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

outLook

The magazine for the people of Hughenden Parish | **MARCH 2024** | FREE

ALSO INSIDE: *New Tower Captain* | Easter Services | **March Recipe**

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

www.hughendenparishchurch.org.uk

Dear Readers

For Christmas I was given a lovely book of 365 poems chosen by Allie Esiri, one selected for each day of the year, some long and some very short. I try faithfully to read the relevant poem each day; some are moving, some are downright difficult to fathom out, some bring tears to the eyes while others are funny. There is a short introduction to each month and February was declared the 'month of love', so many of the poems in that month were about that subject. Not a bad subject to highlight, especially as St Valentine's Day fell on the 14th. There are poems by Robert Burns, Elizabeth Barrett Browning, Wendy Cope … and lots more, old and new, all very enjoyable in their way.

Now we come to March, a month when new life is springing up all around us. We had a wonderful show of snowdrops in February and now there are daffodils everywhere and the bright yellow of forsythia breaking out in hedges and gardens. In this time of such dark happenings in the world, surely these bright splashes of colour and new life give us some hope.

Looking at the introduction to March in my anthology, the author quotes Samuel Taylor Coleridge describing this time as when 'All Nature seems at work' and going on to say 'Winter, slumbering in the open air, / Wears on his smiling face a dream of Spring' – a great source of hope.

Mothering Sunday is on 10th March, a time for those of us who can, to show our love for our mothers; and for those of us whose mothers are no longer with us, to cherish them in our memories. Although we are in the season of Lent and you may have given up eating chocolate for that time, on Mothering Sunday you are given special dispensation to eat it if you have been lucky enough to have received some! Posies of daffodils will be given out in church on that day.

Enjoy these days of spring as we move towards the end of March and our great Christian Festival of Easter with its wonderful message of new life and hope. Happy Easter!

Sylvia Clark
Editor

from the Vicarage

Keith Johnson

Vicar

St Michael & All Angels, Hughenden

"This is the kind of fast day I'm after:
to break the chains of injustice,
get rid of exploitation in the workplace,
free the oppressed,
cancel debts.
What I'm interested in seeing you do is:
sharing your food with the hungry,
inviting the homeless poor into your homes,
putting clothes on the shivering ill-clad,
being available to your own families.
Do this and the lights will turn on,
and your lives will turn around at once.
Your righteousness will pave your way.
The God of glory will secure your passage.
Then when you pray, God will answer.
You'll call out for help and I'll say, 'Here I am.'

Isaiah 58: 6-9 - The Message Version

Fasting has often been associated with the season of Lent. When we think of fasting, we naturally associate that with abstaining from food for a meal, or two, or on occasions for a more prolonged period of time. Many have testified that abstaining from meals in order to devote ourselves wholly to prayer and worship, can lead to a time of profound blessing.

However, in the time of the prophet Isaiah, the nation of Judah was going through the motions of fasting. Whether the practice had become more of a cultural than a religious one or was, perhaps, not taught well by the religious leaders, we cannot be sure, but what was clear to God was that the people who chose

to fast were not producing fruitful lives, which one would have expected if their fasting brought about a more godly lifestyle.

The people became disillusioned with God, complaining that their prayers were not being heard. Through the mouthpiece of his servant Isaiah, God set the record straight and called them out for their hypocrisy.

Many choose to give something up for Lent, but have you thought this Lent instead about taking up a new practice or hobby, which helps to address the injustices we see all too often in the world?

Although Isaiah's words were spoken thousands of years ago, they could equally apply to the world we live in today – one full of injustice, exploitation, the hungry and the homeless and many anonymous people suffering in silence, without a voice.

Why not set aside one day this Lent as a fast day as proposed in Isaiah 58:6-9? Just imagine what difference you could make to the lives of many. Campaign for the release of those unjustly imprisoned by signing an online petition or writing to your MP; offer to volunteer at one of our local charities which help the most vulnerable members of society – set aside a day to pray for them and invite a friend around to join with you; make a donation to support their work.

"Do this and the lights will turn on, and your lives will turn around at once."

God bless

Bishop Alan Wilson

It was with great sadness that we learned of the sudden and unexpected news of the death on 17th February of Bishop Alan Wilson, following a heart attack. He had been Bishop of Buckingham for over twenty years and over that time had formed deep friendships and pastoral relationships across both church and community in Bucks. He offered remarkable leadership to work in education and church schools over more than a decade. He was a friend and advocate for victims of abuse and a strong ally and supporter of the LGBTQIA+ community for many years.

Bishop Alan had recently begun a well-earned sabbatical and was planning to use the time to plan and prepare for retirement in the next year. He loved God and loved God's church with a rare passion. He was a bishop who prioritised the parishes and clergy in his care above everything else and served the people of Buckinghamshire with devotion over a long and demanding ministry. He was a dear friend and colleague to many across the Diocese.

Tower Talk

A hello from our new Tower Captain

It was 25 years ago when my (then) 10-year-old son encouraged me to start bellringing. Although his attentions soon transferred to other pursuits once he became a teenager, I was soon hooked on this fascinating and absorbing activity and have been a bellringer here at Hughenden (on and off) ever since.

