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

outLook

The magazine for the people of Hughenden Parish | **SEPTEMBER 2025** | FREE

INSIDE: ★*LIGHTHOUSE LIVE*★ | One Can Trust | **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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Grant us Lord, faith to believe and strength to do thy will

www.hughendenparishchurch.org.uk

Dear Readers

It may not be the season of mists, but it is definitely one of mellow fruitfulness as the front cover photos (all snapped at the beginning of August) attest. Harvests around us are being gathered in and we, at St Michael & All Angels, will be celebrating our Harvest Festival on the 5th October. Those of you who grow fruit and vegetables in your garden or in the allotments so prominent in Hughenden Valley no doubt will have been searching for new recipes for courgettes, runner beans or tomatoes. (If you have the latter or peppers, try Julia's recipe!)

Maybe you have tried some more exotic species in this tropical summer? Let us know!

We gave up on vegetable growing some years ago after spending evenings dividing one bean or one tomato in half. However, this week (the first week in August), accompanied by visiting granddaughters, we were able to find the best ever hedgerow blackberry haul.

Unfortunately, we didn't see Cecily's novel blackberry recipe (see Potting Shed) until too late, but the crumble was delicious!

At the end of this month we will be celebrating in flowers, the beauty that is provided for us: who knows: some of the flowers may well be edible. Others' minds will be turning to results of a more academic kind. Whatever harvest you are hoping for this autumn (whether exam results or crops) we hope the yield is a good one; and to those starting school, a new school or university or college: may your efforts bear good fruit.

Jane and Christopher Tyrer
Editors

from the Vicarage

Keith Johnson

Vicar

St Michael & All Angels, Hughenden

Just over nine years ago, in the Summer of 2016, my family and I moved to Hughenden Valley, and so began a memorable time living in Buckinghamshire, as Vicar Of Hughenden.

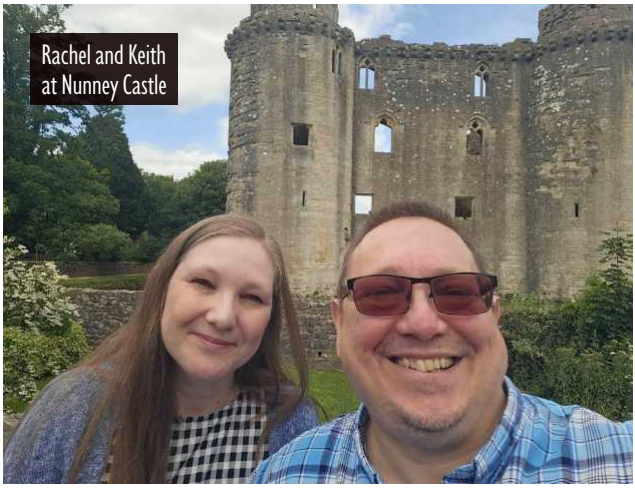
As I announced a couple of months ago, I have accepted the post of Priest in Charge of the benefices of Leigh on Mendip. Stoke St Michael & Postlebury, in Somerset, and will be licensed there in mid-October.

My last Sunday in Hughenden will be 28th September, which is also the day we celebrate our Patronal Festival of St Michael & All Angels.

As my wife Rachel and I prepare to pack and embark on the next chapter of life, it seems an appropriate time to reflect upon those past nine years.

It has been an absolute honour to live in Hughenden Valley, and to have the privilege to get alongside so many of you, to share in times of joy and times of sorrow. I have especially enjoyed celebrating Christmas each year, with the many opportunities that has afforded us to welcome hundreds through the doors of our church, as well as taking the good news out into our community.

Covid-19 and lockdown was a deeply challenging time, but it also saw our community at its best, as our lives were turned upside


Rachel and Keith at Nunney Castle

down. The response locally was one characterised by neighbourly love and concern. With the doors of our Church locked, services went online, and when we left lockdown, we continued to offer online services, which have continued weekly for 5½ years and counting.

Whether I have found myself marrying a couple, baptising an infant, hosting a confirmation service, officiating at a funeral, or leading Christian worship, I have considered it such a joy to lead such a warm and welcoming Church family. That is why it is the people I shall miss the most.

I felt a strong pull to answer God's call to Hughenden and it has been heart- warming to see Him at work in young and old throughout my time serving you all.

In my final few months in post, it has been especially encouraging to see all that God is doing amongst our younger members, specially through the events our Children & Families Minister Chris has organised and will be arranging in the next few months, in the hope of attracting more young families to come and join us.

Thank you for all your kind words and support over the years, and especially since my announcement, it has meant a great deal.

God bless you

There will no doubt be other occasions to say farewell, thank you and God Bless, but from the editorial team, on this, your last 'From the Vicarage': Thank you for your contributions to Outlook (almost always on time!) and your unfailing support.

LIGHTHOUSE LIVE

Fun-Filled Afternoons for Primary-Aged Kids!

Get ready for some unforgettable afternoons at Lighthouse Live – a brand-new event for primary school children, packed with fun, creativity, and a big dose of joy!

Taking place at St Michael's, Hughenden Lighthouse Live is bursting with exciting crafts, games, and laughter-filled activities your kids will love. Designed especially for younger children, the event is a great chance to make new friends, get creative, and let off steam in a warm and welcoming environment.

We'll gather for a joyful celebration time full of silly songs, a short, child-friendly talk about God's love, and plenty of smiles all around. Afterwards, everyone is invited to sit down together and enjoy a tasty tea – because no good time is complete without food!

Sunday 21st Sept, Sunday 19th Oct, Sunday 16th Nov, Sunday 14th Dec

3.00 pm - 4.30 pm

St Michael & All Angels, Hughenden

Think of it as mini Church with a big heart – perfect for kids and parents looking for something meaningful, messy, and massively fun with all the essence of the Lighthouse we all know and love.

Spaces are limited, so don't miss out! Sign up today and come be part of the Lighthouse Live family – where faith, fun, and friendship shine bright.

Chris Coyston
Children and Families Minister

stmichaels.churchsuite.com/events/i6frrmr1

No. 2 in the Series

September Reflection

New Beginnings: Aligning with Purpose

September often carries the quiet feeling of a new beginning. The seasons shift, the school year starts, and many of us return from summer with fresh intentions. There's a gentle sense of turning a page — a time to refocus, reset, and realign with what truly matters.

In many ways, this season invites us to ask:

What is my purpose in this season of life? Where is my energy going — and is it where I want it to go?

It's easy to move through the motions without pausing to reflect. But taking time to notice where we are — emotionally, mentally, spiritually — helps us reconnect with what's meaningful. Our lives may look busy on the outside, but purpose lives quietly within. It doesn't always shout; it often whispers.

