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

outLook

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

INSIDE: **Peru Revisited** | *Making Tracks to Chester Cathedral* | **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.

From the Vicarage 2

October Reflection 4

Peru Revisited 6

Mothers' Union 9

Making Tracks to Chester Cathedral 10

Medieval Buildings, History, Ghosts and Misericords 13

The Proms Music Festival 16

Embrace the Middle East 18

Holy Day in October 21
4th October - St Francis

How Tyndale affects what you say 22

Princes Risborough Rotary Club 23

Nature Note 24

Bookends 26

October Recipe 28
Flourless Orange and Ricotta Polenta Cake

From the Potting Shed 30

What's On at St Michael & All Angels 31

October Lectionary 32

Editors *Sylvia Clark, Christopher and Jane Tyrer, Susan Brice*

Design *Ben Brice*

Printing *Andrew Cole, Brian Clark, Roger Grant*

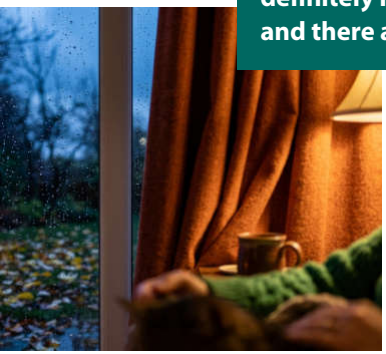
Distribution *Andrew Cole and Team*

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

www.hughendenparishchurch.org.uk

Dear Readers

Here we are in October. Some of you may be sad that summer really has gone now, whilst others look forward to closing the curtains and being warm and cosy during the long dark evenings. I am very definitely in the first camp but I am always determined not to moan and there are of course very many things to enjoy about autumn.



Looking through this autumnal magazine, it occurs to me that it will take you happily through the month. The nature notes suggest what to look out for on an afternoon's walk, there are as always many jobs to do in the garden and then you could sit down with a welcome piece of cake (see Julia's recipe) and have a look at my book selection. There are thoughts about a short break to Ludlow or maybe researching the next model railway exhibition is more your style. Peru would need to be a rather longer visit but fortunately we can travel vicariously and catch up with Charlotte's family as they holiday in their former home.

We always strive for Outlook to do just that: look outward, and so we have articles that will inform you about the Middle East situation and about Shelterbox, an emergency disaster charity, as well as what is going on locally, including our Celebration Service on 18th October. And then maybe it would be time for you to read the reflection. A Hughenden priest, many years ago, used to say that you don't always have to be busy, sometimes you can just be. I think our Bea would probably agree with that.

I really hope you find something to enjoy in this edition and I would like to thank all our contributors and everyone who produces Outlook.

Happy October

Susan Brice
Editor

from the Vicarage

Charlie (Charlotte) Lloyd-Evans

Vicar

St Michael & All Angels, Hughenden

In the early 2000's Jon Ortberg published his popular Christian book If You Want to Walk on Water, You've Got to Get Out of the Boat. Perhaps a less well known book was the one he wrote a few years later At the End of the Game, it All Goes Back in the Box.

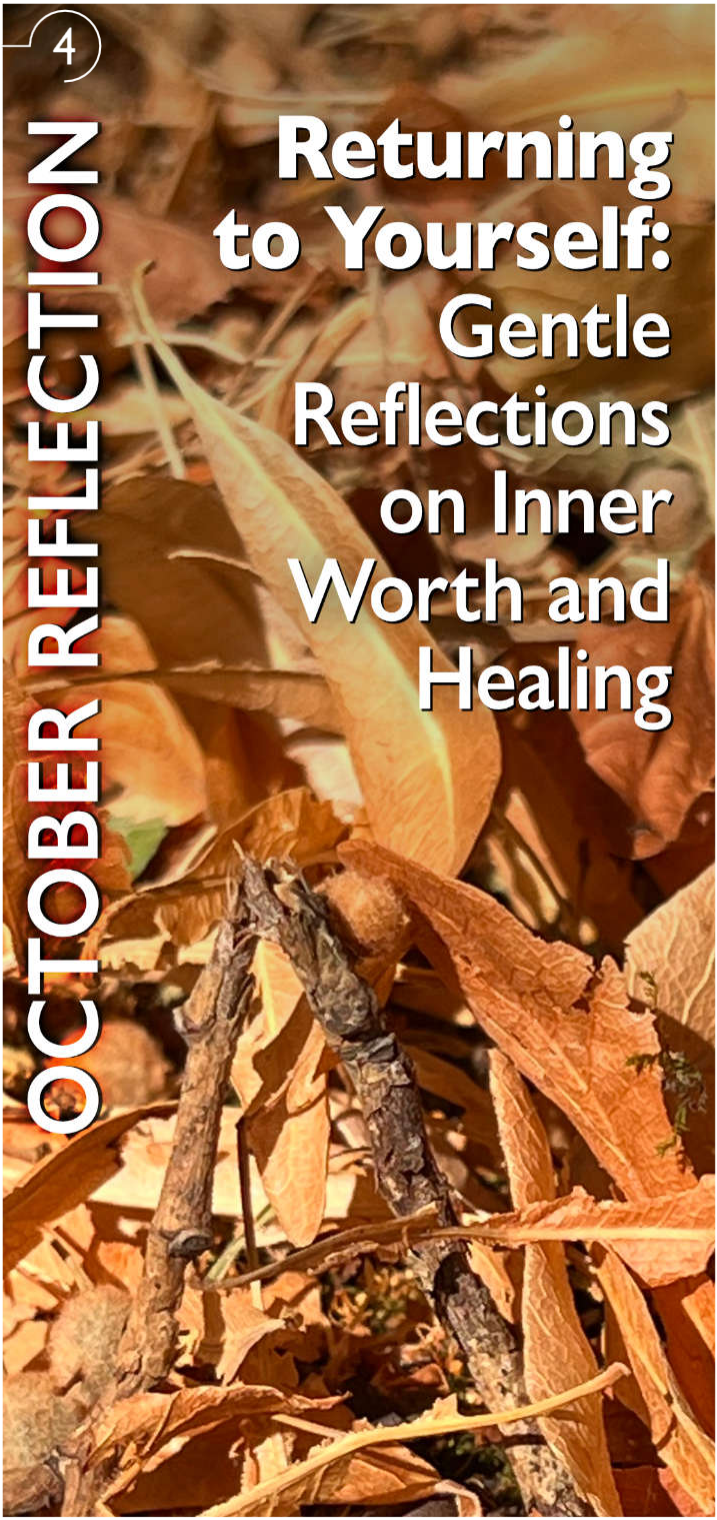
I have not read this one yet, but it is on my list. However, I am really struck by the concept of the title. The front cover features a Monopoly game, which gives a fair hint about the concept of the book. How many intense and competitive games of Monopoly have you played in your family? They can get quite fraught at times. Allegiances formed and broken, fortunes won and decimated. I presume the concept of the book is about the temporal natures of these things. At the end of the day how many houses and hotels you had on your properties, or how much cash you had in the bank, is irrelevant. The pieces are all gathered together and bundled back into the box. It is a metaphor for the way we live life, and the things that do and do not matter in the long run. So the question is, what is left at the end of the game? What does matter? Well I think the answer to that is that we are left with the relationships we have with the people we played the game with. At the end of the day relationships are the most important thing we have in our life.