To a casual observer ringing may appear fairly straightforward but it can actually take many years to master some of the skills and techniques, yet as with any challenge the resultant rewards can be fabulous and there's a great deal of satisfaction to be gained when it all goes well. Bellringing has many different aspects to it making it appealing to so many different types of people; words like challenge, achievement, history, teamwork, competitions, service to the church and the community, fun, social, variety, music – all regularly crop up when you ask people why they enjoy ringing so much. It is incredibly sociable because it's a team-based activity where we ring in groups of 6, 8, 10 or even 12 at a time depending upon the tower – we have 8 bells here at Hughenden and there are 12 at All Saints, the Parish Church in the centre of High Wycombe where some of us also regularly ring. It certainly makes a wonderful sound that can be heard in and around Hughenden Church and parkland here every Sunday morning and on practice nights each Tuesday. It's also mentally stimulating as we must memorise the method structures (or music) and they have strange names such as Stedman Caters, Grandsire Triples or Plain Bob Doubles, all with some interesting history behind how these names came about. There's nothing strange about us bellringers however, we're just a bunch of normal folk who enjoy each other's company and want to play a part in continuing this wonderful ancient tradition; what's more it really is great fun.

I was born in Hughenden Valley and having lived in and around the area for most of my life, it's a privilege and honour to now take up the reins as our new Tower Captain. With the wonderful bellringing team that we have, it will be a joy to help ensure ringing continues here for many years to come. If you are reading this and happen to be an experienced or lapsed ringer, then please be assured you'll be most welcome to come along and join in.

Verity Nicholls
Tower Captain

Registered Charity No. 1195290

Growing HOPE High Wycombe

You are invited...

Growing Hope High Wycombe

Barn Dance Fundraiser

March 16th 2024

St Andrews Church, HP137NJ

All proceeds will go towards the work of Growing Hope High Wycombe - providing free therapy for children with additional needs and support for their families.

For tickets visit

growinghope.org/events

News from **Kevin and Jen Cable**

The following is an edited version of recent email and WhatsApp updates from the Cables, our link partners in Israel.

The Christmas period here in Israel was a much more subdued affair, with very few public events other than the traditional services due to the ongoing war. We thank the Lord that all our planned activities took place without interruption or incident.

The team at Christchurch, Jerusalem, dealing with refugees is winding down. It has been a good team that has worked well together through difficult months, and we have seen many people grow and develop their own skills, as well as deepening their own faith in very testing times. For us, we are constantly thankful for the Lord's provision and protection on Christchurch and on us personally, which enables us to continue to serve Him and others.

In January, Kevin turned 50, and our years of planning to visit the USA to celebrate in style were of course put on hold. Our alternative plan was to take a break in the Galilee, which we both know and love well, but that also was postponed with news that the northern border is under increasing pressure and risk of incursion. With that in mind, we took a few days out of Jerusalem and returned to Jaffa to relax, as at least there we knew we would be surrounded by good neighbours and friends and so were able to have a quiet few days. Unfortunately, Kevin's long standing back problems re-appeared and so we ask for your prayers for recovery.

Our Church Services restarted in Jaffa once the Lutherans reopened their church building and so we returned to live in Jaffa on the 3rd of February. We are assessing what we can pick up again, what we will have to start all over again and what opportunities we have to continue ministry in what looks to be a sustained period of war. On a positive note, we actually have a waiting list of young families who want to come to the toddler group 'Little Lambs', and many of our congregation will be returning to Israel now. We had a lovely session at Little Lambs on Tuesday (6 Feb) with three new families and one returning one. The returning mum and child greeted us with hugs and tears. Having seen many friends and neighbours leave during the war, they had been quite lonely so were really happy to be meeting up again. Please pray the Lord shows us where he wants us to focus our time now.

The year has flown by rapidly and so we yet again find ourselves needing to renew our visas. This process is never straightforward and there will be added complications this year because of the war, with many of the public service departments understaffed

due to the ongoing conflict and people called up to serve. Please pray that we can renew the visas without issue. Once we have the new visas, we will hopefully be able to visit the UK, and have a short break. We will keep you posted.

Thank you for your continued prayer and support of the ministry here in Israel. We feel very upheld by your love and prayers, and we are praying for you all as well in your own ministries and Christian life.

Blessings, Kevin and Jen

Prayer Points:

- Give thanks for protection and provision during time of war.
- Give thanks for the encouragement of people in Jaffa to restart "Little Lambs" and meet again.
- Pray for restarting our ministries in Jaffa and discerning God's priorities there.
- Pray for visas to be renewed without issue and on time.
- Pray for Kevin's health and renewed strength, and for continued safety in this time of war.

Seed Swap

Hughenden Valley Climate Group will be holding their annual seed swap outside the village shop from 11.00 am - 1.00 pm on Sunday 17th March.

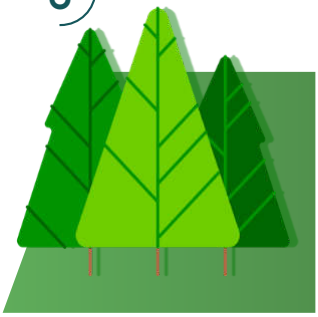
Whether you're looking to grow your own or add some extra colour to the garden, bring along any leftover seed and swap it for other varieties. Even if you've no leftover seed to bring feel free to drop by and pick up something to have a go at growing, all for free!

The Climate Group are planning to hold a follow-up seedling swap later in the year so hang on to any spare plants and watch this space!

Floodlighting

Sara Badrick is remembering her dear husband John with much love on their 60th Wedding Anniversary March 21st

If you have special occasions or memories to mark why don't you dedicate the floodlighting. Please send any dedications to Lynn Brooks at office@hughendenparishchurch.org.uk



Nature Quest

Poke around in the dirt at the side of a quiet country road: what's this dirt consist of? Road gravel, shreds of tyre rubber, heavy metals from brake dust, bits of tar, fragments of white line, even precious metals from catalytic converters (not a lot!), broken glass and plastic, not to speak of fag-ends and larger litter. Surely nothing would ever grow in this unnatural man-made soil, soaked in salt in winter and bone dry in summer. And yet small plants (weeds I would call them, because I don't know their names) survive somehow. Perhaps less competition from fussier plants; perhaps the chemicals make them less tasty for creatures to nibble.

