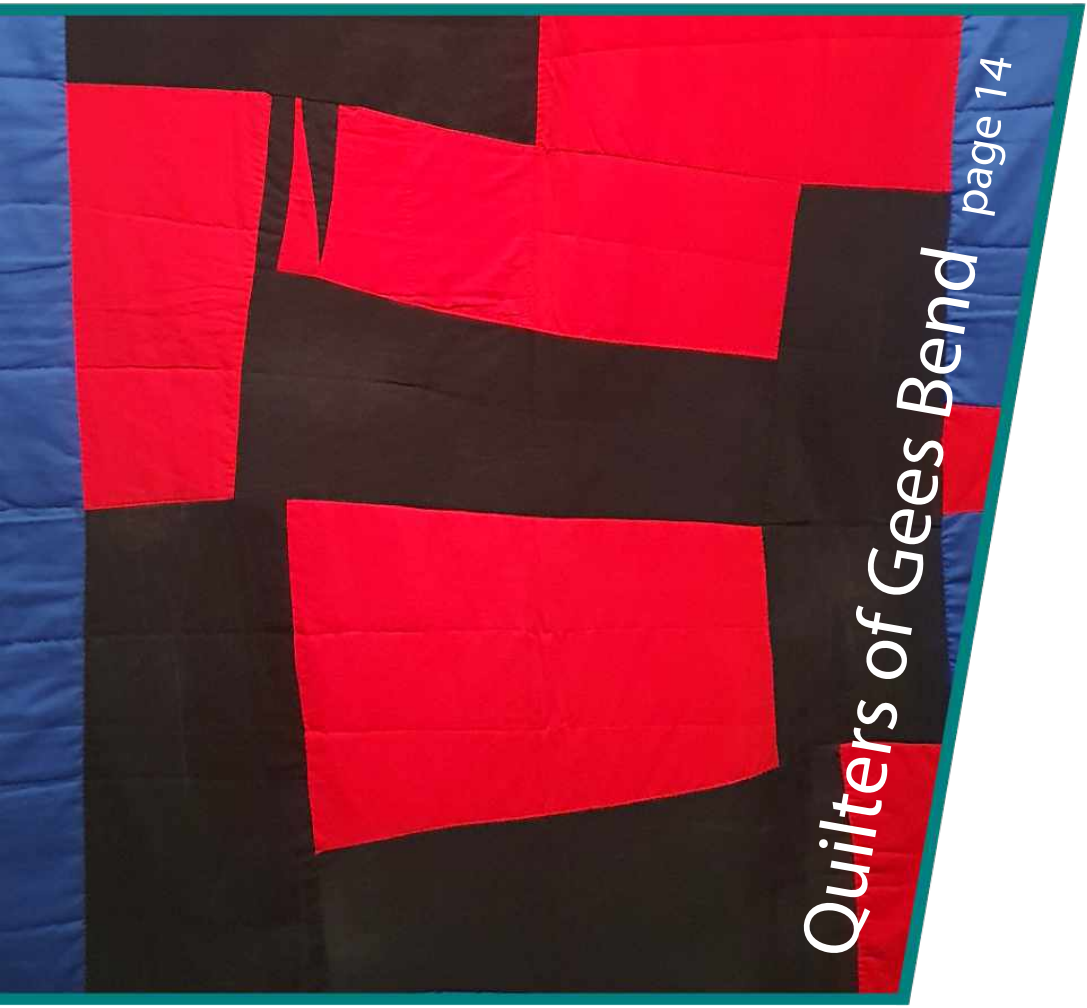
St. Michael & All Angels
CHURCH IN THE PARK | LIVING, LOVING, SERVING

outLook

The magazine for the people of Hughenden Parish | **JULY 2026** | FREE



Quilters of Gees Bend *page 14*

INSIDE: *Hamish's Mountain Walk* | **Mothers' Union 150 Years**

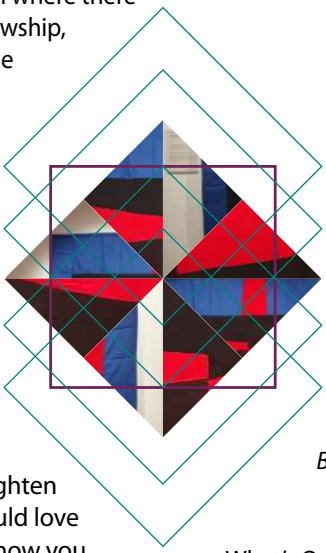
Welcome to **Your Church**

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.



(Not) From the Vicarage **2**

July Reflection **4**
Returning to Yourself: Gentle Reflections on Inner Worth and Healing

Mission Aviation Fellowship **6**

Church Heating System **8**

Hamish's Mountain Walk **12**

The Quilters of Gees Bend **14**

Mothers' Union **16**
Celebrating 150 Years

Holy Day in July **18**
15th July: St Swithun

Around the Local Church Cafés **19**

Nature Note **20**

Bookends **22**

July Recipe **24**
Black Forest Brownie Gateau

From the Potting Shed **26**

What's On at St Michael & All Angels **27**

July Lectionary **28**

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

www.hughendenparishchurch.org.uk

Dear Readers

When I look through the contributions for this July edition of Outlook, two things stand out for me. The first is positivity and the second is a sense of looking forward. In our troubled world it is too easy to be negative and to lose ourselves in worry and fear about the future. It is part of the human condition to be concentrating on tomorrow and sometimes we can risk missing the joy and happiness of today. There really is so much that is good.

Strong generosity of spirit shines through on many pages of this magazine. Take the Mothers' Union, who for the last 150 years have supported families and the church, raising funds for numerous charities; or the quilters of Gee's Bend who despite poverty and at times near starvation, sew colour and pattern for love of their families. Such a remarkable community spirit.

Read David's write up of the response of MAF to the Ebola crisis where people offer so much of themselves for the benefit of others.

Bea's lovely reflection reminds us that we are all worthy of God's love. It is difficult to love others if we don't love ourselves. Positivity is believing we are enough just as we are. It reminded me of the hymn: Just as I am, without one plea.

A new board has been placed by the Disraeli Family tomb in the churchyard allowing visitors to more easily read the inscriptions on the tomb that are now quite faded.

Helen's letter links our Christian journey to the process of moving forward with the matches of the World Cup, a huge event almost impossible to ignore even if we would wish to! And of course we are all looking ahead to the induction of our new vicar Charlie Lloyd Evans on the 21st July. This will be a new chapter in the life of St Michael & All Angels and the whole parish of Hughenden.