This is a key principle of the Christian faith. We were made by God for relationship with Him and with each other. The Christian belief is that our God, who is both Father, Son and Holy Spirit, has relationship and love at the heart of His identity. Creation itself is a creative overflowing of that love, with human

beings as the pinnacle of that creation. So we were made by and for love and relationship.

I have been reflecting on this a lot over recent weeks as I have moved away from the precious community that I was part of in Kent, to be welcomed into the wonderful community of St Michael & All Angels and the wider parish here in Buckinghamshire. I have met so many wonderful people and been made to feel so welcome. It is a joy to be developing new relationships, forming new friendships and in turn being formed by those friendships. I look back over the years, to all the various places I have lived and ministered, and I can see how each set of people has influenced and formed me and helped me to grow. That is what it means to be part of a community. A community that lives and shares together, a community that celebrates the good times together and carries the burdens together, a community that laughs and cries together.

I look forward to becoming increasingly more embedded in this community as time goes on and getting to know you all better. As part of that I would encourage you to come to our Celebration Service at St Michael & All Angels on Sunday 18th October at 10.30 am. This is a service for the whole community, celebrating all that we are. It is also a chance for me to get to know more of you and vice versa. However, please do not be offended if I ask you for the 10th time to remind me of your name, I am terrible with remembering names, but I really do want to get to know you. Hope to see you there if not before.



Honouring Your Limits

October is a season of change. The days grow shorter, the leaves begin to fall, and nature quietly reminds us that there is a time to let go, to slow down, and to conserve our energy.

In September, we reflected on listening to what we need. This month, we take the next step: learning to respect what we hear.

Sometimes we recognise that we are tired, overwhelmed, or stretched too thin — yet we keep going anyway. We say yes when we really need to say no. We take on more than we can comfortably carry. We may worry about disappointing others, appearing selfish, or seeming unable to cope.

But honouring our limits is not a sign of weakness.

It is a form of self-respect.

Even Jesus stepped away from the crowds at times to rest, pray, and be alone. In Luke 5:16, we read, "But Jesus often withdrew to lonely places and prayed." There is wisdom in knowing when to step back.

Our limits are not there to make life smaller. They help us live more honestly. They remind us that we are human, not endless sources of energy, patience, or strength.

Sometimes a boundary might look like saying:

"I can't take that on right now."

Or:

"I need some time to think before I answer."

Or simply:

"I need to rest."

These words can feel difficult at first, especially if we are used to putting other people's needs before our own. But healthy boundaries can protect relationships as well as ourselves. When we give from a place of exhaustion or resentment, our care can become strained. When we honour our limits, we are more able to offer our presence freely and sincerely.

This month, you might gently reflect:

- Where am I giving more than I realistically have to give?
- Is there something I need to say no to, or not yet?
- What would respecting my energy look like this week?
- Can I accept that rest is part of responsibility, not the opposite of it?

October teaches us that letting go can be necessary for renewal. The trees do not apologise for releasing their leaves.

As we continue returning to ourselves, may we learn to honour our limits with courage and grace — trusting that caring for our own wellbeing allows us to show up more fully, honestly, and lovingly for others.

Beatrix Kiraly

PERU *Revisited*

When Moyna Hawes kindly said to me a few weeks ago, "I do miss your articles about Peru", I told her I might be able to write one more, as the family were going back there on a visit. So here it is, especially for you, Moyna!

For new readers, our son Paul and daughter in law Sarah spent 16 years living in Lima, the busy, crowded, ever expanding capital of Peru, while working as mission partners with Church Mission Society (CMS). Their three daughters were all born there and I used to write about the family in occasional articles, which became more frequent during the Covid pandemic, when I compared their experience with ours, as Peru recorded the highest per capita death rate in the world, including many deaths of children. The government imposed very severe restrictions, closing all schools for two whole years and limiting the time children could spend out of their homes. For a family with three lively girls living in a flat, this was quite a challenge!

Just over three years ago, the family moved back to England and settled in a village in Oxfordshire. Paul is now Mission Director for CMS, which is based in Oxford, and Sarah has returned to primary school teaching. The girls (now 14, 12 and 10) have settled into school and adjusted well to a new way of life. They had been at an international school in Lima, where they were taught half in English and half in Spanish. (As a result, the eldest one took GCSE Spanish 2 years early this summer and did rather well!)

They had all been looking forward to a special holiday this summer, going back to Peru to visit good friends and familiar places. In Lima they were able to spend time with their former neighbours, including a couple with two sons about the same age as Paul and Sarah, who had "adopted" them when they first arrived. They also enjoyed seeing families of various nationalities who they had met through the international school and joined a service at the church they used to belong to, in a deprived area of the city.

Having numerous meals with friends, they enjoyed eating Peruvian food again. Peruvians are very proud of their traditional dishes and potatoes often feature, as Peru is of course the home of over 4,000 varieties of potato! Peruvian yellow chillis are also frequently used for flavour.

Causa is a cold dish, featuring yellow potatoes kneaded with Peruvian yellow chilli, layered originally with hard boiled eggs and decorated with black olives. Many variations of it exist today, often using chicken or tuna instead of eggs.

Potatoes appear again in papa a la huancaina, where they are smothered in a cheese sauce, spiced once more with yellow chilli, and aji de gallina is a chicken dish with a creamy yellow chilli sauce. These are very popular with the family, though other specialities such as barbecued cows' hearts and (oh no!) roasted guinea pig are less so.

Chicha morada is a traditional non-alcoholic drink made by boiling purple sweet corn with pineapple peel, apples, cinnamon sticks and cloves.

The girls are particularly fond of it and as a powdered version of it can be bought in sachets, they have brought some home.

An outing one day to a favourite beach at San Bartolo, a few miles south of Lima, brought a surprising new experience. Swimming in the sheltered bay, they suddenly became aware of some sea turtles swimming near them. A local surfer explained that the turtles are normally only found further north, in the warmer seas closer to the equator, but that they had come further south because of this year's unusually warm El Nino.

It was summer here when the family went on holiday, but of course it was winter in Peru. Lima is famous for its low cloud and fog in winter, which traps traffic fumes and causes poor air quality. Fortunately, the family were able to escape to blue skies and lovely scenery, as after spending time in Lima they set off on an eight hour drive into the Andes, staying for a few days near Huaraz, about 10,000 feet (3,000 metres) above sea level. The area is stunningly beautiful and very popular with mountaineers and hikers. They visited Lake Llanganuco, at 12,600 feet (3,850metres), a photo of which hangs in our hallway, and managed a tough climb to Lake Churup at 14,600 feet (4,450 metres)!

The family had a wonderful holiday, but they did have what they call "the full Peru experience", which included a fairly strong earth tremor, three of them suffering nasty tummy bugs, a constant awareness that the security situation is deteriorating, and the unfortunate experience of finding that a bottle labelled water was actually full of neat alcohol!