Scripture reminds us that there is a time and a season for everything (Ecclesiastes 3:1). But discerning our personal season requires intention. Are we in a time of planting? Of pruning? Of waiting or rebuilding? Each has its purpose, and each offers opportunities for growth.

This month, I encourage you to take some time to reflect:

- What values are guiding your choices right now?
- What is giving you energy — and what is quietly draining it?
- Is there something stirring in your heart that you've been ignoring?

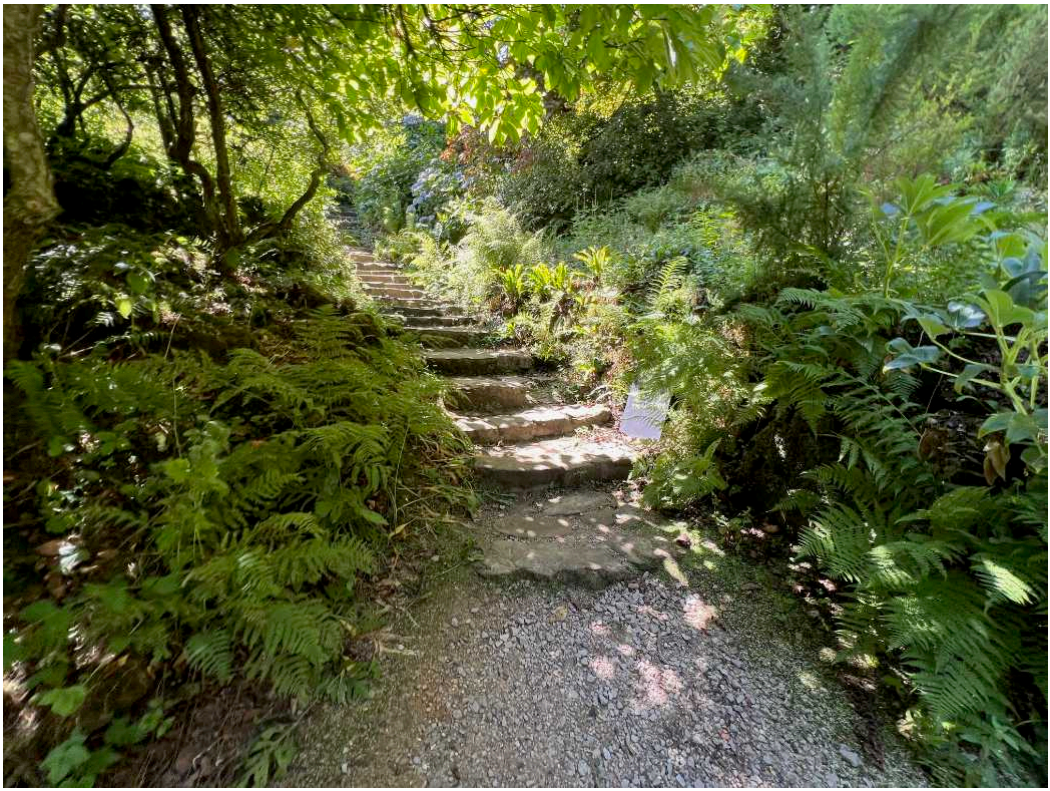
Realignment doesn't always mean changing everything. Sometimes, it simply means coming back to your centre — letting go of what no longer serves you and gently making space for what does.

If you're not sure where to start, try writing a few thoughts in a journal, speaking to someone you trust, or sitting in quiet prayer. Even five minutes can offer surprising clarity.

September is a time of new rhythm — not rushed, but steady. A beautiful moment to listen to your life and ask:
Am I walking in the direction that brings peace and purpose?

Let this month be a quiet, intentional new beginning.

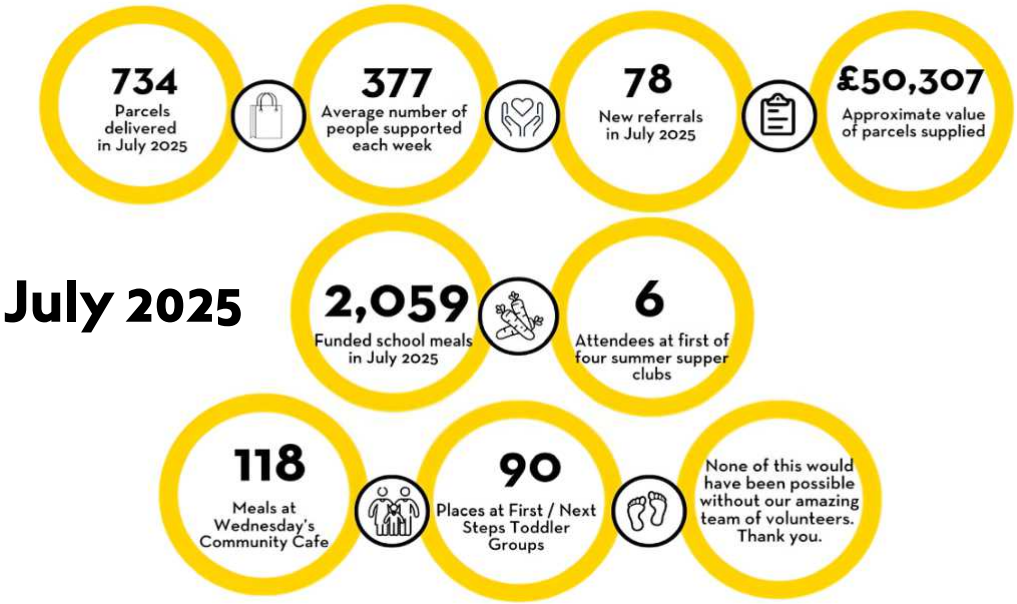
Beatrix Glowacki



ONE CAN FOOD BANK + TRUST

It's that time of year again — HARVEST — our harvest celebration this year will be held on Sunday 5th October and collections for One Can will take place during the 9.00 am, 11.00 am and Evensong services.