For those of you thinking of holidays, at home or away, may they be all that you wish, full of joy and refreshment.

With very best wishes

Susan Brice
Editor

from the Vicarage

Not

Helen Peters

Associate Minister

St Michael & All Angels, Hughenden

Are you a football fan? Do you remember the England win of 1966? Will you be following the fortune of different teams over the coming weeks?

During July many eyes will be on the World Cup, as nations compete match by match across 16 cities in the USA, Mexico and Canada, for one of the greatest prizes in sport.

I don't usually follow football, but it's hard to ignore the sense of anticipation and energy that surrounds this tournament even from the early group stages and I will certainly be willing England to do well in anticipation of the final on Sunday 19th July.

Like in every sport, no team wins the World Cup in a single moment. It is a long journey, sometimes exhilarating but often exhausting, requiring players to keep going through setbacks, pressure, injury and fatigue.

I'd like to suggest it's the same with the Christian faith. Saint Paul writes, "I press on toward the goal …" (Philippians 3:14). In football, everything is directed toward that (often elusive!) goal at the end of the pitch. The game will ebb and flow, chances are missed, momentum shifts, but the direction remains constant. In the same way, our faith gives us a deep sense of purpose and direction, we are called to keep moving toward God, step by step.

With football it is often in the middle of a match that perseverance matters most.

The writer to the Hebrews urges us to "run with perseverance the race marked out for us" (Hebrews 12:1). The Christian life is not

a sprint, more a marathon requiring patience. As I wrote last month, much of our Christian life is lived not in dramatic highlights, but in a steady rhythm of the 'ordinary': daily prayer, quiet kindness, choosing forgiveness and hope when it would be easier to give up. Like a long match, it is not always exciting, but it is faithful.

Another striking feature of the World Cup is that no one plays alone. Success belongs to the whole team: those on the field, on the bench and even those who have trained together behind the scenes. Saint Paul reminds us, "We, who are many, are one body" (Romans 12:5). The Christian life is not meant to be lived in isolation. We encourage one another, support one another, and share in one another's burdens and joys. At its best, the Church is less like a crowd watching from a distance and more like a team learning to play together.

Perhaps, alongside the drama of the World Cup we might reflect on our own journey. Not whether we are winning or losing, but whether we are staying the course, continuing to trust, to love, and to hope in the ordinary days that make up so much of life.

The Christian calling is not simply to begin well, but to keep going, to press on with perseverance, toward the goal set before us, trusting that God walks with us every step of the way.

Come on England!

Revd Charlie Lloyd Evans

Do join us at church on Sunday 16th August to welcome Revd Charlie Lloyd Evans as vicar of Hughenden when she will be celebrating her first Sunday with us, leading all three of the services:

9am	Choral Communion
11am	Service of the Word
6pm	Evensong

Charlie's Induction Service will take place on 21st July at 7.30 pm and you can watch it live on the church's YouTube channel: youtube.com/@HughendenChurch

July Reflection

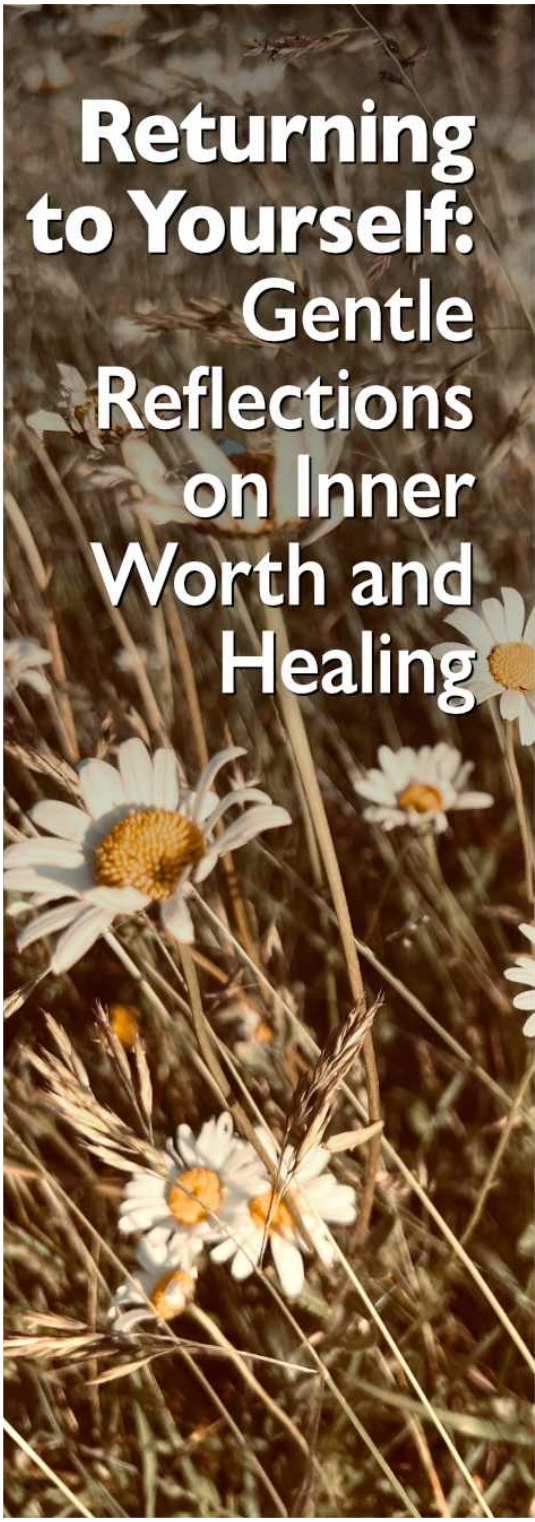
Over the past year, it has been a privilege to share reflections with you through these pages. A short time after writing my last reflection, God presented me with a significant challenge – one that required all my strength to face.

During this time, I have also experienced something deeply meaningful: compassion, care, and support. The messages, prayers, visits, and acts of kindness that I received from my surroundings have meant more than I can fully express. Their generosity fed more than just my body – it lifted my spirit when I needed it most. Out of this chapter of my life, a new series has gently taken shape.

Returning to Yourself: Gentle Reflections on Inner Worth and Healing is an invitation to slow down and reconnect with what is already within us – especially in times when life feels uncertain, overwhelming, or fragile. Over the coming months, we will explore themes such as self-worth, self-compassion, awareness, acceptance, and connection – not as ideas to perfect, but as gentle practices to return to.