Much as they all love Peru and the people there, they are content to be living in England, where the girls have more freedom to go out on their own and there are no earthquakes. They enjoy village life, their lively church and the schools they attend in the village and in Abingdon. Maybe they will visit Peru again in a few years and I'll write another article. Who knows?

Charlotte Tester

Mothers' Union

At our September meeting we were pleased to welcome an excellent speaker, Cathy Ryan from the charity ShelterBox. She explained that the charity was started in 2000 in Cornwall and would not exist without the Rotary Club. The charity provides emergency shelter and tools for families robbed of their homes by disaster and conflict. In 2025 the charity supported 231,000 people at a local level and is proud that it adapts their work listening to what is needed locally.

ShelterBox has six pre-positioned hubs that are stocked and ready to go when and where they are needed. Their support includes various types of shelter, technical guidance, hygiene kits, blankets, water filters and light.

Cathy gave us an insight into some of the dreadful situations that people are experiencing today when they have 'lost everything'. Sadly disaster, conflict and climate change are forcing more people to flee their homes than ever before. It was particularly relevant as we had just learnt about the devastating floods in Nepal and Tibet. I felt humbled and grateful for the work they do.

Our next meeting is on Tuesday 6th October at 2.00 pm when Neil Brice is giving an organ recital for us in Church. Everyone is welcome to attend.

Dianne Walker

Making Tracks to Chester Cathedral

Back in 2020 Pete Waterman OBE was asked by the Dean of Chester Cathedral about creating a model railway to display in the cathedral to celebrate the 150th anniversary of the death of Thomas Bussey, the Chester born civil engineer who in his lifetime was responsible for one third of Britain's railway and especially for a large section of what is now known as the West Coast Mainline. A memorial to Thomas can be found in the St Erasmus Chapel in the cathedral.

Although the model railway was initially going to be quite small, it evolved into a layout 64ft long and 12ft wide and was displayed in one of the transepts of the cathedral and could be visited during the Summer of 2021. The layout included Watford tunnel, Tring cutting as well as the Shugborough tunnel. As the layout would be in the cathedral for about 6 weeks the needs of holding services were maintained throughout the summer. Although the Dean of the cathedral was looking at the event for one year, it was such a success and raised a substantial amount for the cathedral that it was decided to have a further display in 2022. This was also shown at the Great Electric Train Show in Milton Keynes in 2021.

Pete Waterman and his team of modellers went back to their workshop in the Northeast to look at new features for the 2022 layout which would cover the route between Kilsby Tunnel and Hillmorton Junction. As a first, on this layout visitors to the display were able via the use of a tablet to drive a train around. I was able to have a go driving a goods train around

the layout but suffered losing half of the train on the Hillmorton Junction section which included a long incline when the couplers failed. This was to become an issue on the layout until an alternative means of coupler was designed.

Due to the success of the layout, Chester Cathedral agreed to host more summer displays with new layouts every year up to 2025 with these events being a major fundraiser for the cathedral. Also due to the increased availability initially of 3D printers and the Laser Cutting technology, major upgrades to the layouts took place, these include a large number of cars, bicycles and trackside equipment as well as complex building structures. The first building example was a scale version of Milton Keynes Station which was the first station to appear on any of the

layouts. This has been followed by Watford Junction and the creation of a number of blocks of flats around Watford Junction.

The Making Tracks layout has appeared at the Great Electric Train show since 2021 as well as regularly at the Key Model World Show at the NEC. In 2024 it became the holder of the Guiness World Record as the Worlds Largest Portable Model Railway when 3 versions of the layout were joined together. This created a layout with 694.9 metres of usable track complete with 27 points and needed 16 operators to control the 4 loops of track. Unfortunately as not many venues can host a layout of this magnitude and the effort involved with assembling the layout it is unlikely to be repeated

Making Tracks 6 is scheduled to make its debut at Milton Keynes the weekend of the 10/11th October and will include the area around Blisworth where the West Coast Mainline crosses the Grand Union Canal.

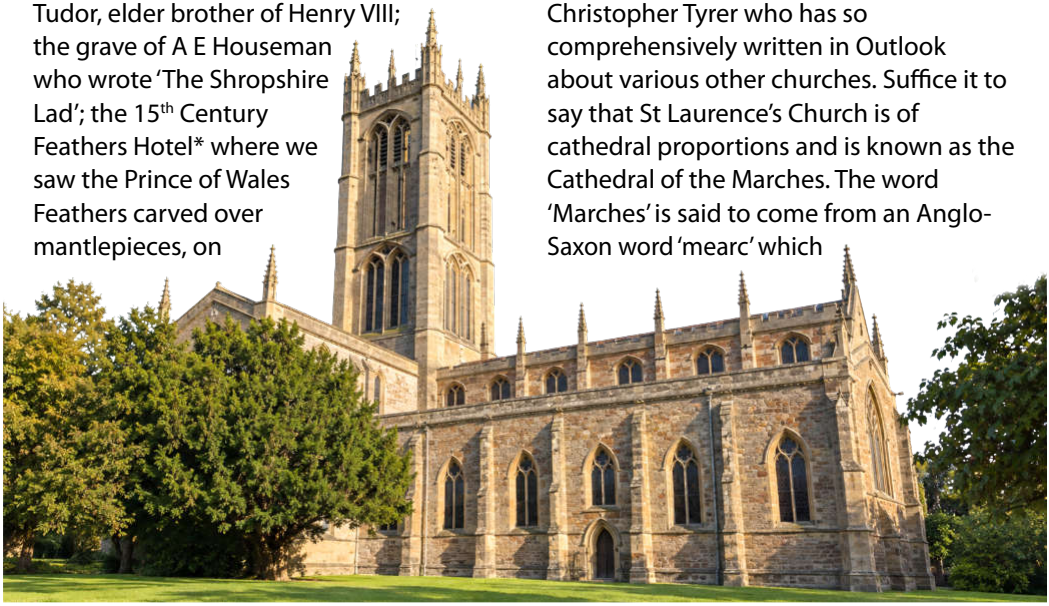
Andrew Cole

Medieval Buildings, History, ***Ghosts*** and Misericords

Recently we visited Ludlow in Shropshire, a lovely town, rich in history and medieval buildings and famous today for the Ludlow Food Festival which takes place annually in September, though not while we were there.

A guided tour of the town highlighted the most haunted pub in Britain with five different ghosts (we didn't see any of them but we weren't there at night when I assume most ghosts appear); a 900 year old market place, still operating as a market today; a ruined Norman castle, once the home of the famous 'Princes in the Tower', and later of Prince Arthur Tudor, elder brother of Henry VIII; the grave of A E Houseman who wrote 'The Shropshire Lad'; the 15th Century Feathers Hotel* where we saw the Prince of Wales Feathers carved over mantlepieces, on columns, on ceilings, etc. We also walked down Broad Street, a very wide, downhill street with many Georgian buildings but also where a large number of medieval timbered buildings had been plastered over by the Georgians.