You've all seen pictures of turtles tangled in plastic netting and other sad creatures suffering because of our litter and waste. At least 171 trillion pieces of plastic are now said to be floating in our oceans. But we humans are not all bad news for nature. Some like the roadside weeds have evolved or learned to use us and our rubbish.

The hermit crab traditionally lives in shells of snails or other shellfish: after a while they grow out of their adopted shell and look for a slightly bigger one. But in some areas sea snails are less abundant and hermit crabs have discovered the plastic bottle-top. Maybe they like the bright colours, maybe light-weight plastic makes them nimbler, and probably the plastic is less easily broken into by predators. Maybe long-term the plastic will cause nasty side-effects, but for the moment the hermit crab is safe.

NQ Challenge

Last month we looked for birds. This month look for a wild flower (a weed) in your garden. Examine it carefully and see the detail. Give thanks to God for the beauty of its structure and the fine details that

A supermarket trolley dumped in a pond brings out the Grr! in most of us. Agh! So mindless! Yet if it was under water out of sight and left for a year or two, it might become one of the most important and diverse parts of the pond! A protective place for small creatures to dodge larger predators. Weed and algae will soon swathe it and naturalise it. The same happens on a larger scale with shipwrecks and decommissioned ships deliberately sunk: barnacles and coral soon move in, then seaweed and little fish then bigger ones: a natural (sorry, unnatural) new reef. After a while some well-intentioned nature-lover will haul the filthy trolley out, and clean up the pond, but some creatures will lose their new home. It's more difficult to pull a shipwreck out!

Reminds me of the old pop song by The Animals (now there's an appropriate group for Nature Quest!) "I'm just a soul whose intentions are good. Oh Lord, please don't let me be misunderstood".

Moths are proverbially drawn to the candle flame, and their death. Nowadays buzzing round a street light is less fatal. This phenomenon has long-time fascinated those who have nothing better to think about. They usually conclude that the insects are dazzled by the light and can't see properly. Some have thought they're confusing the (modern) light with their pre-historic instinct for the moon. Recent research using high-speed imaging shows the insects always trying to turn their backs to the light. The researchers suggest that the lightest thing at night is the sky (whether stars, or moon, or remainders of sunset) so if the insect turns its back to the light, it is always the right way up. Indeed when the researchers' light was on the ground some would crash-land because they had turned upside down. Seems a bit far-fetched, but perhaps another reason for us to minimise our light pollution.

Weeds, moths, turtles and crabs mostly survive in spite of our waste and pollution: Amazingly some adapt and thrive! Think how much better they'd live, if we did cut our waste and did reduce our pollution.

Mike Hill
nature@hughendenparishchurch.org.uk

Humanitarian Aid Relief Trust

Life-Saving Assistance to Victims of Conflict

As our Church Lectionary moves rapidly through the life of Christ – from Epiphany and Candlemas into Lent, the Gospel of St. Matthew, 2:13-23 first has a significant and still-topical event, when, with the prompting of an angel, Joseph takes the infant Jesus and Mary to Egypt to escape the wicked King Herod who would kill the Christ Child. Thus they become the first Christian refugees.

The Geneva Academy of International Law & Human Rights lists more than 35 current armed conflicts in Sub-Saharan Africa; 21 in Asia and 7 in Europe – including places we don't see in the news. This month, following HART's motto "We go where others won't" we report progress against almost overwhelming evil in less well-known places. From the slopes of the Caucasus Mountains, with distant views of Mount Ararat; amongst the cloud forests, hills and river borders of Burma, and on the central plateau of Nigeria, where big game roam – but so do violent armed terrorists.

Lady Cox Rehabilitation Centre – Now operating in Yerevan, the Armenian Capital

As we reported in Outlook, September 2023, Azerbaijan's blockade and shelling of civilian targets culminated with ethnic and religious cleansing of the former Nagorno Karabakh region of Artsakh – the location of the Lady Cox Rehabilitation Centre since 1999. As Azerbaijan aggression came to a head, almost the entire ethnic population of about 120,000 Armenian Christians left Stepanakert and its environs in great haste, taking little more than the clothes they stood in. Along chaotic roads, in harsh weather, the exodus was controlled by the International Red Cross and other aid agencies whilst Russian "peacekeepers" stood by.

On reception in Yerevan, the capital of the Republic of Armenia, Vardan Tadevosyan, the Director of the Rehabilitation Centre, and his team, continued their medical and humanitarian work whilst expressing the

A young Armenian Christian child — we trust and hope for her future.

intention to rebuild the Centre there. And on 19 October 2023 the Lady Cox Rehabilitation Centre's operations were formally granted Armenian registered NGO status. Rebuilding both figuratively and structurally will take time and valuable medical equipment will need replacement. However amazing resilience and determination will, with God's help, prevail.

At present, the focus is on providing home-visits and treatment for individuals who were forcibly displaced, and in some cases face ongoing severe disabilities and mental health difficulties. The team are providing renewed socio-psychological support, as well as arranging social activities to help the patients work through their traumas.

Practical support is also being channelled through a new partner organisation called the Tekeyan Centre Fund. This was first registered during the 44-day Artsakh War in 2020 as 'Support Artsakh Families', assisting refugees who lost their homes, personal belongings, and livelihoods at that time. HART is involved with Tekeyan in the distribution of food, medicine, hygiene items, and clothing.

The Republic of Armenia, much reduced in size over decades, is in a fragile security position, and HART continues as ever their secondary but important role of advocacy, on a national and international basis.

