiful countryside we live in; the birds were singing, butterflies flitting around and bees buzzing around the colourful flowers in the gardens and hedgerows. Thank you to everyone who kindly sponsored me. I have raised over £100 for the Trust. There is still time to make a donation; so many of our historic churches are falling into disrepair and need help to maintain the buildings for their local communities. Do go for coffee/ afternoon tea at The Lee and visit the OLD Church - it is a gem.

Barbara Willson

Holy Day in October

18th October - St 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 story-teller. 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
From The Parish Pump

October Recipe

Last month I did a recipe for a sponge roulade and foolproof instructions on how to roll it for those who may be nervous of this dessert. Then talking to one of my daughters recently she told me she made this meringue roulade for the first time and her friends were so impressed they thought she was an expert baker; she was very pleased! So, this is the follow-up recipe this month as there seem to be hundreds of blackberries around (although they may be in the freezer by October). The combination of blackberries and peaches is delicious, but you can use other soft fruits or combinations like slow cooked plums, or mango, lime and passion fruit.

This is a large dessert but you could halve the amount if you want a smaller dessert. However, beware smaller roulades are more difficult to roll. The meringue base (unfilled) can be prepared a day ahead if you leave it in the tin and drape with a tea towel but should be eaten on the day it is assembled.

There is always a moment when rolling a pavlova when you think 'help', but hold your nerve and trust in the recipe as it is actually very forgiving!

Julia Grant

Rolled Pavlova with Peaches and Blackberries

INGREDIENTS

375g Caster sugar

250g egg whites (6 large eggs) at room temperature

2 tsp vanilla extract

2 tsp white wine vinegar

2 tsp cornflour

For the Filling:

400ml double cream

1 tsp vanilla extract

30g Icing sugar

5 large peaches washed, stoned and unpeeled

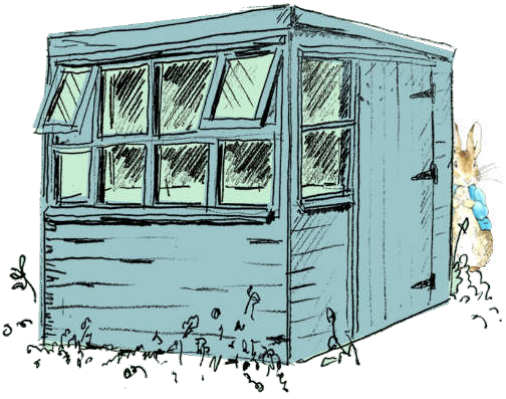
300g blackberries

60g toasted flaked almonds

METHOD

1. *Line a 35cm x 30cm baking tray with baking parchment, letting it come 1cm up the side of the tin. Preheat the oven to 220°C/200°C fan/gas mark 7.*
2. *To make the meringue base – place the egg whites in the bowl and use an electric mixer with whisk attachment on a medium speed for about 1 minute. Gradually add the sugar a tablespoon at a time, whisking all the time for at least 5 minutes until the mixture turns thick and glossy. Reduce the speed to low and add the vanilla, vinegar and cornflour until fully combined.*
3. *Spoon the meringue into the tin and spread it out evenly. Place in the pre-heated oven and then immediately lower the temperature to 200°C/180°C fan/gas mark 6: the contrast in temperature helps to create the crisp outside as a contrast to the gooey inside.*
4. *Bake for 35 mins, until the meringue is pale beige in colour and crusty on top. Remove from the oven and set aside to cool. It will deflate as it comes out of the oven.*
5. *To make the filling – Beat the cream until it forms soft peaks, add vanilla extract and icing sugar and whisk to incorporate.*
6. *To complete: As in the previous roulade instructions, lay a damp tea towel on the flat kitchen side, put another piece of baking parchment on the top of it and dust with icing sugar. Using a damp tea towel to roll the roulade helps as it makes the parchment easier to deal with. Turn the roulade out onto this top down and remove the paper. Spread with the whipped cream and two thirds of the fruit.*
7. *This is the tricky bit: start with the longest side close to you and holding the damp tea towel with the parchment use both hands and then roll so that the edges come together to form a log. Slide the roll onto the plate with the join at the bottom and gently remove the tea towel and parchment. Don't worry if it loses its shape or the fruit spills out; hold your nerve and pat it back into shape! Decorate the*

From the **Potting Shed**



Dear friends,

Well it must be autumn because MacGregor has just been pulling everything out of the cupboard in the boot room searching for his woolly scarf. Although the afternoons are still warm and sunny, it is chilly when he heads out to the allotment early in the morning.