Earlier we visited St Laurence's Church, the Parish Church of Ludlow, an amazing building originating from the 12th century with various additions and alterations over the ensuing centuries, and in which there is so much to see and wonder at, that one could easily spend a week there! I shall not attempt to write a history of the church as that is far more ably done by Christopher Tyrer who has so comprehensively written in Outlook about various other churches. Suffice it to say that St Laurence's Church is of cathedral proportions and is known as the Cathedral of the Marches. The word 'Marches' is said to come from an Anglo-Saxon word 'mearc' which



means a mark, border or boundary. Historically the Welsh Marches are the approximately defined borderlands between England and Wales. After 1066, the Marcher Lords were given special powers by William the Conqueror to control the Welsh border and they built numerous castles from which to rule their semi-independent territories. Today's Marches are the English counties running alongside the Welsh border, i.e. Shropshire, Herefordshire, parts of Gloucestershire and the nearby Welsh areas.

The great tower in the centre of the church is 135 ft high and is supported by four huge columns. In one of these is a spiral staircase with 201 steps to the roof from which the views are said to be breathtaking. I did not put this to the test! The bellringers, however, do have to climb quite a way up to reach the ringing chamber with the ten bells high above them.

St Laurence's contains a number of elaborate tombs and memorials, including several from the 1600s. Some of the effigies on top of the caskets are so intricately and beautifully carved in marble or stone that it's hard to see how this was achieved without pieces breaking off. (Perhaps they did – imagine what the stonemasons' utterances would be!) The frilled ruffs around the necks of the figures are so delicate and the folds in the clothing so realistically depicted that one could almost feel the fabric.

In the chancel there is a small square stone which says that the heart of Prince Arthur Tudor, Prince of Wales (older brother of Henry VIII) is buried near that place, following his death in 1502 at the age of 15 years. Around six months earlier Prince Arthur had married Catherine of Aragon, who some years later became the wife of Henry VIII.

Each side of the chancel is lined by rows of 15th century choir stalls, the undersides of the hinged seats being beautifully carved with 28 misericords depicting

various scenes and symbols. 'Misericord' is a word which comes from the Latin 'misereri' meaning 'to pity' and relates to a small wooden ledge on the underside of a folding church seat which would support a person standing during a long service. No doubt choristers had to stand for long periods.

Two of these misericords in particular caught my attention, one a very modern carving of Queen Elizabeth II made to mark the Diamond Jubilee of the late Queen. This was the first such carving to be done and installed in 500 years. The other was of a 'Dishonest Alewife'. The carving shows a demon with a long scroll on which is written all the misdeeds of this dishonest woman who was found to be short-changing the customers or watering down the ale. The demon has a pencil in its hand to note the latest misdemeanour. Another demon is shown carrying the scantily clad woman, the alewife, still clutching her flagon, over his shoulder towards the gaping jaws of Hell, while a third devil plays the bagpipes to serenade her final journey. Unfortunately, the demons in the middle section of the carving had their heads cut off in the Puritan era so we can't see their expressions (see the photographs.)

There is a large coffee shop at the back of the church where drinks and delicious cakes may be purchased as well as a very well-stocked shop selling all kinds of church and Ludlow related articles. Several guides (the human sort) are present to answer questions.

St Laurence's, Ludlow is an absolute treasure and if you haven't visited it, I can highly recommend you do. If you leave the church on the hour, you can listen to the carillon playing from the church tower – as we left it was playing 'There's no place like home'.

Sylvia Clark

**We stayed at the Feathers Hotel which tested our balance as there is not an even floor in the building and our bed tilted from one side to the other meaning I very nearly landed on the floor during the night! When walking through the rooms everything creaked – perhaps there were a few ghosts in that building too!*

The Proms Music Festival

I love a London summer. There is the Chelsea Flower Show, Wimbledon, the Summer Exhibition at the RA and the BBC Proms. I have been fortunate enough to go to Chelsea and Wimbledon but these days I'm quite happy to watch from the sofa with a glass of wine but with the Proms, well, I just love being there.

Whilst concert going is lovely, the booking of tickets for this particular amazing festival can be stressful. There is a timeline. The programme of events is released in April, online and also a hard copy with lots of interesting articles. I ponder, turn down page corners, confer with family, look at dates and consider the cost and, eventually, a list is made. The Saturday early in May that is Proms booking day will be in my diary. You need to create a Proms plan on the Albert Hall website well before THE day. Booking opens at 9.00 am and before that you will have logged onto the site. At the allotted time, you are (digitally) allowed into the waiting room where you are given a random number. This summer ours was around 15,000 but my neighbour nearby was 300. Someone I suppose must be number 1. How exciting would that be! Anyway, sadly, because we were so far back in the line we did not get everything we wanted but even that is exciting in its own way. I love the fact that tens of thousands of people are fighting (metaphorically and politely of course) to get tickets for eight weeks worth of concerts. And, it is wonderful to sit in the Royal Albert Hall surrounded by passionate music lovers. When it is full the hall accommodates 5,000 people including of course the real Prommers, those who for a small price stand in the arena or up in the gallery; so very, very high up.

So, you will be familiar with the silhouette of the Royal Albert Hall, even if you have never been inside. We have Queen Victoria's

husband Prince Albert to thank for this amazing building in South Kensington, along of course with the V and A museum, the Science and the Natural History museums, the Imperial College of Science and Technology, the Royal College of Music and much more. Journalists often call this small, contained area 'Albertopolis,' not very elegant but yes, descriptive. The cultured German prince saw this as a gift to the 'ordinary people.' I think he would be pleased to see how it is used today.

This annual series of Promenade Concerts did, interestingly, begin in Victoria's time, 1895 to be exact but they were held in the Queens Hall in Langham Place, next door to the BBC, conducted by Sir Henry Wood. This hall was bombed and destroyed in 1941 in the Second World War and the concerts moved to their forever home soon afterwards.

The BBC were by then already in charge as they had taken over in 1927 to rescue the concerts from financial difficulties. The corporation had just been established as a public body with a remit to ' inform, educate and entertain' and a full series of classical music for live radio broadcast fitted in perfectly. Sir Henry Wood remained in charge vowing to maintain the original aim of making classical music affordable and accessible to the general public.

In the decades that I have been enjoying this musical festival it has changed a lot, opening its arms wider and wider still, to quote Land of Hope and Glory. The variety of music is now huge, not just classical. There are Proms aimed at children, concerts at different venues around the country, late night performances, organ recitals, folk, jazz and even a Traitors Prom, and every performance can be heard live on BBC Radio 3 and many are also televised.

But, what I hear you say, about the Prommers themselves. Well, this is a whole different story and although I have done this once many years ago, I'm not really qualified to give you the details. The Albert Hall has changed the rules and procedures over recent years to protect people and avoid them standing in queues for very many hours. I'm sure the details are on the website if you wish to follow it up. I will say that it is a brilliant way to see the highest quality music performed before your eyes for less than £10 but you do have to stay standing, only being allowed to sit on the floor during the interval (similar rules as at the Globe Theatre actually.) There are certainly various protocols that are followed and there is a definite etiquette to being a Prommer. As well to become familiar with this before you step on somebody's toes, maybe literally. My friend who proms regularly and passionately has made many music loving friends from queuing and standing waiting for the music.