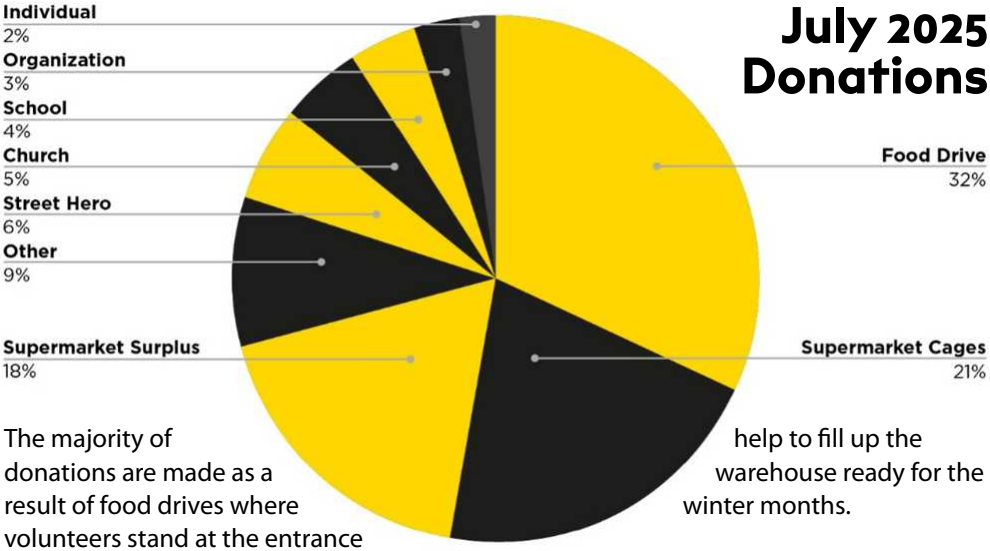
The need for food is as great as ever and the latest statistics relating to the number of people supported by One Can are shown in the diagram below:



As you can see, nearly 400 individuals were being supported every week at the time of writing, and past information indicates that this will rise as we go into the autumn period. Just to clarify, anybody experiencing food poverty can apply for help and this is through a referral process. Referral bodies can be organisations within the local community as well as many other concerns such as Buckinghamshire Helping Hands.

Parcels are packed depending on the size of the family and take into consideration any allergies and dietary needs. Fresh fruit and vegetables, bakery items, eggs, pet food, toiletries, baby food and nappies are also included, if required. Up to four parcels can be requested at a time (each containing a weeks' worth of food). If more are required beyond this, a repeat referral can be made.

In terms of where the food donations come from the most recent information can be seen on this pie chart:



The majority of donations are made as a result of food drives where volunteers stand at the entrance of a supermarket and collect donations from customers. As this is so effective, One Can are asking for more volunteers, usually at weekends, to man these stands.

Helen Foster, Food Supply Manager at One Can says 'We are building teams to volunteer at individual supermarkets around High Wycombe. Could you spare an hour at a weekend once a month at either Morrisons, Sainsbury's, Tesco in Loudwater and Waitrose? If you'd like more information, please email volunteer@onecantrust.org.uk

We have noticed that donations within our church have fallen off recently and we would encourage you to pop, even one tin of food into our box at the back of church — every can makes a difference. Please support One Can this year during our harvest services. The current needs and wants are shown here – it is so important because harvest collections help to fill up the warehouse ready for the winter months.

Helen Foster says 'We need these more than any other food stuff at the moment. If you can put some tins or a cartons of milk in a donation basket in a supermarket, or bring it to church with you, they would be so very grateful. Look out for the distinctive 'Food Drop' signs in the supermarkets'.

However, at our Harvest services please bring any tins, packets or jars of food to donate – it will all be gratefully received. (Please note that One Can are unable to accept alcohol, home made food, frozen or refrigerated items, out of date items, or opened packets)

THANKYOU

Mission Support Group

MOST WANTED ITEMS

Tinned Chickpeas

Tinned Red Kidney Beans

Tinned Peas and Sweetcorn

UHT Milk

Travellers' Tales

1. Northwards: HELSINKI

It has to be admitted that we, as Brits (or whatever) do tend to head south in the summer months because, usually (unlike 2025), the summer weather tends to disappoint. Off we go to get a tan or, in the case of those of a delicate disposition, to improve the profit figures for calamine lotion and sundry sunscreen lotions which seem to promise more than they often deliver.

However, I digress. Those who venture northwards -ish, (northeastern to the purists) are in for a welcome change of scenery and atmosphere. Scandinavians are hospitable, welcoming and have the most beautiful landscape to offer to the traveller and we can recommend a visit to Finland, and particularly Helsinki. True, as my devoted reader discovered last month, trips abroad are not without the occasional challenge, but travel broadens the mind (and the experiences) and we advocate Scandinavia, in general and Helsinki in particular.

Helsinki Harbour

This month I concentrate on Helsinki, the capital of Finland. This is a country with a history and the legacy of that history is a justified sense of pride and a fierce independence of mind and attitude. Finland's history dates back many centuries, since the Catholic Church took root in the 12th century and from whence its recorded history seem to have commenced. From the 13th century, Finland was part of the Kingdom of Sweden, until 1809 when war saw the country ceded to Russia. Russian Orthodoxy and Lutheran influences took over.

In 1917, Finland declared independence, but true independence was only finally achieved in the Second World War, after another struggle with the (then) Soviets. An independent Finland emerged, having ceded significant tracts of land. Russia's invasion of Ukraine in 2022 was the spur for Finland to join NATO in April 2023. If you saw – or can see - Simon Reeve's programme on his Scandinavian travels and watch the episode on Finland, you will understand why they are so careful in whom they admit to their country and why the sympathies of their visitors are to be found out.

Helsinki Uspenski Cathedral

The principal cathedral in Helsinki is striking in that it is decorated entirely in white in its exterior. When we visited it was encased substantially in scaffolding so an exterior picture will have to be "googled." It is relatively modern and was consecrated in 1852 to St Nicholas, named after Tsar Nicholas I who started the building process. After independence, it was renamed SUURKIRKO, or the Great Church and, in 1959, when the Diocese of Helsinki was formed, it became Helsinki Cathedral. Inside it is typically Lutheran, stark and functional. We were fortunate in arriving in time for an organ recital of works by JS Bach. My photos were of the organ! I am really sorry there is no sound.

Long before this, however, the size of the cruciform structure had become insufficient for the numbers of worshipers who wished to attend services on Sundays.

So, the Finns built a second cathedral, St John's. At the time of construction, in the late 19th century, it was erected on what were the outskirts over towards the southern end of the city near the port. It was built to take 3,000 worshippers, with a central nave and two side aisles and was dedicated to St John the Baptist. Over time, several rows of pews have been removed to make the space more publicly user friendly and now can manage about 2,200 worshippers on a Sunday. When we visited, it was clear that the organist was practicing for the following Sunday, so we could enjoy the sound of the 1891 organ. The latest instrument dates from a rebuild in 2004-5, after previous unfortunate attempts and comprises 66 stops and over 4,000 pipes. When pushed, especially when the organist stood on the pedals, it does challenge the hearing aids …

The third cathedral is for the Eastern Orthodox rite. Uspenski Cathedral is their centre for worship and is typical eastern Orthodox in build both inside and out. It was constructed in the 19th century at a time when Finland was part of the Russian Empire and was a Grand Duchy. Tsar Alexander II commissioned it and required that it was to be dedicated to the Dormition (i.e. passing from earthly life: but you knew that!) of the Mother of GOD (uspenie). It was consecrated in 1868, again to replace a church that had outgrown its regular worshippers.