This is not about having all the answers.
It is about creating space – for honesty, for kindness, and for healing.

My aim is that these reflections offer a quiet place to pause, breathe, and remember: you are not alone, and you are already enough.



You Are Still Enough

There are moments in life that shake us like an earthquake, unsettling the very ground on which we've built our sense of self.

Plans may evolve, expectations fall away and we are left to wonder: when all we imagined dissolves, am I still enough, just as I am?

In these moments, it is easy to tie our worth to how we feel, what we can do, or what has happened to us. When our strength feels limited, or when life doesn't unfold as we hoped, our sense of value can begin to feel uncertain.

But our worth was never meant to depend on circumstances.

It does not grow when everything goes well, and it does not disappear when life becomes difficult. It remains — steady, quiet, and unchanged beneath it all.

Sometimes, we are reminded of this not from within, but through others.

A kind message.
A thoughtful gesture.
Someone simply being there.

These moments can gently reflect something back to us that we may have forgotten: that we matter, even when we are not at our strongest.

Psalm 139:14 reminds us, "I praise you because I am fearfully and wonderfully made." This truth does not change depending on how we feel or what we are going through. It remains constant — even on the days when we struggle to believe it.

This month, you might pause and reflect:

- What would it feel like to believe that I am enough, just as I am today?
- Can I allow myself to receive kindness without needing to earn it?
- What small step could I take toward treating myself more gently?

Being "enough" does not mean having everything together.
It does not mean being strong all the time.

It means allowing yourself to be human — to rest, to feel, to heal.

As we begin this new series, may we start from this simple, steady place:
not from what we need to fix or improve, but from the quiet truth that we are already worthy of care, compassion, and love.

Bea Glowacki

MAF responds to the Ebola outbreak in eastern DRC

Since the Ebola outbreak in the Democratic Republic of Congo's Ituri Province was declared on 15th May, Mission Aviation Fellowship has been undertaking critical flights, delivering medical supplies, transporting crisis management staff, and evacuating people affected by the deadly disease.

Most of the Ebola cases are located in Ituri Province – the northeastern corner of the DRC, which borders Uganda and South Sudan. The World Health Organisation has called this crisis 'a public health emergency of international concern'. This outbreak features the Bundibugyo strain of Ebola. Unlike the more common Zaire strain, there is currently no approved vaccine or specific treatment available for this variant. According to NBC News, there have only been two previous Bundibugyo outbreaks – one in Uganda in 2007 and one in Congo in 2012.

First, MAF flew a major medical organisation several times to Ituri from the DRC's capital, Kinshasa. Then, although the DRC's Ministry of Transport decreed that aircraft were prohibited from landing and departing from Bunia (Ituri's capital city where MAF has a base) MAF was granted special permission to fly between the DRC and Uganda on a case-by-case basis. MAF also received additional permissions to operate at several other local airstrips for one month as part of the charity's disaster response.

A flight on 26th May delivered a plane load of hazmat suits from Entebbe in Uganda to Bunia – vital for reducing the risk of infection whilst caring for the sick and handling the deceased. Earlier that same day, MAF flew the Ebola Crisis Manager from the Africa Centre for Disease Control and Prevention and a team from Samaritan's Purse to respond to the outbreak.

MAF Pilot Alfred Ottosson is on the front line: "Although the number of deaths and Ebola cases are still rising, we can celebrate this forward step in the crisis response. Big shout-out to all those involved in arranging the flights, permissions, and scheduling. It is also amazing to see the collaborative effort between organisations, as well as from the authorities to work through constantly changing circumstances. We praise God for opening up ways to serve the Congolese people to bring them help, hope and healing."

MAF evacuates people to Uganda

Early on, MAF also evacuated the family of Dr Peter Stafford who caught Ebola whilst treating patients at Nyankunde Hospital in Bunia, a MAF partner. He tested positive on 24th May. Although Peter's wife Rebekah, also a doctor, had been exposed to the disease, she was asymptomatic, ie showing no signs of the disease. MAF flew Peter's wife and children from Bunia Airport to Entebbe in Uganda for safety. Peter was then medevacked separately to Berlin in Germany for specialist treatment.

On the same MAF flight to Entebbe was Peter's colleague, Dr Patrick LaRochelle. Although Patrick was also exposed to Ebola at Nyankunde Hospital where he works, Patrick and his family were asymptomatic. As a precaution, Patrick then flew to a hospital in Prague in the Czech Republic where he isolated in a BioBox chamber for at least 72 hours. He remained asymptomatic. He said however; "I had a glimpse of the reality that my Congolese friends and colleagues are living constantly, and for which a medical evacuation is not an option. I have seen the commitment of the Congolese doctors leading the response. And I've seen the context in which they are working: an outbreak already out of control by the time it was recognised, a region in a constant state of conflict, a province 1,000 miles away from the capital, and an under-resourced health system. The challenges are overwhelming …"

MAF and its partners remain on hand to respond further.

Hazmat suits being loaded.

What can you do?

Please pray for safety for medical teams and NGOs helping contain the outbreak: a number of factors mean that they are often misunderstood, not trusted and sometimes attacked. Pray for MAF as it responds, as well as struggling with lack of fuel and increased fuel prices. Donations can be made on the MAF site **donate.maf-uk.org/start**. Finally, are you having a clearout? MAF collects and sells postcards, any postcard, old or new, used or unused. A volunteer sorts and sells them to collectors, raising thousands of pounds in the process. Please recycle them by putting them in the collection box at the back of church or pass them to me directly. Thank you.

David Tester
MAF Church Rep

Church Heating System

(Our Hidden Burner)

The way our Church is heated is mostly hidden from view but we are all aware of the lovely waft of warm air that meets us on a cold winter's morning. Here are a few facts about how our heating is produced.

Our Church is heated by warm air from an old Victorian solid fuel stove (top photo on the right) manufactured by John Grundy of Lancashire and London and supplied to many cathedrals and churches throughout the country. It was originally installed here in the cellar with a chimney as part of the extension and refurbishment of the church in 1879. The cellar is believed to be under the base of the old bell tower which was moved to its present position at the west end of the church at that time. Since 1981 when the North Room was completed, the cellar has been accessed from under its floor instead of from the outside.