I love the crocosmia and the Japanese anemones around my front door but they are very definitely signs of autumn. However, what a time of plenty it is. I'm running out of courgette recipes and luckily MacGregor is happy to have freshly picked runner beans at almost every meal. He prefers them to the whole green beans that supermarkets sell these days.

Ruby came for a visit the other day and we walked down to my friend's orchard. She had a fine old time on a little stepladder picking apples from the lower branches, but I decided I'd prefer to sit in the shade with Doreen and sample her raspberry jam on some freshly baked scones. We needed to have a good chat about food for the harvest supper, just a week or so away.

Hope you are not having difficulties with rabbits! Monty Don shared this problem with his viewers a few weeks ago. It's lucky you can't hear what my old hubby has to say about the pesky varmints. Definitely not fit for polite society.

Much to enjoy my dears, take care,

Cecily MacGregor

Jobs for October

1. Empty hanging baskets and containers and compost the contents.
2. Transplant deciduous shrubs that are in the wrong place or have become overgrown.
3. Plant drifts of spring bulbs in your grass: daffodils, crocuses, fritillaries.
4. Pot up containers for the winter using heather, daffodils, pansies and skimmia.
5. Prune rambling and climbing roses and tie in stems to prevent wind damage.
6. Raise pots off the ground using bricks or pot feet to prevent water logging.

What's On at St Michael & All Angels

October

The church will be closed from 25th September - 6th October for building work.

1	10.00 am	Family Communion: Hughenden Primary School, Spring Valley Drive, Hughenden Valley, HP14 4LR. **(No services in church)**
3	2.00 pm	Mothers Union Meeting: Church House
14	6.00 pm	Church Quiz: Church House
24	10.00 am - 12 noon	Mothers' Union Coffee Morning: Church House

November

5	3.00 pm	Annual Memorial Service: Church
7	2.00 pm	Mothers' Union Meeting: Church House
20	2.00 pm	Wedding of Christopher Colman & Rebecca Carter: Church

1st & 3rd Sundays

9.00 am **Choral Communion**
11.00 am **Service of the Word**
6.00 pm **Evensong (Sung)**

2nd, 4th & 5th Sundays

9.00 am **Matins (Sung)**
11.00 am **Family Communion**
6.00 pm **Evensong (Sung)**

Tuesdays

11.00 am **Holy Communion (Said)**

One morning service is usually live-streamed on Sunday. Find it on our website, or on the church YouTube channel: youtube.com/hughendenchurch

Regular Groups

Hughenden Community Singers

Mondays from 7.30 to 9.30 pm. No need to be able to read music or to have sung before, and no auditions. Under-18s welcome with parents. Contact Liz on 07768 790029 or evmoseley@btinternet.com

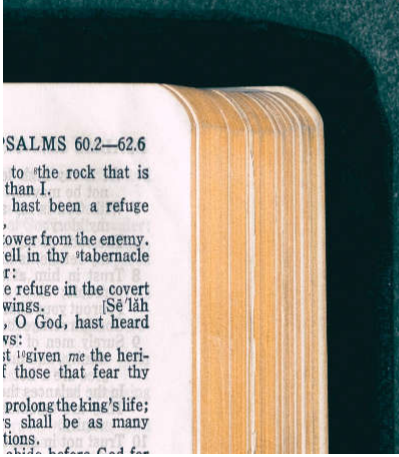
Friendship Morning

This is a get together in Church House on the third Thursday each month at 10.30 am. Primarily for those who are bereaved, who live on their own or who are lonely. The emphasis is on companionship and the atmosphere is light and cheerful. Contact Penny Austin on **01494 529596.**