It is austere and impressive – one grand open space as my photo shows. Of course, there is no musical instrument and the atmosphere is of commanding majesty and deep peace. Unlike elsewhere, silence is expected and enforced.

For the less ecclesiastical minds, there are the ports and the markets. The main market, Old Market Hall in the docks area, dates from 1889 and offers meats, fish,

St John's Cathedral

shellfish, fruit, vegetables and spices, as well as attractive cafes and gift shops. The restaurants, two of which I mentioned last month, are good. The absolute must is LOHIKEITTO, Finnish salmon soup: a creamy salmon soup made with leeks, potatoes, salmon and cream and enough dill to satisfy even the most fanatical lover of that herb.

We thoroughly enjoyed our visit and recommend it without reservation – except, perhaps, with a note of caution about your wardrobe and the care of blueberry juice…

Christopher Tyrer

2. Very Much Southwards: SAMOA

A trip to the south sea island of Samoa? Something that only happens in fairy tales – unless you are lucky enough, like us, to be invited to a grandson's wedding on this island surrounded by blue seas and a beautiful coral reef.

The island of Upolu, part of Western Samoa is a very long way from England, over 14,000 miles by air. On arriving at Faleola International Airport, the first impression was of smiling faces wherever we looked. There was even a trio playing welcoming songs on their ukeleles and an instrument which consisted of a metal drum with a string attached to a long stick, a bit like a rudimentary double bass. This was the 'rhythm section'.

Our drive to the hotel in Apia, the capital, took us along wide streets with many churches on either side. About 33% of Samoans are Mormons, with the rest belonging to a myriad of denominations (a lot of them Christian), many of which had built churches. Most Samoans attend church on Sundays. Our taxi driver informed us that one group was always trying to out-do another by building a bigger or finer church. The Catholic cathedral in the capital, Apia, is a very large, strikingly beautiful building with blue tiled roofs. We didn't see the Anglican Church but were told it is quite a

modern building. On arrival at our hotel we all had leis (garlands of lovely, scented flowers) hung around our necks and were given glasses of the local delicious lemonade.

Apia's large covered market has stalls selling items from extremely colourful sarongs, jewellery often made from shells, pottery, carved wooden items, etc to a variety of vegetables and lots and lots of coconuts. Coconuts are one of the main crops for the island as they are so versatile. The tree provides building materials, fuel, food and has many other uses. Coir is made from the fibrous husk - doormats are often made of coir. Beachside bars serve coconuts as a drink. A hole is made in the top of the nut and a straw inserted so the 'milk' can be drunk. Personally, I found it sweet but tasteless.

Next day in the sunshine and very warm temperature, we visited Vailima, the beautiful home which Robert Louis Stevenson had had built on a hillside on the edge of Apia and which, having been extended by a later owner, is now a museum. Stevenson, who had suffered ill health for most of his life, died in 1894 at the age of 44 after only four years in Samoa. It is said he went to the island for the warm climate. The beautiful two-storey house is set in a huge garden, surrounded by trees. In the downstairs sitting room is a fireplace, 'the only fireplace in Samoa – in fact, the only fireplace in the South Pacific!' we were told. Apparently, it was never lit.

The Samoans revere RLS because he stood up for them when the colonial powers (Britain, Germany and the United States) were vying for control of the island and when Samoan factions were fighting among themselves. He particularly sided with Chief Mata'afa and even bought rifles for his forces. When Mata'afa was defeated, Stevenson provided food, etc for him and his men in prison. His close relationship with the Samoan people resulted in him being given the name 'Tusitala' which means 'storyteller'. At his request, he was buried at the top of Mount Vaea and legend tells that his body was carried up the mountain by the chieftains and people of Samoa. Today there is a path up this steep mountainside to his grave.

The Samoan people themselves are very warm and friendly with ready smiles and they love to sing. The gardeners around the hotel were often singing, as were the various members of housekeeping staff.

We attended a pre-wedding party in the grounds of the bride's mother's house. All

sorts of food were available, lots of seafood, spicy chicken, deep fried fingers of yam, etc but the highlight of the evening was the traditional fire dancers. These were very fit, young Samoan men dressed in short sarongs and with grass fringes around their calves, who caught long sticks with fire at each end, which were thrown back and forth and then twirled extremely rapidly and passed behind and in front of their bodies, through their legs and then up in the air again, all to the very rapid rhythm of drums. It was all very exciting.

After three days we drove across the island of Opulu, over the mountains to the south side where we spent the next eight days. The island itself is very lush with very colourful tropical foliage, beautiful flowers and gorgeous birds. Our route took us along the road where King Charles and Queen Camilla had driven during their brief visit for the Commonwealth Heads of Government meeting in October last year. Remnants of Union Jacks still fluttered in the breeze and faded pictures of the King hung on telegraph poles. We passed through villages and saw schoolchildren walking home, all dressed beautifully in their school uniforms of blue or red and white, most of the boys wearing lava-lavas or sarongs, the usual dress of the male population. The girls also had sarongs or skirts. They waved and smiled enthusiastically at us as we passed.

RLS' house

Houses vary from large brick-built buildings in the town, to small wood-built dwellings and simple shacks in the villages. A large number have unglazed openings in their walls instead of windows because of the heat. Most dwellings also have palm-thatched structures with no walls at the side of them which are used for meeting places. There didn't seem to be much evidence of TVs but people congregated in these meeting places to chat, play games, dance, etc. One driver explained they were playing bingo!

The country roads on the island have random speed bumps, some in the middle of nowhere, the purpose of which we had no idea. From our apartment we walked through coconut trees (with notices to be aware of falling coconuts) to the beach, with the sight and sound of surf breaking over the coral reef which was some 100 yards of so away. We enjoyed snorkelling in the warm water and delighted in the abundance of so many vividly coloured fish, darting about in and out of the coral, which itself was very beautiful. Large orange sea fans, 'gardens' of tiny lavender coloured

flowers, yellows, mauves – it was breathtaking.

A day or two later we visited a large clam reservation where we were able to snorkel over these beautiful creatures, including some giant clams. Their shells were open and along their edges they had bright turquoise, pink, green or orange fringes which closed slightly as we swam over them. Whether a man could get his leg trapped in one, as adventure stories tell, is debateable and really rather unlikely!