At the end of 1967, the heating system was converted to burn oil but utilised the old stove as a firebox. It is a burner, as although some people assume it is a boiler, it truly is a burner as it burns oil instead of coal or coke and produces a high intensity flame that heats the steel vessel, lined with fire bricks inside the old stove (bottom photo on the right).

This is connected to the large casting with fins which you can see through the grating in the church at the head of the north aisle.

At present, kerosene is injected and ignited by a Riello oil burner installed in 1993 (the red box). The burners are readily available and can be replaced if necessary.

When the stove was first installed into the church to warm the congregation, because before that there was no heating, the verger would have to get up very early in the morning to clear out all the old ashes and relight the stove, but basically it is the same stove providing warm air today but heated by a different fuel.

Some of you may say that it is not very 'green' or caring for the environment to be burning a fossil fuel but it could be easily converted to burn HVO (Hydrogenated Vegetable Oil). This is officially classed as being carbon neutral as when the vegetable oil burns, the CO^2 is re-absorbed by plants which is then converted back to HVO resulting in a short carbon cycle, unlike the very long carbon cycle of fossil fuels. Unfortunately at the present time, the

price of HVO for heating is about 50% more than the price of kerosene. The government does give a subsidy if the HVO is used for transport but not for heating.

The Riello burner puts out around 200 Kilowatts of heat and is very efficient when compared with heating by 'greener' electricity. More to the point, we do not have 200 Kilowatts of power available on our electricity supply as only about 60 Kilowatts remain after existing demands. For a space the size of our church you do need a lot of Kilowatts for electric heating! The warm air has many advantages as it circulates around the church with very few cold damp areas and keeps the fabric of the church well aired and warm. It also keeps the church organ running well -I hear from Neil!

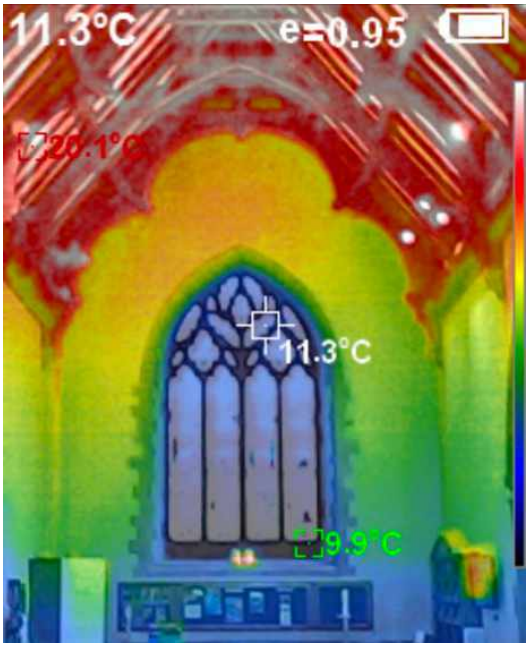
Ways to improve the efficiency of our heating

The top photo over the page shows a Destratification Fan, specifically designed for churches which we have on trial to push the warm air down from the high roof space where it collects and redistribute it at lower levels where it is needed to warm the congregation. It is positioned above the warm air grating in the north aisle. The plan is to get a few more of these fans around the church. They can be colour-matched to blend in with the rafters or ceiling. They can run at various speeds, the lower speeds being very quiet so as not disturb the church services. These fans could save

on the cost of fuel and keep the church warmer at congregation level.

In addition to this, I have been monitoring the temperature in church at three different locations over late Autumn to early Spring to see if the fan makes a difference. The fan does actually seem to push the warm air along the north aisle towards the west end. The Chancel is two degrees cooler than main body of the church and the West end end is two degrees warmer. The other photo is an infrared image of the west end taken last year in March showing where our heat is rising up to the roof which is at 20.1 degrees whereas nearer to the ground it is only 9.9 degrees. These fans will push the warm air down to ground level and prevent the heat from being wasted and possibly going out through the roof.

Colin Wilkinson
ECO Church Group



LIGHTHOUSE LIVE

SUMMER SPECTACULAR

12th July - 3.00-4.30 pm
@ St. Michael's, Hughenden

An event for all children with loads of fun and games, craft and a celebration, finishing with a BBQ.

PLEASE SIGN-UP USING THE QR CODE
hughendenparishchurch.org.uk/Lighthouse-Live-Signup

Hamish's Mountain Walk

Understatement, humility and humour are well hidden in the title Hamish gave to his book describing, 'The first non-stop climb of all 3,000 ft Scottish Munro peaks.' Over a three-month period in 1974, mainly unaccompanied, he travelled between the Munroes on foot, bicycle and ferry. Quoting from the book's sleeve, he 'wore out three pairs of boots, ate through 42 food parcels, covered 1,639 miles, ascended 449,000 feet and climbed 289 peaks!' Also, in addition to the Bible (a constant companion), he read over 20 books.

The achievement in itself is remarkable, even for the experienced mountaineer that he is, having climbed in the Alps, Himalaya and Scandinavia. However, his ability to convey to the reader, through his brilliant descriptive writing - the wonder and beauty of the landscape, fauna and flora in the Scottish Islands and Highlands - is just as impressive. Spread throughout with detailed observations, reflections (including poetry and biblical extracts), geographic and geological information , personal and historical anecdotes, the book is a true appreciation for and a celebration of God's creation.

Particularly, I found a striking abundance in the wildlife and flowers Hamish encountered, and wondered, as he did at the time (50 years ago), what changes the future held for many of them. Birds alone included Golden Eagles, Buzzards, Kestrels, Hen Harriers, Ptarmigan, Grouse, Snow Bunting, Capercaillie and many more. And plants, such as Campion, Mountain Avens, Trailing Azalea, Alpine Lady's-mantle, Bilberry, Bog Asphodel, Cotton-grass, Sundew, Butterwort and the rare Twin-flower (found in Caledonian pine remnants) are found scattered across his odyssey.

I wasn't long into the book, when it became apparent that here was a man fully enlivened and enriched by the natural world. As he himself acknowledges (page 218):

> *'If you have dwelt in the secret heart of the mountains, beholding the full glory of their revelation, as they unfold their signs and wonders from the going down of the sun to its uprising, nothing can efface the memories of such nights.' Julius Kugy, Alpine Pilgrimage.*

It is also clear that Hamish is a man of deep faith. In a section at the end of the book, he seeks to explain his 'love-affair' with mountaineering (a puzzle to many of us) and why he undertook such a monumental challenge. In racial South Africa and a child refugee from war in the Far East, Hamish was acutely aware of evil in the world. The agony of his struggle is palpable, 'The dichotomy between man,

sin and evil, and creation, harmony, beauty was despair. There had to be a God!'