It is a complete privilege to sit within such a musically literate audience. People know when and when not to clap and they are well attuned to the end of a piece when the conductor 'holds' the hall in a few seconds of exquisite silence. Then the applause erupts.

Susan Brice

Update from EMBRACE the Middle East

Dear Hughenden Church family, thank you for your continued generosity, prayers and support for Christian communities across the Middle East. Your gifts are helping local churches and Christian organisations provide healthcare, education, humanitarian aid and hope to people facing some of the most difficult circumstances imaginable. At a time when many crises have faded from the headlines, your support remains a powerful reminder that they have not been forgotten.

Gaza

The humanitarian situation in Gaza remains catastrophic. Although a ceasefire came into effect in late 2025, many families remain displaced and face limited access to food, clean water, healthcare and sanitation. Children and pregnant women are particularly vulnerable to malnutrition, disease and trauma.

- The Near East Council of Churches continues to provide healthcare, nutritional support, medicines and maternity care, despite two of its clinics being destroyed during the conflict.
- Caritas Jerusalem provides healthcare, psychosocial support and emergency cash assistance, allowing families to meet their most urgent needs.
- Al Ahli Hospital continues to provide emergency and outpatient care despite damage to its facilities.
- The Jerusalem Princess Basma Centre provides rehabilitation, speech therapy and psychosocial support for children with disabilities, severe injuries and trauma.

The West Bank

Communities in the West Bank continue to face economic hardship, movement restrictions and insecurity.

- Anar supports young Palestinian Christians through mentoring, community activities and emotional support, helping develop leadership skills, confidence and resilience.
- Musalaha continues its reconciliation work between Israelis and Palestinians, creating opportunities for dialogue, friendship and understanding and offering a Christian witness to peace in a deeply divided region.

Lebanon

Lebanon continues to face economic hardship, political instability and the effects of recent conflict. Many families displaced in 2024 remain unable to return home, while communities in the south continue to experience insecurity.

Our partner MERATH is supporting vulnerable families facing financial hardship and the pressures of prolonged displacement, providing food parcels, blankets and other essential supplies while helping people maintain dignity and hope.

Syria

The fall of the Assad regime in December 2024 created new opportunities for recovery after fourteen years of conflict, but millions remain displaced and poverty and damaged infrastructure continue to create enormous needs.

Through local churches and partner organisations, Embrace provides food, healthcare and community programmes. Child-friendly spaces are particularly important, giving children opportunities to learn and play while receiving emotional support and a safe environment in which to begin recovering from the effects of conflict.

Egypt

Embrace also supports vulnerable communities in Egypt, where economic hardship, inflation and the arrival of refugees from neighbouring conflicts are placing increasing pressure on families. Many Egyptians and refugees face barriers to healthcare, education and employment.

Life Vision for Development supports children with visual impairments through education and rehabilitation, helping them develop confidence and independence. Other partners provide healthcare for vulnerable communities, including refugees in Cairo, while vocational programmes help young people develop skills and find employment. Humanitarian projects also provide food, shelter and emergency assistance to refugees and families struggling to meet their basic needs.

Across the Middle East, our Christian partners continue to embody God's love through practical action: caring for the sick, supporting displaced families, helping children overcome trauma, creating opportunities for education and employment, and working for peace and reconciliation.

Thank you for standing alongside our brothers and sisters across the Middle East. Please continue to pray for peace, justice and protection throughout the region, and for all those who serve their communities with courage and faith.

With very best wishes,

Rowena Worthington
Church and Community Fundraising Lead,
Embrace the Middle East

www.embraceme.org

The bumper Summer-Autumn issue of the Embrace magazine is now out, filled with the latest news from our partners in the Middle East. Your prayers and generosity fuel this vital work, enabling our partners to continue to serve their communities sacrificially, despite outrageous challenges.

Download your copy of the Embrace magazine today:

embraceme.org/s/Embrace-Magazine-Summer_Autumn26.pdf

Holy Day in October

4th October – 800 years since the death of St Francis of Assisi

You'll have heard of Giovanni di Pietro di Bernadone, although he is better known as Francis of Assisi. On 4th October we will mark 800 years since his death; such was his fame, influence, and holiness that he was declared a saint by the pope less than two years later.

Francis was born into a prosperous family of silk merchants in Assisi in 1181. As a young man, he spent money lavishly and enjoyed a reputation as an irresponsible, pleasure-loving youth. However, experiences both as a prisoner of war and of illness led him to rethink his life, though this reappraisal took time to bear fruit. At the ruined chapel of San Damiano outside Assisi, he felt God speak to him, asking him to "repair my church, which is falling into ruin." Little did Francis know then that repairing God's church meant far more than restoring a simple chapel.

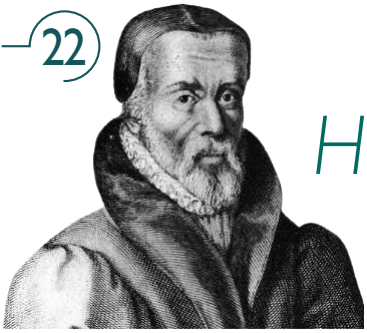
Francis became renowned for his devotion to Christ and his commitment to the poor and bereft. Others were attracted to join him in preaching the gospel and serving the needy, forming the congregation known today as the Franciscans. He established a Rule of Life for them, and a sister organization, the Poor Clares, was founded for women. Two years before his death, in intense prayer, he is said to have displayed the stigmata - the wounds of Christ. Increasingly ill with malaria and blindness, he died aged just 45.

Simplicity was a hallmark of his life that endures today. He is remembered both for his care for creation and as the patron saint of animals. His death is marked on World Animal Day, when many churches hold a 'Blessing of the Animals' service featuring dogs, cats, caged pets, and horses. Is there a service in your area to take your pet to be blessed?

We should see Francis as a visionary and inspirer who, impelled by Christ's love, gave himself to serving the poor, caring for the environment, and prayer. By his death, Franciscan friars were active across Europe. Today, his followers - friars, sisters, and lay people - continue his legacy around the world.

Do you have a Rule of Life that honours God and seeks the best for humanity? How do you inspire those around you and mark your care for creation? One of Francis's prayers asks God 'to grant us the grace to do for You alone what we know You want us to do, and always to desire what pleases You.' That could be a star to live by; could you make it yours?

From the Parish Pump



How Tyndale affects what you say

It is 500 years since William Tyndale printed the very first English translation of the New Testament.

And hundreds of millions of people today are still quoting him, though they don't know it. For in 1526 Tyndale invented what would become some of the most famous idioms in the English-speaking world.

For instance –

"The salt of the earth"; "Go the extra mile"; "The powers that be"; "Eat, drink and be merry"; "A city on a hill"; "The apple of his eye"; "In the twinkling of an eye"; "Signs of the times"; "My brother's keeper"; "Fight the good fight"; "Broken-hearted"; "Fallen flat on his face.

These phrases were all invented by Tyndale, during his translation from the original Greek of the New Testament.

As a young Catholic priest in England, Tyndale had been inspired by Martin Luther's groundbreaking translation of the Bible into German, and he went to work doing the same for English speakers. No wonder that the Bible Society describes Tyndale as a 'background radical' during Henry VIII's reign (he's mentioned in Wolf Hall but doesn't get involved in the action).