Samoa has many natural attractions, including waterfalls. We visited one and swam in the cool, clear, fresh water in the pool at its base. It was so refreshing. Along the coast from us was the Sua Ocean Trench, some 30 metres deep, which was formed by the collapse of a lava tube. This very popular swimming spot is accessed down a steep ladder. Definitely one for the younger members of the group!

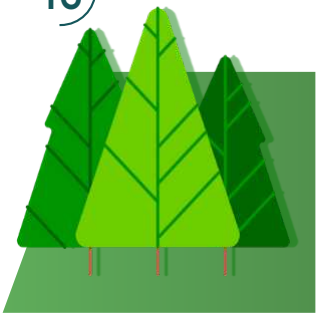
The wedding was a lovely, happy occasion with the bride and groom exchanging their vows standing under a palm arch and facing the beautiful ocean. We, as grandparents of the groom were referred to as 'The Elders' and given deferential treatment, including two throne-like armchairs on which to sit for the wedding ceremony! The wedding breakfast, held at long tables on the beach, went on well into the small hours – long after 'The Elders' had retired to bed!

Near to where we stayed, overlooking the ocean was a very pretty chapel – 'Chapel by the Sea' with the words 'Embrace hope all ye who enter here' written above the entrance. Wedding ceremonies are often held here, a truly lovely setting. The islanders are very proud of the fact that back in 1953 the film 'Return to Paradise', starring Gary Cooper and Roberta Haynes and including a large number of the local villagers, was made on the island and featured this chapel. This is why the resort is now called Return to Paradise Resort.

We thoroughly enjoyed our time in Samoa. Would we want to live there? Probably not, but it's definitely a wonderful holiday destination.

Sylvia Clark

The Bride with an Elder



Nature Note

"The life of mortals is like grass, they flourish like a flower of the field; the wind blows, and it is gone, and its place remembers it no more"

Psalm 103: 15-16

Not much to cheer about there you say and yet it sums up physical existence not only of life but also of the fabric of our universe, nothing lasts forever, it's almost like everything has a timer running "Come in number 49".

But Psalm 103 follows the above gloom with "But from everlasting to everlasting the Lord's love is with those who fear Him" surely hinting at the reason for our very creation: we're here because He delights in our being, in our humanity, in our stumbling efforts to reach out to Him. Just to make sure we understand, the psalmist carries on "For as high as the heavens are above the earth, so great is His love for those who fear Him". Wow, that's a thought for astronomers as they probe our universe! Did Stephen Hawking ever read psalm 103?

Bearing that in mind doesn't it give today a fresh almost excited feel, that the Lord God holds us in His hand and wants the very best for us? So, what do you reckon He has in store, waiting, for when the timer rings out?

The mind boggles when you think of the very best this life can bring, what's waiting just a heartbeat away? The best parties, the incredible highs life gives us, the mountain top experiences and all in His presence …

So, when the tendency is to remember "the good old days" with nostalgia and when the going gets tough, remember psalm 103 and read the rest of it before the timer rings.

When you hear of the solid earth shifting - Everest is getting taller by 4mm per year and the Atlantic is widening by 40mm in the same time, of climate shifting, a possible ice age in the wings we realise that this earth itself is on the move and our lives seem more vulnerable to change.

How do you think then a pygmy shrew sees things? Not that it has time to think much except about one thing because it has to eat at least three times its own weight daily, even an hour without food can be fatal. That need for food means it only spends minutes asleep at any one time. It's lifespan? Twelve months maximum in which time its heart will beat over 630,000,000 times, that's 1,200 beats per minute. Or an elephant that lives on average around the same length of time as we do, 65-70 years, or an underwater view from the Greenland shark?

What about a tree living in a fixed position so must take whatever happens without running for cover? Yet the oldest known tree is approaching 5,000 years old which is a long time, but how long? Well, it would have been around 1,500 years old before Moses was even thought of! It's a bristlecone pine, a mountain species found in the California/Nevada region of the USA (the exact location is a closely guarded secret following the felling of an even older individual by an over-enthusiastic student in the 1960's).

I'm on a pet subject now so bear with me.

What counts as an individual tree, or for that matter any other organism? Cloning muddies the water somewhat. You only have to look at your own fruit trees, Cox's Orange Pippin and Bramley Seedling. Both are alive and well today but what do I mean?

The original Cox was destroyed by a storm in 1911 when around 70 years old, but the original Bramley is still alive and well at over 200. Yet both can be grown right now because trees have the ability to reproduce asexually: sounds painful I know but it's common to many plants.

Cuttings are taken and in the case of fruit trees grafted onto a 'rootstock' which is a closely related cultivar of known vigour thus enabling the gardener to control the size of his/her tree. The point is that the resultant tree is an exact copy of the parent, a clone. Does this mean that the clone IS the original?

In Sweden there is, ironically, a Norway spruce (used to be the commonest Christmas Tree used in the UK) root system that sends up stems living 600 years or so, the root system is known to be 8,500 years old.

Similarly in the US lives a Quaking Aspen system throwing 120 year old stems. It's age is uncertain but estimated at 18,000 to 60,000 years old. The mind boggles!

But that is only a tiny pinprick of time compared to the Wollomi Pine (not a pine at all, the nearest relative seems to be the Monkey Puzzle Tree) which was thought to be long extinct but recently discovered in an undisclosed Australian location.

The current individuals are all genetically identical to fossils over 60 million years old! So are the current individuals all one? (Star Trek fans will be nodding their heads, Seven of Nine is of Borg descent having a collective consciousness).

Anyway, all living things have a timer however long or short it has to run and in conclusion we have to thank God for every day, every hour, every breath we take as a gift for us to appreciate His amazing creation and return as much love to Him as we can.

Mike Bevan

Note

We have rising numbers of crossbills in the area, being seen flying in small groups with one or two large flocks. Up to 150 together at Great Hampden, even being seen drinking in large woodland puddles. Keep your eyes open for largeish finches with short tails and large heads with the telltale crossed bill. Males are reddish and females greenish. It looks like we will have plenty around for the winter, yippee!

Can You Help

The family of Mrs Jessie Thomas and Mr. John Thomas are looking for someone who is able to tidy and put flowers or a wreath on their grave 5 times each year (January, February, Easter, May and Christmas). The family would be pleased to pay anyone who could help £10.00 per visit plus the cost of flowers.