Tiny Tots @ St. Michael's

Tiny Tots @ St. Michael's meets every Thursday in term time from 9.30 - 11.30 am in the North Room. Come for chat, play, craft and refreshments. Included, every second Thursday of the month, will be the Tiny Tots Service, a time of fun worship in church. For details contact Helen Peters - **helen.peters@peters-research.com**

October Lectionary



1st : Seventeenth Sunday after Trinity

Exodus 17:1-17
Philippians 2: 1-13
Matthew 21: 23-32

8th : Eighteenth Sunday after Trinity

Exodus 20: 1-4, 7-9 & 12-20
Philippians 3: 4b-14
Matthew 21: 33-46
Psalm at 9.00 am: 19: 7-end
Evensong: Psalm 136: 1-9
Proverbs 2: 1-11
1 John 2: 1-17

15th: Nineteenth Sunday after Trinity

Exodus 32: 1-14
Philippians 4: 1-9
Matthew 22: 1-14
Evensong: Psalm 139
Proverbs 3: 1-18
1 John 3: 1-15

22nd: Twentieth Sunday after Trinity

Exodus 33: 12-end
1 Thessalonians 1: 1-10
Matthew 22: 15-22
Psalm at 9.00 am: 99
Evensong: Psalm 142
Proverbs 4: 1-18
1 John 3:16 – 4:6

29th: Last Sunday after Trinity

Deuteronomy 32: 1-12
1 Thessalonians 2: 1-8
Matthew 22: 34-46
Psalm at 9.00 am: 90
Evensong: Psalm 119: 89-104
Ecclesiastes 11 & 12
2 Timothy 2: 1-7

From the Parish Registers

Baptisms

Sunday 20th August: Ezra Ryan James and Kingsley Isaac, sons of Alexander and Elizabeth Davis

Weddings

Friday 18th August: Edward Alexander Labinski to Emma Alison Gill

Saturday 2nd September: Matthew George Richmond Dean to Elizabeth Heather Ward

The Departed

Amelia Doreen Collins aged 93

Arthur Wilson aged 88

Who's Who at St-Michael & All Angels

Keith Johnson
Vicar

Home: 01494 257569
Mobile: 07772 642393

keiththevicar@gmail.com

Day off: Friday

Helen Peters
Associate Minister

Home: 01494 716772
Mobile: 07792 118357

helen.peters@peters-research.com

Day off: Monday

Parish Office
Administrator: **Lynn Brooks**

Office Hours: Monday, Wednesday, Friday 07928 536543
9.30 am - 12.30 pm office@hughendenparishchurch.org.uk

Licensed Lay Minister	David Tester	563354	Captain of Bellringers	Andrew Ottaway	07899 986644
Churchwardens	Julia Grant	565746	Safeguarding Officer	Roger Grant	07909 960938
	Frank Hawkins	565050	Church Library	Alison Gieler	562473
Parish Clark & Verger	Arthur Johnson	521471	Crèche Rota	Agnes Dodwell	07958 568538
Church Notices & Website	Ben Brice	445899	Social & Outreach	Antony Rippon	07747 643270
PCC Secretary	Susan Brice	445899	Mothers' Union Parish Link	Louise Stallwood	712705
PCC Treasurer	Brian Morley	528633	Hughenden Village Hall	–	07815 163269
Organist & Choirmaster	Neil Brice	445899	Naphill Village Hall	Norma Clarke	563116
Servers	Andrew Cole	305020	Friendship Morning	Penny Austin	529596
Church Flowers	Sylvia Clark	562801			

All numbers are High Wycombe area code (01494) unless otherwise stated.

OUR VISION IS

to know God's love, and to share that love with everyone.

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge — that you may be filled to the measure of all the fullness of God.

Ephesians 3:16-19

Our aim is that all may know Jesus Christ, become his lifelong followers, and grow into mature members of the Church.

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

Matthew 5:14-16

Our Church family will actively contribute to the life of our local community. Our Church activities & facilities will be accessible and we will welcome all with warm and generous hospitality.