Burma/Myanmar SWAN

In Burma/Myanmar, civilians – especially women and children - are in grave danger from fighting between armed groups opposing the unelected military junta. The junta has more powerful weapons and aircraft, but their opponents are skilled in jungle warfare. When hilltop villages are shelled and strafed it is the young and their mothers who are in greatest danger.

SWAN birth attendant trainees – trained paramedics cover a range of emergency situations.

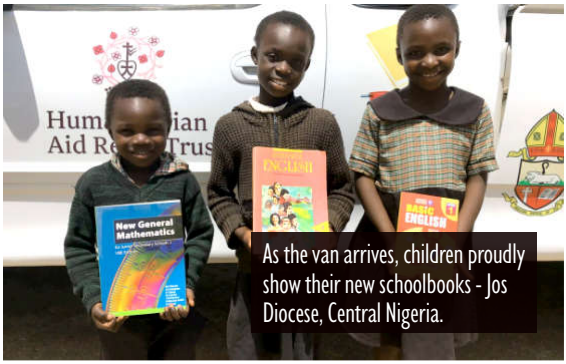
Christmas 2023 Big Give Challenge helped HART to raise further funding of £22,644 for humanitarian aid in the Shan State, on the Chinese/Lao/Thai border. Shan Women's Action Network has been providing medical assistance to remote communities there since becoming a HART Trusted Partner in 2004.

Community Health Workers provide ante-natal, delivery and post-natal services together with general first-aid in the displacement camps. They handle medical emergencies such as acute trauma, vector-borne diseases, burns, snake and insect bites. Children from the camps are also educated and cared for on a living-in basis for better security and they have practical training in farming and animal husbandry.

Diocese of Jos - Central Nigeria

HART has been supporting the Diocese of Jos since 2005 and in 2021 they introduced "Roads to Hope" in which four-wheel drive pickups and vans are fitted out to carry teaching materials, screens, solar panels and other assistance to rural villages where access to normal schooling is unsafe. Terrorist violence is escalating and life-changing injuries by machete and gunshot wounds are common, with women and children vulnerable victims. As recently as Christmas 2023, two villages were attacked, with 300 deaths.

The 2022 Christmas Challenge raised £34,932 which added more Teaching Vans and expanded services into Healthcare Mobile Paramedic units. Currently, four teaching vans serve around 5,000 displaced students annually and healthcare vehicles reach approximately 2,500 villagers who have little or no chance of getting to hospital.



As the van arrives, children proudly show their new schoolbooks - Jos Diocese, Central Nigeria.

In the third quarter of this year – July to September inclusive, HART will be our Focus Mission Partner – watch this space for announcements!

Mission Support Group

The Magic of **Jam Jars!**

'What's magical about jam jars?' you may ask. Well, for those who came to the Foam Free Flower Arranging Demonstration on 19th January, it became clear.

Around 40 people attended an excellent demonstration by Carol Bennett, Area Demonstrator for NAFAS (National Association of Flower Arranging Societies) for Bucks, Berks and Oxon. As many will know, flower foam soaked in water is widely used as a method of allowing flowers to be easily supported in a container, whilst at the same time giving them access to water. Carol was set the task of demonstrating methods of arranging flowers without using this foam which does not biodegrade and is actually quite a considerable pollutant. She did this extremely well, showing us various shapes and sizes of containers into which she had put either gravel, stones, twigs, pin holders, scrunched up chicken wire or jam jars. All methods had their advantages, but several of us were very taken with the jam jar method.

Carol fixed two jars together with paper covered wire and set them in a shallow, oblong dish. Water was added to the jars and then foliage, some of which was trailed down the sides so that the jars were hidden. The stalks of the greenery helped to make a network to hold the spring flowers which were then added. The result was really beautiful and if we hadn't seen the method of arranging them, we would never have guessed at jam jars! All sorts of containers can be used and they don't have to be costly.

The flower team in church will be trying out these methods over the next few weeks and months and once we are familiar with the different ways of supporting the flowers, I believe the results will be excellent and we will be arranging our flowers without polluting our lovely planet.

Sylvia Clark

Mothers' Union AGM 2024

The meeting was well attended and presided over by the Vicar. Two new members were enrolled, with another to be enrolled at a later date. This will result in a small overall increase in membership which is encouraging as nationally branches are closing.

Reports were given about our main areas of activity, both locally and within the diocese. The secretary recalled events through the year in the branch and the treasurer detailed the accounts which showed the large sums we raised for MU charities, both in the diocese and locally. We received reports from members who actively support five other areas within the church namely Baptisms, Weddings, Toddlers' Group, Social Outreach and the Mothers' Union Garden. An outline of the work of the MU in the diocese and nationally was provided.

The present committee was unanimously re-elected. Flowers were presented to Nicky Fairbairn as a thank you for her continued music contribution in playing the piano to accompany us in our short services at meetings.

A discussion ensued about ways to encourage new members and will be considered at the next committee meeting.

We ended with tea and coffee and a decorated cake for the 'special' birthday of a long- standing member.

Our next meeting will be on Tuesday March 5th at 2:00 pm in Church House when the speaker will be from Wheelbase, a charity that promotes sporting activities for wheelchair-based people. As always, we welcome visitors.

Ann Gee

The Mothers' Union was founded by Mary Sumner in 1876. She wanted to create an organisation for women that brought together rich and poor to build a network that would support mothers of all kinds as they brought up their children in the Christian faith. There are now over four million members worldwide.

Norma Clarke, member of Hughenden MU, has now joined a team of 10-12 members of MU branches in the area which meets every three months to discuss how money raised is used, (some being sent to Mary Sumner House, the headquarters of the Mothers' Union), safeguarding and risk assessment issues. The team chooses dates for events such as the Annual General Meeting and special Quiet Days. Many branches knit, sew, donate toiletries for the use of patients in hospitals, provide Christmas cards for prisoners, etc.