For further details or to offer your services please contact Mr and Mrs Teideman on ivorteideman@uwclub.net

Crossword Answers

ACROSS: 1, Also. 3, Offering. 9, The Magi. 10, Rules. 11, Soper. 12, Help me. 14, Isaac and Jacob. 17, Scorch. 19, In man. 22, Loads. 23, Inertia. 24, Vicinity. 25, Belt.

DOWN: 1, Artistic. 2, Sleep. 4, Faith in Christ. 5, Enrol. 6, Islamic. 7, Gasp. 8, Fabric. 13, Abundant. 15, Archaic. 16, Jailer. 18, Resin. 20, Mitre. 21, Slav.

A depiction of the Archangel Michael from the West Window at Hughenden Church

Holy Day in September

29th Sept - Michael and All Angels

Michael is an archangel, whose name means 'who is like unto God?' He makes various appearances throughout the Bible, from the book of Daniel to the Book of Revelation. In Daniel, he is 'one of the princes' of the heavenly host, and the special guardian of Israel. In Revelation, he is the principal fighter of the heavenly battle against the devil.

From early times, Michael's cult was strong in the British Isles. Churches at Malmesbury (Wiltshire), Clive (Gloucestershire) and Stanmer (East Sussex) were dedicated to him. Bede mentions him. St Michael's Mount in Cornwall was believed to commemorate a vision there in the 8th century. By the end of the Middle Ages, Michael had 686 English churches dedicated to him.

In art Michael is often depicted as slaying the dragon, as in the 14th century East Anglican Psalters, or in Epstein's famous sculpture at Coventry cathedral. Or he is found (in medieval art) as weighing souls, as at Chaldon (Surrey), Swalcliffe (Oxon.), Eaton Bishop (Hereford and Worcester), and Martham in Suffolk. Michael's most famous shrine in western Europe is Mont-Saint-Michel, where a Benedictine abbey was founded in the 10th century.

The 'All Angels' bit of this feast-day was added in 1969 when Gabriel and Raphael were included in with Michael.

From the Parish Pump

BOOK-ENDS

Seascraper - Benjamin Wood

On a Saturday morning there is a decision to be made. There will be an email from Daunts Bookshop wanting to share with me their five book choices for the week. Will I open the email or just leave it? If I open it then the chances are I will buy one of those books. Saturday mornings can prove expensive but then again I have been introduced to some great new authors and some wonderful reading. So, this is how I came to know of Benjamin Wood and his book Seascraper.

An author of whom I have never heard: he has written 4 previous novels and is a senior lecturer in creative writing at King's College London. Googling him, as I tend to do, I find he is young with rather moody, good looks that would do well in front of a film camera. He grew up in Merseyside so I'm imagining him with a soft, educated, Liverpool accent. Gracious, enough! Back to this book, a novella really, as it is under 200 pages.

There must be so many people who would recognise themselves within this story. There will always be those who feel threatened by opportunity and simply do not have the confidence to take that step forward. Circumstance often has invisible threads that tether people to a certain situation, place, job or relationship and all their plans and hopes are destined to remain dreams.

Thomas is one such. He is a shanker, scraping the beaches for shrimp and spending his afternoons selling his wares. It was his grandfather's business, if it can be called such a thing, working through gloom and rain and fog with a horse and cart. Lacking in relatives, particularly a father, Thomas was pulled out of school to help more and more frequently until his education ceased to exist and possibilities shrivelled and died. Days were grey, both literally and inside Thomas's head, until

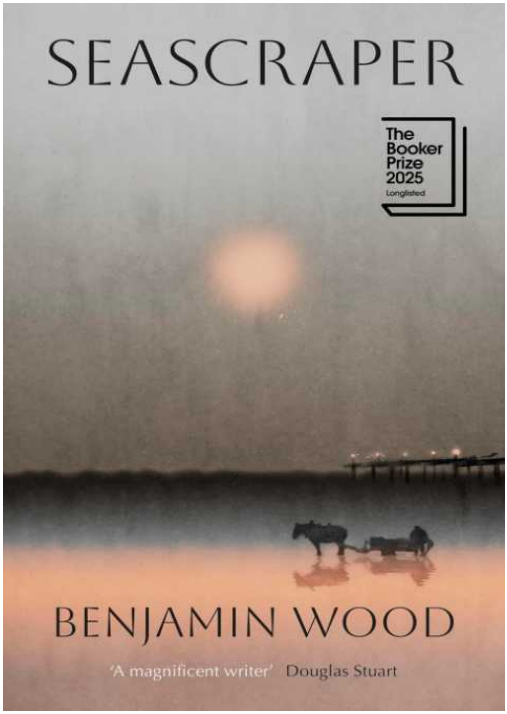
amazingly, an American film director walks through his mother's front door and into his life.

He brings colour, excitement and most of all hope. He wants Thomas to take him onto the beach, to show him the old skills that are used everyday. He wants to experience the atmosphere; to smell and feel the sea mists. He offers Thomas a part in a film he plans to make. He just has to be himself … and, there is money involved, big money to anyone in this poor seaside community.

Thomas is shaken from his routine and somehow it seems possible to think about choice and change. He plays the guitar and sings, but only to his horse, in the run-down shack that passes as a stable. He continually promises himself he will go to the folk club, just as he promises himself that he will ask Joan down the road out on a date, maybe to the pictures. Suddenly both enterprises don't seem so terrifying. And then the future delights fall apart. The so-called film director is not all he seems and of course the cheque will bounce. However, the door has been opened and Thomas has had the chance to peer through. The days ahead may not offer riches and glitz but he can grasp that there is possibility, and small but maybe enchanting opportunities on the horizon.

Benjamin Wood prefaces his story with words by Rupert Brooke:

Beyond the shifting cold twilight,
Further than laughter goes, or tears,
further than dreaming,
There'll be no port, no dawn-lit islands!
But the drear



Waste darkening, and, at length, flame
ultimate on the deep.

I recognised this as Rupert Brooke* but couldn't name the poem. Looking it up I find it is from 'Day that I have loved.'

It is a brilliant choice of words for this story. 'The drear waste darkening' perfectly describes both the cold, grey beaches early in the morning and, actually, Thomas's state of mind as the narrative begins.

This is an unusual book written by a confident, talented writer. Maybe you would like it?

Happy reading,

Susan Brice

**and of course our local poet, frequenter of the (now closed) Pink and Lily public house (Eds)*

September Recipe

This Mediterranean inspired orzo bake makes a delicious vegetarian meal. It is very easy to adapt depending on what you have available or your own tastes i.e. leave out the olives or chillies, use what peppers you have. The one thing that is important is good olive oil in a recipe like this. This easily serves 4 people.