Resolution came when, as a young man, he attended Bible readings at a camp on the Mull of Kintyre where, as he says, an experience of God's grace lifted the clouds. The 'walk', for Hamish, embodied a sacred journey, a mission, a time of quiet renewal. God, he concludes, is sure, steadfast and best found among the hills. Many of us will find a resonance here.

My favourite poem in the book (page 97), took a while for me to extract its deep meaning, the use of old Scots notwithstanding:

'I'm just a donnert gangerel
On a byway through the murk
But I ken the yett that's best my bairn
An it's a toll I dinna shirk.

I'll tak ye ower some muckle braes
An ower with wi snaws an' frost
But in the back-end o' yer days, ma bairn
Nae guid thing ye'll have lost.

Aye, there's mony paths tae tempt ye
But only ane is best;
So tak the yin ma bonnie bairn
'Tis a hunner o' the rest.

The narrator is an ordinary fellow (donnert gangerel) finding his way through the 'murk' of life. He will not shirk his duty, as a father, to show his child (bairn) the best gate (yett) to go through for a good life. Be the way laden with challenges and hardships (muckle braes, snaws and frost) his child will be able to look back, in his final days, and know that he made the right choice. Finally, he tells his child, that many other tempting paths will be laid before him, but the 'true path' is better than a hundred others – the path to God.

Hamish Brown MBE, FRSGS (now 92 years of age) is a professional writer (over 30 books to his name), lecturer and photographer, specialising in mountain and outdoor topics.

Roger Grant
(extracts with the kind permission of Hamish Brown)
Hamish's Mountain Walk ISBN 0575023627

The Quilters of Gees Bend

Gees Bend is a remote, rural community situated on a peninsula in the Alabama River, in the far south of that American state. In the 19th century it was a cotton plantation worked by slaves. After the civil war those same slaves became tenant farmers and sadly their lives were not much improved. But, however impoverished their situation was, they quilted. The children slept on quilts and under quilts, quilts were hung on the walls of the freezing cold huts and shacks in an effort to shut our the draughts and cold air, any pieces of material from old clothes were re-used as well as sacking and of course cotton waste from the plantation and farms to fill the quilts and give some warmth.

The Depression of the late 1920s and 30s brought Gees Bend to the point of starvation, exacerbated by henchmen being sent in to raid anything and everything of any value. Farm animals, equipment, tools, even stored sweet potatoes and peanuts were stolen, leaving the black community relying on bags of flour and cornmeal sent in by the Red Cross. People survived by foraging for berries, hunting deer and fishing.

Roosevelt's New Deal in 1937 resulted in better housing in 'The Bend' (although still lacking sanitation, running water or electricity) and with government loans, collectives were set up which stabilised the use of resources. And still they quilted.

If by now you are wondering where I'm going with this article … or even where this all came from, I will explain. I have recently spent a few very enjoyable days in Bath and the purpose of the visit was to go to an exhibition of Gee's Bend quilts called 'Kith and Kin.' This was held in the American Museum which is situated on the hill overlooking the city. Just why there is an American Museum in Bath is another story altogether and for another time but it is indeed a beautiful place.

I had read about this group of quilters and was alerted by a friend that the exhibition was on.

I am interested, well maybe fascinated is a better word, by quilts and those who make them. I have seen Amish quilts and those made by Kaffe Fassett (it rhymes with safe asset!) but the total insularity of this group of African Americans is what made me so curious about their work. The pictures that I'm showing you here are from the exhibition, I did ask if I could take photos, and they are so very individual. They are also not all perfect and I like that, maybe because I am not a perfect sort of person myself. The quilts were not designed and made with the thought that they would end up hanging in a gallery or museum, no, they were made with warmth and comfort in mind and joy as well. Pattern, design and colour bring joy don't you think?

As I walked around the gallery I was amazed by what these women, whose ancestors had been subjugated and exploited, had produced. In the early and mid 20th century none of them would have visited a gallery, seen quilts from elsewhere, looked at a book of quilt patterns or of course seen television. Their ideas and patterns were entirely their own, from their hearts and minds, and were then added to and subtly changed by other family members. The sewing was done by hand on quilting frames in their houses, once work was over and a meal had been eaten. The sewing is full of family and caring. It shows love and humanity and is a testament to the power of community and how this can support others in desperate times. Comfort is the word that will stay in my mind but design as well. It was quite astonishing how abstract some of the quilts were, reminiscent of artists like Kandinsky, Mondrian and Miro, whom none of these women would ever have seen.

One of the quilters, called Mensie Lee Pettway, put it this way:

"A lot of people make quilts for your bed, for to keep you warm. But a quilt is more. It represents safekeeping, it represents beauty, and you could say it represents family history."

The exhibition finished in June but there is plenty to explore online if you are interested.

Susan Brice

Mothers' Union

150 Years Celebrations
Join Us, Join In

Our Monthly meeting saw a change of venue as we met in Church and welcomed Susan Brice to talk about the history of our beautiful and fascinating building. Susan had taken a lot of trouble to prepare the talk which took the form of a guided tour around the Church, North Room and Vestry. We also heard from Alan Jaycock about the building of North Room, very much a hands-on Church Project! Tea was served in Church House where we celebrated an eightieth birthday with a cake and finalised plans for the Teddy Bears Picnic.

Worldwide plans are getting into full swing this month. Alan and Barbara Willson attended Evensong at Christ Church Cathedral on Sunday, 7th June to welcome Deb Lane who is a Trustee member of the MU Worldwide Board for York Province. Deb had undertaken a sponsored bike ride from York to London, at St. Paul's Cathedral for our celebratory service on 10th June. MU branches along the way had welcomed Deb and her family with hospitality. We were joined at Christ Church by our two Diocesan joint Presidents and several Diocesan members from the local area. The Dean lead the prayers with a short summary about Mary Sumner, giving thanks to God for His Blessing on our work and praying for the wonderful outreach of Mothers' Union. The Sub-Dean kindly entertained us with refreshments after the service which gave us all a chance for a chat!

On Wednesday 10th July six Hughenden Branch members travelled to St Paul's Cathedral to attend a very inspiring service lead by The Archbishop of Canterbury. The music and singing filled this beautiful building and we were all filled with the awe of our common purpose of supporting family life. The Worldwide President and other leaders from around the world took part in the service and afterwards there was time to admire the banners and exchange greetings.