DISCOVER Faith Hope Love AT HUGHENDEN CHURCH

EASTER SERVICES

PALM SUNDAY 24 MAR

9.00 am Palm Procession & Choral Communion

11.00 am Family Communion

6.00 pm Evensong

HOLY WEEK 25-27 MAR

Holy Communion:

Monday - 7.00 pm

Tuesday - 11.00 am

MAUNDY THURSDAY 28 MAR

7.00 pm Holy Communion

GOOD FRIDAY 29 MAR

9.00 am Morning Prayer & Sung Passion

11.00 am All Age Service

EASTER EVE 30 MAR

7.00 pm Easter Vigil

EASTER DAY 31 MAR

9.00 am Choral Communion

11.00 am Family Communion

You may have noticed this piece of equipment on the fence to the right of the church gate. Do not be deterred from using it in the event of an emergency, because you think you don't know how to use it. Simply follow the very clear instructions on the front:

- **Dial 999**
- **Tell the operator your location**
- **Enter the code which you will be given onto the keypad**
- **STAY ON THE LINE and you will be talked through what to do.**

Spreading the Message ***African Style***

In 2008 Roger and Ann Gee, members of our St Michael & All Angels' congregation visited Malawi, a landlocked country in Southeastern Africa. The majority of the population practices some form of religion, the most common being Christianity (approximately 85%). This is a legacy of past European missionaries. In 1891 the area was colonised by the British and became known as the British Central African Protectorate, being renamed Nyasaland in 1907. In 1964 Nyasaland became an independent country and was named Malawi under President Hastings Banda who, for the next 20 or so years ran the country as a dictatorship, before being defeated in 1994. Today Malawi is a democratic republic headed by an elected president, Lazarus Chakwera.

The capital of Malawi is Lilongwe which today is one of the largest cities in the country. On one occasion when Roger and Ann were travelling out of the city on one of the main roads, they noticed, with some amusement, the names of various businesses, clearly reflecting the Christian teaching and influence the people had received in the past. Imagine if our shops had names like these:

God is Good Restaurant	*Jesus is the Answer Grocery Store*
The God First Tuck Shop	*Blessed Chips Tuck Shop*
Pack and Go Coffin Workshop	*Heavenward Bound Funeral Parlour*
Slow but Sure Grocery Store	*Aunt Glorious Hair Salon*
Classic Barbing Centre	*No Flies Restaurant*

I quite like the thought of the Heavenward Bound Funeral Parlour! It sounds like the way to go! I'm not sure about the Slow but Sure Grocery Store but perhaps life is lived at a rather slower pace in Lilongwe than here - and I wonder, too, if 'Blessed Chips' taste better than most!

Sylvia Clark
(with thanks to Google and Wikipedia)

Appassionata

TICKETS

On **Sunday 17th March** Aylesbury Vale Concert Orchestra is performing an afternoon of classical music favourites at **Aylesbury Waterside Theatre** from **4.00 pm - 6.30 pm**. All proceeds from the event will be donated to Florence Nightingale Hospice Charity.

Appassionata allows the audience to experience live orchestral music. Talented young Spanish Pianist Juanjo Blázquez will play Rachmaninov's Piano Concerto No 2 and Addinsell's Warsaw Concerto. These, and many of the other pieces that the Orchestra has selected, are some of the most romantic and well-known classics, including Chariots of Fire by Vangelis, the Theme from "The Mission" as well as excerpts from Swan Lake.

The Aylesbury Vale Concert Orchestra was formed by Sue Hurst and it comprises both amateur and professional musicians who are committed to playing live music together. Sue explains why she has chosen to donate all the proceeds to the Hospice, *"I lost my dear friend Clare to breast cancer in 2018. Clare was cared for by Florence Nightingale Hospice and I'm convinced that it was the best place for her to be. The Hospice provided great comfort and reassurance to Clare as well as her family and friends."*

A range of tickets are available now from **atgtickets.com/shows/aylesbury-vale-concert-orchestra-appassionata/aylesbury-waterside-theatre**

Florence Nightingale HOSPICE CHARITY

Florence Nightingale Hospice Charity is committed to providing comprehensive and high-quality care for patients with life-limiting illnesses across Buckinghamshire and its borders wherever and whenever they need it. We support their loved ones and carers through the toughest of times. We help families make the most of every day together. For more information visit www.fnhospice.org.uk

Wild Church's Lent Pilgrimage

At the cross in Hambleden churchyard, we finally arrived and heard Jesus's words: "Come to Me, all you who are weary and burdened, and I will give you rest." We were not physically all that weary, but we were glad of the cuppa and scrumptious cakes generously provided for us. Some had come "burdened" with backpacks containing First Aid kit, or water bottle, or waterproofs, or emergency rations for the kids, or even the you-know-what for the dog!

Earlier we'd set off from Skirmett, and heard how Jesus sent his disciples out with nothing for their journey: no bread, no money, no spare shirt, but I didn't notice anybody putting stuff back in their cars! Our lifestyle is easy: we don't gladly accept hardship. Yet Lent is the time we remember Jesus being sent into the wilderness to be tempted for 40 days: that is hardship.

A gentle stroll down the soft green valley parallel to the Hambleden Brook: not exactly wild-erness, even if organised by Wild Church! But every half mile or so, we stopped to let everyone catch up, then hear a few words of scripture and a brief challenge from one of the ministers, and sing a verse or two from My song is love unknown. Everyone listened intently, including the children and the dogs! Though the children did have clipboards with activities specially for them.