Tyndale invented words, too, when he couldn't find a direct English equivalent for a Greek or Hebrew concept. Here are just some:

- Scapegoat: To describe the goat burdened with the sins of the people and sent into the wilderness.
- Atonement: Literally "at-one-ment", created to describe being at one with God.
- Passover: Coined to describe the Jewish holiday where the angel of death passed over the homes of the Israelites.
- Busybody: Invented to describe someone who meddles in other people's business.

Tyndale's work has survived multiple revisions of the Bible down the centuries. It is found in the Authorised Version of the Bible, the RSV, the ASV or the ESV, among others.

More at Bible Society's website:
www.biblesociety.org.uk
Just type 'Tyndale' into its 'search' box.

From the Parish Pump

Princes Risborough Rotary Club

With the night's drawing in and autumn approaching, the members of Princes Risborough Rotary are busy planning for an active and exciting few months ahead.

By the time you read this, many of our members will once again have volunteered their time to help at the Kop Hill Climb on 12th and 13th September, one of the town's flagship events that we are always proud to support. We will also have held the final stall of the year at the Town Council's Farmers' Market and we look forward to seeing many familiar faces, as well as meeting new friends.

Over the coming months, we are busy preparing for:

- Christmas street collections in December
- The Princes Risborough Over-75s Festive Lunch on 12th December
- The Tree of Light dedication service on 22nd November

The club continues to grow, having welcomed nine new members from the local area during the past year. We are particularly pleased that our membership now includes nine female Rotarians, all of whom play an active role in the club's projects and activities. We are also looking forward to a significant milestone when the club welcomes its first female President in July 2027.

Rotary is about friendship, community service, and making a positive difference. As one member recently said:

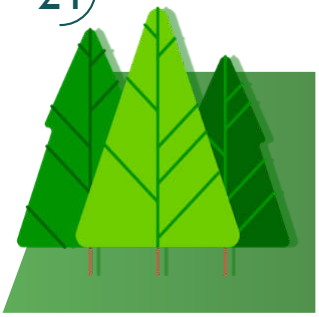
"I joined Rotary to give something back to the community, but what surprised me most was the friendship. I've met some wonderful people, had great fun, and been part of projects that genuinely make a difference."

If you would like to find out more about Rotary, we meet on Monday evenings at Whiteleaf Golf Club and always welcome visitors.

Follow us on Facebook: Rotary Club of Princes Risborough

Visit: www.rcpr.org.uk

Email: David White at dwhite2025@hotmail.com



Nature Note

While the earth remains,
seedtime and harvest,
cold and heat, summer and winter,
day and night, shall not cease.

Genesis 8:22

We live with the rhythm of the seasons as the background to our lives, just as God promised. Hot sunny days are over, the cool prequel to autumn has started, not before time you say, a drop of welcome rain just what's needed. Autumn starts on the astronomical calendar from 23rd September this year when the hours of daylight equal those of the night - the autumnal equinox.

Yet tree leaves may hang on to their twigs until November, always a surprise as typically we think of autumn days with the air full of flying leaves. And several plants flower in the autumn, cyclamen, some anemones and of course ivy, the latter supporting late insects, including hummingbird hawk moth and a new 'invader', the ivy bee that has relatively recently colonised our islands, first spotted on the south coast in 2001.

Animals can use the autumn to prepare for next year, red, fallow and sika deer all rut from September for a couple of months so that their young are born in May/June the following year after nine months of gestation.

Tawny owls are quite vocal at this time of year as they re-affirm their bonds, or new adults pair for the first time. They are our most widespread owl, keep an ear open. Females make the higher pitched 'keewick' and males reply with a lower 'woohoo', the conversation can go on for quite a while!

Plants also prepare for next spring even though most of them are about to become dormant. Next years buds, small at the moment, are in position and even the next flowers are in the earliest stages of preparation.

So what happens to the current crop of leaves on our deciduous trees? They've done their job creating food through photosynthesis and allowing

transpiration. When the leaf is formed it's attached to the tree by a petiole (stem), at the base of which is a layer of cells with a special function. They are known as abscission cells.

During the spring and summer they behave as support tissue, but when hormone levels change due to reducing light and temperatures dropping then this layer thickens, hardens and cuts off the leaf from the rest of the tree, once the chlorophyll has been removed. For a while the leaf changes colour, firstly when the green chlorophyll disappears and then when the yellow and red pigments are taken.

Colours vary not only by species but also from individuals within the same species, superb stuff. I particularly like to wander in a beech woodland as the leaves finally leave their parent plant and a puff of wind lifts clouds of copper beauties into the air. The abscission cells have done their job, leaving a neat scar behind.

I suppose gardeners have been in early autumn for a while with the season of plenty upon us, plenty of picking, cooking, bottling, freezing with resultant plant removal or pruning.

With some plants it's easy to see what to do. The cucumber family and its allies tend to get powdery mildew at this time of year, a white blotch on the surface of leaves that rapidly spreads from plant to plant leaving no doubt that time is up.

I once grew a giant pumpkin just to see if an ordinary allotment could produce one. It reached 100kg by the Hazlemere Gardening Association show time, at least two people needed to lift it! But the dreaded mildew took the plant eventually.

Don't be too tidy when you clear 'debris' from your garden, our smaller neighbours need shelter and many of them rely on fallen fruit and leaves for food to tuck into before winter turns up. This can be one corner near your compost heap, designated patches at the back of flower beds or a general policy to look after insects, invertebrates, small animals and birds.

Keep your eyes peeled for arriving winter visitors, redwings, fieldfares, young birds of prey. Parents of the latter 'ask' them to leave and they may roam for some time before settling down in their own home territories.

Large birds such as white tailed eagles take between four and five years to mature and they wander in that time. A southern England fledgling has been recorded on the north-west coast of Scotland for instance.

Let me leave you with God's promise echoing everywhere in nature, while earth remains so will the seasons.

Enjoy your autumn.

Mike Bevan

BOOK-ENDS

Land - Maggie O'Farrell

I have been steeped in Ireland for 434 pages. This book has consumed me and led me to learn more about the history, religion and language of the place, over many centuries but particularly the last couple of hundred years.

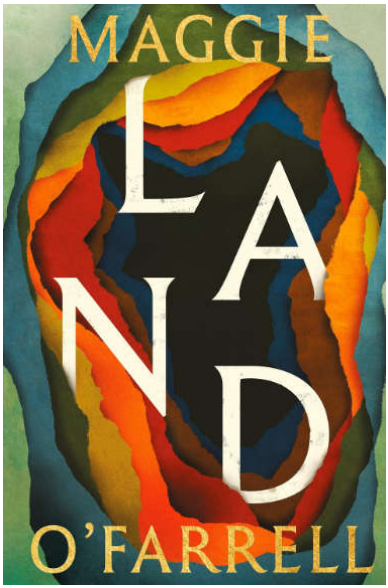
Apart from some very dry political text offered as part of my A level history, I knew virtually nothing about Ireland and the oppression it had suffered. I then learnt a lot from the trilogy 'The Children of Famine' by Marita Conlon-McKenna which I used with a group of year 6 children some years ago. You will know maybe that as far as I'm concerned a good children's book is simply a good book, as these three novels are. Thus, I came to 'Land' with a degree of understanding of what this book would be.