Hughenden members had an early start the next morning as it was our Teddy Bears Picnic for our toddler group. To celebrate the 150 years we had invited the One Can toddlers group to come and join

us. Unfortunately it was a very wet morning so we had to abandon plans for being in the garden and to organise everything in Church House and Cottage. Mothers' Union members had prepared an amazing selection of food which was enjoyed by the parents and children. We were entertained by our Children & Families Minister, Chris and his friendly puppets telling the story of the feeding of the five thousand, an informal service lead by Helen, finishing up with music and songs with Chris on the guitar and Nicky on the flute. The youngsters were very appreciative of the food and fun!

By the time you have read this we will have lead the 11.00 am service on 21st June at St Michael & All Angels. We hope that the service will have made you more curious about Mothers' Union and you will come and support us at our celebratory Ploughman's lunch on 7th July in Church House and Garden at noon.

Barbara Willson
Action and Outreach Group
Diocese of Oxford

Holy Day in July

15th July – St Swithun (or Swithin), saint for a rainy day

St Swithun is apparently the saint you can blame for rainy summers. It is said that if it rains on his special day, 15th July, it will then rain for 40 days after that. It all began when Swithun was made Bishop of Winchester in 852 by King Ethelwulf of Wessex. It was an important posting: Winchester was the capital of Wessex, and during the 10 years Swithun was there, Wessex became the most important kingdom of England.

During his life, instead of washing out people's summer holidays, and damping down their spirits, Swithun seems to have done a lot of good. He was famous for his charitable gifts and for his energy in getting churches built. When he was dying in 862, he asked that he be buried in the cemetery of the Old Minster, just outside the west door.

If he had been left there in peace, who knows how many rainy summers the English may have been spared over the last 1,000 years. But, no, it was decided to move Swithun. By now, the 960s, Winchester had become the first monastic cathedral chapter in England, and the newly installed monks wanted Swithun in the cathedral with them. So finally, on 15 July 971, his bones were dug up and Swithun was translated into the cathedral.

That same day many people claimed to have had miraculous cures. Certainly everyone got wet, for the heavens opened. The unusually heavy rain that day, and on the days following, was attributed to the power of St Swithun. Swithun was moved again in 1093, into the new Winchester cathedral. His shrine was a popular place of pilgrimage throughout the middle ages. The shrine was destroyed during the Reformation and restored in 1962. There are 58 ancient dedications to Swithun in England.

From the Parish Pump

Around the local church cafés

A Warm Wednesday Welcome in West Bucks

Café Shabbs

Shabbington Church

Café Shabbs is hosted in Shabbington church on a Wednesday morning. Located just west of Thame, it is a small, pleasant rural church in an idyllic setting. Although, a little out of our local orbit, it is well worth a visit if you are in the area. The café is somewhere between the fully staffed Holy Trinity, Hazlemere and the help-yourself St Botolph's featured recently. To create a more flexible space, the pews have been unfixed and moved to the side. They and stacking chairs can then be used as required for any occasion: a simple solution to a common problem in older churches.

Opening hours: Wednesday 10.30 am - 12.00 pm.

Parking: On the road adjacent to the church.

Refreshments available: Coffee, tea, selection of cakes and sweet treats. Drinks served by volunteers from the small kitchen.

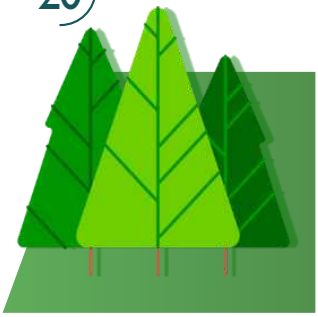
Donations only: card reader and donation box available.

Facilities available: toilet under bell tower through the small kitchen. Books on Shabbington on sale, but unfortunately no information about the church. Bench in churchyard is a welcome spot to sit on a good day.

Other local amenities: The Old Fisherman, just a short walk down from the church and by the River Thame, is also a lovely spot to drink and eat lunch or dinner on a sunny day.

So, Café Shabbs - a warm welcome as volunteers serve you; sit or stand and chat to both locals and visitors, like cyclists who drop in! Otherwise, relax and enjoy the stained glass, huge George III coat of arms, and the tranquillity of the setting.

David Tester



Nature Note

Then God said, "Let the land produce vegetation: seed-bearing plants and trees on the land that bear fruit with seed in it, according to their various kinds." And it was so.

Genesis 1:11

God the creator, the gardener. Note how the newly created trees had fruit, fruit that contained seed. The first time that reproduction is mentioned in scripture.

As spring settles into early summer, reproduction is everywhere, from birds laying eggs, lambs struggling with their first steps, flowers galore in meadows and gardens to young human parents joining in with their next family addition.

The mechanics of this is of course based on individuals having opposite or complementary gender or sex. Very straight forward you may think, which it is in human terms despite recent news headlines.

For humans and fellow mammals what is given is given. Not quite as straight forward with other creatures. Some reptiles (Komodo dragon for instance) and fish will change sex if there is a lack of the opposite gender.

If the queen bee of a hive dies then the surviving workers choose eggs that the queen has left which would normally become infertile female workers. When hatched they feed them royal jelly excreted from their own bodies, build special queen cells and allow the 'candidates' to develop into new queens.

In the meantime the workers are now able to temporarily lay eggs themselves, these hatch to become male drones, timed to be able to take a marital flight with the new queen.

Some aphid species (greenfly, blackfly and the like) can have up to 40 generations asexually, wingless female clones from an initial set of overwintered eggs, followed by a winged and sexed generation as autumn sets in, these latter produce eggs to hatch the following spring.

An interesting side note is the relationship some ants have with aphids. The ants

farm aphids that produce 'honeydew' secretions, which the ants love. They, the ants, will protect the aphids and transport some to suitable nearby aphid food plants. There's even one species of ant that will transport aphid eggs when one of the ant queens (they have a similar social system to honeybees) leaves to start a new colony.

Then we have plants, all of which have totally different reproductive strategies to the above. It has to be that way, plants aren't designed to be mobile, they can't have intimate physical contact. So the genetic material that's required for reproduction has to do the moving! Hence clouds of pollen (the male material) from spring onwards from various plants.

Which brings us very neatly to, you guessed it, trees. Trees, as with nature in general, have several systems of reproduction. They fall into one of four categories.