Some prayed as they walked; some talked to old friends and new friends; some noted yet another robin every 100 yards or so, singing and marking his territory, or tried counting the hundreds of molehills, or pondered the leafless blackthorn just beginning its 5-petalled starlet flowers. All enjoyed the tale of the topiary worm gobbling all but the wellies. We were thankful for the excellent organisers and planners, and they and we were thankful for a dry and mild day.

At the end of it all we thanked the Lord for a lovely day out and a great start to Lent. All that's left is to put into practice what we experienced, and that will be the challenge!

Mike Hill

The Lord Is Good!

The following was sent to our inbox by mistake but as I enjoyed reading it so much, I sought, and was given, permission by its author for it to be included in Outlook. Ed.

Is it late winter or early spring? What's the difference?

The temptation to hibernate when spent hurricanes spin our way across the Atlantic is strong in us cave dwellers, OK mud huts (what are bricks but baked mud?).

But you can always spot the Lord smiling somewhere; get out of your hut and have a look. Mahonias, winter flowering viburnums and now early flowering cherries showing off - and what's that? Cyclamen over there deep in cover.

Trees beginning to show, willow and birch catkins developing.

Plus listen when you wake at night; if all seems quiet you may be lucky and hear tawny owls or foxes, both of which are keen to pair up right now (not to each other you understand). Further from our huts and in the right location you can see other beauties here for the winter season only; flocks of redwing, fieldfare, golden plover, waxwing and crossbill are in our area although difficult to pin down. Peregrine falcons, the fastest animals on earth right now, are in town claiming All Saints' tower and some lucky observers made contact with a single glossy ibis when the Thames overflowed a few weeks back close to Marlow.

And of course, our garden feeders are visited constantly by indigenous birds now in full breeding plumage. Bird song is increasing daily and will peak around the end of March/early April. If we can match the birds with our own worship around Easter we will be doing very well indeed!!

The Good Lord created for His pleasure and, I believe, ours. In these days of heavy human pressure on our wider environment and much publicised depressing news to illustrate that impact, it's fantastic to appreciate and delight in what remains around us. All we have to do is allow room for nature to breathe and the power of the Lord's creation will do its thing - awesome!

Michael Bevan
bucksbirdclub.co.uk
bbowt.org.uk
ecochurch.arocha.org.uk

BOOK-ENDS

The Pied Piper - Nevil Shute

On my hall windowsill is a group of old Pan paperbacks by Nevil Shute. There are nine of them. Many years ago I went through a phase of collecting these mid-20th century stories and became a little obsessive about finding editions of each book that had matching artwork on the front. I trailed charity shops looking for them. The Oxfam shop in Marylebone High Street provided particularly rich pickings. I could of course buy them very cheaply on line but I discovered that sellers didn't realise that the artwork might matter to the buyer and thus you didn't always get exactly the right edition.

I wrote about 'A town like Alice' some time ago now and it resonated with very many of you. (I have a second copy of that: a rather scruffy Book Club Associates hardback, foxed along the spine, smelling a little musty and with my father's signature inside and a date 1953.) This time I picked out 'The Pied Piper,' a book I hadn't read for decades. I remembered the very broad outline of the story but not the details and that kept me avidly turning the pages. I had forgotten the style of Nevil Shute's writing. It is smooth and fluent with a somewhat unexpected, easy facility, almost an elegance. This makes it very pleasurable to read and moves the narrative forward in a satisfying fashion.

So, John Howard, an elderly man who loves fishing and has spent his working life as a country solicitor, travels to the Jura area of France after the outbreak of the Second World War but before the fall of France. Partially he is on holiday but also he is trying to assuage the grief caused by the death of his son, an RAF pilot.

Historically, Shute brings out in the first chapters of the story the complacency and the ill placed confidence of Europe as the Nazi invasion begins. Nobody

could imagine that events would happen as they did. France would not be taken. Paris would not fall. These thoughts are reiterated and this mindset means that people do not take advantage of the time available to them. There is no sense of urgency.

Howard is asked to take two English children back to England with him. Their father works for the League of Nations in Geneva and whilst feeling sure that his work could continue whatever happened, the idea of the children being with relatives in England does seem preferable. His wife chooses to stay with her husband rather than her children. That particular choice is very much of its time I feel. The journey will surely be quick and easy. A train to Paris, another to the coast and then a boat over the channel.

Of course this is not the case and in a way the story starts here. There are hardly any trains and those that are running are filled with troops. Unbelievably the Nazis have taken Paris and the British have retreated to Dunkirk and then home. It is suddenly not very easy or popular to be English. To many French people, it appears that they have been deserted and there is also the issue of the Allies bombing areas of Northern France to either destroy German ships and tanks or to immobilise Nazi communication centres. Inevitably there were also civilian deaths. Last September I stayed in the small town of Lisieux in northern France and even at a distance of some 80 years, it was uncomfortable to learn that the vast majority of the town had been flattened by the Allies, even when one knows the strategic reasons would have been incontrovertible.

John Howard has difficulty in persuading the two English children to speak in French and keep their nationality hidden and eventually this causes great problems. In various travelling adventures along the way he also acquires a few more children, one of whom is Jewish, who all need, for varying reasons, to be removed from this uncertain, increasingly grave, wartime situation. They meet those who offer what little they have and don't question why this ill-assorted little group are travelling in a rather random fashion and, inevitably, they come across those already filled with hatred and prejudice.

This story is very well constructed, has just the right amount of tension and is an excellent read. Copies are widely available from second-hand sites, very easy to find, particularly if you aren't fussy about the artwork on the cover!