Maggie O'Farrell is one of my favourite writers, extremely famous now for the book and the film Hamnet. She writes not with the same degree of magic realism as Elif Shafak but with that quality that is indefinable whilst being unmistakably Irish. You find the same other worldly feeling in the work of Colm Toibin and Claire Keegan. It wouldn't surprise me if Maggie O' Farrell, when asked, would say that it was 'of the land.' And there is the title of this weighty book.

Maps are central to this story, they are important but can be peculiarly subjective. What do you choose to put in or leave out about the land you are describing? In this case would the maps be named in the Irish of the people or in English, the language of the Protestant overlords? Tomas, the patriarch in the story, is pulled in

different directions but needs the money he will be paid for producing maps of the west coast of Ireland under the auspices of British soldiers.

We are in the year 1865 and the project is the great Ordnance Survey. The whole of Ireland needs to be mapped. We are just 15 to 20 years after the potato famine, 'the Great Hunger,' and although memories are long, people's tongues are stilled, the recent past is far too awful to talk about. But, Tomas knows that the land remembers and holds the secrets of the past close. He is determined that his topography will be a recording of the disaster that has befallen his country over time.



The Roman church holds sway in Ireland, trying, but failing, to totally undermine the old beliefs and practices, written into the land long before the Jesuits coax Liam, Tomas's elder son, away from all he knows. Liam has 3 siblings who all become part of the diaspora, spread widely, sometimes finding each other, sometimes not. That must have happened all too often with the almost complete lack of communication. I remember tales of a great aunt of mine who travelled to America and was never heard of again and this was as late as just post First World War.

Maggie O'Farrell shows impressive control of the complicated narrative that she weaves and she pulls no punches, showing clearly that she writes as one who is a part of this Irish story, not as an outsider looking in. The concept of colonisation is met head on, exploitation of people and their resources laid brutally bare. Oppression runs through this whole story, based on religion, language and political ambition. The 'Troubles' that have shamed Irish and English relations for my whole life and beyond, stem from actions carried out centuries before.

So, this is a novel about separation, tragedy and recovery in various forms. There is rebellion in people's thoughts as well as their actions and somehow you are left knowing exactly how the author feels about the saga of Ireland.

The blurb, which is particularly well written, says this: 'When it comes to both land and history, nothing ever goes away.'

That says it all I think.

I wish you satisfying reading,

Susan Brice

October Recipe

For some reason flourless citrus cakes with lemon or orange are always popular. Maybe it is thought they are healthier but also good for any one who is gluten free.

This is a version from a very recent new cookery book (I won't advertise who it is!) and is quite creamy with the ricotta in it and a more solid cake. It is also definitely the most simple of all 'throw together' cakes. I also always like cakes with polenta as they have more texture and I used dried cranberries as that is what I had in the cupboard but the fruit is optional if you don't want to add it. The cake keeps well for three days at room temperature and actually tastes better with time.

Julia Grant

Flourless Orange and Ricotta Polenta Cake

INGREDIENTS

250g granulated sugar (plus 2 tbsp for sprinkling)

2-3 oranges, finely grated for 1½ tsp zest

2 lemons, finely grated for 1 tbsp zest, 20ml juice

1 tsp vanilla bean extract

250g ricotta

4 eggs, 2 whole and 2 yolks

100g unsalted butter

175g ground almonds

100g polenta

2 tsp baking powder

½ tsp salt

35g dried fruit (barberries, cherries, cranberries)

METHOD

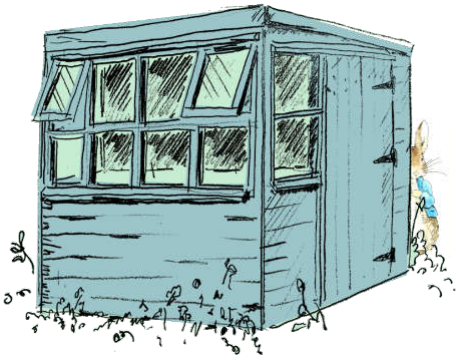
1. *Preheat the oven to 170°C fan. Line the sides and base of a 900g loaf tin (roughly 21cm x 11cm) with parchment paper.*

2. *Put the sugar, both zests and vanilla into a bowl with a mixer attachment. Mix for 30 seconds to combine. Add the remaining ingredients, apart from the dried fruit, and mix on a medium speed for 2 minutes until lightened.*

3. *Fold in the dried fruit. Then scrape into the loaf tin, smooth the top and sprinkle the extra 2 tablespoons of sugar. Bake in the oven for 50 to 55 minutes until a small knife inserted comes out clean. Leave to cool for 15 minutes before turning out onto a rack to cool.*

30

From the **Potting Shed**



Dear friends,

Well, I hope your garden is green again now and you know, we'll probably be complaining about the rain very soon. That comfortable mid-way weather is very difficult to get isn't it?

Do take note of what plants survived the long hot summer, it will help your planning for next year. Who knows what that will bring?

I enjoyed blackberrying with the children in the holidays but the berries were so early weren't they? Maybe they have become summer fruits rather than autumn ones. I did freeze a lot of them as MacGregor does love blackberry and apple … in a crumble or a pie.

Ruby and little Seth enjoyed the fruit picking except when Seth let out a loud wail and rushed towards me saying 'I've cut my knee; it's bleeding.' Of course it wasn't, it was blackberry juice. His Grandpa gave him a toffee from deep in his pocket and all was well.

With warm wishes to you all,

Yours

Cecily MacGregor

Jobs for October

1. Now the garden has some rain in it, new wallflowers would take very well. Planting always feels a positive thing to do.
2. With a clear conscience you can leave your garden with some piles of dead leaves and plenty of seed heads and berries to help animals and insects through the winter. My hubby finds this tricky. His part of the garden is manicured. A weed dare not show itself!
3. Now is the time to clean up the greenhouse. Gently disinfect it if necessary to prevent pests and diseases. You can do this without using nasty chemicals. There's a nice organic citrus smelling cleaner available … or use 1 part white vinegar to 8 parts water.
4. Prune climber and rambler roses once they have finished flowering. Tie in stems before the autumn winds cause damage.
5. Lift and divide overcrowded perennials whilst the soil is still warm.
6. Clear up fallen rose leaves to avoid black spot. Don't compost them.