Firstly cosexual: such trees have flowers that contain both male and female parts, the anther for pollen and the stigma that contains the tree's ovule. Our orchards are full of such species, apples, pears, cherries and so on, in fact if a tree is known for its beautiful flowers then it is a cosexual species.

They are designed to attract insects looking for nectar and when, hopefully and very kindly, they move pollen from the anther to the stigma it will be job done. Seeds can now be produced inside attractive, juicy fruit, which is the other strategy of the tree, get hungry animals, us included, to move the seeds (pips, stones, nuts) and disperse them. Around 75% of tree species worldwide are cosexual.

Secondly monoecious: these trees still have male and female on the same individual tree, but as separate flowers. Hughenden has walnut, birch, beech and oak species that are all in this category.

Typically monoecious trees carry catkins as the male flower and small female flowers to catch the pollen. Such trees rely on wind for pollination and again animals or wind to disperse their seeds. About 10% of trees are monoecious.

Thirdly dioecious: these individuals bear either male or female flowers. Which is why a holly for instance may not bear berries, it's male!

Willows, poplars and yew also have individuals that either bear male or female flowers, never both (stinging nettles also by the way).

Lastly a group that decide what to do on an annual basis. Ash can have separate male and female flowers and cosexual flowers all on the same tree, one branch can be male, another female and it can all be different next year! One thing is for sure, ash keys as the winged seeds are known, will be flying everywhere come the autumn.

Praise the Lord for diversity!

Mike Bevan

BOOK-ENDS

Predicament - William Boyd
The Things We Never Say - Elizabeth Strout

Way back in October I wrote about Gabriel's Moon by William Boyd, (see Readings in my blog: beyondtheairingcupboard.co.uk) This was a new venture for the author. I really enjoyed the story and eagerly awaited the second book in the promised trilogy. Amazingly I held back until the paperback came out but it took some self control!

Gabriel Dax is the reluctant spy who has become rather inadvertently involved with MI6 and as everyone knows, there is no way out of this situation. In 'Predicament' we are in 1963, the Berlin Wall has been up for two years, Europe is in the depths of the Cold War and President JF Kennedy is about to visit West Berlin and give his most famous speech. Gabriel discovers a plot to assassinate this magnetic and most illustrious of visitors and it is a fight against time to find the sniper. Who knows, maybe something like this actually happened. It is not beyond the realms of possibility.

Leaving the secret service aspect to one side, there is a slight comedic feeling to these stories and I think this is mainly because the writer is blatantly having such fun. The plot is faultless and the characterisation excellent but I can imagine William Boyd having the suggestion of a wry smile on his face as he describes Gabriel's life. When left alone he (Gabriel) is a travel writer, happily exploring far away rivers and settlements, perfectly happy until his M16 handler Faith Green disturbs his life, and his heart, once more.

When in London we are firmly in Chelsea, on the Kings Road and the pubs round about. In the early sixties this was the place to be. The area was definitely 'with it!' (to use the vernacular of the time.) It must have been quite a task to ensure the setting was historically correct. A lot has happened and changed since those times. In the story it is the lack of quick and reliable communication that is most noticeable. Remember telegrams and having to go to a phone box?

William Boyd is the most erudite of writers with an admirable vocabulary. I rarely have to look up words but I do if I'm reading his books. Of course I look the word up on my phone. I wonder how long it is since I opened a dictionary?!

The Times describes 'Predicament' as being 'extravagantly enjoyable.' I absolutely concur.

'The Things We Never Say' by Elizabeth Strout is the latest book by one of my favourite writers from America's east coast. If you have read several of these stories then you are probably familiar with her two most famous characters: Olive Kitteridge and Lucy Barton. Neither appear in this book, very unusually, but geographically we have not strayed, we are still in and around Massachusetts and Maine.

This book is very new, indeed new enough to make clear and firm references to the last American election and the polarisation that resulted. The author explores how people are careful when framing a conversation until they know each other's political views. This is a thread that runs through the story, all without ever mentioning *that* name!

Artie Dam is Elizabeth Strout's new character. He is well rounded and perfectly believable. He is a successful and well liked teacher. He loves his wife and son and has an enviable lifestyle but all is not as it seems. We only allow others into parts of our lives don't we? And, if we appear to 'have it all,' how impossible it would be to open up and say that no we are not alright actually. Nobody could see how isolated Artie feels himself to be and this feeling was exacerbated by the politics of the day. Had the world gone mad he wondered … or was it him?

Then, one day Artie learns a secret that throws his life into deeper confusion. It is a family secret and an old one. How had the years passed with his friend and his wife keeping this from him? How should he continue with this knowledge eating away at him? Does he have to hold onto this secrecy or should he tell his wife he knows? Would this action make things better or worse?

Elizabeth Strout writes with confidence and insight about grief, comfort and family relationships. She is an astute and compassionate observer of the human condition and matters of the heart.

Happy Reading

Susan Brice

July Recipe

Everywhere I look at the moment, with anything to do with cooking, there seems to be a nostalgic return to the 80's! I remember this time when my children were young, as a time of big dinner parties. I was doing everything from spending hours boning poussins/ ducks and curling butter onto dishes for the table.

I remember once spending hours making an ice bowl with flowers in the ice, then a few different flavours of home made ice cream were put in the bowl very carefully. During the dinner someone went to the freezer and put a wine bottle to cool on top of it and melted the whole bowl and ice cream! Recently I saw this recipe in a magazine for the '80s' black forest gateau with brownie instead of sponge. So on our recent trip to Berlin, I made it for my daughter's birthday, brave to be making this in Germany where it comes from but everybody loved it, so here it is.