I have always liked the recipes in one particular Sunday paper (not saying which!) and sometime ago they launched an App called 'My Feast' which I find excellent. It covers many different chefs and is easy to use and find what you want on it. I also find it useful when away or on self-catering holidays as I can save my favourite recipes and use on my phone or iPad. It does cost a small amount per year.

Julia Grant

Baked Orzo with Sweet Red Peppers, Olives and Halloumi Cheese

INGREDIENTS

2 sweet red peppers

3 tbsp virgin olive oil

1 onion

2 garlic cloves

½ tsp chili flakes

800g finely chopped tomatoes (2 x 400g cans)

100g pitted black olives halved

300g orzo

250g halloumi sliced (1 pack)

Salsa Verde

Small bunch of parsley

Small bunch of basil

½ garlic clove

1 lemon, zest and juice

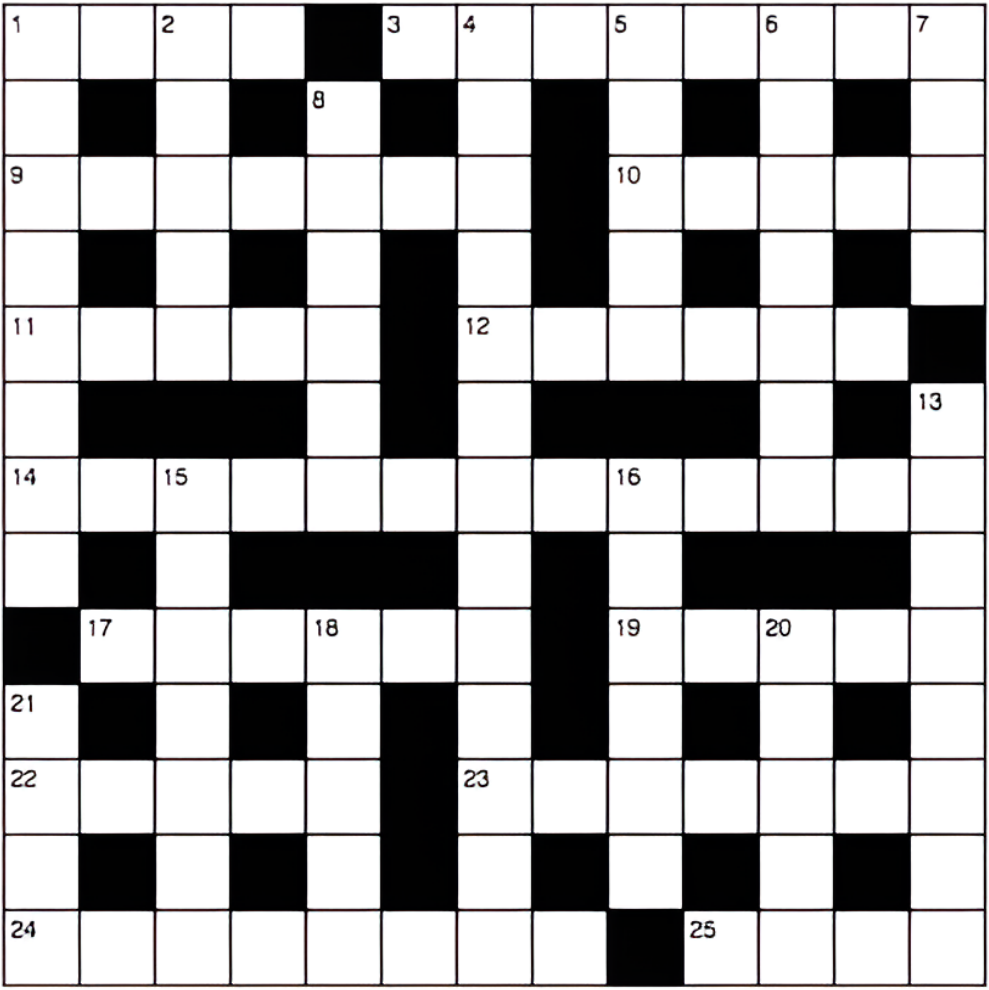
4 tbsp virgin extra olive oil

METHOD

1. *Place the peppers on a tray and grill under the highest setting for 15 mins until blackened. This can be done in the air fryer if you have one. Put the hot peppers into a bag then and when they have cooled it is easier to get the skin off. Scoop out the seeds and slice into strips.*
2. *Heat the olive oil and add the finely chopped onion, fry for 10 mins until softened. Tip in the garlic and chili flakes and fry for 1 minute.*
3. *Add the tomatoes, olives, sliced peppers and then the orzo and 300ml of water. Cook for about 5 mins to heat and mix everything together, season to taste.*
4. *Put in an ovenproof dish and nestle the sliced halloumi on top, bake for about 20 mins. If the orzo is still too hard cook for another 5 minutes.*

For the Salsa Verde – Put all the ingredients into the food processor, season with salt and pepper and pulse until you have a chunky salsa. Sprinkle over the top of the bake when serving.

Crossword



Across

1 'A little later someone else saw Peter and said, "You — are one of them"' (Luke 22:58) (4)

3 Giving (1 Peter 2:5) (8)

9 They came to Jerusalem seeking an infant king (Matthew 2:7) (3,4)

10 'An athlete... does not receive the victor's crown unless he competes according to the — ' (2 Timothy 2:5) (5)

11 Pacifist, temperance advocate, open-air preacher, leading 20th- century Methodist, Donald — (5)

12 'Come quickly to — — , O Lord my Saviour' (Psalm 38:22) (4,2)

14 'The God of Abraham, — — — , the God of our fathers, has glorified his servant Jesus' (Acts 3:13) (5,3,5)

17 Sear by intense heat (Revelation 16:8) (6)

19 'It is better to take refuge in the Lord than to trust — — ' (Psalm 118:8) (2,3)

22 Goods (Nehemiah 13:15) (5)

23 i.e. train (anag.) (7)

24 Surrounding area (Luke 24:50) (8)

25 'Righteousness will be his — and faithfulness the sash round his waist' (Isaiah 11:5) (4)

Down

1 Elegant and creative (Exodus 31:4) (8)

2 'Listen, I tell you a mystery: We will not all — , but we will all be changed' (1 Corinthians 15:51) (5)

4 'I... delight to see how orderly you are and how firm your — — — is' (Colossians 2:5) (5,2,6)