What's On at St Michael & All Angels

October

6	2.00 pm	Mothers' Union Meeting: Church House
18	10.30 am	Community Service: Church
20	10.00 am	Mothers' Union Coffee Morning: Church House
24	1.00 pm	Wedding of Maribi Nunez Ruiz and Paul Callow: Church

November

1	3.00 pm	Annual Memorial Service: Church
3	2.00 pm	Mothers' Union Meeting: Church House
8	10.45 am	Act of Remembrance: Church
11	9.00 am	Chilterns National Landscape Conference: Church
12	11.00 am	U3A Visit: Church & Church House
13	11.00 am	Wedding of Kelly Marie Gibbs and Lee Wood: 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

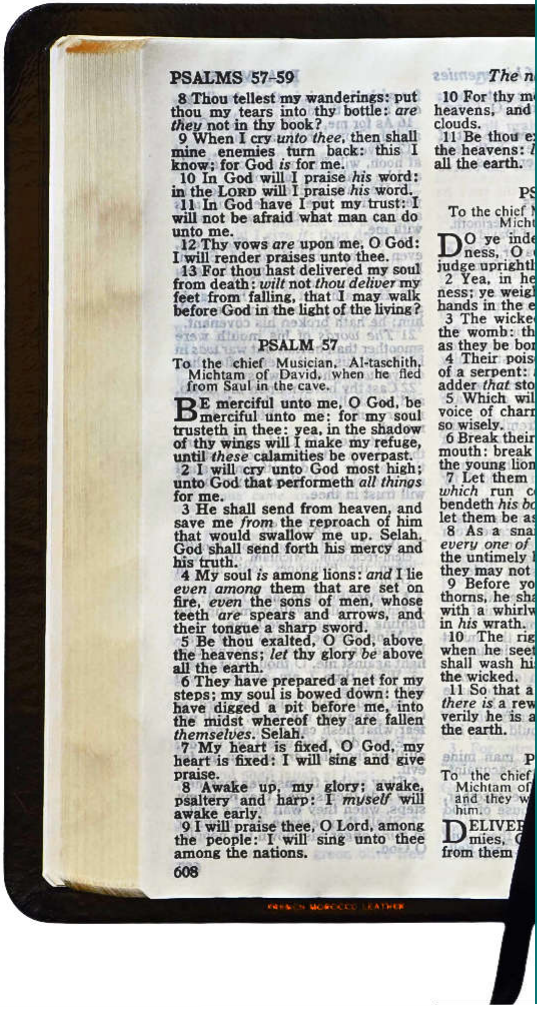
Friendship Morning

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**

October
Lectionary


PSALMS 57-59

8 Thou tellest my wanderings: put thou my tears into thy bottle: *are they* not in thy book?
9 When I cry *unto thee*, then shall mine enemies turn back: this I know; for God *is* for me.
10 In God will I praise *his* word: in the LORD will I praise *his* word.
11 In God have I put my trust: I will not be afraid what man can do unto me.
12 Thy vows *are* upon me, O God: I will render praises unto thee.
13 For thou hast delivered my soul from death: *wilt* not *thou deliver* my feet from falling, that I may walk before God in the light of the living?

PSALM 57

To the chief Musician, Al-taschith, Michtam of David, when he fled from Saul in the cave.

BE merciful unto me, O God, be merciful unto me: for my soul trusteth in thee: yea, in the shadow of thy wings will I make my refuge, until *these* calamities be overpast.
2 I will cry unto God most high; unto God that performeth *all things* for me.
3 He shall send from heaven, and save me *from* the reproach of him that would swallow me up. Selah. God shall send forth his mercy and his truth.
4 My soul *is* among lions: *and* I lie *even among* them that are set on fire, *even* the sons of men, whose teeth *are* spears and arrows, and their tongue a sharp sword.
5 Be thou exalted, O God, above the heavens; *let* thy glory *be* above all the earth.
6 They have prepared a net for my steps; my soul is bowed down: they have digged a pit before me, into the midst whereof they are fallen *themselves*. Selah.
7 My heart is fixed, O God, my heart is fixed: I will sing and give praise.
8 Awake up, my glory; awake, psaltery and harp: I *myself* will awake early.
9 I will praise thee, O Lord, among the people: I will sing unto thee among the nations.

608

The n

10 For thy m… heavens, and … clouds.
11 Be thou e… the heavens: … all the earth.

PS

To the chief … Michtam …

DO ye inde… ness, O … judge upright…
2 Yea, in he… ness: ye weig… hands in the e…
3 The wicke… the womb: th… as they be bor…
4 Their pois… of a serpent: … adder *that* sto…
5 Which wil… voice of charm… so wisely.
6 Break their… mouth: break … the young lion…
7 Let them … *which* run … bendeth *his* bo… let them be as…
8 As a sna… *every one of* … the untimely … they may not …
9 Before yo… thorns, he sha… with a whirlw… in *his* wrath.
10 The rig… when he seet… shall wash hi… the wicked.
11 So that a … *there is* a rew… verily he is a… the earth.

P

To the chief … Michtam of … and they w… him.

DELIVER… mies, … from them …

PSAL… Musi… Michtam … rove … Aram … and sm… alt two… thou … ast s… isplea… ain. … ast m… ou ha… s ther… ast sh… : thou… ine of… ast g… fear … d bec… e. wit… spok… , I wi… t the … mine … aim a… d; Jud… my wa… out m… u bec… bring … ill lea… ot tho… s off? … not … help … help o… th G… or he… our en… PSAL… Musi… Psalm … y cry … pray … end … ee, w… d: lea… r tha… hast …

4th : Harvest Festival

Deuteronomy 8: 7-18

2 Corinthians 9: 6-end

Luke 12: 16-30

Evensong: Psalm 65

Deuteronomy 28: 1-14

Luke 17: 11-19

11th: Nineteenth Sunday after Trinity

Isaiah 25: 1-9

Philippians 4: 1-9

Matthew 22: 1-14

Psalm at 9.00 am: 23

Evensong: Psalm 139

Proverbs 3: 1-18

John 3: 1-15

18th: Twentieth Sunday after Trinity

TBD

Evening: Isaiah 35: 3-6

2 Timothy 4: 5-17

Luke 10: 1-9

25th: Last Sunday after Trinity

Leviticus 19: 1-2 & 15-18

1 Thessalonians 2: 1-8

Matthew 22: 34-46

Psalm at 9.00 am: 1

Evensong: Psalm 119: 89-104

Ecclesiastes 11 & 12

2 Timothy 2: 1-7

Who's Who
at St Michael & All Angels

Charlie Lloyd-Evans

Vicar

07808 584122

vicar@hughendenparish church.org.uk

Rest day: Friday

Helen Peters

Associate Minister

01494 716772 / 07792 118357

helen.peters@peters-research.com

Rest day: Monday

Chris Coyston

Children & Families Pastor

07855 389998

chris.stmichaels@gmail.com

Parish Office

Administrator: Ben Brice

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

07928 536543
office@hughendenparishchurch.org.uk

Churchwardens	Frank Hawkins	01494 565050
	Andrew Cole	01494 305020
PCC Secretary	Susan Brice	secretary@hughendenparishchurch.org.uk
Safeguarding Officer	Roger Grant	safeguarding@hughendenparishchurch.org.uk
Organist	Neil Brice	organist@hughendenparishchurch.org.uk
Captain of Bellringers	Verity Nicholls	07952 850760
Church Flowers	Sylvia Clark	07570 876530
Social & Outreach	Antony Rippon	07747 643270
Mothers' Union Parish Link	Louise Stallwood	01494 712705
Hughenden Village Hall	-	07815 163269

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