Julia Grant

Black Forest Brownie Gateau

INGREDIENTS

For the brownie:

350g unsalted butter, cut into pieces

200g caster sugar

1 tsp vanilla extract

200g plain flour

1 tsp baking powder

6 free range eggs

To serve:

370g whole black cherries in syrup or kirsch

8 tbsp cherry jam

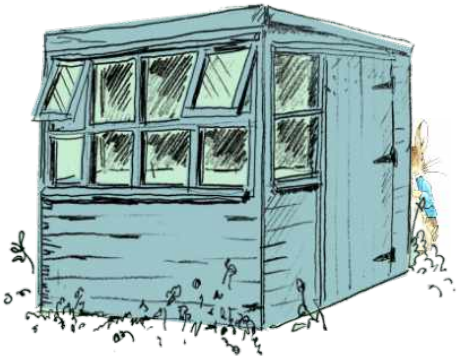
600ml double cream

100g dark chocolate

METHOD

1. *Preheat the oven to 180°C/160°C fan/Gas 4. Line two 20cm round baking tins with baking parchment.*
2. *Add the butter to a large heavy based saucepan over a medium heat and melt slowly. Turn the heat to low and add the chocolate. Stir until melted and the mixture is smooth and glossy.*
3. *Take off the heat, add the sugar and vanilla and mix thoroughly. Add the flour and baking powder and stir until you have a fine mixture that resembles breadcrumbs, with no lumps of flour or sugar visible.*
4. *In a medium bowl, whisk the eggs for 20-30 seconds until light and frothy. Use a large spoon to carefully fold the whisked eggs through the chocolate mixture to form a smooth batter, keeping in as much as air as possible.*
5. *Divide the batter between the two tins and bake for 25-30 mins. They are done when the edges are set, but it may still look a bit soft and wobbly. Leave to cool for 1-2 hours on a cake rack.*
6. *To assemble put one of the cakes on a plate and spoon 4 tbsp of syrup from the cherries on the cake (reserving the cherries). If you have it you could use some cherry liqueur on the cake instead! Then use a spatula to spread the jam over the base.*
7. *Whisk the cream until it just forms stiff peaks and spread half over the cherry jam on the base. Put about 1/3 of the cherries on the cream.*
8. *Carefully place the second brownie on top of the cream and cherries and spread the remaining whipped cream on the top.*
9. *To decorate arrange the remaining cherries on top of the cake. Use a vegetable peeler on the chocolate to create small chocolate curls.*

From the **Potting Shed**



Dear friends,

Here we are in July and the world has already turned, pointing us towards autumn. However, let's not talk about that. Plenty more summer in front of us and plenty more deadheading. I take my early morning cup of tea for a walk around the garden with my secateurs and do a little tidying up as I go.

July always has my favourite scented flowers, sweet peas. MacGregor takes the growing of them and his dahlias very seriously, otherwise his mind is on his veg garden. Ruby arrived at the kitchen door the other day with a posy for me: love-in-the-mist and deep pink sweet peas. I was that pleased. Seth followed on behind with a bunch of dandelions. He had a big grin on his little face … and he makes me smile too.

Enjoy all your garden has to offer my dears,

Yours,

Cecily MacGregor

Jobs for July

1. Look after your tree ferns, if you're lucky enough to have them. Water straight into the crown and keep the trunk wet too, particularly when it is very warm. My daughter bought me one as a birthday gift a few years ago. I have to wrap it up carefully in winter. MacGregor says it looks like something from the time of dinosaurs and it doesn't go with his dahlias … ah well.
2. I am fond of my little pond and I'm careful to use rainwater if I need to top it up in hot spells. Try to add it slowly to avoid stirring up the silt.
3. If you haven't already done so then do put your houseplants outside for a bit of a holiday. Probably too much of a shock to put them in full midday sun though. Dappled shade is good.
4. Keep deadheading roses, cutting back to the next leaf shoot. The family like buying me rose bushes as presents. Now I've said I'd like them to be single, open roses please so that the bees can get in.
5. Ruby and I are going to propagate some mint when she next comes round. We will cut 10 cm shoots and put them in a jar of water to root. It's quick ! Then the next time she can plant each one in some compost. She wants some for her school garden and a few to take home. This is mint though, so don't plant it straight into your garden or it will take over. It needs to be in a pot.

What's On at St Michael & All Angels

July

4	8.30 am	Men's Breakfast: Church House
7	12.00 pm	Mothers' Union Ploughman's Lunch: Church House & Garden (see page 11)
12	3.00 pm	Lighthouse Live Summer Spectacular: Church & Church House (see page 11)
21	7.30 pm	Institution & Induction Service: Church

August

4	10.00 am	Mothers' Union Coffee Morning: Church House
8	1.00 pm	Wedding of Jessica Pope and Morgan Gray: Church
14	10.30 am	U3A Visit: Church
16		**Revd Charlie Lloyd Evans' First Sunday**

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

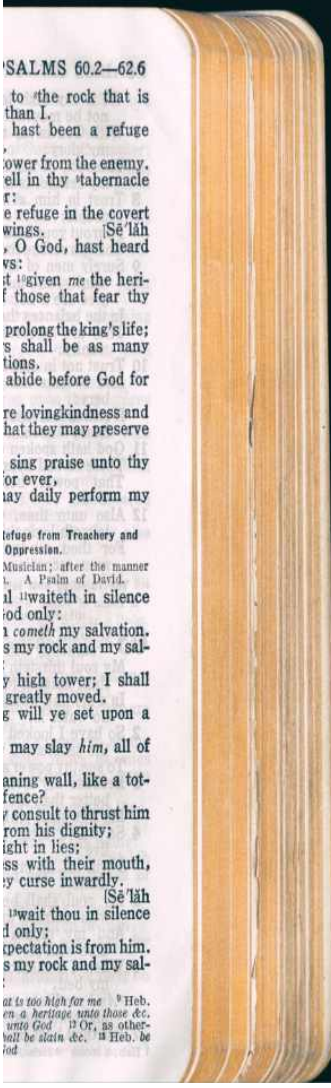
Friendship Morning

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**

July Lectionary



5th: Fifth Sunday after Trinity

Zechariah 9: 9-12

Romans 7: 15-25a

Matthew 11: 16-19 & 25-30

Evensong: Psalm 56

2 Samuel 2: 1-11 & 3:1

Luke 18:31 – 19:10

12th: Sixth Sunday after Trinity

Isaiah 55: 10-13

Romans 8: 1-11

Matthew 13: 1-9 & 18-23

Psalm at 9.00 am: 65

Evensong: Psalm 60

2 Samuel 7: 18-end

Luke 19:41 – 20:8

19th: Seventh Sunday after Trinity

Isaiah 44: 6-8

Romans 8: 12-25

Matthew 13: 24-30 & 36-43

Evensong: Psalm 67

1 Kings 2: 10-12 & 3: 16-28

Acts 4: 1-22

26th: Eighth Sunday after Trinity

1 Kings 3: 5-12

Romans 8: 26-39

Matthew 13: 31-33 & 44-52

Psalm at 9.00 am: 119: 129-136

Evensong: Psalm 75

1 Kings 6: 11-14 & 23-end

Acts 12: 1-17

Who's Who at St Michael & All Angels

The post of vicar at Hughenden is currently vacant.

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