By the way, I recently read numbers 11 and 12 in the Rebus series by Ian Rankin: 'Set in Darkness' and 'The Falls.' Such good reading, sometimes late into the night. There are still another dozen books to go but I am limiting myself and refusing to binge read them.

'Went to London, took the dog' by Nina Stibbe is discussed on www.beyondtheairingcupboard.co.uk. Do have a look.

Happy Reading,

Susan Brice

St Giles, Oxford & The Old Parsonage

Oxford is, of course, a city of gleaming spires (when not drizzling or raining) but the colleges apart, there are some interesting churches that are not college affiliated. One such is St Giles, at the Oxford City Centre end of Banbury Road and its former parsonage, now an hotel.

The church was founded nearly 900 years ago, so around the 1100s, and is probably a contemporary of our own St Michael & All Angels. Now well encased in the city, it was, originally, half a mile north of the boundary and catered for those who lived outside, principally vagabonds and vagrants. Green fields separated the church from the city walls.

In the Civil War, it became a bastion for the Royalists, forming part of the northern defences. It acted as a prison and as stabling for horses. Over time since, as the City of Oxford expanded, it became part of the fabric of the city. Once inside, the width of the walls soon envelopes the visitor and the noise and bustle outside cease to permeate within.

Now owned by St John's College, music is important to the current life and witness of St Giles. It claims to be amongst the first parish churches to have produced a choir to lead the congregation at services. Its choir, still offering leadership in worship, is drawn from all walks of life and is directed by a professor. The 19th century organ was moved to the west end in 1953 and rebuilt in 2000: sadly, it was not being played when we visited but it looks impressive. As does the font, with what is described as a dog tooth design on the outside.

Next door is The Old Parsonage, whose existence despite its name, is almost entirely in catering. The building itself, now modernised and extended into an hotel, is full of its original features and was built in its present form in 1660.

When originally built, it was purchased by Edward Selwood, the chef at St John's College. He acquired a plot from University College which owned it, which college has remained as landlord ever since. There is a portrait of Edward Selwood in the Dining Room of the hotel.

For a while – it seems a short one – the building was used to house the Vicar of St Giles. It was fortunate to have survived

St Giles Church, Oxford by David Dixon a/2.0 - geograph.org.uk/p/2030371

the Civil War, since the Roundheads bombarded north Oxford before the city surrendered in 1646. For most of its existence it has been an hotel, its visitors including Prince Albert and Oscar Wilde (not at the same time, of course). Oscar Wilde, despite his name, was an intellectual of repute, gaining first class degrees, before his downfall over his relationship with Lord Alfred Douglas and subsequent imprisonment. He stayed at The Old Parsonage because he had been excluded from his college for breaking the rules of curfew.

Oxford, so near, is a source of history, amusement and wonder, even when surrounded by hordes of (seeming) sightseers. Museums and theatres, recitals and talks are on offer most weeks. Christ Church cathedral, unique amongst cathedrals in being both a college chapel as well as the Diocesan Cathedral, is well known to members of the church family who volunteer there and visit regularly.

Christopher Tyrer

Mothering Sunday - 4th Sunday of Lent

There is an old Jewish saying: God could not be everywhere, and therefore He made mothers.

Mother Church, Mother Earth, Mother of the Gods - our human mothers - all of them have been part of the celebration of 'Mothering Sunday' - as the fourth Sunday in Lent is affectionately known. It has been celebrated in the UK since at least the 16th century.

In Roman times, great festivals were held every Spring to honour Cybele, Mother of all the Gods. Other pagan festivals in honour of Mother Earth were also celebrated. With the arrival of Christianity, the festival became one honouring Mother Church.

During the Middle Ages, young people apprenticed to craftsmen or working as 'live-in' servants were allowed only one holiday a year on which to visit their families - which is how 'Mothering Sunday' got its name. This special day became a day of family rejoicing, and the Lenten fast was broken. In some places the day was called Simnel Day, because of the sweet cakes called simnel cakes traditionally eaten on that day.

In recent years the holiday has changed and in many ways now resembles the American Mother's Day, with families going out to Sunday lunch and generally making a fuss of their mother on the day.

From The Parish Pump

March Recipe

Roger and I recently led the Burns Night Ceilidh at the village hall and despite a lot of stress, with careful planning and organization it went extremely well and was enjoyed by many from the Church and the village! We had amazing help on the run up to it and on the day, particularly from the five lovely ladies who organized the kitchen and worked so hard all evening.

We had a number of people mashing potatoes for the traditional 'haggis, neeps and tatties' and also volunteers who made Typsy Laird Trifle for dessert. Roger mashed all the swede for the 'neeps' and I made all of the soup. Since the evening, so many people have asked me for the soup recipe, which is why it is in the magazine! Scotch Broth is a hearty soup made with barley, dried peas and humble vegetables that makes a healthy warming broth. Traditionally it is made with neck of mutton, which is removed before serving but I kept it vegetarian as a lot of easier when you are cooking for many people, a number of whom are vegetarian. Although we did not plan to make a profit, with the raffle we made £760 for the church funds. Photos of soup are very boring so here are some photos from the evening of Roger and the Piper!

Julia Grant

Burns night and Scotch Broth!

INGREDIENTS

Serves 8

Broth Mix

55% Pearl barley	*100g*
18% Yellow split peas	*40g*
9% Green split peas	*18g*
9% red lentils	*18g*

Soup

200g of broth mix (as above)

500g carrots or other root vegetables

1 large onion

1 leek

2 sticks celery

1 tbsp Oil

2.5l vegetable stock

200g kale or spinach

2 tsp salt

1 tsp pepper

METHOD

1. *Soak the dried mix overnight or for at least 4 hours, apart from the red lentils.*
2. *Saute the onion and celery lowly for about 10 mins.*
3. *Chop all the vegetables and add to the pot with the broth mix, including the lentils.*
4. *Add the stock and simmer for about an hour.*

(Any other vegetables can be added to this recipe: swede, turnip, parsnip, runner beans, frozen peas).