5 Enlist (2 Samuel 24:2) (5)

6 Of the Muslim faith (7)

7 Sharp intake of breath (Job 11:20) (4)

8 Woven cloth (Ezekiel 16:13) (6)

13 Plentiful (Romans 5:17) (8)

15 CIA char (anag.) (7)

16 Paul and Silas stopped him committing suicide after an earthquake in Philippi (Acts 16:27–28) (6)

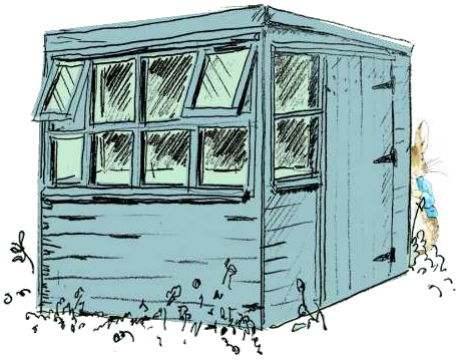
18 One of the ingredients in the making of incense for the Lord (Exodus 30:34) (5)

20 Episcopal headwear (5)

21 Inhabitant of, say, Russia, Ukraine, Poland, Slovakia or Bulgaria (4)

Answers on page 18

From the **Potting Shed**



Dear friends,

I hope you have enjoyed July and August and time to be with the children. I know though that lots of older folk look forward to going away in September when the sunshine is still lovely and the children are safely back in their classrooms. If that is you, I hope you have a happy holiday.

A few years ago, when Ruby was still a tot, I remember telling her that blackberries were ripening earlier than they did when I was a girl. Then they definitely belonged to September and October and well, I don't know about you but around here we were picking blackberries in late July this year. Never heard of that before. I love a bowl of blackberry and apple stewed up together with a spoonful of thick cream on top and I always try and freeze a few bowls of berries for later on. Apart from crumbles and pies there's this new recipe a friend gave me. It's really sweet Yorkshire puddings with some sugar added to the mixture and some blackberries at the bottom of each container. Anyway, my hubby heard me telling Beryl about it and grumbled loudly that Yorkshires are for roast Sunday lunch, not for messing about with. He put on his boots and huffed off to his veg garden. Ah well.

Enjoy September my dears,

Yours,

Cecily MacGregor

Jobs for September

1. Take cuttings from salvias, pelargoniums and fuchsias. This is easy to do. Have a go and then you have some free plants.
2. Now is a good time to divide large clumps of herbaceous perennials.
3. Plant pansies and wallflowers and you can be sure that they will survive any bad weather we may get.
4. If you are keen you can begin planting bulbs. Daffodils, crocuses and hyacinths will be happy but wait awhile until you plant tulips.
5. Keep deadheading roses. Lots of varieties will flower again if you are lucky.
6. If your pond is under a tree it is a good idea to net it so that falling leaves don't clog up the water.

What's On at St Michael & All Angels

September

2	2.00 pm	Mothers' Union Meeting: Church House
6	8.30 am	Men's Breakfast: Church House
	1.00 pm	Wedding of Matthew Anderson and Fionnuala Halton: Church
13	2.00 pm	Wedding of Angus Dixon and Charlotte Darling: Church
20	2.00 pm	Wedding of Sharon Constancon & Martin Watkins: Church
21	3.00 pm	Lighthouse Live: Church (see page 4)

October

7	2.00 pm	Mothers' Union Meeting: Church House
	6.00 pm	Deanery Synod Meeting: Church
19	3.00 pm	Lighthouse Live: Church (see page 4)
21	10.00 am	Mothers' Union Coffee Morning: Church House
26	2.30 pm	Civic Service: 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

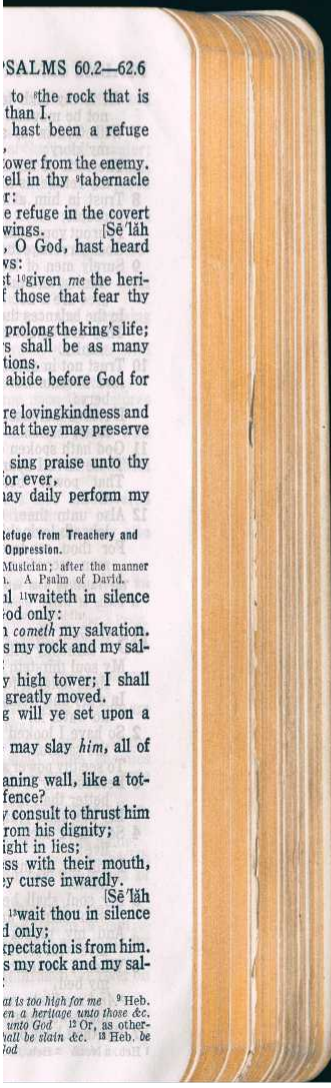
Friendship Morning

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 Helen Peters on **01494 716772.**

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**

September Lectionary



7th : Twelfth Sunday after Trinity

Deuteronomy 30: 15-end

Philemon 1-21

Luke 14: 25-33

Evensong: Psalm 121

Isaiah 43:14 – 44:5

John 5: 30-end

14th: Thirteenth Sunday after Trinity

Exodus 32: 7-14

1 Timothy 1: 12-17

Luke 15: 1-10

Psalm at 9.00 am: 51: 1-11

Evensong: Psalms 124 & 125

Isaiah 60

John 6: 51-69

21st : Matthew the Apostle

Proverbs 3: 13-18

2 Corinthians 4: 1-6

Matthew 9: 9-13

Evensong: Psalm 119: 33-40 & 89-96

Ecclesiastes 5: 4-12

Matthew 19: 16-end

28th: Michaelmas

Genesis 28: 10-17

Revelation 12: 7-12

John 1: 47-51

Psalm at 9.00 am: 103

Evensong: Psalm 138 & 148

Daniel 10: 4-end

Revelation 5

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

Chris Coyston

Children & Families Minister

Mobile: 07855 389998

chris@hughendenparishchurch.org.uk

Parish Office

Administrator: Ben Brice

Office Hours: Monday, Wednesday, Friday 9.30 am - 12.30 pm

07928 536543
office@hughendenparishchurch.org.uk

Licensed Lay Minister	David Tester	563354	Safeguarding Officer	Roger Grant	07909 960938
Churchwardens	Frank Hawkins	565050	Captain of Bellringers	Verity Nicholls	07952 850760
	Andrew Cole	305020	Church Flowers	Sylvia Clark	07570 876530
PCC Secretary	Susan Brice	445899	Friendship Morning	Helen Peters	716772
PCC Treasurer	Brian Morley	528633	Social & Outreach	Antony Rippon	07747 643270
Organist & Choirmaster	Neil Brice	445899	Mothers' Union Parish Link	Louise Stallwood	712705
Servers	Andrew Cole	305020	Hughenden Village Hall	–	07815 163269

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.

www.hughendenparishchurch.org.uk