The Rotary Club of Princes Risborough

The Princes Risborough Rotary Club is "your Club". We hold regular Monday evening meetings (excluding the first Monday of the month), with a meal and a speaker, at the Whiteleaf Golf Club; and we are a friendly, fun group. We have had a successful winter season with street collections and the Tree of Light proving that the public are very generous; the monies we raise enable us to help local and wider needs (£30,000 plus a year).

One of our major projects this year is the: **"Risborough Rotary Ramble"** on the 7th July (the first Sunday of the Town's Festival). It comprises 3 legs around the Chilterns, each of around 7 miles - Wades Park to Longwick, from there to Lacey Green and then back to Wades Park. Participants can choose to walk all 3, 2 or just 1 stage. There is also an alternative, shorter route of around five miles, again starting/finishing in Wades Park. Refreshments will be available at the end of each stage.

The walk is primarily in aid of SCANNAPEAL*, plus local charities. It's hoped that while the ramble is in aid of charity it will also be fun. There is a registration fee of £10 per adult which will go to charity, and perhaps you could also get some individual sponsorship. More information on registering can be found on posters and magazine articles locally. Our campaign will become increasingly prominent as we approach the date.

We are keen to recruit new members to the Club and are always looking for men and women of all ages to be part of our team. We have a thriving Club which meets Mondays at Whiteleaf Golf Club and we have an excellent programme of events and speakers to suit all tastes. So if you might be interested in joining to enjoy the social side and help us contribute locally and internationally, visit our website and, if you are considering coming to one of our meetings to see if it might interest you, or if you know of causes that would benefit from our support, or you would like to donate to our Charity Account, please use the contact details below.

You can contact us at: rcpr.org.uk or call the Club President, Graeme Card on 07827 298411 or email: gpcard@gmail.com

**to provide state of the art medical equipment for hospitals in Bucks, (scannappeal.org.uk)*

What's On at St Michael & All Angels

March

2	8.30 am	Men's Breakfast: Church House
5	2.00 pm	Mothers' Union Meeting: Church House
6	1.00 pm	Knit and Natter: Church House
28	7.00 pm	**Maundy Thursday** Holy Communion: Church
29	9.00 am	**Good Friday** Morning Prayer: Church
	11.00 am	All Age Service: Church
	2.00 pm	An Hour at the Cross: Church
30	7.00 pm	**Easter Eve** Easter Vigil: Church

April

2	2.00 pm	Mothers' Union Meeting: Church House
3	1.00 pm	Knit and Natter: Church House
21		Annual Parochial Church Meeting: Church
27	7.30 pm	Hughenden Singers Evening Sing-along: Church
29	10.00 am	Mothers Union Spring Meeting: Church House

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

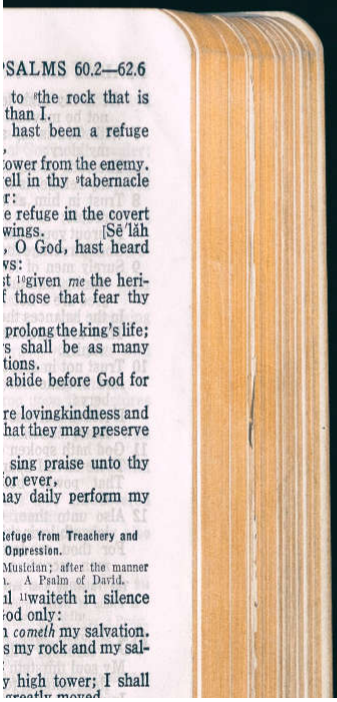
Friendship Morning

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**

March Lectionary



3rd : Third Sunday of Lent
Exodus 20: 1-17
1 Corinthians 1: 18-25
John 2: 13-22
Evensong: Psalms 11 & 12
Exodus 5:1 – 6:1
Philippians 3: 4b-14

10th : Fourth Sunday of Lent
Numbers 21: 4-9
Ephesians 2: 1-10
John 3: 14-21
Psalm at 9.00 am: 107: 1-9
Evensong: Psalms 13 & 14
Exodus 6: 2-13
Romans 5: 1-11

17th : Fifth Sunday of Lent
Jeremiah 31: 31-34
Hebrews 5: 5-10
John 12: 20-33
Evensong: Psalm 34
Exodus 7: 8-24
Romans 5: 12-21

24th : Palm Sunday
Isaiah 50: 4-9a
Philippians 2: 5-11
Mark 11: 1-11
Evensong: Psalm 69: 1-19
Isaiah 5: 1-7
Mark 12: 1-12

31st : Easter Day
Isaiah 25: 6-9
Acts 10: 34-43
Mark 16: 1-8
Psalm at 9.00 am: 118: 1-2 & 14-24
Evensong: Psalm 66
Ezekiel 37: 1-14
Luke 24: 13-35

From the Parish Registers

Holy Baptism

Sunday 21st January: Rafferty James, son of Perry and Abigail Fry

The Departed

Josephine Edna Darling, aged 97

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 9.30 am - 12.30 pm

07928 536543
office@hughendenparishchurch.org.uk

Licensed Lay Minister	David Tester	563354	Church Flowers	Sylvia Clark	562801
Churchwardens	Julia Grant	565746	Captain of Bellringers	Verity Nicholls	07952 850760
	Frank Hawkins	565050	Safeguarding Officer	Roger Grant	07909 960938
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

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.